



Sir Padampat Singhania Education Centre
Kamla Nagar, Kanpur

Lesson Plan

Session 2025- 2026

Class: 12th

Subject
Book

:PHYSICAL EDUCATION
: RATNA SAGAR

Subject Coordinator
Name: Mr. RAVI KUMAR

Head of Department
Name :Mr. DEEPAK KUMAR SINGH

Sign:

Sign:



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Yearly Syllabus/Planning overview

Session: 2025 - 2026

Subject: Physical Education

Class : 12th

No. of periods : 93

Month	Assessed in	Lesson/s to be covered (if partly covered, till where?)	Period Count
April	1 ST TEST HY PB1 PB 2	Chapter 1 Management of Sporting Events	09
May	2nd TEST HY PB1 PB 2	Chapter 2 Children and Women in Sports	09
July	HY PB1 PB 2	Chapter 3 Yoga as Preventive measure for Lifestyle Disease Chapter 4 Physical Education & Sports for (CWSN)	07 06
August	HY PB1 PB 2	Chapter 5 Sports & Nutrition Chapter 6 Test and Measurement in Sports	06 12
September	HY PB1 PB 2	Chapter 7 Physiology & Injuries in Sports	06
October	HY PB1 PB 2	Chapter 8 Biomechanics and Sports	06
November	HY PB1 PB 2	Chapter 9 Psychology and Sports Chapter 10 Training in Sport	06 06
December	HY PB1 PB 2	Pre- Board 1	03
January	HY PB1 PB 2	Revision	14
February	HY PB1 PB 2	Pre-Board 2	03

Subject coordinator: RVI

HOD: DSG



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Monthly lesson plan overview

Session: 2025 - 2026

From Date : 16/04/25

To Date

: 31/01/26

Subject : PHYSICAL EDUCATION

Class

: 12th

Book : RATNA SAGAR

No. of periods

: 12

Date/Week		Lesson/s to be covered in classroom	Period Count	Status (Yes/No) (Reason if No)	Principal's Sign
From	To				
16/4/25	2/5/25	Management of Sporting Events	09		
7/05/25	23/05/25	Children and Women in Sports	09		
28/05/25	04/07/25	Yoga as Preventive Measure for Life Style Disease	07		
09/07/25	18/07/25	Physical Education and Sport for CWSN	06		
23/07/25	01/08/25	Sports and Nutrition	06		
06/08/25	29/08/25	Test and Measurement in Sports	12		
03/09/25	19/09/25	Physiology and Injuries in Sports	06		
24/09/25	10/10/25	Biomechanics And Sports	09		
15/10/25	15/10/25	Psychology in Sports	06		
29/10/25	07/11/25	Training in Sports	06		



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2025 - 2026

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 1: 16/04/25 to 19/04/25		Period Count: 03	
PD1	Management of Sporting Events	Fixtures	
PD2	Management of Sporting Events	Fixtures	
PD3	Management of Sporting Events	Fixtures	
WEEK 2: 23/04/25 to 25/04/25			
		Period Count: 3	
PD1	Management of Sporting Events	Fixtures	
PD2	Management of Sporting Events	Fixtures	
PD3	Management of Sporting Events	Fixtures	

Subject coordinator

Supervisor

Principal/V. Principal



Sir Padampat Singhania Education Centre

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Weekly planning overview

Session: 2025 - 20 26

Subject : PHYSICAL EDUCATION

Class : 12th

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 3: 30/4/25 to 02/05/25		Period Count: 03	
PD1	Management of Sporting Events		
PD2	Management of Sporting Events		
PD3	Management of Sporting Events		
WEEK _4: 7/05/25 to 9/05/25		Period Count: 03	
PD1	Children and Women in Sports		
PD2	Children and Women in Sports		
PD3	Children and Women in Sports		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _5: 14/05/25 to 16/05/25		Period Count: 03	
PD1	Children and Women in Sports		
PD2	Children and Women in Sports		
PD3	Children and Women in Sports		
WEEK _6: 21/05/25 to 23/05/25		Period Count:03	
PD1	Children and Women in Sports		
PD2	Children and Women in Sports		
PD3	Children and Women in Sports		



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Weekly planning overview

Session: 2025 - 2026

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _7: 28/05/25 to 30/05/25		Period Count: 03	
PD1	Children and Women in Sports		
PD2	Children and Women in Sports		
PD3	Children and Women in Sports		

WEEK _8: 27/6/25		Period Count: 01	
PD1	Children and Women in Sports		

WEEK _9: 2/07/25 to 4/07/25		Period Count:03	
PD1	Yoga as Preventive measure for Lifestyle Disease		
PD2	Yoga as Preventive measure for Lifestyle Disease		
PD3	Yoga as Preventive measure for Lifestyle Disease		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _10: 09/07/25 to 11/07/25		Period Count: 03	
PD1	Physical Education & Sports for (CWSN)		
PD2	Physical Education & Sports for (CWSN)		
PD3	Physical Education & Sports for (CWSN)		
WEEK _11: 16/07/25 to 18/07/25		Period Count:03	
PD1	Physical Education & Sports for (CWSN)		
PD2	Physical Education & Sports for (CWSN)		
PD3	Physical Education & Sports for (CWSN)		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _12: 23/07/25 to 25/07/25		Period Count: 03	
PD1	Sports and Nutrition		
PD2	Sports and Nutrition		
PD3	Sports and Nutrition		
WEEK _13: 30/07/25 to 01/08/25		Period Count:03	
PD1	Sports and Nutrition		
PD2	Sports and Nutrition		
PD3	Sports and Nutrition		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _14: 06/08/25 to 8/08 /25		Period Count: 03	
PD1	Physical Education & Sports for (CWSN)		

PD2	Physical Education & Sports for (CWSN)		
PD3	Physical Education & Sports for (CWSN)		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION **Class** : 12th **No. of periods** : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _15: 13/08/25 to 15/08/25		Period Count: 03	
PD1	Test and Measurement in Sports		
PD2	Test and Measurement in Sports		
PD3	Test and Measurement in Sports		
WEEK _16: 20-/08/25 to 22/08/25		Period Count:03	
PD1	Test and Measurement in Sports		
PD2	Test and Measurement in Sports		
PD3	Test and Measurement in Sports		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _17: 27/08/25 to 29/08/25		Period Count: 03	
PD1	Test and Measurement in Sports		
PD2	Test and Measurement in Sports		
PD3	Test and Measurement in Sports		
WEEK _18: 3/09/25 to 05/09/25		Period Count:03	
PD1	Physiology and Injuries in Sports		
PD2	Physiology and Injuries in Sports		
PD3	Physiology and Injuries in Sports		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _19: 10/09/25 to 12/09/25		Period Count: 03	
PD1	Physiology and Injuries in Sports		
PD2	Physiology and Injuries in Sports		
PD3	Physiology and Injuries in Sports		

WEEK _20: 17/09/25 to 19/09/25		Period Count:03	
PD1	HY Examination		
PD2	HY Examination		
PD3	HY Examination		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION **Class** : 12th **No. of periods** : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _21: 24/09/25 to 26/09/25		Period Count: 03	
PD1	Biomechanics in Sports		
PD2	Biomechanics in Sports		
PD3	Biomechanics in Sports		
WEEK _22: 01/10/25 to 3/10/25		Period Count:03	
PD1	Dussehra Vacation		
PD2	Dussehra Vacation		
PD3	Dussehra Vacation		



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Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _23: 8/10/25 to 10/10/25		Period Count: 03	
PD1	Biomechanics in Sports		
PD2	Biomechanics in Sports		
PD3	Biomechanics in Sports		
WEEK _24: 15/10/25 to 17/10/25		Period Count:03	
PD1	Psychology in Sports		
PD2	Psychology in Sports		
PD3	Psychology in Sports		



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Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 12th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _25: 22/10/25 to 24/10/25		Period Count: 03	
PD1	Diwali Holiday		
PD2	Diwali Holiday		
PD3	Diwali Holiday		

WEEK _26: 29/10/25 to 31/10/25				Period Count:03	
PD1	Training in Sports				
PD2	Training in Sports				
PD3	Training in Sports				



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Subject : PHYSICAL EDUCATION **Class** : 12th **No. of periods** : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _27: 5/10/25 to 7/10/25			
Period Count:03			
PD1	Training in Sports		
PD2	Training in Sports		
PD3	Training in Sports		



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Subject : PHYSICAL EDUCATION

Class : 12th

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _28: 12/11/25 to 14/11/25		Period Count: 03	
PD1	PB1		
PD2	PB1		
PD3	PB1		
WEEK _29: 19/11/25 to 21/11/25		Period Count:03	
PD1	Revision		
PD2	Revision		
PD3	Revision		



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Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION

Class : 12th

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _30: 26/11/25 to 28/11/26		Period Count: 03	
PD1	Revision		
PD2	Revision		

PD3	Revision		
WEEK _31: 03/12/25 to 05/12/25		Period Count:03	
PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _32: 10/12/25 to 12/12/25		Period Count:03	
PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _33: 17/12/25 to 19/12/25		Period Count:03	
PD1	PB2		
PD2	PB2		
PD3	PB2		

WEEK _34: 24/12/25 to 26/12/25		Period Count:03	
PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _35: 31/12/25 to 07/01/26			
	Winter Vacation		
	Winter Vacation		
	Winter Vacation		

WEEK _36: 8/1/26 to 09/01/26**Period Count:02**

PD1	Revision		
PD2	Revision		

WEEK _37: 14/1/26 to 16/01/26**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _38: 21/1/26 to 23/01/26**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _39: 28/1/26 to 30/01/26**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		