

F.L. Lesson Plan over-c OK  
 by Maryam. (v.13)  
 11/1/2025

LESSON PLAN OF PHYSICAL EDUCATION CLASSES FOR THE ACADEMIC YEAR 2024-25

OBJECTIVE: PROMOTE PHYSICAL FITNESS AND HEALTH

PROVIDING OPPORTUNITY FOR REGULAR PHYSICAL ACTIVITIES

DEVELOP MOTOR SKILLS AND CO-ORDINATION

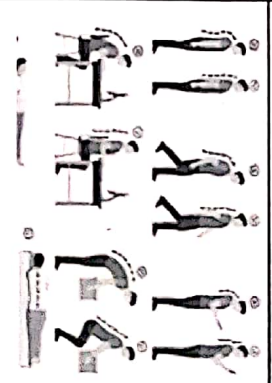
ENHANCE SOCIAL SKILLS AND TEAM WORK

EXPLAIN THE CONCEPTS OF SOME GAMES, THEIR RULES, PLAYING POSITION AND BASIC RULES

DEMONSTRATES BASIC WARM UP EXERCISES AND STRETCHING TO DEVELOP STRENGTH AND FLEXIBILITY IN THE BODY

DEVELOP NEURO MUSCULAR COORDINATION

CLASS 1<sup>ST</sup> TO 10<sup>TH</sup> LESSON PLAN

SR.NO	NAME OF MONTH	TOPIC	TEACHING POINT	AIM	TOOLS
1	APRIL	MOVEMENT OF BODY STRAT WALKING ZIGZAG WALK STANDING BROAD JUMP	KNOWS THE IMPORTANT OF A MAINTAINING A GOOD POSTURE TO BE FREE FROM POSTURAL DEFECTS	1.MOVE WITH BETTER CONTROL 2. BALANCE AND COORDINATION 3. USE DIFFERENT MATERIALS AND EQUIPMENT FOR DEVELOPMENT OF FINE AND GROSS MOTOR SKILLS	 BALL RINGS

Topic: Movement of Body  
 Date: 11/1/2025  
 Teacher: Maryam

Sem-10, Month

Topic

Teaching Points

Assn

Tools/Equipment

2	APRIL	TARGETING GAME	<ul style="list-style-type: none"> <li>Develop locomotor skills with a variety of activities and drills.</li> <li>Development of movement skills, movement strategies and movement concepts.</li> <li>Develop fair play, leadership, teamwork and communication skills through team sport activities.</li> <li>Develops accuracy and control through engaging target game.</li> </ul>	<p>FOCUS AND CONFIDENCE</p> <p>DEVELOPE CONFIDENCE setting goals that require concentration, imagination and remembering details to achieve them.</p>	CONES STUMP BALL
3	JUNE	DODGEBALL	<p>The objective of dodgeball is to eliminate all the players of the opponent team by throwing the ball and hitting the opponent player below the shoulder level.</p>	<p>Improved agility and balance while ducking out of the way of incoming balls. Stronger shoulders, back and arm muscles from throwing the ball. Increased leg strength from jumping around to avoid the balls.</p>	BALL AND CONES

S.No		Month		Topic		Teaching Point		Aim		Tool (Equipment)	
4		JUNE		BACKWARD BASKETBALL THROW		HOW TO STAND(STANCE) HOW TO USE YOUR MUSCULAR STRENGTH		To cover Maximum distance.		BASKETBALL MEASURING TAPE	
5		JULY		Plate tapping test		1. The rectangle is placed Equal distance between Both discs . 2. The non preferred hand is placed on the rectangle 3. Maximum Tapping within 30 Seconds duration		1. Hand eye coordination 2. To assess the speed and the coordination of limb movement 3. Agility		1. TABLE 2. 2 RECTANGLE PAPER 3. STOPWATCH	
6		JULY		skipping		The object of the rope Skipping is to jumping over the skipping rope without touching the ground		1. Hand eyes-legs coordination and movement 2. It is the best cardio exercise as it is the increase the heart rate		SKIPPING	

Revd. Mr. Joseph  
 Bishop  
 Catholic  
 School  
 V.V.  
 1001 (Catholic)

Date Month		Topic		Teaching Point		Aim		Tools (equipment)	
7	AUGUST	Catch the Ball Recreational game	Position your feet Shoulder width the apart. Hold the ball with both the hands on either side of the ball. Point your elbows out to the side to Increase the power of Your Throw. Follow through with your arms and Body.	Hand - eye coordination in movement.	PUNCH BALL VOLLEY BALL				
8	September	CARROM THROWING THE BALL	TARGET AND EYE COORDINATION	MOTOR SKILL ,CONFIDENCE AND EYE COORDINATION	CARROM BOARD VOLLEY BALL				
9	October	VOLLEY BALL THREE LEG RACE SKIPPING	VOLLEYBALL GAME WARM UP PRACTICE HAND LEG MOVEMENT	MOTOR SKILLS DEVELOP CONFIDENCE AND COORDINATION	VOLLEYBALL				
10	DECEMBER	VOLLEYBALL AEROBICS EXERCISE	UNDER HAND CALISTHENIC DRILLS	MOTOR CYCLE SKILL DEVELOP CONFIDENCE AND COORDINATION	VOLLEYBALL				
11 12	January	SPORTS DAY BASKETBALL	DRIBBLING	MOTOR SKILLS DEVELOP CONFIDENCE AND COORDINATION	BASKETBALL				

11/10/21

20/10/21

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12	February	FOOTBALL	PUSH PASS RECEIVE THE BALL	MOTOR SKILLS DEVELOP CONFIDENCE AND COORDINATION	FOOTBALL CONES MARKER
13	MARCH	FOOTBALL	DRIBBLING SHOOTING	DEVELOP MUSCULAR STRENGTH COORDINATION	FOOTBALL MARKER CONES( ZIG ZAG)