

# ACADEMIC SESSION 2023-24

Grade: XI

Subject- Physical Education

Name of the Prescribed Textbook – NCERT

Exam Name	Syllabus
Periodic Test 1	<p><b>Unit I Changing Trends &amp; Career in Physical Education</b></p> <ul style="list-style-type: none"><li>● Concept, Aims &amp; Objectives of Physical Education</li><li>● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements</li><li>● Career Options in Physical Education</li><li>● Khelo-India and Fit-India Program</li></ul> <p><b>Unit II Olympism</b></p> <ul style="list-style-type: none"><li>● Ancient and Modern Olympics</li><li>● Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li><li>● Olympics - Symbols, Motto, Flag, Oath, and Anthem</li><li>● Olympic Movement Structure - IOC, NOC, IFS, Other members</li></ul> <p><b>Unit III Yoga</b></p> <ul style="list-style-type: none"><li>● Meaning &amp; Importance of Yoga</li><li>● Introduction to Ashtanga Yoga</li><li>● Introduction to Yogic Kriyas (Shat Karma)</li></ul>
Periodic Test 2	<p><b>Unit I Changing Trends &amp; Career in Physical Education</b></p> <ul style="list-style-type: none"><li>● Concept, Aims &amp; Objectives of Physical Education</li><li>● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements</li><li>● Career Options in Physical Education</li><li>● Khelo-India and Fit-India Program</li></ul> <p><b>Unit II Olympism</b></p> <ul style="list-style-type: none"><li>● Ancient and Modern Olympics</li><li>● Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li><li>● Olympics - Symbols, Motto, Flag, Oath, and Anthem</li><li>● Olympic Movement Structure - IOC, NOC, IFS, Other members</li></ul> <p><b>Unit III Yoga</b></p> <ul style="list-style-type: none"><li>● Meaning &amp; Importance of Yoga</li><li>● Introduction to Ashtanga Yoga</li><li>● Introduction to Yogic Kriyas (Shat Karma)</li></ul> <p><b>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ul style="list-style-type: none"><li>● Concept of Disability and Disorder</li><li>● Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability)</li><li>● Aim &amp; Objective of Adaptive Physical Education</li><li>● Role of various professionals for children with special needs</li></ul>

	<p>(Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</p> <p>Unit V Physical Fitness, Health and Wellness</p> <ul style="list-style-type: none"> <li>● Meaning and Importance of Wellness, Health and Physical Fitness</li> <li>● Components/Dimensions of Wellness, Health and Physical Fitness</li> <li>● Traditional Sports &amp; Regional Games for promoting wellness</li> </ul>
<p>Periodic Test 3</p>	<p>Unit I Changing Trends &amp; Career in Physical Education</p> <ul style="list-style-type: none"> <li>● Concept, Aims &amp; Objectives of Physical Education</li> <li>● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements</li> <li>● Career Options in Physical Education</li> <li>● Khelo-India and Fit-India Program</li> </ul> <p>Unit II Olympism</p> <ul style="list-style-type: none"> <li>● Ancient and Modern Olympics</li> <li>● Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li> <li>● Olympics - Symbols, Motto, Flag, Oath, and Anthem</li> <li>● Olympic Movement Structure - IOC, NOC, IFS, Other members</li> </ul> <p>Unit III Yoga</p> <ul style="list-style-type: none"> <li>● Meaning &amp; Importance of Yoga</li> <li>● Introduction to Ashtanga Yoga</li> <li>● Introduction to Yogic Kriyas (Shat Karma)</li> </ul> <p>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</p> <ul style="list-style-type: none"> <li>● Concept of Disability and Disorder</li> <li>● Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability)</li> <li>● Aim &amp; Objective of Adaptive Physical Education</li> <li>● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</li> </ul> <p>Unit V Physical Fitness, Health and Wellness</p> <ul style="list-style-type: none"> <li>● Meaning and Importance of Wellness, Health and Physical Fitness</li> <li>● Components/Dimensions of Wellness, Health and Physical Fitness</li> <li>● Traditional Sports &amp; Regional Games for promoting wellness</li> </ul> <p>Unit VI Test, Measurement &amp; Evaluation</p> <ul style="list-style-type: none"> <li>● Concept of Test, Measurement &amp; Evaluation in Physical Education &amp; sports.</li> <li>● Classification of Test in Physical Education and Sports.</li> <li>● Test administration guidelines in physical education and sports</li> </ul> <p>Unit VII Fundamentals of Anatomy, Physiology in Sports</p>

	<ul style="list-style-type: none"> <li>● Definition and Importance of Anatomy and Physiology in exercise and sports</li> <li>● Functions of Skeletal system, classification of bone and types of joints.</li> <li>● Function and Structure of Circulatory system and heart.</li> <li>● Function and Structure of Respiratory system.</li> </ul>
Yearly Examination	<p><b>Unit I Changing Trends &amp; Career in Physical Education</b></p> <ul style="list-style-type: none"> <li>● Concept, Aims &amp; Objectives of Physical Education</li> <li>● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements</li> <li>● Career Options in Physical Education</li> <li>● Khelo-India and Fit-India Program</li> </ul> <p><b>Unit II Olympism</b></p> <ul style="list-style-type: none"> <li>● Ancient and Modern Olympics</li> <li>● Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li> <li>● Olympics - Symbols, Motto, Flag, Oath, and Anthem</li> <li>● Olympic Movement Structure - IOC, NOC, IFS, Other members</li> </ul> <p><b>Unit III Yoga</b></p> <ul style="list-style-type: none"> <li>● Meaning &amp; Importance of Yoga</li> <li>● Introduction to Ashtanga Yoga</li> <li>● Introduction to Yogic Kriyas (Shat Karma)</li> </ul> <p><b>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ul style="list-style-type: none"> <li>● Concept of Disability and Disorder</li> <li>● Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability)</li> <li>● Aim &amp; Objective of Adaptive Physical Education</li> <li>● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</li> </ul> <p><b>Unit V Physical Fitness, Health and Wellness</b></p> <ul style="list-style-type: none"> <li>● Meaning and Importance of Wellness, Health and Physical Fitness</li> <li>● Components/Dimensions of Wellness, Health and Physical Fitness</li> <li>● Traditional Sports &amp; Regional Games for promoting wellness</li> </ul> <p><b>Unit VI Test, Measurement &amp; Evaluation</b></p> <ul style="list-style-type: none"> <li>● Concept of Test, Measurement &amp; Evaluation in Physical Education &amp; sports.</li> <li>● Classification of Test in Physical Education and Sports.</li> <li>● Test administration guidelines in physical education and sports</li> </ul> <p><b>Unit VII Fundamentals of Anatomy, Physiology in Sports</b></p> <ul style="list-style-type: none"> <li>● Definition and Importance of Anatomy and Physiology in exercise and sports</li> <li>● Functions of Skeletal system, classification of bone and types of joints.</li> </ul>

- **Function and Structure of Circulatory system and heart.**
- **Function and Structure of Respiratory system.**
- Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports**
- **Definition and Importance of Kinesiology and Biomechanics in sports**
- **Principles of Biomechanics**
- **Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation**
- **Axis and Planes – Concept and its application in body movements**
- Unit IX Psychology & Sports**
- **Definition & Importance of Psychology in Physical Education & Sports**
- **Adolescent Problems & Their Management**
- **Team Cohesion and Sports**
- Unit X Training and Doping in Sports**
- **Concept and Principles of Sports Training**
- **Training Load: Over Load, Adaptation, and Recovery**
- **Concept of Doping and its disadvantages**