

Vidya Pratishthan's

Dr. Cyrus Poonawalla School CBSE Baramati

Annual Curriculum Planning Of Physical-Education

Class IX to XII 2024-25

Sr. no	Month	Class IX	Class X	Class XI	Class XII
1)	April	1) Volleyball 2) Kho- Kho 3) Health and Diseases	1) Introduction Of Games 2) 200mtr Run 3) Project of Games	1) Changing 2) Trends & Career in Physical Education	1) Management of sporting events 2) 200mtr Run 3) Volleyball
2)	June	1) Project of Games 2) 100mtr Relay 3) Selection for Sports Practice	1) Effects of physical ACTIVITIES IN Human Body 2) Suryanamaskar	1) Throw Ball 2) Olympic Value Education 3) Badminton	1) Children & Women in Sports 2) Throw Ball 3) 100mtr Relay
3)	July	1) Growing up with Confidence 2) Football 3) Physical Education	1) Growth & Development During Adolescence 2) Kho-Kho	1) Physical Fitness, Wellness & Lifestyle 2) Long Jump	1) Yoga Preventive measure for lifestyle Disease 2) Badminton
4)	August	1) Physical Fitness 2) Shot-put Throw 3) Sports Training	1) Individual Game & Sports-I 2) Table Tennis 3) Kabaddi	1) Phy-Edu & sports for children with Special needs 2) Basketball 3) Surynamaskar	1) Shot-put throw 2) Phy-Edu & Sports for children with special needs
5)	September	1) Individual Sports 2) Discus throw 3) Ethics in Sports	1) Individual games & sports-II 2) 100mtr Relay 3) Team games & sports -I	1) Shot-put throw 2) Yoga 3) Discus Throw	1) Sports & Nutrition 2) Throw ball 3) Discus Throw
6)	October	1) Kabaddi 2) Personality Development through Yoga 3) Exam of Phy-Edu	1) team Games & Sports- II 2) Shot put Throw 3) Long Jump	1) shot- put throw 2) Yoga 3) Discus Throw	Test & Measurement in Sports 2) Long Jump 3) Exam of Phy-Edu
7)	November	1) Waste Management 2) Javelin throw 3) Teams Games	1) Yoga For Healthy Living 2) Lawn Tennis 3) Dietary considerations & food quality	1) High Jump 2) Test & Measurement in sports 3) 100mtr Hurdles	1) Biomechanics & sports 2) Kabaddi 3) 100mtr Hurdles
8)	December	1) Diet for Healthy living 2) 100mtr Hurdles 3) Social Health	1) Safety Measures for Healthy Living 2) 100mtr Hurdles 3) Badminton	1) Lawn Tennis 2) Fundamentals of Anatomy 3) Table Tennis	1) Physiology & Injuries in sports 2) 100mtr Relay 3) High Jump

9)	January	1)First Aid & safety 2) 100mtr Relay 3) Basketball	1) Healthy community living 2) Throw ball 3) Basketball	1)Physiology & kinesiology in sports 2) Football 3) 200mtr Run race	1) Psychology & sports 2) Long Jump 3)Kho-Kho
10)	February	Adolescent friendly health services	1)Social Health 2) High Jump 3) Agencies 7 award promoting sports & Yoga	1) Training & Doping in sports 2) 100mtr Relay race	1)Basketball 2) Training in sports 3)Exam of Phy-Edu
11)	March	1)Badminton 2) Exam of Phy-Edu	1) Exam of Phy-Edu Practical & Written	1) Badminton 2) Exam of Phy-Edu Practical & Written	1)Exam of Phy-Edu Practical & Written

Sports Teacher :-

Incharge :-

Principal :-