

PHYSICAL EDUCATION (048)

SPLIT OF SYLLABUS –CLASSXI-2022-2023

MONTHLYWISE

UNIT NO	TERM-I-THEORY MCQ BASED-35MARKS	MONTH		UNIT NO	TERM-II SHORT/LONG ANSWER-35 MARKS	MONTH
	TOPIC NAME				TOPIC NAME	
1	Changing trends & career in physical education . Meaning & definition physical education . Aims & objectives of physical education. Khelo-india program	APRIL		4	Physical Education & sports for CWNS (children with special needs- Divyang.) . Aims & objectives of Adaptive physical Education . Organization promoting Adaptive sports (special Olympics, Bharat, Paralympics, Deaflympics) . Role of various professionals for children with special needs (counsellor, occupational therapist, physiotherapist, physical education teacher, speech therapist, special educator.	SEPTEMBER
2.	Olympic value education . Olympics . Olympic symbols, ideals, objectives & Values of olympism . international Olympic committee . Indian Olympic Association.	May & JUNE		5	Yoga . Meaning & importance of yoga . Elements of yoga . Introduction-Asanas, pranayama, meditation & yoga kriyas . yoga for concentration & related Asanas (sukhasana, tadasana padmasana shashankasana, naukasana, vrikshasana (tree pose) garudasana (eagle pose).	OCTOBER
3.	Physical fitness, Wellness and Lifestyle . Meaning of physical fitness, wellness and healthy lifestyle.	JUNE		6	Physical Activity & Leadership Training . Leadership qualities & Role of a Leader . Meaning objectives & types of Adventure sports (Rock	NOVEMBER

	<ul style="list-style-type: none"> . components of physical fitness and wellness . components of health-related fitness. 				climbing, Tracking, River Rafting, Mountaineering, surfing and paragliding) . Safety measures to prevent sports injuries.	
7	TEST, MEASUREMENT, EVALUATION <ul style="list-style-type: none"> . Define test, measurement and evaluation . Importance of test, measurement, evaluation in sports . calculation of BMI & Waist-Hip-Ratio. (WHR) Measurement of Health-related fitness Somato types. 	July		9	Psychology & sports <ul style="list-style-type: none"> . Definition & importance of psychology in physical education & sports. . Define & differentiate between growth & development . Adolescent problems & their management. 	DECEMBER
8	Fundamentals of Anatomy, physiology and kinesiology in sports <ul style="list-style-type: none"> . Definition and importance of Anatomy, physiology & kinwsiology. . Function of skeleton system, classification of Bones & types of joints. . Function & structure of respiratory system and circulatory system. . Equilibrium-Dynamic & static and centre of gravity and its application in sports 	AUGUST		10	Training and DOPING IN Sports. <ul style="list-style-type: none"> . Meaning & concept of sports training . Principles of sports training' . concept & classification of doping . Prohibited substances & their side effects 	JANUARY
	TERMI-PRACTICAL				TERM-II PRACTICAL	
05 Marks	Project file (About one sport/game of choice)			05 Marks	Project file (Yoga and general motor fitness test 0	
05 Marks	Demonstration of fitness activity			05 Marks	Demonstration of fitness activity/yoga	
05 Marks	Viva voce (project file, fitness)			05 Marks	Viva voce (from project file, general motor fitness, yoga)	Tentatively

