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CHINMAYA VIDYALAYA / B S CITY
 (CBSE NEW GENERATION SCHOOL)



Department of Physical Education

DATE/ DAY	TIME	PRANJAL SAIKIA	PRANJAL SAIKIA	HH PANDEY	HH PANDEY
		PHYSICAL EDUCATION (11TH)	PHYSICAL EDUCATION (12TH)	PHYSICAL EDUCATION (11TH)	PHYSICAL EDUCATION (12TH)
01-12-2020/Tuesday	8.00-8.50	meaning and concept of sports training.(11H)			introduction to sports training, strength-types and method of improving strength.(12I)
	9.00-9.50				introduction to sports training, strength-types and method of improving strength.(12A)
	10.20-11.10			meaning and concept of sports training.(11I)	
	11:20-12:10				
02-12-2020/Wednesday	8.00-8.50	principles of sports training.(11H)			introduction to sports training, strength-types and method of improving strength.(12J)
	9.00-9.50				
	10.20-11.10				introduction to sports training, strength-types and method of improving strength.(12H)
	11.20-12.10		introduction to sports training, strength-types and method of improving strength.(12K,L,M)		introduction to sports training, strength-types and method of improving strength.(12B)
03-12-2020/Thursday	8.00-8.50	introduction to warm-up, types, method of warm up(11H)			endurance- deefination, types and method of developing endurance.(12J)
	9.00-9.50				
	10.20-11.10				
					endurance- deefination, types and method of developing endurance.(12B)
04-12-2020/Friday	8.00-8.50				endurance- deefination, types and method of developing endurance.(12A)
	9.00-9.50				endurance- deefination, types and method of developing endurance.(12I)

	10.20-11.10			principles of sports training.(11I)	
					speed- defination, types and method to develop speed.(12B)
05-12-2020/Saturday	8.00-8.50				
	9.00-9.50			introduction to warm-up, types, method of warm up(11I)	
	10.20-11.10				
06-12-2020/Sunday	8.00-8.50				
	9.00-9.50				
	10.20-11.10				
07-12-2020/Monday	8.00-8.50				speed- defination, types and method to develop speed.(12I)
	9.00-9.50	introduction to limbering down, types, method of limbering down. (11H)			flexibility- defination, types and method to develop flexibility.(12B)
	10.20-11.10			introduction to limbering down, types, method of limbering down. (11I)	
	11.20-12.10		endurance- deefination, types and method of developing endurance.(12K,L,M)		speed- defination, types and method to develop speed.(12A)
08-12-2020/Tuesday	8.00-8.50	skill- its concepts and types(11H)			flexibility- defination, types and method to develop flexibility.(12I)
	9.00-9.50				flexibility- defination, types and method to develop flexibility.(12A)
	10.20-11.10			skill- its concepts and types(11I)	
09-12-2020/Wednesday	8.00-8.50	technique- its concepts, teching technique method(11H)			flexibility- defination, types and method to develop flexibility.(12J)
	9.00-9.50				
	10.20-11.10				flexibility- defination, types and method to develop flexibility.(12H)
	11.20-12.10		speed- defination, types and method to develop speed.(12K,L,M)		coordinative abilities- defination and types.(12B)
10-12-2020/Thursday	8.00-8.50	style and its concepts (11H)			coordinative abilities- defination and types.(12J)
	9.00-9.50				
	10.20-11.10				
					circuit training - introduction, types and impact of circuit training.(12B)

11-12-2020/Friday	8.00-8.50				coordinative abilities- defination and types.(12A)
	9.00-9.50				coordinative abilities- defination and types.(12I)
	10.20-11.10			technique- its concepts, teching technique method(11I)	
					REVISION
12-12-2020/Saturday	8.00-8.50				
	9.00-9.50			style and its concepts (11I)	
	10.20-11.10				
13-12-2020/Sunday	8.00-8.50				
	9.00-9.50				
	10.20-11.10				
14-12-2020/Monday	8.00-8.50				circuit training - introduction, types and impact of circuit training.(12I)
	9.00-9.50	concepts and classification of doping (11H)			RE VISION
	10.20-11.10			concepts and classification of doping (11I)	
	11.20-12.10		flexibility- defination, types and method to develop flexibility.(12K,L,M)		circuit training - introduction, types and impact of circuit training.(12A)
15-12-2020/Tuesday	8.00-8.50	types of doping- (performance enhancing substance and physical methods).(11H)			REVISION
	9.00-9.50				REVISION
	10.20-11.10			types of doping- (performance enhancing substance and physical methods).(11I)	
16-12-2020/Wednesday	8.00-8.50	prohibited substances and their side effects.(11H)			circuit training - introduction, types and impact of circuit training.(12J)
	9.00-9.50				
	10.20-11.10				circuit training - introduction, types and impact of circuit training.(12H)
	11.20-12.10		coordinative abilities- defination and types.(12K,L,M)		REVISION
17-12-2020/Thursday	8.00-8.50	dealing with alchohol and substances abuse.(11H)			REVISION
	9.00-9.50				
	10.20-11.10				
					REVISION
18-12-2020/Friday	8.00-8.50				REVISION

	9.00-9.50				REVISION
	10.20-11.10			prohibited substances and their side effects.(11I)	
					REVISION
19-12-2020/Saturday	8.00-8.50				
	9.00-9.50			dealing with alcohol and substances abuse.(11I)	
	10.20-11.10				
20-12-2020/Sunday	8.00-8.50				
	9.00-9.50				
	10.20-11.10				
21-12-2020/Monday	8.00-8.50				
	9.00-9.50	revision of chapter 10		revision	
	10.20-11.10				
	11.20-12.10		circuit training - introduction, types and impact of circuit training.(12K,L,M)		