

Hour	Unit	Topic	Teaching Methodology	Remarks
1	I	Concept of Health and Fitness	Whiteboard	
2	I	Nutrition and Balanced Diet	Whiteboard	
3	I	Basic Concept of Immunity	Whiteboard	
4	I	Relationship between Diet and Fitness	Whiteboard	
5	I	Globalization and Its Impact on Health	Whiteboard	
6	I	Body Mass Index (BMI) of All Age Groups	Whiteboard	
7	I	Activity: Organizing Health Awareness Programmes	Whiteboard	
8	I	Activity: Preparation of Health Profile	Whiteboard	
9	I	Activity: Chart for Balanced Diet for All Age Groups	Whiteboard	
10	II	Concept of Yoga	Whiteboard	
11	II	Need and Importance of Yoga	Whiteboard	
12	II	Origin and History of Yoga in Indian Context	Whiteboard	
13	II	Classification of Yoga	Whiteboard	
14	II	Physiological Effects of Asanas	Whiteboard	
15	II	Pranayama and Meditation	Whiteboard	
16	II	Stress Management and Yoga	Whiteboard	
17	II	Mental Health and Yoga Practice	Whiteboard	
18	II	Activity: Yoga Practices – Asana, Kriya	Whiteboard	
19	II	Activity: Mudra, Bandha, Dhyana	Whiteboard	
20	II	Activity: Surya Namaskar	Whiteboard	
21	III	Concept of Sports and Fitness	Whiteboard	
22	III	Importance and Fitness Components	Whiteboard	
23	III	History of Sports	Whiteboard	
24	III	Ancient and Modern Olympics	Whiteboard	
25	III	Asian Games	Whiteboard	
26	III	Commonwealth Games	Whiteboard	
27	III	Activity: Participation in Major & Individual Sport	Whiteboard	
28	III	Activity: Practicing Warm Up and Aerobics	Whiteboard	

29	III	Activity: Cardiorespiratory Fitness Tests	Whiteboard	
30	III	Activity: Treadmill, 9 Min Walk, Skipping, Running	Whiteboard	
31	All	Recap – Unit I Concepts & Activities	Whiteboard	
32	All	Recap – Unit II Concepts & Activities	Whiteboard	
33	All	Recap – Unit III Concepts & Activities	Whiteboard	
34	All	Discussion on Practical Challenges & Observations	Whiteboard	
35	All	Student Presentations: Balanced Diet Chart	Whiteboard	
36	All	Student Presentations: Yoga and Mental Health	Whiteboard	
37	All	Student Presentations: Sports History or Olympics	Whiteboard	
38	All	Viva Practice – Questions on Yoga & Fitness	Whiteboard	
39	All	Practice – Group Discussion on Health & Sports	Whiteboard	
40	All	Revision & Q&A Session	Whiteboard	