



MAHARAJA AGARSAIN PUBLIC SCHOOL

ASHOK VIHAR

SESSION 2017-18

CLASS – XI SUBJECT - PHYSICAL EDUCATION

TERM – I (APRIL TO SEPTEMBER)

TERM – I		
DURATION	TOPICS COVERED	
APRIL – MAY	Chapter 1. Changing Trends and career in physical education. Chapter 2. Physical Fitness, wellness & lifestyle.	Unit test – I (Max .Marks – 25) (Topics Tested (Through Unit Test) Chapter 1,2
JULY	Chapter 3. Olympic Movement. Chapter 4. Yoga	Half Yearly (Total Syllabus covered during the TERM - I) Chapter 1,2,3,4,5,6.
AUG- SEPT.	Chapter 5. Doping. chapter 6. Physical Activity Environment.	

TERM –II (OCTOBER TO MARCH)

TERM – II		
DURATION	TOPICS COVERED	
OCT. – NOV.	Chapter 7. Test & Measurement in sports. Chapter 8. Fundamentals of Anatomy & Physiology. Chapter 9. Biomechanics and sports.	Unit test – II (Max .Marks – 25) (Topics Tested (Through Unit Test) Chapter 7,8,9
DEC - JAN	Chapter 10 Psychology and sports. Chapter 11 Training in sports.	Unit test – III (Max .Marks – 25) (Topics Tested (Through Unit Test) Chapter 10,11
FEB		
UNIT TEST – IV (MAX .MARKS – 25) 5 ASSIGNMENTS GIVEN DURING THE YEAR		Annual Exam (Total Syllabus covered during the Year).