



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

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Jul-25	UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	1. recognize the physical and emotional needs of the children #parts of Physical and emotional needs of the children #Health triangle #Physical health #Mental health #Social health, etc	1. Prepare chart on Health triangle and a role play basis of physical needs of the children
	UNIT 1: COMMUNICATION SKILLS – III	# 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
Aug-25	UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	2. Identify factors influencing physical activities #Factors affecting physical fitness #Influence of sports in well being #Influence of society on sports based on Economy Technology Political #-Environment	Group activity on demonstration of factors influencing physical activities Group discussion on how behavioral factors influence physical activity
	UNIT 1: COMMUNICATION SKILLS – III	#Communication styles assertive, aggressive, passive aggressive, submissive, etc.	# Observing and sharing communication styles of friends, teachers and family members and adapting the best practices # Role plays on communication styles.
Sep-25	UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	1. Create different levels of physical activities like that planning for children Identifying physical activity sessions Structuring physical activity sessions Macro-planning Meso-planning Micro-planning Weekly planning Yoga and their benefits, etc	Prepare flow chart on planning cycle. Preparation of lesson plans for various physical activities
	UNIT 1: COMMUNICATION SKILLS – III	# Writing skills to the following: • Sentence • Phrase • Kinds of Sentences • Parts of Sentence • Parts of Speech • Articles • Construction of a Paragraph	Demonstration and practice of writing sentences and paragraphs on topics related to the subject
	MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025		
Oct-25	UNIT 2: PROPS AND EQUIPMENT	Identify the various factors that need to be considered while selecting props and equipment #Selection of props and equipment #Purpose and importance of props and equipment . #Factors affecting the selection of props and equipment	1. List down factors affecting selection of props and equipment. Preparation of poster of props and equipment Preparation of list of equipment for conducting physical and sports activities.
	UNIT 2: SELF - MANAGEMENT SKILLS – III UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – III	# Describe the important factors that influence in team building # Describe factors influencing team work # Meaning and importance of time management – setting and prioritizing goals, creating a schedule, making lists of tasks, balancing work and leisure, using different optimization tools to break large tasks into smaller tasks. . Introduction to word processing.	Group discussion on qualities of a good team, Group discussion on strategies that are adopted for team building and team work, # Game on time management # Checklist preparation # To-do-list preparation Demonstration and practice of the following: • Listing the features of word processing • Listing the software packages for word processing # Opening and exit the word processor • Creating a document

Nov-25	UNIT 2: PROPS AND EQUIPMENT	1. Identify the reasons affecting the playground and equipment condition Inspection of Playfields Low frequency inspections High frequency inspection Maintenance of sport facilities	1. List down the safety measure to be kept in mind while doing playfield inspection and Prepare a timetable for the inspection of playfield area
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – III	# Software packages for word processing. # Opening and exiting the word processor. # Creating a document	Demonstration and practice of the following: • Listing the features of word processing • Listing the software packages for word processing • Opening and exit the word processor • Creating a document
Dec-25	UNIT 3: HYGIENE AND SAFETY	1. Identify the steps required in maintenance of hygiene in play area Maintenance of hygiene in Play Area 2. Demonstrate the knowledge of basic First-Aid practices First Aid First Aid - Purpose and basic principle Cuts and bruises. 4. Heat exhaustion Breathing difficulties Choking Basic sports injuries Sprain Strain First Aid for Sprains Concept of First Aid kit 3. Identify sports injuries and its rehabilitation processes Types of sports injuries #How do you prevent sports injuries? First Aid – CPR (Cardiopulmonary resuscitation) Rehabilitation of sports injuries Exercise for rehabilitation	1. Preparation of flowchart on the sequential steps of CPR Demonstration of CPR. #Prepare a poster on First Aid principles #Conduct on ground demonstration of first aid. #Identification of cleaning materials for play area #List the steps to maintain hygiene at playground.
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – III, UNIT 4: ENTREPRENEURIAL SKILLS- III	# Concept and pattern of cooperative system of milk procurement and pricing of milk. Marketing of milk in India Numbering and bullet Creating table Find and replace Page numbering. Printing document. Saving a document in various formats. #Values in general and entrepreneurial values #Entrepreneurial value orientation with respect to innovativeness, independence, outstanding performance and respect for work	. Demonstration and practicing the following: • Editing the text • Word wrapping and alignment • Changing font type, size and face • Inserting header and footer • Removing header and footer . Using autocorrect option Insert page numbers and bullet Save and print a document Listing of entrepreneurial values by the students # Group work on identification of entrepreneurial values and their roles after listing or reading 2-3 stories of successful entrepreneur. # Exhibiting entrepreneurial values in Ice breaking, rapport building, group work and home assignments.
Jan-26	 WINTER BREAK 1 JAN 2026-15 JAN 2026 		
	UNIT 4: SPORTS AND FITNESS	Describe the norms for selecting yearly sports activities Health and Physical fitness Benefits of Physical fitness Stages of Team selection Process of Talent Detection, Identification and Development Football Basketball Volleyball, etc	Preparation of chart for selection of students for competition Group discussion on importance of resources for conduction of sports competition
	UNIT 4: ENTREPRENEURIAL SKILLS- III	# Attitudes in general and entrepreneurial attitudes # Using imagination/ intuition Looking for economic opportunities	# Preparing a list of factors that influence attitude in general and entrepreneurial attitude Take up a product and suggest how its features can be improved

Feb-26	UNIT 4: SPORTS AND FITNESS	1. Identify resources required for organizing sports competition Organizing sports day Pre Sports Day Sports Day Post Sports Day Organizing Tournament Pre-tournament Day Tournament Day Post-tournament Day #. Importance of fitness sessions Aerobic capacity Anaerobic capacity Strength Flexibility Warm-up Benefits of Proper Warm-up, etc	Preparation of chart for describing the various aspects of organising sports competition. Preparation of chart for describing the various aspects of organising tournament. . List down the important point to be kept in mind before beginning any physical activity
	UNIT 5: GREEN SKILLS – III	Main sectors of green economy- Ewaste management, green transportation, renewal energy, green construction, water management. Policy initiatives for greening economy in India. Stakeholders in green economy.	Writing a two-page essay on important initiatives taken in India for promoting green economy. Preparing posters on green Sectors/Areas: cities, buildings, tourism, industry, transport, renewable energy, waste management, agriculture, water, forests and fisheries.
	REVISION		
Mar-26	ANNUAL EXAMINATION 2026		