



MESCO PUBLIC SCHOOL, AMROHA

Dhanaura Road, Amroha, 244221, U.P.

MESCO/CIR-P/47/20-21

29th Oct, 2020

Dear Teachers/Parents,

Kindly note down the schedule:

Class XI Physical Education Schedule				
S.No.	Chapter Name	Date	Time	Teachers Name
6	Physical Activity and Leadership Training	3 rd & 4 th Nov	9:00 am to 9:40 am	Mr. Afshan Ahmed
7	Test, Measurement and Evaluation	5 th & 6 th Nov	9:00 am to 9:40 am	Ms. Sana Malik
8	Fundamental of Anatomy, Physiology and Kinesiology in sports	7 th & 9 th Nov	9:00 am to 9:40 am	Ms. Sana Malik
9	Training and Doping in Sports	10 th & 11 th Nov	9:00 am to 9:40 am	Mr. Vamis Mashkooor
10	Psychology and Sports	2 nd & 3 rd Dec	9:00 am to 9:40 am	Ms. Nishat Naqvi

Class XII Physical Education Schedule				
S. No.	Chapter Name	Date	Time	Teachers Name
1	Chap 7- Physiology & Injuries	2 nd & 3 rd Nov	In English Pd.	Mr. Azeem
2	Chap 2- Sports & Nutrition	4 th & 5 th Nov	10:00 am to 10:40 am	Ms. Fabeha Touseef
3	Chap 8- Biomechanics and Sports	6 th & 7 th Nov	10:30 am to 11:30	Mr. Afshan Ahmed
4	Chap 3- Yoga & Lifestyle	9 th & 10 th Nov	10:00 am to 10:40 am	Ms. Fabeha Touseef
5	Chap 10- Training in Sports	9 th & 10 th Nov	In English Pd.	Mr. Azeemuddin
6	Chap 5- Children & Women in Sports	11 th , 12 th & 13 th Nov	11:00 am to 11:40 am	Ms. Zeba Noor
7	Chap 4- Physical Education & Sports for CWSN	12 th & 14 th Nov	9:00 am to 9:40 am	Ms. Sana Malik
8	Chap 9- Psychology and Sports	18 th & 19 th Nov	10:30 am to 11:30	Mr. Afshan Ahmed

Regards:

Mrs. Pooja Buttan
(Principal)