



N.C. Jindal Public School

Punjabi Bagh, New Delhi

ANNUAL HPE SPORTS SYLLABUS

Monthly & Weekly Planner | 2026 – 2027

Class VI, VII & VIII

TERM 1

April – September 2026

TERM 2

October 2026 – February 2027

Sports Included:

Football | Volleyball | Basketball | Badminton | Table Tennis



FOOTBALL Class: VI, VII & VIII | Sessions: 2 per week | Duration: 45 – 60 min

TERM 1 – April to September 2026		
Month	Week Dates	Skills / Activities
April 2026	1 – 10 Apr	Ball Control – receiving, cushioning with feet, thigh and chest
	13 – 18 Apr	Ball Control – cone weaves, close control at speed
	20 – 24 Apr	Dribbling – inside/outside of foot, directional changes
May 2026	2 – 8 May	Dribbling – cone weave relays, 1v1 pressure dribble
	11 – 18 May	Passing & Receiving – short/medium range, triangle passing drills
July 2026	1 – 10 Jul	Passing & Receiving – one-touch passing, wall passes
	13 – 18 Jul	Shooting – striking toward goal, instep and laces technique
	20 – 24 Jul	Shooting – from various angles, shooting under pressure
	27 Jul	Heading & Throw-in – forehead heading technique
August 2026	1 – 7 Aug	Heading & Throw-in – legal throw-in, headed clearances
	10 – 14 Aug	Tackling & Defending – block tackle, shadow defending
	17 – 21 Aug	Tackling & Defending – 1v1 defensive drills, delay & deny
	24 – 31 Aug	Goalkeeping – shot stopping, basic diving technique
September 2026	1 – 5 Sep	Goalkeeping – underarm and overarm distribution
	7 – 11 Sep	Positioning & Movement – field positions, making runs
	14 – 19 Sep	Revision & Small-Sided Games – 5v5 match application
TERM 2 – October 2026 to February 2027		
Month	Week Dates	Skills / Activities
October 2026	1 – 9 Oct	Juggling – keeping ball airborne, individual target per student
	12 – 17 Oct	Juggling – challenge progressions, pairs juggling
	21 – 30 Oct	Positioning & Movement – creating space, off-ball runs
November 2026	2 – 6 Nov	Positioning & Movement – team shape, 7v7 practice
	12 – 21 Nov	Small-Sided Games – 3v3 applying all Term 1 skills
	23 – 30 Nov	Small-Sided Games – 5v5 with set-piece situations
December 2026	1 – 4 Dec	Revision – skill station circuit covering all skills
	7 – 11 Dec	Revision – targeted skill gaps, peer coaching
	14 – 18 Dec	Tactical Awareness – attacking vs defending patterns
	21 – 31 Dec	Tactical Awareness – set pieces, corners, free kicks
January 2027	16 – 22 Jan	Match Play – full conditioned game, referee roles



	25 – 29 Jan	Match Play – inter-section friendly
February 2027	1 – 6 Feb	Final Assessment Preparation – practical skill test drills
	8 – 12 Feb	Final Assessment – individual skill test
	15 – 19 Feb	Inter-Class Tournament – group stage matches
	22 – 27 Feb	Inter-Class Tournament – semi-finals and final

VOLLEYBALL Class: VI, VII & VIII | Sessions: 2 per week | Duration: 45 – 60 min

TERM 1 – April to September 2026		
Month	Week Dates	Skills / Activities
April 2026	1 – 10 Apr	Ready Position & Footwork – correct stance, lateral movement
	13 – 18 Apr	Ready Position & Footwork – court awareness, shadow drills
	20 – 24 Apr	Forearm Pass (Dig) – platform technique, partner dig drills
May 2026	2 – 8 May	Forearm Pass (Dig) – wall passing, 3-touch combination
	11 – 18 May	Overhead Pass (Set) – setting action, finger placement
July 2026	1 – 10 Jul	Overhead Pass (Set) – 3-touch combo, accuracy targets
	13 – 18 Jul	Underhand Serve – service technique, accuracy to zones
	20 – 24 Jul	Underhand Serve – cross-court serving, service consistency
	27 Jul	Overhand Serve – toss consistency, arm swing
August 2026	1 – 7 Aug	Overhand Serve – serving across the net, power vs placement
	10 – 14 Aug	Attacking – approach footwork, arm swing introduction
	17 – 21 Aug	Attacking – controlled spike, line vs cross-court
	24 – 31 Aug	Blocking – jump timing, hand position
September 2026	1 – 5 Sep	Blocking – block vs spike practice, double block
	7 – 11 Sep	Serve Receive – reading the server, platform angle
	14 – 19 Sep	Serve Receive – team formation, pass-set-spike flow
TERM 2 – October 2026 to February 2027		
Month	Week Dates	Skills / Activities
October 2026	1 – 9 Oct	Court Rotation & Positioning – 6-player rotation
	12 – 17 Oct	Court Rotation & Positioning – roles and responsibilities
	21 – 30 Oct	Team Communication – calling the ball, covering the court
November 2026	2 – 6 Nov	Team Communication – talking drills, overlap situations
	12 – 21 Nov	Game Play – 3v3 conditioned games



	23 – 30 Nov	Game Play – 6v6 serve-pass-set-attack pattern
December 2026	1 – 4 Dec	Revision – skill station: serve, dig, set, spike
	7 – 11 Dec	Revision – video analysis and self-correction
	14 – 18 Dec	Tactical Play – rotation + attack combination
	21 – 31 Dec	Tactical Play – reading opponent, positional switching
January 2027	16 – 22 Jan	Match Play – full 6v6 conditioned game
	25 – 29 Jan	Match Play – inter-section match, back-row rules
February 2027	1 – 6 Feb	Final Assessment Preparation – individual skill drills
	8 – 12 Feb	Final Assessment – practical skill test
	15 – 19 Feb	Inter-Class Tournament – group stage
	22 – 27 Feb	Inter-Class Tournament – semi-finals and final

BASKETBALL Class: VI, VII & VIII | Sessions: 2 per week | Duration: 45 – 60 min

TERM 1 – April to September 2026		
Month	Week Dates	Skills / Activities
April 2026	1 – 10 Apr	Ball Handling & Dribbling – stationary dribble, cone weave
	13 – 18 Apr	Ball Handling & Dribbling – speed dribble, change-of-direction
	20 – 24 Apr	Chest Pass & Bounce Pass – technique, moving target
May 2026	2 – 8 May	Chest Pass & Bounce Pass – partner drills, game speed
	11 – 18 May	Overhead Pass & Outlet Pass – long pass drills
July 2026	1 – 10 Jul	Overhead Pass & Outlet Pass – skip pass, fast break outlet
	13 – 18 Jul	Lay-up (Right & Left hand) – step-step-shoot footwork
	20 – 24 Jul	Lay-up – wall progression, contested lay-up practice
	27 Jul	Set Shot & Free Throw – BEEF technique, shooting stance
August 2026	1 – 7 Aug	Set Shot & Free Throw – free throw repetition circuit
	10 – 14 Aug	Jump Shot – triple threat position, shot off dribble
	17 – 21 Aug	Jump Shot – release point, catch-and-shoot drill
	24 – 31 Aug	Defensive Stance & Footwork – drop step, slide defence
September 2026	1 – 5 Sep	Defensive Stance – deny-the-ball, help-side defence
	7 – 11 Sep	Rebounding – box-out technique, offensive rebound
	14 – 19 Sep	Rebounding – defensive rebound, outlet pass after rebound
TERM 2 – October 2026 to February 2027		



Month	Week Dates	Skills / Activities
October 2026	1 – 9 Oct	Pivoting & Triple Threat – pivot footwork, read and react
	12 – 17 Oct	Pivoting & Triple Threat – 1v1 drills, drive or shoot decision
	21 – 30 Oct	Screening & Off-ball Movement – pick and roll
November 2026	2 – 6 Nov	Screening – cut-and-go, 3v3 half-court offence
	12 – 21 Nov	Small-Sided Games – 3v3 half-court applying all skills
	23 – 30 Nov	Small-Sided Games – fast break drills, match rules
December 2026	1 – 4 Dec	Revision – skill station circuit covering all skills
	7 – 11 Dec	Revision – targeted individual skill corrections
	14 – 18 Dec	Tactical Play – zone vs man-to-man defence
	21 – 31 Dec	Tactical Play – half-court offence patterns
January 2027	16 – 22 Jan	Match Play – full 5v5 conditioned game
	25 – 29 Jan	Match Play – inter-section match, shot-clock rules
February 2027	1 – 6 Feb	Final Assessment Preparation – skill test run-through
	8 – 12 Feb	Final Assessment – practical skill test
	15 – 19 Feb	Inter-Class Tournament – group stage
	22 – 27 Feb	Inter-Class Tournament – semi-finals and final

BADMINTON Class: VI, VII & VIII | Sessions: 2 per week | Duration: 45 – 60 min

TERM 1 – April to September 2026		
Month	Week Dates	Skills / Activities
April 2026	1 – 10 Apr	Grip & Ready Position – forehand/backhand grip, ready stance
	13 – 18 Apr	Grip & Ready Position – shadow movement, footwork basics
	20 – 24 Apr	Forehand Clear – high deep clear, feeder-hitter drill
May 2026	2 – 8 May	Forehand Clear – wall rally, length and accuracy targets
	11 – 18 May	Backhand Clear – backhand swing, wall rally
July 2026	1 – 10 Jul	Backhand Clear – cross-court clears, consistency rally
	13 – 18 Jul	Drop Shot – slow drop, net drop introduction
	20 – 24 Jul	Drop Shot – drop vs clear combination drill
	27 Jul	Smash – jump smash introduction, arm swing mechanics
August 2026	1 – 7 Aug	Smash – power smash, target smash practice
	10 – 14 Aug	Net Play & Net Kill – net lift, tight net shots
	17 – 21 Aug	Net Play & Net Kill – net kill technique, net duel drill



	24 – 31 Aug	Footwork Patterns – 6-corner footwork, lunge and recover
September 2026	1 – 5 Sep	Footwork Patterns – shadow badminton, speed and balance
	7 – 11 Sep	Serve (Short & Long) – short service accuracy
	14 – 19 Sep	Serve – long high service, flick serve technique
TERM 2 – October 2026 to February 2027		
Month	Week Dates	Skills / Activities
October 2026	1 – 9 Oct	Service Return – push return, flick return
	12 – 17 Oct	Service Return – reading the service, third-shot response
	21 – 30 Oct	Singles Tactics – attacking from the rear court
November 2026	2 – 6 Nov	Singles Tactics – defending the centre court, deception
	12 – 21 Nov	Doubles Tactics – side-by-side formation
	23 – 30 Nov	Doubles Tactics – front-back formation, conditioned doubles
December 2026	1 – 4 Dec	Revision – skill station: clear, drop, smash, serve
	7 – 11 Dec	Revision – video self-review, peer coaching
	14 – 18 Dec	Tactical Rally Play – rally construction, shot selection
	21 – 31 Dec	Tactical Rally Play – pattern play, 21-point games
January 2027	16 – 22 Jan	Match Play – singles conditioned matches
	25 – 29 Jan	Match Play – doubles round-robin, rotation rules
February 2027	1 – 6 Feb	Final Assessment Preparation – skill test run-through
	8 – 12 Feb	Final Assessment – practical skill test
	15 – 19 Feb	Inter-Class Tournament – singles group stage
	22 – 27 Feb	Inter-Class Tournament – doubles semi-finals and final

TABLE TENNIS Class: VI, VII & VIII | Sessions: 2 per week | Duration: 45 – 60 min

TERM 1 – April to September 2026		
Month	Week Dates	Skills / Activities
April 2026	1 – 10 Apr	Grip & Stance – shakehand grip, ready position
	13 – 18 Apr	Grip & Stance – basic footwork, shadow table tennis
	20 – 24 Apr	Forehand Drive – stroke technique, wall rally
May 2026	2 – 8 May	Forehand Drive – partner feed drill, consistency target
	11 – 18 May	Backhand Drive – backhand stroke, wall rally
July 2026	1 – 10 Jul	Backhand Drive – alternate forehand/backhand rally



	13 – 18 Jul	Push Stroke (Forehand) – backspin read, push return
	20 – 24 Jul	Push Stroke (Backhand) – backhand push, push vs push rally
	27 Jul	Serve (Short) – backspin short serve, placement
August 2026	1 – 7 Aug	Serve (Long) – fast long serve, serve variation
	10 – 14 Aug	Service Return – reading spin, loop or push return
	17 – 21 Aug	Service Return – third-ball attack drill
	24 – 31 Aug	Loop (Topspin Attack) – slow loop technique
September 2026	1 – 5 Sep	Loop – loop vs push, multi-ball loop drill
	7 – 11 Sep	Smash – high-ball smash, angle smash
	14 – 19 Sep	Smash – smash and recover, smash vs block

TERM 2 – October 2026 to February 2027

Month	Week Dates	Skills / Activities
October 2026	1 – 9 Oct	Footwork & Court Coverage – side-to-side shuffle
	12 – 17 Oct	Footwork – shadow table tennis, lateral speed
	21 – 30 Oct	Spin Variation & Reading – identifying topspin/backspin
November 2026	2 – 6 Nov	Spin Variation – deceptive serve practice, spin-serve rally
	12 – 21 Nov	Match Play Tactics – point construction, serving patterns
	23 – 30 Nov	Match Play Tactics – singles games, rally patterns
December 2026	1 – 4 Dec	Revision – skill station: drive, push, loop, smash
	7 – 11 Dec	Revision – targeted corrections, self-assessment
	14 – 18 Dec	Tactical Singles – attacking vs defensive play styles
	21 – 31 Dec	Tactical Singles – serve-return patterns, 11-point games
January 2027	16 – 22 Jan	Match Play – singles round-robin matches
	25 – 29 Jan	Match Play – doubles round-robin, rotation rules
February 2027	1 – 6 Feb	Final Assessment Preparation – skill test run-through
	8 – 12 Feb	Final Assessment – practical skill test
	15 – 19 Feb	Inter-Class Tournament – singles group stage
	22 – 27 Feb	Inter-Class Tournament – singles semi-finals and final