

New Era Senior Secondary School

Yearly Lesson Plan (2026–27)
Class XI – Physical Education

Month	Teaching Days	Chapter No.	Name of the Chapter
April – May	20	1	Changing Trends and Career in Physical Education
June	21	2	Olympic Value Education
July	21	3	Physical Fitness, Wellness & Lifestyle
July (Contd.)	-	4	Physical Education and Sports for CWSN
August	21	5	Yoga
September	21	6	Physical Activity & Leadership Training
October	19	7	Test, Measurement & Evaluation
November	9	8	Fundamentals of Anatomy, Physiology and Kinesiology in Sports
December	20	9	Psychology and Sports
January	20	10	Training and Doping in Sports
February	20	-	Revision and Class Test