





Lesson Planner of Physical Education


Class 10th




(2024-25)

Month	AIM	PLANNING	RESOURCE	PHOTOES
April	Warming up	Slow jogging, High knee Running	Whistle, cone.	
	Basketball	*Rebounding *Offensive Rebounding *Defensive Rebounding	Basketball	
	Table Tennis	To tell about introduction, rules and regulation of game.	Racket, Ball	

	<p>Volleyball</p>	<p>To tell the rules and terms of volleyball.</p>	<p>Volleyball</p>	 
	<p>Cooling down</p>	<p>Head to toe stretching</p>	<p>Whistle,</p>	

<p>May</p>	<p>Badminton</p>	<p>To tell about rules and regulation of badminton, Tell about short Serve.</p>	<p>Racket and shuttle</p>	 
-------------------	-------------------------	--	---------------------------	--

	Cooling down	Slow jogging, stretching,	whistle	 The graphic features six female figures in yellow athletic wear performing various stretches. Below them, the text 'COOL DOWN' is written in large, bold, pink letters, and 'stretches' is written in smaller, black letters below it. A blue arrow points to the right.
--	---------------------	---------------------------	---------	---

<p>June</p>	<p>Warming up</p> <p>To tell about endurance exercise</p>	<p>Brisk walking</p> <p>Plank</p> <p>Shuttle run</p> <p>Zigzag running</p>	<p>Whistle, Cone</p>	
	<p>Table Tennis</p>	<p>To teach about How to hold the racket.</p> <p>To teach about serve.</p>	<p>Racket, ball</p>	
	<p>Volleyball</p>	<p>To teach about technique of Sever, upper hand, underhand</p>	<p>Volleyball</p>	
	<p>Cooling down</p>	<p>Side stretching</p> <p>Leg stretching</p> <p>Arm stretching</p>	<p>Whistle, cone</p>	

--	--	--	--	--

