**Lesson Plan for the Session 2024-25**

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| **Month** | **Week** | **Topic** | **Assessment** | **Remarks** |
| July | 4th Week | Introduction of Physical Education and Sports.  2) 2) Brief Introduction of Events i.e Kho- kho, Badminton, Carrom Board, Volley Ball and Athletic events etc. |  |  |
| August | 1st Week | Carrom Board inter Classes competition (Boys & Girls) |  |  |
| August | 2nd Week | Final Carrom Board inter Classes competition (Boys & Girls) |  |  |
| August | 3rd Week | Badminton (Boys & Girls) inter classes competition |  |  |
| August | 4th week | Final Badminton (Boys & Girls) inter classes competition |  |  |
| September | 1st Week | Kho-kho inter Classes competition (Boys & Girls) |  |  |
| September | t2nd  WeeK | Final Kho-Kho inter Classes competition (Boys & Girls) |  |  |
| September | 3rd Week | Meaning of Warming up Benefits Importance and benefits of warming up in modern life. |  |  |
| September | 4th Week | Practical classes and Practice |  |  |
| October | 1st Week | Meaning, Definition and importance of health Factor influence health |  |  |
| October | 2nd Week | Meaning, Definition and importance of personal hygiene |  |  |
| October | 3rd Week | Hygiene of various body parts and factors influencing personal hygiene |  |  |
| October | 4th Week | Hygiene of various body parts and factors influencing personal hygiene |  |  |
| November | 1st Week | Dipawli vacation |  |  |
| November | 2nd week | Yoga-Meaning, concept and historical development |  |  |
| November | 3rd Week | | Practical Workshop |  |  |
| November | 4th Week | Types of Yoga Importance of yoga in healthy living |  |  |
| December | 1st Week | Gym Exercise and stretching exercise |  |  |
| December | 2nd week | Practical Workshop |  |  |
| December | 3rd Week | Examinations |  |  |
| December | 4th Week | Examinations |  |  |