

**SYLLABUS XI**  
**SUBJECT – Physical Education**

<b>DURATION</b>	<b>SYLLABUS COVERED</b>	<b>SYLLABUS TESTED</b>	<b>PRACTICAL/ PROJECT</b>
<b>UT -1 (JULY-AUG)</b>	L- Changing Trends & Career in Physical Education. L- Olympic Value Education. L- Physical Fitness, Wellness & lifestyle.	L- Changing Trends & Career in Physical Education. L- Olympic Value Education. L- Physical Fitness, Wellness & lifestyle.	50 m. Dash Sprint. Standing Long Jump. Shuttle Run.
<b>HALF YEARLY (SEPT)</b>	L- Physical Education & Sports for CWSN L- Yoga 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.	Sit and Reach test Partial curl up Push Ups – Boys Modified Push Ups – Girls
<b>UT2 (OCT-NOV)</b>	L- Fundamentals of Anatomy, Physiology, & Kinesiology in Sports. L- Psychology & Sports.	L- Fundamentals of Anatomy, Physiology, & Kinesiology in Sports. L- Psychology & Sports.	600 m. Run / walk
<b>I TERM (JAN)</b>	L- Training and Doping in Sports.	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. L- Fundamentals of Anatomy, Physiology & Kinesiology in Sports. L- Psychology & Sports. L- Training and Doping in Sports.	
<b>ANNUAL EXAMS (FEB)</b>		Full Syllabus Covered during the year.	