

NAVY CHILDREN SCHOOL, DELHI
PHYSICAL EDUCATION (048)
CLASS XI (2024-25)
SPLIT OF SYLLABUS

Theory

Max. Marks 70

MONTHS	TOPICS
<p>April</p> <p>Unit 1. Changing Trends and Careers in Physical Education</p>	<p>Concept, Aims & Objectives of Physical Education</p> <p>Development of Physical education in India – Post Independence</p> <p>Changing trends in sports – Playing surface, wearable gears & sports equipment, Technological Advancements</p> <p>Career options in Physical Education</p> <p>Khelo India program and fit India movement</p>
<p>May-June</p> <p>Unit 2. Olympic Value Education</p>	<p>Olympism – Concept & Olympics values</p> <p>Olympic value education</p> <p>Ancient & Modern Olympics</p> <p>Olympics – Symbol, Motto, Flag, Oath & Anthem</p> <p>Olympic Movement structure – IOC, NOC, IFS, Other members</p>
<p>July</p> <p>Unit 3. Yoga</p>	<p>Meaning and Importance Of Yoga</p> <p>Introduction to Astanga Yoga</p> <p>Yogic Kriyas (Shat Karma)</p> <p>Pranayama & its Types</p> <p>Active Lifestyle & Stress Management through Yoga</p>
<p>August</p> <p>Unit 4. Physical Education &</p>	<p>Concept of Disability & Disorder</p> <p>Types of Disabilities, its Causes & Nature</p> <p>Disability Etiquettes</p>

<p>Sports For CWSN (Children With Special Needs – Divyang)</p> <p>Unit 5. Physical Fitness, Health & Wellness</p>	<p>Aims & Objectives of Physical Education</p> <p>Role of various Professionals for CWSN (Counselor, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)</p> <p>Meaning and Importance of Physical Fitness, Health & Wellness</p> <p>Components of Physical Fitness, Health & Wellness</p> <p>Traditional Sports And Regional Games for Promoting Wellness</p> <p>Leadership through Physical Activity & Sports</p> <p>Introduction to First-Aid – PRICE</p>
<p>September</p> <p>Unit 6. Test Measurement and Evaluation</p>	<p>Define Test Measurement and Evaluation</p> <p>Importance of Test Measurement and Evaluation in sports</p> <p>Calculation of BMI, Waist-Hip Ratio, Skin Fold Measurement</p> <p>Somato Types (Endomorphy, Mesomorphy & Ectomorphy)</p> <p>Measurement of Health related Fitness</p>
<p>October</p> <p>Unit 7. Fundamentals of Anatomy & Physiology in Sports</p>	<p>Definition and importance of Anatomy & Physiology in Exercise & Sports</p> <p>Functions of Skeletal System, Classification of Bones & types of Joints</p> <p>Properties & Functions of Muscles</p> <p>Structure & Functions of Circulatory System and Heart</p> <p>Structure & Functions of Respiratory System</p>

<p>November</p> <p>Unit 8. Fundamentals of Kinesiology & Biomechanics in Sports</p>	<p>Definition & importance of Kinesiology & Biomechanics in Sports</p> <p>Principles of Biomechanics</p> <p>Kinetics & kinematics in Sports</p> <p>Types of Body Movements – Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation</p> <p>Axis & Planes – Concept & its Application in Body Movements</p>
<p>December</p> <p>Unit 9. Psychology & Sports</p>	<p>Definition & Importance of Psychology in Physical Education & Sports</p> <p>Developmental Characteristics at Different Stages of Development</p> <p>Adolescent Problems & their Management</p> <p>Team Cohesion and Sports</p> <p>Introduction to Psychological Attributes – Attention, Resilience, Mental Toughness</p>
<p>January</p> <p>Unit 10. Training & Doping in Sports</p>	<p>Concept and principles of sports training</p> <p>Training load – overload, adaptation, and recovery</p> <p>Warming-up & limbering down – types, methods & importance</p> <p>Concept of skill, technique, tactics & strategies</p> <p>Concept of doping and its disadvantages</p>

Practical

1. Physical Fitness Test – SAI Khelo India Test
2. Proficiency in Games & Sports (Skill of any one IOA recognized sports/games of choice)
3. Yogic practices
4. Record file

Practical 1 – Computation of 400 mts track

Practical 2 – Changing trends in sports – Playing Surface, Wearable Gears, Sports Equipments, Technology Advancement

Practical 3 - Any one IOA recognized sports/games of choice

5. Viva (Health, Games & sports, Yoga)