

# SYLLABUS BREAK-UP ( PERIODWISE)

## PHYSICAL EDUCATION

### CLASS- XI (2026-27)

Unit No	Unit Name and Topic	Period	Month
1	<b>Changing Trends and Career in Physical Education</b>	9	APRIL
	1- Concept, Aim and Objective of Physical Education	2	
	2- Development of Physical Education in India Post Independence	1	
	3- Changing Trends in Sports playing surface, wearable gears and sports Equipment, Techonological Advancement	2	
	4- Career Option in Physical Education	2	
	5- Khelo Indis Programme and Fit India Programme	2	
2	<b>Olympism Value Education</b>	10	APRIL/MAY
	1- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)	2	
	2- Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind	1	
	3- Ancient and Modern Olympics	4	
	4- Olympics - Symbols, Motto, Flag, Oath, and Anthem	1	
	5- Olympic Movement Structure - IOC, NOC, IFS, Other members	2	
<b>FIRST WEEKLY TEST</b>			
3	<b>Yoga</b>	11	JULY
	1- Meaning and Importance of Yoga	2	
	2- Introdouction to Astanga Yog	2	
	3- Yogic Kriyas Satkarma	2	
	4- Pranayama and its Types	2	
	5- Active lifestyle and stress management through Yoga	3	
4	<b>Physical Education for Children with Special Needs</b>	8	JULY
	1- Concept of disability and disorder	1	
	2- Types of disability, its causes and nature ( Intellectual and Physical Disabili	2	
	3- Disability Etiquette	1	
	4- Aim and objective of Adptive Physical Education	2	
	5- Role of various Professionals for children with special needs	2	
	( Counselor, Occupational therapist, Physiotherapist, Physical Education Teacher		
5	<b>Physical Fitness Wellness and Lifestyle</b>	12	AUGUST
	1- Meaning and importance of wellness, Health and Physical Fitness	2	
	2- Components of wellness, Health and Physical Fitness	3	
	3- Treditional Sports & Regional games for promoting for wellness	2	
	4- Leadership through Physical Activity and Sports	1	
	5- Introduction to first Aid PRICE	2	

<b>SECOND WEEKLY TEST</b>			
<b>6</b>	<b>Test Measurement and Evaluation</b>	<b>8</b>	<b>OCTOBER</b>
	1- Define Test, Measurements and Evaluation.	<b>1</b>	
	2- Importance of Test, Measurements and Evaluation in Sports.	<b>1</b>	
	3- Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)	<b>2</b>	
	4-Somato Types (Endomorphy, Mesomorphy & Ectomorphy)	<b>2</b>	
	5- Measurements of health-related fitness	<b>2</b>	
<b>HALF YEARLY EXAMINATION</b>			
<b>7</b>	<b>Fundamentals of Anatomy, Physiology in Sports</b>	<b>9</b>	<b>NOVEMBER</b>
	1- Definition and importance of Anatomy and Physiology in Exercise and Sports	<b>1</b>	
	2- Functions of Skeletal System, Classification of Bones, and Types of Joints.	<b>2</b>	
	3- Properties and Functions of Muscles.	<b>2</b>	
	4- Structure and Functions of Circulatory System and Heart.	<b>2</b>	
	5- Structure and Functions of Respiratory System.	<b>2</b>	
<b>8</b>	<b>Fundamentals Of Kinesiology And Biomechanics in Sports</b>	<b>9</b>	<b>NOVEMBER</b>
	1- Definition and Importance of kinesiology and biomechanics in sports	<b>1</b>	
	2- Principles of Biomechanics	<b>2</b>	
	3- Kinetics and Kinematics in Sports	<b>2</b>	
	4- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation	<b>2</b>	
	5- Axis and Planes – Concept and its application in body movements	<b>2</b>	
<b>9</b>	<b>Psychology and Sports</b>	<b>8</b>	<b>DECEMBER</b>
	1- Definition & Importance of Psychology in Physical Education & Sports;	<b>1</b>	
	2- Developmental Characteristics at Different Stages of Development;	<b>2</b>	
	3- Adolescent Problems & their Management;	<b>2</b>	
	4- Team Cohesion and Sports;	<b>1</b>	
	5-Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness	<b>2</b>	
<b>WRITTEN TEST ( TERM-II)</b>			
<b>10</b>	<b>Training &amp; Doping in Sports</b>	<b>11</b>	<b>JANUARY</b>
	Concept and Principles of Sports Training	<b>1</b>	
	Training Load: Over Load, Adaptation, and Recovery	<b>2</b>	
	Warming-up & Limbering Down – Types, Method & Importance	<b>2</b>	
	Concept of Skill, Technique, Tactics & Strategies	<b>2</b>	
	Concept of Doping and its disadvantages	<b>4</b>	
<b>ANNUAL EXAMINATION</b>			
<b>PRACTICAL (Max. Marks 30)</b>			
Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test *			
Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)**			

<b>11</b>	Yogic Practices		
	Record File ***		
	Viva Voce (Health/ Games & Sports/ Yoga)		