

MONTHLY SYLLABUS

SESSION-2017-18

CLASS-XI

SUBJECT- PHYSICAL EDUCATION

MONTH	TOPIC	CONTENT
July 2017	Unit-1 Changing Trends & career in Physical Education	<ul style="list-style-type: none">• Meaning & definition of physical Education.• Aims objectives of Physical Education.• Changing trends in physical Education• Various Physical Education Courses available in India.• Career options in Physical Education.• Soft Skills required for different careers.
	Unit-2 Olympic Movement	<ul style="list-style-type: none">• Ancient & Modern Olympics (summer & Winter).• Olympic symbols, Ideals, Objectives & values.• International Olympic Committee• Indian Olympic Association• Dronacharya Award, arjuna Award & Rajiv Gandhi Khel Ratna Award• Organisational set up of CBSE sports & Chacha Nehru sports

		Award.
	Unit-3 Physical Fitness, Wellness & lifestyle	<ul style="list-style-type: none"> ● Meaning & importance Physical Fitness, Wellness & Lifestyle. ● Components of Physical fitness ● Components of Health related Fitness <p>Practical Work : Physical Fitness (AAHPER)</p> <p>Record File : Labelled Diagram of 400m track & Field with computations</p>
August 2017	Unit-3 Physical Fitness, Wellness & Lifestyle	<ul style="list-style-type: none"> ● Component of wellness ● Preventing Health Threats through lifestyle change. ● Concept of Positive Lifestyle.
	Unit-4 Physical Education & sports for Differently abled	<ul style="list-style-type: none"> ● Aims & Objectives of Adaptive Physical Education. ● Organisation promoting Adaptive sports (special Olympics Bharat, Paralympics, Deaflympics) ● Concept and need of integrated physical Education. ● Concept of Inclusion, its need and implementation. ● Role of various professionals for

		children with special needs (counsellor, Occupational Therapist, Physiotherapist, Physical Education teacher, speech Therapist & special Educator)
	Unit-5 Yoga	<ul style="list-style-type: none"> ● Meaning & importance of Yoga ● Elements of Yoga ● Introduction-Asanas,Pranayam, Meditation & Yogic Kriyas ● Yoga for concentration & related Asanas (Sukhasana, Tadasana, Padmasana & Shashankasana) ● Relaxation Techniques for improving concentration-yog-Nidra <p>Practical Work : Practice the skills of any one Individual game of your choice from the given list.</p> <p>Record File : Computation of B.M.I. From family or neighbourhood & graphical representation of the data.</p>
September 2017	Revision of Unit 1, 2 , 3, 4 & 5 SA-1 Exam Autumn Break	

<p>October 2017</p>	<p>Unit-6 Physical Activity & Leadership Training</p>	<ul style="list-style-type: none"> ● Introduction to Physical activity & leadership ● Qualities & role of a leader ● Behaviour change stages for physical activity (Pre-Contemplation, Contemplation planning, Active Maintenance) ● Creating leaders through physical education ● Meaning, objectives & types of adventure sports (Rock Climbing, tracking, Rive Rafting, Mountaineering, Surfing and Para Gliding) ● Safety measures during physical activity and adventure sports.
	<p>Unit-7 Test, Measurement & Evaluation</p>	<ul style="list-style-type: none"> ● Define test, Measurement & Evaluation ● Importance of test, Measurement & Evaluation in sports. ● Calculation of BMI & waist-Hip Ratio. ● Somato Type (Endomorphy, Mesomorphy & Ectomorphy) ● Procedures of Anthropometric measurement- Height, weight, Arm & Leg Length.

		<p>Practical Work : Physical fitness (AAHPER)</p> <p>Record File : Labelled diagram of Field & equipment of any one game of your Choice out given list</p>
November 2017	Unit-8 Fundamentals of Anatomy & Physiology	<ul style="list-style-type: none"> ● Define Anatomy, Physiology & its importance ● Function of Skelton system, Classification of bones & type of joints. ● Properties of Muscles. ● Function & structure of Muscles. ● Function & structure of Respiratory system, Mechanism of Respiration. ● Structure of Hearth & Introduction to circulatory system. ● Oxygen debt, second-wind.
	Unit-9 Kinesiology, Biomechanics & sports	<ul style="list-style-type: none"> ● Meaning & importance of Kinesiology & Biomechanics in physical education & sports. ● Levers & its types and its application in sports ● Equilibrium-Dynamic & static and centre of Gravity and its application in sports. ● Force-Centrifugal & centripetal and its application in sports.

		<ul style="list-style-type: none"> ● Introduction of Buoyancy Force <p>Practical Work : Practice the skills of any one Individual game of your choice from the given list.</p> <p>Record File : Explanation & list of current National Awardess (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)</p>
December 2017	Unit-10 Psychology & Sports	<ul style="list-style-type: none"> ● Definition & importance of Psychology in Physical Education & sports. ● Define & Differentiate between growth & development. ● Developmental Characteristics at different stage of Development. ● Adolescent problems & their management. ● Define learning, Laws of learning (law of Readiness, Law of effect & law of exercise) & transfer of learning ● Plateau & causes of plateau ● Emotion: Concept, Type & Controlling of Emotion.
	Unit-11 Training in sports	<ul style="list-style-type: none"> ● Meaning & concept of sports training ● Principles of sports training

		<ul style="list-style-type: none"> ● Warming up & limbering down ● Load, Symptoms of over-load, Adaptation & Recovery. ● Skill, Technique & style ● Role of Free-play in the development of motor component. <p>Practical Work : Physical fitness (AAHPER)</p> <p>Record File : Pictorial Presentation of any five Asanas for improving concentration.</p>
	Winter Break	
January 2018	Unit-12 Doping	<ul style="list-style-type: none"> ● Concept & Classification of doping ● Prohibited substances & methods ● Athletes responsibilities ● Side effects of prohibited substances ● Ergogenic aids & doping in sports ● Doping control procedure.
February 2018	Revision of Unit 1 to 12 & Preparation of Practical exams	<p>Practical Work : Physical Fitness (AAHPER)</p> <ul style="list-style-type: none"> ● Practice the skills of any one Individual game of your choice from the given list.

