

PHYSICAL ACTIVITY TRAINER SESSION PLAN 2025-26 (STANDARD X)

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1: ROLES AND RESPONSIBILITIES OF EARLY YEARS PHYSICAL ACTIVITY FACILITATOR	1. Identify roles and responsibilities of a physical activity facilitator 1. Job description of an early years physical activity facilitator 2. Qualities of a good teacher	1. Discussion on the methods of discipline inculcation in students 2. Group discussion on pros and cons of mass drill 3. Discussion on the importance of talent identification in sports.
	UNIT 1: COMMUNICATION SKILLS – I	# Methods of communication Verbal Non-verbal Visual	# Writing pros and cons of written, verbal and non-verbal communication # Listing do's and don'ts for avoiding common body language mistakes
May-25	UNIT 1: ROLES AND RESPONSIBILITIES OF EARLY YEARS PHYSICAL ACTIVITY FACILITATOR	1. Describe the various activities to be conducted by the physical activity facilitator	debate competition of the students for the topic or different types of games
	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jul-25	UNIT 1: ROLES AND RESPONSIBILITIES OF EARLY YEARS PHYSICAL ACTIVITY FACILITATOR	description of various activities of:- 1. Conducting basketball and volleyball skill development sessions. 2. Altering the programs to meet the participant turn out and skill level. 3. Arranging facilities and equipment for performing risk management checks on the facility. 4. Dealing with customers and answering questions. 5. Established rules and regulations and etiquette guidelines 6. Ensuring the completion of all administrative paperwork activity plans, and participant feedback. 7. Responding to situations requiring conflict resolution and emergency incidents, including first aid or CPR.	play the games by the students like that volleyball, basketball, etc.
	UNIT 1: COMMUNICATION SKILLS – II	# Communication cycle and importance of feedback # Specific and non-specific feedback Activity/Q&A	Constructing sentences for providing descriptive and specific feedback
Aug-25	UNIT 2: ASSESSMENT AND EVALUATION OF STUDENTS	1. Describe the various types and tools of assessment like that 1. Meaning of assessment and evaluation 2. Diagnostic assessment 3. Skill assessment 4. Assessment tools and processes	1. Prepare a chart on difference between assessment and evaluation 2. Classroom discussion on which of the assessment is better formative or summative
	UNIT 1: COMMUNICATION SKILLS – II	# Barriers to effective communication – types and factors # Measures to overcome barriers in effective communication # 7 Cs of effective communication Q&A	Enlisting barriers to effective communication . Applying measures to overcome barriers in communication. # Expressing in a manner that shows respect to the receiver of the message # Exercises and games on applying 7Cs of effective communication
	UNIT 2: ASSESSMENT AND EVALUATION OF STUDENTS	2. Prepare assessment report and provide feedback 1. Preparation of report • Information identification • Analysis of report • Conclusion and recommendation • Revise your report • Providing feedback	1. Slide presentation on steps of report preparation and feedback
		2. Steps of documenting feedback • Objectives of feedback	

Sep-25	UNIT 1: COMMUNICATION SKILLS – II AND UNIT 2: SELF - MANAGEMENT SKILLS – II	#Writing skills to the following: Sentence Phrase Kinds of Sentences Parts of Sentence Parts of Speech Articles Construction of a Paragraph #Meaning and importance of stress management	# Demonstration and practice of writing sentences and paragraphs on topics related to the subject. #Exercises on stress management techniques – yoga, meditation, physical exercises.
	MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025		
Oct-25	UNIT 3: FREE-PLAY	1. Describe the importance and purpose of free-play from step by step 1. Free play 2. Components of free play 3. Importance of free play in student's life 4. Factors influencing recreational activities	1. Write a paragraph on importance of free play students life 2. Make a chart of factors influencing free play
	UNIT 2: SELF - MANAGEMENT SKILLS – II	#Stress management techniques – physical exercise, yoga, meditation. #Importance of the ability to work independently. #Describe the meaning of self-motivation and self-regulation Q&A	# Demonstration on working independently # goals. # Demonstration on the qualities required for working independently
Nov-25	UNIT 3: FREE-PLAY	2. Organize Free-play activities like that 1. Objective of activity 2. Selection of suitable free play activity 3. Categorization and deviation of groups 4. Area selection 5. Equipment selection 6. Organization of free play activities	1. Group discussion on importance of categorization and grouping in recreational activities 2. Prepare a speech on equipment selection in free play activity
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – II	# File concept, file operations, file organization, directory structures, and file-system structures # Creating and managing files and folders Q&A	Demonstration and practicing of creating, renaming and deleting files and folders, saving files in folders and sub-folders, restoring files and folders from recycle bin
Dec-25	UNIT 3: FREE-PLAY	3. Demonstrate the knowledge of rehabilitation through free-play 1. Role of free-play in rehabilitation 2. Heterogeneous to homogeneous group 3. Selection of suitable free play activity 4. Session timing and time table 5. Recording data of each session	. Prepare a pie chart on rehabilitation through free play
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – II UNIT 4: ENTREPRENEURIAL SKILLS- II	# Importance and need of care and maintenance of computer Cleaning computer components Preparing maintenance schedule Protecting computer against viruses Scanning and cleaning viruses and removing SPAM files, temporary files and folders. #Role and importance of an entrepreneur	Demonstration of the procedures to be followed for cleaning, care and maintenance of hardware and software Listing the entrepreneurial qualities – analysis of strength and weaknesses
WINTER BREAK 1 JAN 2026-15 JAN 2026			

Jan-26	UNIT 4: MONITORING AND INVENTORY MANAGEMENT	1. Describe the process of inventory management like that:- 1. Importance of periodic inventory check 2. Process of maintaining inventory #2. Manage props and equipment like that 1. Report of listed equipment 2. Estimation of fund for new equipment 3. Estimation of money for repairing of equipment 4. Monetary report of equipment purchased and repaired	1. Write a paragraph about importance of listing the equipment 2. Prepare a flowchart on the steps of Listing the equipment 3.Prepare a report of equipment in school sports store room 4. Prepare a report of sports equipment
	UNIT 4: ENTREPRENEURIAL SKILLS- II	#Myth about entrepreneurship #Entrepreneurship as a career option	#Group discussion of self-qualities that students feel are needed to become successful entrepreneur #Collect information and related data for a business #Make a plan in team for setting up a business
Feb-26	UNIT 5: GREEN SKILLS – II	#Definition of sustainable development ,Importance of sustainable development, Problems related to sustainable development Q&A	Identify the problem related to sustainable development in the community Discussion on the responsibilities and benefits of environmental citizenship, including the conservation and protection of environmental values
	REVISION		
Mar-26	ANNUAL EXAMINATION 2026		