

LESSON PLAN
2021-2022
Subject - PHYSICAL EDUCATION
Class - SCIENCE, COMMERCE, ARTS, AGRICULTURE.

<u>MONTH</u>	<u>CHAPTER NO. & NAME</u>
APRIL	2. SPORTS AND NUTRITION
MAY	4. PHYSICAL EDUCATION AND SPORTS FOR CWSN. 5. CHILDREN AND WOMEN'S IN SPORTS
JUNE (16th - 30th)	7. PHYSIOLOGY AND INJURIES IN SPORTS
JULY	8. BIOMECHANICS AND SPORTS. 9. PSYCHOLOGY AND SPORTS.
AUGUST	1.PLANNING IN SPORTS 10. TRAINING IN SPORTS.
SEPTEMBER	3. YOGA AND LIFESTYLE. (PRACTICAL)
OCTOBER	6. TEST AND MEASUREMENT IN SPORTS. (PRACTICAL)