



MAHARAJA AGARSAIN PUBLIC SCHOOL
 a Cambridge International School
 Ashok Vihar, Delhi

CLASS -XI
SUBJECT- Physical Education
SESSION-2023-2024

DURATION	SYLLABUS COVERED	SYLLABUS TESTED	SUBJECT ENRICHMENT/PRACTICAL/ ENGLISH/ CONVERSATION / VISUAL STIMULUS	LEARNING OUTCOMES	RESOURCES	SDG
TERM-I (JUNE-JULY)	<p>L- Changing Trends & Career in Physical Education.</p> <p>L- Olympic Value Education.</p> <p>L- Physical Fitness, Wellness & lifestyle.</p>	<p>L- Changing Trends & Career in Physical Education.</p> <p>L- Olympic Value Education.</p> <p>L- Physical Fitness, Wellness & lifestyle</p>	<p>50 m. Dash Sprint.</p> <p>Standing Long Jump.</p> <p>Shuttle Run.</p>	<p>1. • Meaning & definition of Physical Education</p> <p>• Aims & Objectives of Physical Education</p> <p>• Career Options in Physical Education.</p> <p>• Khelo-India Program</p> <p>2. • Olympics</p> <p>• Olympic Symbols, Ideals, Objectives & Values of Olympism</p> <p>• International Olympic Committee</p> <p>• Indian Olympic Association</p> <p>3. • Meaning & Importance of Physical Fitness, Wellness & Lifestyle</p> <p>• Components of physical fitness and Wellness</p> <p>• Components of Health related fitness</p>	<p>https://www.slideshare.net/VibhaChoudhary/changing-trends-and-carrier-in-physical-education</p> <p>https://www.slideshare.net/VibhaChoudhary/olympic-movements</p> <p>https://www.classnotes.com/11th-class/physical-fitness-wellness-lifestyle/</p>	<p>SDG-4 Quality Education</p> <p>SDG-4 Quality Education</p> <p>SDG-3 Good Health & Well Being</p>

PT1 (JULY- AUG)	L- Physical Education & Sports for CWSN L- Yoga	L- Physical Education & Sports for CWSN L- Yoga	Sit and Reach test Partial curl up	<p>4. • Aims & objectives of Adaptive Physical Education</p> <ul style="list-style-type: none"> • 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) <p>5. • Meaning & Importance of Yoga</p> <ul style="list-style-type: none"> • Elements of Yoga • Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas • Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose) 	<p>https://www.slideshare.net/anildahiya22/ppt-on-chapter-4-class-xi-sports-for-cwsn-physical-education</p> <p>https://www.slideshare.net/BhawaniPratapSinghSh/class-11th-ch-5-yoga-by-bhawani-pratap-singh-shekhawat</p>	SDG-10 Reduced inequality. SDG-3 Good Health & Well Being
HALF YEARLY (SEP)	L- Physical Activity & Leadership Training. L- Test, Measurement & Evaluation.	L- Changing Trends & Career in Physical Education. L- Olympic Value Education. L- Physical Fitness, Wellness & Lifestyle. L- Physical Education & Sports for CWSN L- Yoga L - Physical Activity & Leadership Training. L- Test, Measurement & Evaluation.	Push Ups – Boys Modified Push Ups – Girls	<p>6. • Leadership Qualities & Role of a Leader</p> <ul style="list-style-type: none"> • Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding) • Safety measures to prevent sports injuries <p>7. • Define Test, Measurement & Evaluation</p> <ul style="list-style-type: none"> • Importance of Test, Measurement & Evaluation In Sports • Calculation of BMI & Waist - Hip Ratio. • Measurement of health related fitness. 	<p>https://www.slideshare.net/anildahiya22/physical-education-class-xi-ppt-on-chapter-6-physical-activity-leadership-training</p> <p>https://www.slideshare.net/RAJANKUMAR325/physical-education-chapter-7-class-11-test-measurement-amp-evaluation</p>	SDG-4 Quality Education SDG-4 Quality Education
PT2 (NOV-	L- Fundamentals of Anatomy, Physiology,	L- Fundamentals of Anatomy, Physiology,	600 m. Run / walk	8. • Definition and Importance of		

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& Kinesiology in Sports.

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		L- Psychology & Sports L- Training and Doping in Sports.		Anatomy, Physiology & • Function of Skeleton System, Kinesiology 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. 9. • Definition & Importance of Psychology in Phy. Edu. & Sports • Define & Differentiate Between Growth & Development. • Adolescent Problems & Their Management. 10. • Meaning & Concept of Sports Training • Principles of Sports Training • Concept & classification of doping • Prohibited Substances & their side effects	https://www.sli deshare.net/Vi bhaChoudhary /chapter-8-fundamentals-of-anatomy-and-physiology https://www.sli deshare.net/Vi bhaChoudhary /chapter-9-biomechanics-and-sports https://www.sli deshare.net/Vi bhaChoudhary /chapter-11training-in-sports	SDG-4 Quality Education SDG-4 Quality Education SDG-3 Good Health & Well Being
PRE FINAL (JAN)		Full Syllabus Covered during the year.				
FINAL TERM (FEB)		Full Syllabus Covered during the year.				