

# Sant Chavara National Academy, Chandametta

## WEEKLY LESSON PLAN FOR ACADEMIC YEAR 2024-2025

TEACHER NAME –Ankit solanki

CLASS-XII

### SUBJECT- Physical Education

MONTH	WEEK	DATE	CH	TOPIC
APRIL	1	1,3,4,,6	1	Functions of sports events management
	2	8,,12,15,16	1	Various committees & their Responsibilities
	3	,18,19,20,22	1	Fixtures & their procedures
	4	23,24,25,26,27	2	Intramural & Extramural tournaments
JUNE	5	19,20,21,22,,24	2	Community sports program
JUNE & JULY	6	25,26,27,28,1	2	Exercise guidelines of WHO for different age groups
	7	2,3,4,5,6,,8	2	Common postural deformities
	8	9,10,11,12,13,,15	2	Women's participation in Sports, Special consideration
	9	16,17,18,19,20,22	2	Female athlete triad
	10	23,24,25,26,27,29	3	Obesity, Diabetes
JULY & AUGUST	11	30,31,1,2,3,5	3	Asthma, Hypertension, Back Pain and Arthritis
	12	6,7,8,9,10,12	4	Organizations promoting Disability Sports, Concept of Inclusion in sports, its need, and Implementation
	13	13,14,16,17,	4	Advantages of Physical Activities for Children with special needs. Strategies to make Physical Activities assessable for children with special needs.
	14	20,21,22,23,24,26	5	Concept of balanced diet and nutrition Macro and Micro Nutrients, Nutritive & Non-Nutritive Components of Diet, Eating for Weight control
AUGUST & SEPTEMBER	15	27,29,30,31,1,2	6	Fitness Test, Measurement of Cardiovascular Fitness,BMR,

	16	3, 5,6,8,9	6	Rikli & Jones
		10 TO 27	6	Rikli & Jones
SEPTEMBER	17	29,30,	6	Johnsen – Methney Test of Motor Educability
OCTOBER	18	1,4,5,7	7	Physiological factors determining components of physical fitness, Effect of exercise on the Muscular System
	19	8,13	7	Effect of exercise on the Cardio-Respiratory System
	20	16,17,18,19,21,22,23	7	Physiological changes due to aging Sports injuries
	21	25,26,	8	Newton's Law of Motion & its Application in Sports Types of Levers and their application in Sports. Equilibrium
OCTOBER & NOVEMBER	22	28,29,30,1	8,9	Friction & Sports Projectile in Sports Personality; its definition & types
	23	6,,8,9	9	Motivation, its type & techniques. Exercise Adherence
	24	16,18,19	9	Meaning, Concept & Types of Aggressions in Sports ,Psychological Attributes in Sports
	25	20,21,22,23,,25	10	Concept of Talent Identification and Talent Development in Sports Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.
	26	28,29,30	10	Types & Methods to Develop,Circuit Training
DECEMBER		7 TO 21		
JANUARY		5		

SIGNATURE:-