



ARMY PUBLIC SCHOOL RAKHMUTHI
SYLLABUS OF PHYSICAL EDUCATION (SPLIT-UP)
CLASS-XI SESSION -2023 24

MONTHS	UNIT	CONTENT	ACTIVITIES/PROJECTWORK
MAY	Unit-1 Changing trends and career in p.e Unit-2 Olympism value education.	Concept, Aims and objectof Physical Education. Development of physical education in India - post independence. Changing trends in sports- playing surface, wearable gear and Equipments and technological advancements. Career options in P.E, Khelo India program. Concept of Olympics- Ancient and Modern olmpics. IOC, IOA, IFs, other members.	Studentswereaskedtocompareth eirdefinitionof physical educationwithwhatthetextbooksa ysis.
JUNE UT-1	Syllabus of UT- 1	Unit-1 & 2	

July	Unit-3 Yoga	<p>Meaning and importance of yoga, Introduction of Ashtang yoga.</p> <p>Yogic kriyas, Pranayam and its types, Active lifestyle and stress management through yoga.</p>	Activity based in different asanas.(yogic techniques)
AUGUST	<p>Unit-4 Physical Education and sports for CWSN.</p> <p>Unit-5 Physical fitness, Health and wellness</p>	<p>Concept of Disability and Disorder, its types, causes and nature.</p> <p>Disability Etiquettes.</p> <p>Aims and objectives of Adaptive physical education. Role of various professional for CWSN(counsellor, Physical education teacher, Speech therapist, Physiotherapist)</p> <p>Meaning, importance of physical fitness wellness and health. its components.</p> <p>Traditional sports and regional games for promoting wellness. leadership through physical activity and sports.</p> <p>Introduction to first aid- PRICE</p> <p>Unit-1,2,3,4 & 5.</p>	Activity on various traditional games for promoting wellness.
HALF YEARLY EXAM			
SEPTEMBER	Unit-6 Test, measurement and evaluation.	<p>Define Test, Measurement and Evaluation. Importance of test, measurement and evaluation.</p> <p>Calculation of BMI, WHR. Somato types(Endomorphy, Mesomorphy, Ectomorphy).</p>	Activity on measuring class wise BMI of all students.
OCTOBER	Unit-7 Fundamentals of Anatomy, physiology in sports.	<p>Definition and importance of Anatomy, physiology in exercise and sports.</p> <p>Functions of Skeleton system, classification of bones and joints. properties and functions of muscles.</p> <p>structure and functions of circulatory and respiratory system.</p>	Activity on study of Skeleton system i.e know about different bones.

NOVEMBER	Unit-8 Fundamental of kinesiology, Biomechanics in sports.	<p>Definition and importance of kinesiology and Biomechanic in sports, principle of biomechanics.</p> <p>Kinetics and kinematics in sports. tyoes of body movements.Axis and planes- concepts and its applications in body movements.</p>	Activityonbody movements on various axis and plane.
DECEMBER	<p>Unit-9 Psychology and sports.</p> <p>Unit-10 Training and Doping in sports.</p> <p>UNITTEST-2 syllabus for UNITTESTII</p>	<p>Definition and importance of Psychology in pe and sports. Adolescent problems and their management.</p> <p>Team cohesion and sports. Introduction to psychological attributes: Attention, resilience, mental toughness.</p> <p>Concept and principles of sports training. Training load: Overload, Adaptation and Recovery.</p> <p>Warming up and coolinh down. concept of Dooing and its disadvantages.</p> <p>Unit 6,7 & 8. ,8and9</p>	Groupdiscussionon Adolescence problems and their management.
JANUARY	REVISIONOF ALLSYLLAB US	REVISION	
	FINALEXAMS		
FEBRUARY FINAL EXAM			