

**New Era Senior Secondary School**  
**Yearly Lesson Plan (2026-27)**  
**Class XII – Physical Education**

<b>Month</b>	<b>Teaching Days</b>	<b>Chapter No.</b>	<b>Name of the Chapter</b>
April – May	20	1	Management of Sporting Events
June	21	2	Children and Women in Sports
June (Contd.)	-	3	Yoga as Preventive Measure of Lifestyle Disease
July	21	4	Physical Education and Sports for CWSN
July (Contd.)	-	5	Sports and Nutrition
August	20	6	Test and Measurement in Sports
September	13	7	Physiology and Injuries in Sports
October	19	8	Biomechanics and Sports
November	9	9	Psychology and Sports
December	20	10	Training in Sports
January	-	-	Revision and Class Test