

## NEW ERA SENIOR SECONDARY SCHOOL

### PHYSICAL EDUCATION

#### LESSON PLAN – CLASS 7 (2026–27)

Topic	No. of Periods	Month	General Objective	Specific Objective	Learning Outcome
Physical Fitness Activities & Warm-up Exercises	8	April	Warm-up, jogging, stretching	Improve flexibility and stamina	Students develop basic fitness and flexibility
Athletics – Running Techniques (Short Distance)	8	April	Light jogging and drills	Learn correct running posture and start technique	Improve speed, endurance and coordination
Basketball – Dribbling and Passing	8	June	Warm-up and ball handling	Learn chest pass and bounce pass	Improve ball control and teamwork
Volleyball – Underhand & Overhead Pass	8	June	Warm-up hand exercises	Learn basic volleyball passing techniques	Develop coordination and game understanding
Football – Dribbling and Passing	8	July	Jogging and stretching	Learn push pass and ball control	Improve foot coordination and control
Athletics – Long Jump / Broad Jump	8	July	Running drills and stretching	Learn take-off and landing technique	Improve jumping ability and body balance
Kho-Kho Skills and Rules	8	August	Warm-up and agility drills	Learn chasing and dodging techniques	Develop speed, agility and teamwork

Kabaddi Skills and Rules	8	August	Warm-up and breathing exercises	Learn raiding and defending techniques	Improve strength, coordination and strategy
Basketball – Shooting Practice	8	September	Ball handling drills	Learn lay-up and shooting technique	Improve accuracy and scoring ability
Athletics – Relay Race	8	September	Sprint drills	Learn baton exchange technique	Improve teamwork and speed
Volleyball – Service and Game Practice	8	November	Hand and arm exercises	Practice underhand and overhand service	Develop accuracy and game skills
Football – Small-Sided Matches	8	November	Ball control drills	Apply passing and dribbling in game	Improve teamwork and decision making
Yoga and Flexibility Exercises	8	December	Basic yoga warm-up	Learn basic asanas and breathing	Improve concentration and flexibility
Table Tennis / Badminton Basics	8	January	Wrist and arm exercises	Learn grip and basic strokes	Improve racket skills and coordination
Recreational and Minor Games	8	February	Fun warm-up activities	Encourage participation and teamwork	Develop social skills and enjoyment in sports
Annual Sports Practice (Athletics Events)	8	March	Warm-up and drills	Practice running, jumping and throwing events	Prepare students for school sports competition