



SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA

YEARLY SYLLABUS OF PHYSICAL EDUCATION

SESSION – 2025-2026



STD-XI

MONTH	WORKING DAY	WEEKS	NUMBER OF PERIODS	TOPIC TO BE TAUGHT	ACTIVITY	LEARNING OUTCOME	VALUES & SKILLS IMPARTED	ASSESSMENT
April	21	02	15	Changing Trends and Careers in Physical Education 1. Concept, Aims & Objectives of Physical Education. 2. Development of Physical Education in India – Post Independence. 3. Changing Trends in Sports- playing surface, wearable gear and sports Equipment, technological Advancements. 4. Career options in Physical Education. 5. Khelo-India Program and Fit – India Program.	Throughout the session 2024-25 are following- 1. Labelled diagram of 400mt track & field with computations. 2. Labelled diagram of field & equipment of any one IOA recognised sports/Game of choice out of Football, Volleyball, kabaddi, kho-kho. 3. Specific asanas for different life style diseases. 4. Physical fitness test key prescribed by SAI.	After completing the unit, the students will be able to: Recognize the concept, aim, and objectives of Physical Education. Identify the Post-independence development in Physical Education. Categorize Changing Trends in Sports- playing surface, wearable gear, sports equipment, technological Explore different career options in the field of Physical Education. Make out the development of Khelo India and Fit India Program.	To make the students understand the meaning, aims, and objectives of Physical Education. To Teach students about the development of physical education in India after Independence. To educate students about The development of sports surfaces, wearable gear, sports equipment, and Technology.	Project work Long answer type question Short answer type question MCQ question

May	09	01	08	Olympism Value Education 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) 2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind 3. Ancient and Modern Olympics 4. Olympics - Symbols, Motto, Flag, Oath, and Anthem. 5. Olympic Movement Structure - IOC, NOC, IFS, Other members.	Throughout the session 2024-25 are fallowing- 1. Labelled diagram of 400mt track & field with computations. 2. Labelled diagram of field & equipment of any one IOA recognised sports/Game of choice out of Football, Volleyball, kabaddi, kho-kho.	Incorporate values of Olympism in your life. Differentiate between Modern and Ancient Olympic Games, Paralympics, and Special Olympic games. Identity the Olympic Symbol and Ideals Describe the structure of the Olympic movement structure	To make the students aware of Concepts and Olympics Values (Excellence, Friendship & Respect). To make students understand ancient and modern Olympic games.	Project work Long answer type question Short answer type question MCQ question
June	11	01	11	Yoga 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management Through Yoga.	Throughout the session 2024-25 are fallowing- 1. Labelled diagram of 400mt track & field with computations. 2. Labelled diagram of field & equipment of any one IOA recognised sports/Game of choice out of Football, Volleyball, kabaddi, kho-kho.	Recognize the concept of yoga and be aware of the importance; of it Identify the Asanas, Pranayama's, meditation, and yogic kriyas. Know about relaxation techniques for improving concentration	To make them learn about Astanga yoga. To teach students about yogic kriya, specially shat karmas. To make them learn the importance of yoga in stress Management.	Project work Long answer type question Short answer type question MCQ question
July	26	03	21	Physical Education and Sports for Children with Special Needs 1. Concept of Disability and Disorder. 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability). 3. Disability Etiquette.		Identify the concept of Disability and Disorder. Outline types of disability and describe their causes and nature. Adhere to and respect	To make the students aware concept of Disability and Disorder.	Project work Long answer type question Short answer type question

				<p>4. Aim and objectives of Adaptive Physical Education.</p> <p>5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</p>		<p>Children with special needs by following etiquettes.</p> <p>Identify possibilities and Scope in adaptive physical education.</p>	<p>To make students aware of different types of disabilities.</p> <p>To make students learn About Disability Etiquette.</p>	MCQ question
August	24	03	21	<p>Physical Fitness, Wellness, and Lifestyle</p> <p>1. Meaning & importance of Wellness, Health, and Physical Fitness.</p> <p>2. Components/Dimensions of Wellness, Health, and Physical Fitness.</p> <p>3. Traditional Sports & Regional Games for Promoting wellness.</p> <p>4. Leadership through Physical Activity and Sports.</p> <p>5. Introduction to First Aid – PRICE.</p>	<p>Throughout the session 2024-25 are following-</p> <p>1. Labelled diagram of 400mt track & field with computations.</p> <p>2. Labelled diagram of field & equipment of any one IOA recognised sports/Game of choice out of Football, Volleyball, kabaddi, kho-kho.</p>	<p>Explain wellness and its Importance and define the components of wellness. Classify physical fitness and recognize its importance in Life.</p> <p>Relate leadership through physical activity and sports.</p>		<p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p>
September	21	03	20	<p>Test, Measurement & Evaluation</p> <p>1. Define Test, Measurements and Evaluation.</p> <p>2. Importance of Test, Measurements and Evaluation in Sports.</p> <p>3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)</p> <p>4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy).</p> <p>5. Measurements of health-related fitness.</p> <p>Revision HALF-YEARLY EXAM</p>		<p>Define the terms test, measurement, and Evaluation.</p> <p>Differentiate norm and criterion referenced Standards.</p> <p>Differentiate formative and summative evaluation.</p> <p>Understand BMI: A popular clinical standard and its computation</p>	<p>To Introduce the students with the terms like test, measurement and evaluation</p> <p>Along with its importance.</p> <p>To Introducing them the methods of calculating BMI, Waist- hip ratio and Skin fold Measurement</p>	<p>HALF-YEARLY EXAM</p>

October	18	02	16	Fundamentals of Anatomy, Physiology in Sports. <ol style="list-style-type: none"> 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System. 	<p>Throughout the session 2024-25 are fallowing-</p> <ol style="list-style-type: none"> 1. Labelled diagram of 400mt track & field with computations. 2. Labelled diagram of field & equipment of any one IOA recognised sports/Game of choice out of Football, Volleyball, kabaddi, kho-kho. 	<p>Identify the importance of anatomy and physiology.</p> <p>Recognize the functions of the skeleton.</p> <p>Understand the functions of bones and identify various Types of joints.</p>	<p>The students will learn the meaning and definition & identify the importance of anatomy, physiology, and Kinesiology.</p> <p>The students will learn the Structure and Functions of Respiratory System.</p>	<p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p>
November	23	03	21	Fundamentals Of Kinesiology And Biomechanics in Sports. <ol style="list-style-type: none"> 1. Definition and Importance of Kinesiology and Biomechanics in Sports. 2. Principles of Biomechanics 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation. 5. Axis and Planes –Concept and its Application in body movements. 		<p>Explain biomechanical Principles and their utilization in sports and physical education.</p> <p>Illustrate fundamental body movements and their basic patterns.</p> <p>Learn about the Axis and Planes and their application with body movements.</p>	<p>To make the students learn the principles of Biomechanics.</p> <p>To make the students understand the concept of Kinetics and Kinematics in Sports.</p>	<p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p>
December	19	02	17	Psychology and Sports <ol style="list-style-type: none"> 1. Definition & Importance of Psychology in Physical Education & Sports. 2. Developmental Characteristics at Different Stages of Development. 3. Adolescent Problems & their Management. 4. Team Cohesion and Sports. 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness. 	<p>Throughout the session 2024-25 are fallowing-</p> <ol style="list-style-type: none"> 1. Labelled diagram of 400mt track & field with computations. 2. Labelled diagram of field & equipment of any one IOA recognised sports/Game of choice out of Football, Volleyball, kabaddi, kho-kho. 	<p>Identify the role of Psychology in Physical Education and Sports.</p> <p>Differentiate characteristics of growth and development at different stages.</p> <p>Explain the issues related to adolescent behaviour and Team Cohesion in Sports.</p>	<p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p>	

January	22	03	21	Training & Doping in Sports 1. Concept and Principles of Sports Training. 2. Training Load: Over Load, Adaptation, and Recovery. 3. Warming-up & Limbering Down – Types, Method & Importance. 4. Concept of Skill, Technique, Tactics & Strategies.		Understand the concept and principles of sports training. Summarise training load and its concept. Understand the concept of warming up & limbering down in sports training and their types, method & importance. Acquire the ability to differentiate between the skill, technique, tactics & strategies in sports training.	To make the students aware about of concepts and principles of sports training. To make students learn and understand the Training Load, Over Load, Adaptation, and Recovery concepts.	
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H.O.D Physical Education

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