

SYLLABUS (2023-2024)

CLASS – XI

PHYSICAL EDUCATION (048)

GENERAL OBJECTIVES:

The students should be able to:

- 1) Develop physically, mentally, socially & emotionally.
- 2) Develop neuromuscular coordination.
- 3) Explore, discover, understand, acquire knowledge & make accurate decisions.
- 4) Develop all body organs properly & efficiently.
- 5) Lead to promotive & provide sound health & fitness.
- 6) Develop social quality i.e. corporation, understanding, tolerance, discipline etc.
- 7) Learn to adjust & understand themselves better.
- 8) Learn to control their emotions & temperament.
- 9) Learn to accept both success & failure gracefully.

Prescribed book:

Physical Education & Health- Rajiv Publication (Mr.MD Sharma)

Practical Lab Manual – Rajiv Publication

TERM-1 (MONTH - APRIL)

Chapter 1 – Changing Trends & Careers in Physical Education

Chapter 2- Olympism

(MONTH- MAY)

Chapter 3 – Yoga

CT-1

1. Changing Trends & Careers in Physical Education
2. Ancient and Modern Olympic games.

MONTH- JULY

Chapter 4 – Physical Education & Sports For CWSN (Child with Special Needs – Divyang)

PRACTICAL – SAI Physical fitness test

PERIODIC TEST- 1

1. Yoga
2. Physical Education & Sports For CWSN (Child with Special Needs – Divyang)

PRACTICAL – Yogic Exercises

MONTH- AUGUST

Chapter 5 - Physical Fitness, Health and Wellness

MONTH- SEPTEMBER

Revision for Mid – Term Examination

MID TERM EXAMINATION

Syllabus covered till date and as per CBSE guidelines

TERM- 2

MONTH- OCTOBER

Chapter 6 – Test, Measurement & Evaluation

Chapter 7- Fundamentals of Anatomy, Physiology in Sports

MONTH- NOVEMBER

CHAPTER 8- Fundamentals of Kinesiology and Biomechanics in sports

PRACTICAL- Any one specialised Individual game.

CLASS TEST- 2

1. Test, Measurement and Evaluation in sports
2. Fundamentals of Anatomy & Physiology in sports

MONTH- DECEMBER

Chapter 9- Psychology in sports

Chapter 10- Training & Doping in sports

PERIODIC TEST- 2

1. Fundamentals of Kinesiology and Biomechanics in sports.
2. Psychology in sports.
3. Training and Doping in sports.

MONTH- JANUARY

PRACTICE OF SAI PHYSICAL FITNESS TEST, YOGA ASANAS & ONE SPECIALISED TEAM GAME

MONTH- FEBRUARY

Revision for Annual Examination

Annual Examination (Complete Syllabus)