

**MONTHLY SYLLABUS**

**SESSION-2018-19**

**CLASS-XI**

**SUBJECT- PHYSICAL EDUCATION**

<b>MONTH</b>	<b>TOPIC</b>	<b>CONTENT</b>
July 2018 to September 2018	Unit-1 Changing Trends & career in Physical Education	<ul style="list-style-type: none"><li>• Meaning &amp; definition of physical Education.</li><li>• Aims objectives of Physical Education.</li><li>• Changing trends in physical Education</li><li>• Various Physical Education Courses available in India.</li><li>• Career options in Physical Education.</li><li>• Soft Skills required for different careers.</li></ul>
	Unit-2 Olympic Movement	<ul style="list-style-type: none"><li>• Ancient &amp; Modern Olympics (summer &amp; Winter).</li><li>• Olympic symbols, Ideals, Objectives &amp; values.</li><li>• International Olympic Committee</li><li>• Indian Olympic Association</li><li>• Dronacharya Award, arjuna Award &amp; Rajiv Gandhi Khel Ratna Award</li><li>• Organisational set up of CBSE sports &amp; Chacha Nehru sports</li></ul>

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

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

<p>October 2018</p> <p>to</p> <p>March 2019</p>	<p>Unit-6 Physical Activity &amp; Leadership Training</p>	<ul style="list-style-type: none"> <li>● Introduction to Physical activity &amp; leadership</li> <li>● Qualities &amp; role of a leader</li> <li>● Behaviour change stages for physical activity (Pre-Contemplation, Contemplation planning, Active Maintenance)</li> <li>● Creating leaders through physical education</li> <li>● Meaning, objectives &amp; types of adventure sports (Rock Climbing, tracking, Rive Rafting, Mountaineering, Surfing and Para Gliding)</li> <li>● Safety measures during physical activity and adventure sports.</li> </ul>
	<p>Unit-7 Test, Measurement &amp; Evaluation</p>	<ul style="list-style-type: none"> <li>● Define test, Measurement &amp; Evaluation</li> <li>● Importance of test, Measurement &amp; Evaluation in sports.</li> <li>● Calculation of BMI &amp; waist-Hip Ratio.</li> <li>● Somato Type (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>● Procedures of Anthropometric measurement- Height, weight, Arm &amp; Leg Length.</li> </ul>

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

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

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

