

SPLIT-UP SYLLABUS (PHYSICAL EDUCATION) SESSION 2021-22

CLASS: XI

SR.NO	MONTH AND ASSESSMENT	UNIT	DETAIL	NO. OF PERIODS ALLOTTED	PRACTICALS
1	JULY	UNIT 1	<p>CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION:</p> <ul style="list-style-type: none"> • Concept of physical education • Aims and objectives of Physical education • Career options in Physical education • Competitions in various sports at National and International level • Khelo India programme 	12	
2	AUGUST	UNIT 2	<p>OLYMPIC VALUE EDUCATION:</p> <ul style="list-style-type: none"> • Olympics, Paralympics and special Olympics • Olympic symbols, Ideals, objectives and values of olympism • International Olympic committee • Indian Olympic Association 	12	
		UNIT 3	<p>PHYSICAL FITNESS, WELLNESS AND LIFESTYLE:</p> <ul style="list-style-type: none"> • Meaning and importance of Physical fitness, Wellness and Lifestyle • Components of Physical fitness and wellness • Components of health-related fitness 	12	
4	SEPTEMBER	UNIT 4	<p>PHYSICAL EDUCATION AND SPORTS FOR CWSN:</p> <ul style="list-style-type: none"> • Aims and objectives of Adaptive Physical Education • Organization promoting Adaptive sports • Concept of Inclusion, its need and implementation • Role of various professionals for children with special needs 	11	

5	OCTOBER	UNIT 5	YOGA <ul style="list-style-type: none"> • Meaning and importance of Yoga • Elements of Yoga • Introduction-Asanas, Pranayam, meditation and yogic kriyas. • Yoga for concentration and related asanas • Relaxation Techniques for improving concentration-Yog-nidra 	10	
6		UNIT 6	PHYSICAL ACTIVITY AND LEADERSHIP TRAINING: <ul style="list-style-type: none"> • Leadership qualities and role of a leader • Creating leaders through Physical education • Meaning, objectives and types of adventure sports • Safety measures to prevent sports injuries 	10	
7	NOVEMBER	UNIT 7	TEST, MEASUREMENT AND EVALUATION: <ul style="list-style-type: none"> • Define test, measurement and evaluation • Importance of Test, Measurement and Evaluation in sports • Calculation of BMI & Waist-Hip Ratio • Somato types (Endomorphy, Mesomorphy & Ectomorphy) • Measurement of Health-related fitness. 	10	
8	DECEMBER	UNIT 8	FUNDAMENTALS OF ANATOMY, PHYSIOLOGY AND KINESIOLOGY IN SPORTS: <ul style="list-style-type: none"> • Definition, importance of Anatomy, Physiology and Kinesiology • Functions of Skelton system, classification of bones & types of joints • Properties and functions of Muscles • Function and structure of Respiratory system and circulatory system • Equilibrium-dynamic & Static and Centre of gravity and its application in sports. 	10	

9	JANUARY	UNIT 9	<p>PSYCHOLOGY AND SPORTS:</p> <ul style="list-style-type: none"> • Definition and importance of Psychology in Physical Education & sports • Define and differentiate between Growth and Development • Developmental characteristics at different stages of development nt. • Adolescent problems and their management 	10	
10	FEB	UNIT 10	<p>TRAINING AND DOPING IN SPORTS:</p> <ul style="list-style-type: none"> • Meaning and concept of sports training • Principles of sports training • Warming up and Limbering down • Skill, Technique and Style • Concept and classification of Doping • Prohibited substance 7 their side effects • Dealing with Alcohol and Substance abuse. 	10	