

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

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1: OVERVIEW OF PHYSICAL EDUCATION AND SPORTS SECTOR	delineate the job profile and career opportunities of a physical education assistant like that coaching, teaching in physical education, sports management, fitness sector etc.	List the skills required for teaching physical education. Discussion on various occupation in physical education and sports.
	UNIT 1: COMMUNICATION SKILLS – IV	#Importance of active listening at workplace #Steps to active listening	Demonstration of the key aspects of becoming active listener,Preparing posters of steps for active listening
May-25	UNIT 1: COMMUNICATION SKILLS – IV	#Writing skills to the following: •Sentence •Phrase •Kinds of Sentences •Parts of Sentence •Parts of Speech •Articles •Construction of a Paragraph	
	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jul-25	UNIT 1: OVERVIEW OF PHYSICAL EDUCATION AND SPORTS SECTOR	Describe the importance of life skills in sports like that life skill and Learn on how to deal with failure etc.	1.Divide teams in your class to conduct a competition for the following sports and observe. for example football and kho
	UNIT 2: SELF - MANAGEMENT SKILLS – IV	#Finding and listing motives (needs and desires) #Describe the meaning of personality #Describe how personality influence others	Group discussion on identifying needs and desire,Discussion on sources of motivation and inspiration,Demonstrate the knowledge of different personality types
Aug-25	UNIT 2: ASSESSMENT OF STUDENTS	1.differentiate the various types of assessment and purpose of evaluation Meaning of assessment #Types of assessment – Self-assessment, Peer assessment Teacher Observation Homework Factors influencing assessment Physical factors School factors Teacher factors Assessment tools Checklist Rubrics Benchmark Types of evaluation Formative evaluation Summative Evaluation Diagnostic Evaluation	Discussion on the importance of assessment and evaluation Group discussion on factors influencing assessment Preparation of chart on types of assessment
	UNIT 2: SELF - MANAGEMENT SKILLS – IV/UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – IV	#Describe basic personality traits #Describe common personality disorders- paranoid, antisocial, schizoid, borderline, narcissistic, avoidant, dependent and obsessive Introduction to spreadsheet application #Spreadsheet applications #Creating a new worksheet	Demonstration and practice on the following: Introduction to the spreadsheet application Listing the spreadsheet applications Creating a new worksheet

Sep-25	UNIT 2: ASSESSMENT OF STUDENTS	1.Organize assessment and evaluation of students Elements of teaching process Ongoing evaluation Key success factors for imparting high quality Physical Education Organizing an evaluation plan	Prepare a chart for the four elements that make up the whole process of teaching. List four key success factors which show that high quality physical education has been imparted to students
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – IV	Opening workbook and entering text,Resizing fonts and styles,Copying and moving Filter and sorting Formulas and functions Password protection.	Opening the workbook and enter text Resizing fonts and styles Copying and move the cell data Sorting and Filter the data Applying elementary formulas and functions
	MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025		
Oct-25	UNIT 2: ASSESSMENT OF STUDENTS	Demonstrate the knowledge of organizing interaction with parents Parent-Teacher Meeting Managing Parent-Teacher meeting Interaction with parents post assessments Explanation of performance evaluation Steps to improve performance of slow learners	Identify methods of reaching out to the parents Role play for explanation of student's report to parents
	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – IV	Printing a spreadsheet. Saving a spreadsheet in various formats Introduction to presentation Software packages for presentation	Protecting the spreadsheet with password Printing a spreadsheet Saving the spreadsheet in various formats.Demonstration and practice on the following: Listing the software packages for presentation Explaining the features of presentation,Creating a new presentation Adding a slide to presentation. Deleting a slide Entering and edit text Formatting text Inserting clipart and images
Nov-25	UNIT 3: EMERGENCY MANAGEMENT	1. Identify the importance of emergency response #Meaning of emergency response #Need and importance of emergency response 1.dealing with heat stroke 2.allergies 3.asthma attacks 4.sudden cardiac arrest, etc 2.Identify and respond to emergencies in play field First Aid DRABC of First Aid First Aid - Purpose and Basic principles Basic sports injuries Sprain Strain, Instructions for R.I.C.E. etc. Concept of First Aid kit Area inspection for safety Roles and responsibilities of first responder Equal opportunities First Aid procedures	1.Group discussion on emergency response Preparation of a plan for emergency response Create a poster showing the steps of CPR.

	UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – IV, UNIT 4: ENTREPRENEURIAL SKILLS- IV	<p>Slide layout Saving a presentation Printing a presentation document ,Barriers to becoming entrepreneur,Behavioral and entrepreneurial competencies– adaptability/ decisiveness, initiative/perseverance, interpersonal skills, organizational skills, stress management, valuing service and diversity,Entrepreneurial competencies in particular: self -confidence, initiative, seeing and acting on opportunities, concern for quality, goal setting and risk taking, problem solving and creativity, systematic planning and efficiency, information seeking, persistence, influencing and negotiating, team building</p>	<p>Sliding layout Saving a presentation Printing a presentation document Administering self- rating questionnaire and score responses on each of the competencies Collect small story/ anecdote of prominent successful entrepreneurs</p> <p>Identify entrepreneurial competencies reflected in each story and connect it to the definition of behavioral competencies</p> <p>Preparation of competencies profile of students,Games and exercises on changing entrepreneurial behavior and development of competencies for enhancing self-confidence, problem solving, goal setting, information seeking, team building and creativity</p>
Dec-25	UNIT 4: HEALTH AND HYGIENE IN PLAY AREA	<p>1. Demonstrate knowledge about players' health and hygiene Maintenance of player's health and hygiene General Hygiene and Sanitation rules Hygiene tips. # Describe the hygiene and health in play area Inspection and maintenance of sports facilities and kits</p>	<p>Prepare chart on general hygiene and sanitation rules</p>
	UNIT 5: GREEN SKILLS – IV	<p>Role of green jobs in toxin-free home</p> <p>Green organic gardening, public transport and energy conservation. Green jobs in water conservation</p> <p>Green jobs in solar and wind power, waste reduction, reuse and recycling of wastes. Green jobs in appropriate technology</p> <p>Role of green jobs in Improving energy and raw materials use.</p>	<p>Listing of green jobs and preparation of posters on green job profiles</p> <p>Prepare posters on green jobs.</p>
Jan-26	WINTER BREAK 1 JAN 2026-15 JAN 2026		
	UNIT 5: GREEN SKILLS – IV	<p>Role of green jobs minimizing waste and pollution. Role of green jobs in protecting and restoring ecosystems.</p>	<p>Listing of green jobs and preparation of posters on green job profiles</p> <p>Prepare posters on green jobs.</p>
Feb-26	UNIT 5: GREEN SKILLS – IV	<p>Role of green jobs in support adaptation to the effects of climate change</p>	<p>Listing of green jobs and preparation of posters on green. Prepare posters on green jobs. profiles</p>
	REVISION		
Mar-26	ANNUAL EXAMINATION 2026		