

SYLLABUS BREAK-UP (PERIODWISE)
PHYSICAL EDUCATION
CLASS- XI (2025-26)

Unit No	Unit Name and Topic	Period	Month
1	Changing Trends and Career in Physical Education	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	Olympism Value Education	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	
FIRST WEEKLY TEST			
3	Yoga	11	JULY
	1- Meaning and Importance of Yoga	2	
	2- Introduction 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	Physical Education for Children with Special Needs	8	JULY
	1- Concept of disability and disorder	1	
	2- Types of disability, its causes and nature (Intellectual and Physical Disabilities)	2	
	3- Disability Etiquette	1	
	4- Aim and objective of Adaptive Physical Education	2	
	5- Role of various Professionals for children with special needs	2	
	(Counselor, Occupational therapist, Physiotherapist, Physical Education Teacher		
5	Physical Fitness Wellness and Lifestyle	12	AUGUST
	1- Meaning and importance of wellness, Health and Physical Fitness	2	
	2- Components of wellness, Health and Physical Fitness	3	
	3- Traditional Sports & Regional games for promoting wellness	2	
	4- Leadership through Physical Activity and Sports	1	
	5- Introduction to first Aid PRICE	2	

SECOND WEEKLY TEST

6	Test Measurement and Evaluation	8	
	1- Define Test, Measurements and Evaluation.	1	
	2- Importance of Test, Measurements and Evaluation in Sports.	1	
	3- Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)	2	
	4-Somato Types (Endomorphy, Mesomorphy & Ectomorphy)	2	
	5- Measurements of health-related fitness	2	

HALF YEARLY EXAMINATION

7	Fundamentals of Anatomy, Physiology in Sports	9	
	1- Definition and importance of Anatomy and Physiology in Exercise and Sports	1	
	2- Functions of Skeletal System, Classification of Bones, and Types of Joints.	2	
	3- Properties and Functions of Muscles.	2	
	4- Structure and Functions of Circulatory System and Heart.	2	
	5- Structure and Functions of Respiratory System.	2	
8	Fundamentals Of Kinesiology And Biomechanics in Sports	9	
	1- Definition and Importance of kinesiology and biomechanics in sports	1	
	2- Principles of Biomechanics	2	
	3- Kinetics and Kinematics in Sports	2	
	4- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation	2	
	5- Axis and Planes – Concept and its application in body movements	2	
9	Psychology and Sports	8	
	1- Definition & Importance of Psychology in Physical Education & Sports;	1	
	2- Developmental Characteristics at Different Stages of Development;	2	
	3- Adolescent Problems & their Management;	2	
	4- Team Cohesion and Sports;	1	
	5-Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness	2	

WRITTEN TEST (TERM-II)

10	Training & Doping in Sports	11	
	Concept and Principles of Sports Training	1	
	Training Load: Over Load, Adaptation, and Recovery	2	
	Warming-up & Limbering Down – Types, Method & Importance	2	
	Concept of Skill, Technique, Tactics & Strategies	2	
	Concept of Doping and its disadvantages	4	

ANNUAL EXAMINATION

PRACTICAL (Max. Marks 30)

	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)**		

Yogic Practices

Record File ***

Viva Voce (Health/ Games & Sports/ Yoga)