

S.D. PUBLIC SCHOOL, PITAMPURA

Annual Sports Planner (2026–2027)

Classes IX to XII

Objectives:

Enhance physical fitness and stamina
Develop advanced sports skills
Encourage leadership and teamwork
Prepare students for competitive events

April – Fitness & Conditioning

Warm-up & endurance training
Strength exercises
Running drills
Fitness assessment

May – Athletics (Track Events)

100m, 200m, 400m practice
Relay races
Starting techniques
Timing practice

July – Major Games Training

Football (advanced skills)
Basketball (team strategies)
Volleyball (serving & blocking)
Cricket basics

August – Team Competitions

Inter-house matches
Football & basketball matches
Kabaddi & Kho-Kho
Team coordination

September – Skill Enhancement

Speed & agility drills
Strength training
Flexibility exercises

Reaction drills

October – Indigenous & Recreational Games

Kho-Kho advanced
Kabaddi strategies
Tug of war
Fun competitive games

November – Athletics (Field Events)

Long jump, high jump
Shot put, discus
Javelin (basic)
Practice sessions

December – Yoga & Wellness

Yoga asanas
Meditation
Stress management
Indoor games

January – Sports Day Preparation

March past
Event practice
Selection trials
Rehearsals

February – Annual Sports Day

Track & field events
Team game finals
Prize distribution

March – Evaluation & Recreation

Fitness tests
Friendly matches
Recreational sports
Annual review

Weekly Structure:

3 periods per week
Day 1: Fitness & drills
Day 2: Skill practice

Day 3: Matches / evaluation