



Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

Lesson Plan Session 2026- 2027 Class: 11th

**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: 2026 - 2027

Subject: Physical Education

Class : 11th

No. of periods : 114

Month	Assessed in	Lesson/s to be covered (if partly covered, till where?)	Period Count
April	1 ST TEST HY Annual	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION CHAPTER -2: OLYMPISM	06
May	2nd TEST HY , Annual	CHAPTER -3: YOGA	13
July	HY Annual	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN	13
August	HY Annual	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE	13
September	HY Annual	CHAPTER -6: TEST, MEASUREMENT & EVALUATION CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.	13
October	HY Annual	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS	14
November	HY Annual	CHAPTER -9: PSYCHOLOGY & SPORTS CHAPTER -10: TRAINING & DOPING IN SPORTS	12
December	HY Annual	Revision	13
January	HY Annual	Revision	14
February	HY Annual	Revision	03

Subject coordinator: RVI

HOD: DSG



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Monthly lesson plan overview

Session: 2026 - 2027

From Date : 16/04/26

To Date

: 31/01/26

Subject : PHYSICAL EDUCATION

Class

: 11th

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				
17/4/26	2/5/26	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION CHAPTER -2: OLYMPISM VALUE EDU	06		
7/05/27	23/05/27	CHAPTER -3: YOGA	13		
28/05/26	04/07/26	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN	13		
09/07/26	18/07/26	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN	13		
23/07/26	01/08/26	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE	13		
06/08/26	29/08/26	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE	14		
03/09/26	19/09/26	CHAPTER -6: TEST,MEASUREMENT & EVALUATION CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.	12		
24/09/26	10/10/26	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS	13		
15/10/26	15/10/26	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS	14		
29/10/26	07/11/26	CHAPTER -9: PSYCHOLOGY & SPORTS CHAPTER -10: TRAINING & DOPING IN SPORTS	03		



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION Class : 11th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 1: 21/04/26 to 24/04/26		Period Count: 03	
PD1	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD2	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD3	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
WEEK 2: 27/04/26 to 30/04/26			
		Period Count: 3	
PD1	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD2	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD3	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		

Subject coordinator

Supervisor

Principal/V. Principal



Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION Class : 11th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK 3: 4/5/26 to 08/05/26		Period Count: 03	
PD1	CHAPTER -2: OLYMPISM VALUE EDU		
PD2	CHAPTER -2: OLYMPISM VALUE EDU		
PD3	CHAPTER -2: OLYMPISM VALUE EDU		
WEEK _4: 11/05/26 to 15/05/26		Period Count: 03	
PD1	CHAPTER -2: OLYMPISM VALUE EDU		
PD2	CHAPTER -2: OLYMPISM VALUE EDU		
PD3	CHAPTER -2: OLYMPISM VALUE EDU		



Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _5: 18/05/26 to 22/05/26		Period Count: 03	
PD1	CHAPTER-YOGA		
PD2	CHAPTER-YOGA		
PD3	CHAPTER-YOGA		
WEEK _6: 25/05/26 to 29/05/26		Period Count:03	
PD1	CHAPTER-YOGA		
PD2	CHAPTER-YOGA		
PD3	CHAPTER-YOGA		



Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _7: 29/06/26 to 03/07/26		Period Count: 03	
PD1	CHAPTER-YOGA		
PD2	CHAPTER-YOGA		

PD3	CHAPTER-YOGA		
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WEEK _9: 6/07/26 to 10/07/26		Period Count:03	
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		



Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _10: 13/07/26 to 17/07/26		Period Count: 03	
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
WEEK _11: 20/07/26 to 27/07/26		Period Count:03	
	PERIODIC TEST 1		
	PERIODIC TEST 1		
	PERIODIC TEST 1		



Padampat Singhania Education Centre

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Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION

Class : 11th

No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _12: 28/07/26 to 31/07/26		Period Count: 03	
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
WEEK _13: 3/08/26 to 07/08/26		Period Count:03	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		



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Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION

Class : 11th

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _14: 10/08/26 to 14/08 /26		Period Count: 03	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		

PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		



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Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _15: 17/08/26 to 21/08/26		Period Count: 03	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
WEEK _16: 24/08/26 to 28/08/26		Period Count:03	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		



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Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _17: 01/09/26 to 04/09/26		Period Count: 03	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
WEEK _18: 7/09/26 to 11/09/26		Period Count:03	
PD1	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
PD2	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
PD3	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		



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Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _19: 15/09/26 to 28/09/26		Period Count: 03	
	HALF YEARLY EXAM		
	HALF YEARLY EXAM		
	HALF YEARLY EXAM		



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Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION Class : 11th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _21: 29/09/26 to 2/10/26		Period Count: 03	
PD1	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD2	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD3	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
WEEK _22: 05/10/26 to 9/10/26		Period Count:03	
PD1	Dussehra Vacation		
PD2	Dussehra Vacation		
PD3	Dussehra Vacation		



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Subject : PHYSICAL EDUCATION Class : 11th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _23: 12/10/26 to 16/10/26		Period Count: 03	
PD1	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD2	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		

PD3	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
WEEK _24: 19/10/26 to 23/10/26		Period Count:03	
PD1	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD2	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD3	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		



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Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _25: 26/10/26 to 30/10/26		Period Count: 03	
PD1	Diwali Holiday		
PD2	Diwali Holiday		
PD3	Diwali Holiday		
WEEK _26: 29/10/26 to 31/10/26		Period Count:03	
PD1	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD2	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD3	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		



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Weekly planning overview

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Subject : PHYSICAL EDUCATION

Class : 11th

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _27: 2/11/26 to 6/11/26		Period Count:03	
PD1	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD2	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD3	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		



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Session: 2026 - 2027

Subject : PHYSICAL EDUCATION

Class : 11th

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _28: 8/11/26 to 11/11/26		Period Count: 03	

	DEEPAWALI		
	DEEPAWALI		
	DEEPAWALI		
WEEK _29: 16/11/26 to 20/11/26		Period Count:03	
PD1	CHAPTER -9: PSYCHOLOGY & SPORTS		
PD2	CHAPTER -9: PSYCHOLOGY & SPORTS		
PD3	CHAPTER -9: PSYCHOLOGY & SPORTS		

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Weekly planning overview

Session: 2026 - 2027

Subject : PHYSICAL EDUCATION **Class** : 11th **No. of periods** : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK _30: 23/11/26 to 27/11/26		Period Count: 03	
PD1	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD2	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD3	CHAPTER -10: TRAINING & DOPING IN SPORTS		
WEEK _31: 01/12/26 to 04/12/26		Period Count:03	
PD1	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD2	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD3	CHAPTER -10: TRAINING & DOPING IN SPORTS		

WEEK _32: 10/12/26 to 12/12/26**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _33: 14/12/26 to 21/12/26**Period Count:03**

	PERIODIC TEST 2		
	PERIODIC TEST 2		
	PERIODIC TEST 2		

WEEK _34: 24/12/26 to 26/12/26**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _35: 31/12/26 to 07/01/27

	Winter Vacation		
	Winter Vacation		
	Winter Vacation		

WEEK _36: 8/1/27 to 09/01/27**Period Count:02**

PD1	Revision		
PD2	Revision		

WEEK _37: 14/1/27 to 16/01/27**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _38: 21/1/27 to 23/01/27

Period Count:03

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _39: 28/1/27 to 30/01/27

Period Count:03

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _39: 18/2/27 to 03/03/27

Period Count:03

	FINAL EXAMINATION		
	FINAL EXAMINATION		
	FINAL EXAMINATION		