

Physical Activity Trainer Planner (Class 10) – Session 2026–27

Introduction: Physical activity is essential for maintaining good health and fitness. This planner is designed for Class 10 students to improve strength, flexibility, endurance, and teamwork through different sports and fitness activities during the academic session 2026–27.

Objectives:

- Improve students' physical fitness and stamina
- Develop teamwork and sportsmanship
- Learn basic skills of different sports
- Promote healthy lifestyle habits

Month	Activity Focus
April	Warm-up exercises, stretching, light jogging, introduction to fitness
May	Athletics: sprint practice, relay race, long jump basics
July	Yoga: Surya Namaskar, pranayama, flexibility training
August	Team sports: football passing & dribbling, volleyball basics
September	Strength training: push-ups, sit-ups, squats, circuit training
October	Traditional games: Kabaddi and Kho-Kho practice
November	Skill sports: badminton and table tennis basics
December	Outdoor activities: obstacle course, nature walk
January	Inter-house competitions and sports practice
February	Fitness testing and performance evaluation
March	Health awareness, relaxation yoga, annual sports day preparation

Weekly Activity Plan:

Monday – Warm-up and running

Wednesday – Sports skill practice

Friday – Yoga and flexibility exercises

Saturday – Team games and fitness drills

Conclusion: Regular participation in physical activities helps students stay healthy, active, and disciplined. This planner supports balanced physical development and encourages students to adopt fitness as a lifelong habit.