






Lesson Planner of Physical Education


Class 6th



(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>	 
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	Cooling down	Slow jogging, stretching,	whistle	 A graphic featuring 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.
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<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>The illustration shows a grid of 18 numbered warm-up exercises. The first row includes neck stretches (1-3) and leg stretches (4-6). The second row includes leg and torso stretches (7-9). The third row includes leg, torso, and arm stretches (10-12). The exercises are performed by a male figure in a black shirt and pants. The text 'WARM-UP EXERCISES' is at the top, and 'BREATH WITH YOUR HECK!' is written above the first three exercises. The source 'shutterstock' is at the bottom.</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>A photograph of two people playing table tennis on a blue table. One player is in a black shirt and the other is in a red shirt. A red banner in the background reads 'TABLE TENNIS FOR ALL FOR LIFE'. A small circular icon is visible in the bottom right corner of the image.</p>
	<p>Volleyball</p>	<p>To teach about technique of Sever, upper hand, underhand</p>	<p>Volleyball</p>	 <p>A photograph of a volleyball game in progress. A player in a white jersey is jumping to hit the ball over the net. Several other players in red jerseys are also jumping or watching. The background shows a blue wall with 'TV WIP' logos.</p>
<p>Cooling down</p>		<p>Side stretching</p> <p>Leg stretching</p> <p>Arm stretching</p>	<p>Whistle, cone</p>	

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