






# Lesson Planner of Physical Education


## Class 8<sup>th</sup>




(2024-25)

Month	AIM	PLANNING	RESOURCE	PHOTOES
April	<b>Warming up</b>	Slow jogging, High knee Running	Whistle, cone.	 <p>A chart titled "universal warmup" by DAVIDEE @ DAVIDEE.COM. It lists 12 exercises with corresponding line drawings: 1. Side lunges, 2. High knees, 3. Spiderman lunges, 4. Arm circles, 5. Torso twists, 6. Hip rotations, 7. Shoulder rotations, 8. Neck rotations, 9. Diaphragm breathing, 10. Diaphragm breathing, 11. Diaphragm breathing, 12. Diaphragm breathing. Below the chart, it says "Repeat each exercise for 10 seconds then move on to the next one."</p>
	<b>Basketball</b>	*Rebounding *Offensive Rebounding *Defensive Rebounding	Basketball	 <p>A photograph of a basketball game in progress. A player in a white jersey with "OSU 22" is jumping to shoot the ball. A player in a blue jersey with "OSU 24" is jumping to block the shot. Another player in a white jersey with "OSU 4" is also visible. The background shows a crowd of spectators.</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	 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><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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