





# Lesson Planner of Physical Education


## Class 7<sup>th</sup>



(2024-25)

Month	AIM	PLANNING	RESOURCE	PHOTOES
April	<b>Warming up</b>	Slow jogging, High knee Running	Whistle, cone.	 <p>The image shows a 'universal warmup' chart with 12 different exercise icons arranged in a 3x4 grid. The text above the icons reads 'universal warmup' in a stylized font, with 'BY DANIEL @ DANIELS.COM' and 'Repeat each exercise for 10 seconds then move on to the next one.' below it.</p>
	<b>Basketball</b>	*Rebounding *Offensive Rebounding *Defensive Rebounding	Basketball	 <p>A photograph of a basketball game in progress. Several players are visible, including one in a white jersey with 'OSU 22' and another in a blue jersey with 'OSU 4'. They are clustered around the basket, with one player jumping to shoot or pass the ball.</p>
	<b>Table Tennis</b>	To tell about introduction, rules and regulation of game.	Racket, Ball	 <p>A close-up photograph of a person's hands holding a red table tennis racket and a yellow ball. The person is wearing a black shirt. The background is a blue table tennis table.</p>

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

<p><b>May</b></p>	<p><b>Badminton</b></p>	<p>To tell about rules and regulation of badminton,  Tell about short Serve.</p>	<p>Racket and shuttle</p>	  
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	<b>Cooling down</b>	Slow jogging, stretching,	whistle	 <p>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 underneath. A blue arrow points to the right, indicating a sequence or continuation.</p>
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<p><b>June</b></p>	<p><b>Warming up</b></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><b>Table Tennis</b></p>	<p>To teach about How to hold the racket.</p> <p>To teach about serve.</p>	<p>Racket, ball</p>	
	<p><b>Volleyball</b></p>	<p>To teach about technique of Sever, upper hand, underhand</p>	<p>Volleyball</p>	
<p><b>Cooling down</b></p>		<p>Side stretching</p> <p>Leg stretching</p> <p>Arm stretching</p>	<p>Whistle, cone</p>	

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