



Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

Lesson Plan Session 2026- 2027 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: 2026 - 2027

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	2 nd 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 Pre- Board 1	06 06
December	HY PB1 PB 2	Pre-Board 2	03
January	HY PB1 PB 2	Revision	14
February	HY PB1 PB 2	Revision	03

Subject coordinator: RVI

HOD: DSG



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Monthly lesson plan overview

Session: 2026 - 2027

From Date : 16/04/25

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				
17/4/26	8/5/26	Management of Sporting Events	09		
8/05/26	23/05/26	Children and Women in Sports	09		
28/05/26	04/07/26	Yoga as Preventive Measure for Life Style Disease	07		
09/07/26	18/07/26	Physical Education and Sport for CWSN	06		
23/07/26	01/08/26	Sports and Nutrition	06		
06/08/26	29/08/26	Test and Measurement in Sports	12		
03/09/26	19/09/26	Physiology and Injuries in Sports	06		
24/09/26	10/10/26	Biomechanics And Sports	09		
15/10/26	15/10/26	Psychology in Sports	06		
29/10/26	07/11/26	Training in Sports	06		



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

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: 16/04/26 to 19/04/26		Period Count: 03	
PD1	Management of Sporting Events	Fixtures	
PD2	Management of Sporting Events	Fixtures	
PD3	Management of Sporting Events	Fixtures	
WEEK 2: 23/04/26 to 25/04/26			
		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



Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

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: 30/4/26 to 02/05/26		Period Count: 03	
PD1	Management of Sporting Events		
PD2	Management of Sporting Events		
PD3	Management of Sporting Events		
WEEK _4: 7/05/26 to 9/05/26		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: 2026 - 2027

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: 19/05/26 to 23/05/26		Period Count: 03	
PD1	Children and Women in Sports		
PD2	Children and Women in Sports		
PD3	Children and Women in Sports		
WEEK _6: 25/05/26 to 30/05/26		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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Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

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: 28/05/26 to 30/05/26		Period Count: 03	
PD1	Children and Women in Sports		
PD2	Children and Women in Sports		
PD3	Children and Women in Sports		

WEEK _8: 29/6/26		Period Count: 01	
PD1	Children and Women in Sports		

WEEK _9: 1/07/26 to 4/07/26		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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Kamla Nagar, Kanpur

Weekly planning overview

Session: 2026 - 2027

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: 06/07/26 to 11/07/26		Period Count: 03	
PD1	Physical Education & Sports for (CWSN)		
PD2	Physical Education & Sports for (CWSN)		
PD3	Physical Education & Sports for (CWSN)		
WEEK _11: 13/07/25 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: 2026 - 2027

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: 20/07/26 to 25/07/26		Period Count: 03	
PD1	Sports and Nutrition		
PD2	Sports and Nutrition		
PD3	Sports and Nutrition		
WEEK _13: 27/07/26 to 31/07/26		Period Count:03	
PD1	Sports and Nutrition		
PD2	Sports and Nutrition		
PD3	Sports and Nutrition		



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Weekly planning overview

Session: 2026 - 2027

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: 03/08/26 to 8/08 /26		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: 2026 - 2027

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: 12/08/26 to 15/08/26		Period Count: 03	
PD1	Test and Measurement in Sports		
PD2	Test and Measurement in Sports		
PD3	Test and Measurement in Sports		
WEEK _16: 19/08/26 to 22/08/26		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: 2026 - 2027

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: 26/08/26 to 29/08/26		Period Count: 03	
PD1	Test and Measurement in Sports		
PD2	Test and Measurement in Sports		
PD3	Test and Measurement in Sports		
WEEK _18: 2/09/26 to 05/09/26		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: 2026 - 2027

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: 09/09/26 to 12/09/26		Period Count: 03	
PD1	Physiology and Injuries in Sports		
PD2	Physiology and Injuries in Sports		

PD3	Physiology and Injuries in Sports		
WEEK _20: 15/09/26 to 28/09/26		Period Count:03	
PD1	HY Examination		
PD2	HY Examination		
PD3	HY Examination		



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Weekly planning overview

Session: 2026 - 2027

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: 29/09/26 to 02/10/26		Period Count: 03	
PD1	Biomechanics in Sports		
PD2	Biomechanics in Sports		
PD3	Biomechanics in Sports		
WEEK _22: 05/10/26 to 10/10/26		Period Count:03	
PD1	Biomechanics in Sports		
PD2	Biomechanics in Sports		
PD3	Biomechanics in Sports		



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Weekly planning overview

Session: 2026 - 2027

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: 12/10/26 to 17/10/26		Period Count: 03	
PD1	Psychology in Sports		
PD2	Psychology in Sports		
PD3	Psychology in Sports		
WEEK _24: 19/10/26 to 24/10/26		Period Count:03	
PD1	Psychology in Sports		
PD2	Psychology in Sports		
PD3	Psychology in Sports		



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Weekly planning overview

Session: 2026 - 2027

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: 26/10/26 to 31/10/26		Period Count: 03	
PD1	Training in Sports		
PD2	Training in Sports		
PD3	Training in Sports		

WEEK _26: 02/11/26 to 07/11/26		Period Count:03	
PD1	Training in Sports		
PD2	Training in Sports		
PD3	Training in Sports		



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Weekly planning overview

Session: 2026 - 2027

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: 9/11/26 to 14/11/26		Period Count:03	
PD1	Revision		
PD2	Revision		
PD3	Revision		



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Weekly planning overview

Session: 2026 - 2027

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: 16/11/26 to 30/11/26		Period Count: 03	
PD1	PB1		
PD2	PB1		
PD3	PB1		

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Weekly planning overview

Session: 2026 - 2027

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 _29: 01/11/26 to 05/11/26		Period Count: 03	
PD1	Revision		
PD2	Revision		
PD3	Revision		
WEEK _30: 07/12/26 to 12/12/26		Period Count:03	
PD1	Revision		
PD2	Revision		

PD3	Revision		
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WEEK _31: 14/12/26 to 16/12/26 **Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _32: 17/12/26 to 29/12/26 **Period Count:03**

PD1	PB2		
PD2	PB2		
PD3	PB2		

WEEK _33: 30/12/26 to 07/01/27 **Period Count:03**

PD1	Winter Vacation		
PD2	Winter Vacation		
PD3	Winter Vacation		

WEEK _34: 31/12/26 to 07/01/27

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _34: 8/1/27 to 09/01/27 **Period Count:02**

PD1	Revision		
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WEEK _35: 11/1/27 to 16/01/27**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _36: 18/1/27 to 23/01/27**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

WEEK _37: 25/1/27 to 30/01/27**Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		