



# N.C. Jindal Public School

Punjabi Bagh, New Delhi

## ANNUAL HPE SPORTS SYLLABUS

Monthly & Weekly Planner | 2026 – 2027

### Class XII

#### 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

TERM 1 – April to September 2026		
Month	Week Dates	Skills / Activities
April 2026	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
May 2026	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
July 2026	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
August 2026	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
September 2026	1 – 5 Sep	Match Play – 9v9 game with structured team roles and positional discipline
	7 – 11 Sep	Revision – skill stations: dribbling, passing, shooting, heading
TERM 2 – October 2026 to February 2027		
Month	Week Dates	Skills / Activities
October 2026	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
November 2026	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
December 2026	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
January 2027	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