



# N.C. Jindal Public School

Punjabi Bagh, New Delhi

## ANNUAL HPE SPORTS SYLLABUS

Monthly & Weekly Planner | 2026 – 2027

### Class X

#### TERM 1

April – September 2026

#### TERM 2

October 2026 – February 2027

#### Sports Included:

Football | Volleyball | Basketball | Badminton | Table Tennis



**FOOTBALL** Sessions: 2 per week | Duration: 45 – 60 min

| <b>TERM 1 – April to September 2026</b>       |                   |                                                                                     |
|-----------------------------------------------|-------------------|-------------------------------------------------------------------------------------|
| <b>Month</b>                                  | <b>Week Dates</b> | <b>Skills / Activities</b>                                                          |
| <b>April 2026</b>                             | 1 – 10 Apr        | Ball Control – first touch control, receiving on chest and thigh with direction     |
|                                               | 13 – 18 Apr       | Dribbling with Purpose – change of direction at speed, shielding the ball           |
|                                               | 20 – 24 Apr       | Passing Combinations – wall passes, give-and-go, switching play with longer passes  |
| <b>May 2026</b>                               | 2 – 8 May         | Shooting Practice – driven shot on target, shooting from inside the box             |
|                                               | 11 – 18 May       | Shooting from Distance – accuracy and power, shooting off both feet                 |
| <b>July 2026</b>                              | 1 – 10 Jul        | Crossing & Finishing – delivering from wide areas, attacking near/far post          |
|                                               | 13 – 18 Jul       | Set Pieces – basic free kick & corner routines, near post & far post runs           |
|                                               | 20 – 24 Jul       | Defending 1v1 – jockeying, delaying the attacker, winning the ball safely           |
|                                               | 27 Jul            | Defending as a Group – covering, tracking runners, basic defensive shape            |
| <b>August 2026</b>                            | 1 – 7 Aug         | Team Positioning – understanding basic 4-4-2 shape, roles on the pitch              |
|                                               | 10 – 14 Aug       | Transition – moving quickly from defence to attack after winning possession         |
|                                               | 17 – 21 Aug       | Goalkeeping Basics – shot stopping, positioning, starting attacks with distribution |
|                                               | 24 – 31 Aug       | Small-Sided Games – 5v5 & 7v7 with positional awareness focus                       |
| <b>September 2026</b>                         | 1 – 5 Sep         | Match Play – 9v9 game with structured team roles and positional discipline          |
|                                               | 7 – 11 Sep        | Revision – skill stations: dribbling, passing, shooting, heading                    |
| <b>TERM 2 – October 2026 to February 2027</b> |                   |                                                                                     |
| <b>Month</b>                                  | <b>Week Dates</b> | <b>Skills / Activities</b>                                                          |
| <b>October 2026</b>                           | 1 – 9 Oct         | Possession Play – keeping the ball under pressure, simple short passing             |
|                                               | 12 – 17 Oct       | Combination Play – overlapping runs, 2v1 situations, support play                   |
|                                               | 21 – 30 Oct       | Attacking Movement – runs in behind, creating space for teammates                   |
| <b>November 2026</b>                          | 2 – 6 Nov         | Defensive Organisation – holding shape, tracking back, marking opponents            |
|                                               | 12 – 21 Nov       | Counter-Attack – quick transition from defence, releasing forward players           |
|                                               | 23 – 30 Nov       | Set Piece Execution – practising corners, free kicks and throw-in routines          |
| <b>December 2026</b>                          | 1 – 4 Dec         | Game Sense – decision making: when to pass, dribble or shoot                        |
|                                               | 7 – 11 Dec        | Team Communication – calling for the ball, organising defensively                   |
|                                               | 14 – 18 Dec       | Revision – position-specific practice: defenders, midfielders, forwards             |
|                                               | 21 – 31 Dec       | Competitive Match – full 11v11 game with coaching feedback                          |
| <b>January 2027</b>                           | 16 – 22 Jan       | Tournament Preparation – team shape, set pieces, game plan discussion               |
|                                               | 25 – 29 Jan       | Final Assessment – individual skill test & positional understanding                 |



|                      |            |                                                |
|----------------------|------------|------------------------------------------------|
| <b>February 2027</b> | 1 – 6 Feb  | Inter-Class Tournament – group stage matches   |
|                      | 8 – 12 Feb | Inter-Class Tournament – semi-finals and final |

## VOLLEYBALL Sessions: 2 per week | Duration: 45 – 60 min

### TERM 1 – April to September 2026

| Month                 | Week Dates  | Skills / Activities                                                               |
|-----------------------|-------------|-----------------------------------------------------------------------------------|
| <b>April 2026</b>     | 1 – 10 Apr  | Forearm Pass (Dig) – consistent platform, passing to target zone                  |
|                       | 13 – 18 Apr | Overhead Set – accurate two-hand set, setting to attacking zones                  |
|                       | 20 – 24 Apr | Serve – underhand & overhand serve with improved placement accuracy               |
| <b>May 2026</b>       | 2 – 8 May   | Spiking Technique – approach footwork, arm swing, contacting the ball at peak     |
|                       | 11 – 18 May | Blocking Introduction – proper hand position, timing the jump, reading the spiker |
| <b>July 2026</b>      | 1 – 10 Jul  | Serve Receive – reading the serve, moving to the ball, accurate pass to setter    |
|                       | 13 – 18 Jul | 3-Touch Combination – pass-set-spike pattern with consistency                     |
|                       | 20 – 24 Jul | Court Positioning – understanding rotational positions, covering zones            |
|                       | 27 Jul      | Team Communication – calling the ball, directing teammates, covering              |
| <b>August 2026</b>    | 1 – 7 Aug   | Attacking Variations – line shot vs cross-court, tip shot over the block          |
|                       | 10 – 14 Aug | Defensive Positioning – reading the attacker, digging hard-driven balls           |
|                       | 17 – 21 Aug | 6v6 Rotation – playing all six positions, understanding rotation rules            |
|                       | 24 – 31 Aug | Game Sense – when to attack, when to keep the rally, shot selection               |
| <b>September 2026</b> | 1 – 5 Sep   | Competitive Scrimmage – 6v6 with full rotation and basic substitution             |
|                       | 7 – 11 Sep  | Revision – dig, set, spike circuit with target zones                              |

### TERM 2 – October 2026 to February 2027

| Month                | Week Dates  | Skills / Activities                                                    |
|----------------------|-------------|------------------------------------------------------------------------|
| <b>October 2026</b>  | 1 – 9 Oct   | Serving Zones – targeting weak areas, varying power and direction      |
|                      | 12 – 17 Oct | Serve Receive Patterns – team formation, identifying primary receivers |
|                      | 21 – 30 Oct | Setting Under Pressure – setting after a difficult dig, back-setting   |
| <b>November 2026</b> | 2 – 6 Nov   | Attacking Off Different Sets – high ball, quick set, back set          |
|                      | 12 – 21 Nov | Block & Defence Combination – blocker and digger coordination          |
|                      | 23 – 30 Nov | Team Tactics – basic offensive and defensive system awareness          |
| <b>December 2026</b> | 1 – 4 Dec   | Game Situation Drills – side-out, free ball, down-ball scenarios       |



|                      |             |                                                                           |
|----------------------|-------------|---------------------------------------------------------------------------|
|                      | 7 – 11 Dec  | Rally Consistency – keeping rallies going, reducing errors under pressure |
|                      | 14 – 18 Dec | Revision – full skill circuit: serve, pass, set, spike, block             |
|                      | 21 – 31 Dec | Competitive Match – 6v6 with scorer, referee, and rotation rules          |
| <b>January 2027</b>  | 16 – 22 Jan | Tournament Preparation – team roles, communication and game strategy      |
|                      | 25 – 29 Jan | Final Assessment – individual skill test & game understanding             |
| <b>February 2027</b> | 1 – 6 Feb   | Inter-Class Tournament – group stage                                      |
|                      | 8 – 12 Feb  | Inter-Class Tournament – semi-finals and final                            |

## BASKETBALL Sessions: 2 per week | Duration: 45 – 60 min

| TERM 1 – April to September 2026       |             |                                                                                |
|----------------------------------------|-------------|--------------------------------------------------------------------------------|
| Month                                  | Week Dates  | Skills / Activities                                                            |
| <b>April 2026</b>                      | 1 – 10 Apr  | Ball Handling – crossover dribble, change of pace, protecting the ball         |
|                                        | 13 – 18 Apr | Passing Accuracy – chest, bounce and overhead pass at game speed               |
|                                        | 20 – 24 Apr | Lay-up Consistency – right and left hand lay-up, contested lay-up              |
| <b>May 2026</b>                        | 2 – 8 May   | Shooting – mid-range jump shot, set shot, catch-and-shoot drill                |
|                                        | 11 – 18 May | Free Throw Routine – consistent pre-shot routine, pressure free throws         |
| <b>July 2026</b>                       | 1 – 10 Jul  | Offensive Moves – triple threat position, jab step, drive or shoot decision    |
|                                        | 13 – 18 Jul | Screening Basics – setting a legal screen, using a screen to get open          |
|                                        | 20 – 24 Jul | Man-to-Man Defence – on-ball pressure, denying passes, help defence            |
| <b>August 2026</b>                     | 27 Jul      | Rebounding – box-out technique, securing the ball, outlet pass                 |
|                                        | 1 – 7 Aug   | Fast Break – pushing the pace after a rebound, filling the lanes               |
|                                        | 10 – 14 Aug | Half-Court Offence – basic spacing, cutting to basket, passing and moving      |
|                                        | 17 – 21 Aug | Zone Defence Basics – understanding 2-3 zone, shifting with the ball           |
|                                        | 24 – 31 Aug | 3v3 & 4v4 Games – applying skills in small-sided competitive situations        |
| <b>September 2026</b>                  | 1 – 5 Sep   | 5v5 Match – full game with proper rules, fouls and free throws                 |
|                                        | 7 – 11 Sep  | Revision – skill stations: dribbling, shooting, defence, rebounding            |
| TERM 2 – October 2026 to February 2027 |             |                                                                                |
| Month                                  | Week Dates  | Skills / Activities                                                            |
| <b>October 2026</b>                    | 1 – 9 Oct   | Pick & Roll Basics – setting the screen, rolling to basket, ball handler reads |
|                                        | 12 – 17 Oct | Offensive Rebounding – anticipating the miss, tip-in, put-back lay-up          |
|                                        | 21 – 30 Oct | Defensive Rotations – help and recover, switching on screens                   |



|                      |             |                                                                             |
|----------------------|-------------|-----------------------------------------------------------------------------|
| <b>November 2026</b> | 2 – 6 Nov   | Transition Defence – getting back quickly, stopping the fast break          |
|                      | 12 – 21 Nov | Post Play Basics – catching in the post, drop step, face-up move            |
|                      | 23 – 30 Nov | Team Offence – basic play: dribble-drive, kick out, shoot or drive again    |
| <b>December 2026</b> | 1 – 4 Dec   | Game Situations – inbound plays, last-second shots, foul situations         |
|                      | 7 – 11 Dec  | Decision Making – when to drive, pass or shoot in live game situations      |
|                      | 14 – 18 Dec | Revision – full skill circuit: ball handling, shooting, defence, rebounding |
|                      | 21 – 31 Dec | Competitive Match – 5v5 with coaching timeouts and team feedback            |
| <b>January 2027</b>  | 16 – 22 Jan | Tournament Preparation – team roles, simple play calls, game strategy       |
|                      | 25 – 29 Jan | Final Assessment – individual skill test & game understanding               |
| <b>February 2027</b> | 1 – 6 Feb   | Inter-Class Tournament – group stage                                        |
|                      | 8 – 12 Feb  | Inter-Class Tournament – semi-finals and final                              |

## BADMINTON Sessions: 2 per week | Duration: 45 – 60 min

| <b>TERM 1 – April to September 2026</b>       |                   |                                                                             |
|-----------------------------------------------|-------------------|-----------------------------------------------------------------------------|
| <b>Month</b>                                  | <b>Week Dates</b> | <b>Skills / Activities</b>                                                  |
| <b>April 2026</b>                             | 1 – 10 Apr        | Footwork & Court Movement – 4-corner footwork, split step, lunge recovery   |
|                                               | 13 – 18 Apr       | Forehand & Backhand Clear – consistent full-length clears, rally building   |
|                                               | 20 – 24 Apr       | Drop Shot – forehand drop, controlled placement to front court              |
| <b>May 2026</b>                               | 2 – 8 May         | Smash – forehand smash with direction, smash to corners                     |
|                                               | 11 – 18 May       | Serve Accuracy – low serve to T-junction, flick serve variation             |
| <b>July 2026</b>                              | 1 – 10 Jul        | Net Play – net lift, net drop, tight net shots                              |
|                                               | 13 – 18 Jul       | Drive Shot – flat drive down the line and cross-court                       |
|                                               | 20 – 24 Jul       | Singles Tactics – attacking from rear court, defending at the net           |
|                                               | 27 Jul            | Court Coverage – moving efficiently, returning to base position             |
| <b>August 2026</b>                            | 1 – 7 Aug         | Doubles Basics – front-back formation, side-by-side defence                 |
|                                               | 10 – 14 Aug       | Doubles Rotation – switching formations, covering partner's weak side       |
|                                               | 17 – 21 Aug       | Rally Patterns – building pressure with clear-drop-smash combination        |
|                                               | 24 – 31 Aug       | Game Sense – shot selection based on shuttle position and opponent movement |
| <b>September 2026</b>                         | 1 – 5 Sep         | Competitive Singles – 21-point games with basic tactical awareness          |
|                                               | 7 – 11 Sep        | Revision – stroke circuit: clear, drop, smash, serve, net play              |
| <b>TERM 2 – October 2026 to February 2027</b> |                   |                                                                             |



| Month                | Week Dates  | Skills / Activities                                                         |
|----------------------|-------------|-----------------------------------------------------------------------------|
| <b>October 2026</b>  | 1 – 9 Oct   | Serve & Return – varying serve placement, returning to advantage position   |
|                      | 12 – 17 Oct | Attack & Defence – smash and cover, lifting out of defence                  |
|                      | 21 – 30 Oct | Rally Construction – patient build-up, creating the smash opportunity       |
| <b>November 2026</b> | 2 – 6 Nov   | Doubles Match Play – applying formations in 21-point doubles game           |
|                      | 12 – 21 Nov | Match Awareness – reading opponent's patterns, adjusting play               |
|                      | 23 – 30 Nov | Consistency Drills – long rallies focusing on control and placement         |
| <b>December 2026</b> | 1 – 4 Dec   | Competitive Situations – saving game points, managing nerves under pressure |
|                      | 7 – 11 Dec  | Mixed Doubles Introduction – understanding roles, basic positioning         |
|                      | 14 – 18 Dec | Revision – full stroke & movement circuit with partner drills               |
|                      | 21 – 31 Dec | Competitive Match – singles & doubles with umpire and fault rules           |
| <b>January 2027</b>  | 16 – 22 Jan | Tournament Preparation – warm-up routine, match-day focus                   |
|                      | 25 – 29 Jan | Final Assessment – practical skill test & match performance                 |
| <b>February 2027</b> | 1 – 6 Feb   | Inter-Class Tournament – singles & doubles group stage                      |
|                      | 8 – 12 Feb  | Inter-Class Tournament – semi-finals and final                              |

**TABLE TENNIS** Sessions: 2 per week | Duration: 45 – 60 min

| <b>TERM 1 – April to September 2026</b> |             |                                                                                |
|-----------------------------------------|-------------|--------------------------------------------------------------------------------|
| Month                                   | Week Dates  | Skills / Activities                                                            |
| <b>April 2026</b>                       | 1 – 10 Apr  | Footwork – side-to-side shuffle, in-out movement, recovering to ready position |
|                                         | 13 – 18 Apr | Forehand Drive – consistent topspin drive, cross-court and down-the-line       |
|                                         | 20 – 24 Apr | Backhand Drive – backhand topspin drive, rally with alternate strokes          |
| <b>May 2026</b>                         | 2 – 8 May   | Push Stroke – forehand and backhand push with placement                        |
|                                         | 11 – 18 May | Serve Variation – short backspin serve, long fast serve, side-spin serve       |
| <b>July 2026</b>                        | 1 – 10 Jul  | Service Return – identifying spin, selecting push or drive return              |
|                                         | 13 – 18 Jul | Forehand Loop – looping against backspin, opening the rally                    |
|                                         | 20 – 24 Jul | Smash – smashing high balls, angle smash to wide areas                         |
|                                         | 27 Jul      | Rally Tactics – cross-court vs down-the-line, using the full table             |
| <b>August 2026</b>                      | 1 – 7 Aug   | Placement & Control – targeting corners, varying speed and spin                |
|                                         | 10 – 14 Aug | Match Play – 11-point singles games, applying serve and return tactics         |
|                                         | 17 – 21 Aug | Doubles Basics – serving rotation, partner positioning, quick exchange         |



|                                               | 24 – 31 Aug | Game Sense – decision making: attack, push or lob based on ball height    |
|-----------------------------------------------|-------------|---------------------------------------------------------------------------|
| <b>September 2026</b>                         | 1 – 5 Sep   | Competitive Singles – best-of-3 games with structured match play          |
|                                               | 7 – 11 Sep  | Revision – stroke circuit: drive, push, loop, smash, serve                |
| <b>TERM 2 – October 2026 to February 2027</b> |             |                                                                           |
| Month                                         | Week Dates  | Skills / Activities                                                       |
| <b>October 2026</b>                           | 1 – 9 Oct   | Serve & Third Ball – serving with purpose, following up with attack       |
|                                               | 12 – 17 Oct | Receive Tactics – reading spin on serve, choosing push or flick return    |
|                                               | 21 – 30 Oct | Consistency Under Pressure – long rally drills, maintaining technique     |
| <b>November 2026</b>                          | 2 – 6 Nov   | Match Situations – playing from behind, managing close scores             |
|                                               | 12 – 21 Nov | Doubles Strategy – serving order, communication with partner, switching   |
|                                               | 23 – 30 Nov | Spin Awareness – identifying topspin vs backspin, adjusting contact angle |
| <b>December 2026</b>                          | 1 – 4 Dec   | Tactical Singles – targeting opponent's weaker side, varying pace         |
|                                               | 7 – 11 Dec  | Competitive Doubles – applying doubles rules, scoring and rotation        |
|                                               | 14 – 18 Dec | Revision – full skill circuit: serve, drive, push, loop, placement        |
|                                               | 21 – 31 Dec | Competitive Match – best-of-5 singles with coaching feedback              |
| <b>January 2027</b>                           | 16 – 22 Jan | Tournament Preparation – warm-up routine, game planning                   |
|                                               | 25 – 29 Jan | Final Assessment – practical skill test & match performance               |
| <b>February 2027</b>                          | 1 – 6 Feb   | Inter-Class Tournament – singles group stage & knockouts                  |
|                                               | 8 – 12 Feb  | Inter-Class Tournament – doubles semi-finals and final                    |