



Loreto Convent Intermediate College

Lucknow

PHYSICAL EDUCATION

CLASS-9th

2025-2026

QUARTERLY

CHAPTERS- Skeletal System, bone functions of skeletal system, muscular system, types of muscles and benefits of exercise on the muscular system.

BASKETBALL- Basic rules, game, court, equipment, teams, uniforms and coaches

BADMINTON - Basic rules, game, court, equipment, coach, rules and game

HALF-YEARLY

CHAPTERS - Circulation, heart and blood, respiration, pathway of air into the body.

BASKETBALL – Violation and fouls

BADMINTON - Fouls, rules, court dimensions

PRACTICAL

FINALS

CHAPTERS – Functions of skeletal system, games and sports, teamwork, sportsmanship, benefits of exercise on circulatory system, muscular system, respiratory system.

BASKETBALL - Violation and fouls, rules, court, officials

BADMINTON – Fouls, rules, court dimension, officials.

PRACTICAL

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