

**ARMY PUBLIC SCHOOL, GOPALPUR**

**SPLIT UP SYLLABUS**

**Session: 2020-21**

**Class: XI**

**Subject: PHYSICAL EDUCATION**

<b>Month</b>	<b>No. of working days</b>	<b>Number of periods approximately available</b>	<b>Split up syllabus as per CBSE allotted periods</b>
JUNE	25	33	<p><b>unit I Changing Trends &amp; Career in Physical Education</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; definition of Physical Education</li> <li>• Aims &amp; Objectives of Physical Education</li> <li>• Career Options in Physical Education</li> <li>• Competitions in various sports at national and international level</li> <li>• Khelo-India Program</li> </ul>
JULY	26	34	<p><b>Unit II Olympic Value Education</b></p> <ul style="list-style-type: none"> <li>• Olympics, Paralympics and SpecialOlympics</li> <li>• Olympic Symbols, Ideals, Objectives &amp; Values ofOlympism</li> <li>• International OlympicCommittee</li> <li>• Indian OlympicAssociation</li> </ul> <p><b>Unit III Physical Fitness, Wellness &amp; Lifestyle</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Physical Fitness, Wellness &amp;Lifestyle</li> <li>• Components of physical fitness andWellness</li> <li>• Components of Health relatedfitness</li> </ul>
AUGUST	24	32	<p><b>Unit IV Physical Education &amp; Sports for CWSN (Children With Special Needs- Divyang)</b></p> <ul style="list-style-type: none"> <li>• Aims &amp; objectives of Adaptive PhysicalEducation</li> <li>• OrganizationpromotingAdaptiveSports(SpecialOlympicsBharat;Paralympics; Deaflympics)</li> <li>• Concept of Inclusion, its need andImplementation</li> <li>• Role of various professionals for children with specialneeds (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; specialEducator)</li> </ul>

SEPTEMBER	21	27	<p><b>Unit V Yoga</b></p> <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, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose))</li> <li>• Relaxation Techniques for improving concentration –Yog-nidra</li> </ul>
OCTOBER	18	25	<p><b>Unit VII Test, Measurement &amp; Evaluation</b></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 Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>• Measurement of health related fitness</li> </ul>
NOVEMBER	20	29	<p><b>Unit VIII Fundamentals of Anatomy, Physiology &amp; Kinesiology in Sports</b></p> <ul style="list-style-type: none"> <li>• Definition and Importance of Anatomy, Physiology &amp; Kinesiology</li> <li>• Function of Skeleton System, Classification of Bones &amp; Types of Joints</li> <li>• Properties and Functions of Muscles</li> <li>• Function &amp; Structure of Respiratory System and Circulatory System</li> <li>• Equilibrium – Dynamic &amp; Static And Centre of Gravity and its application in sports</li> </ul> <p><b>Half yearly 3rd week Revision</b></p>
DECEMBER	19	29	<p><b>Unit IX Psychology &amp; Sports</b></p> <ul style="list-style-type: none"> <li>• Definition &amp; Importance of Psychology in Phy. Edu. &amp; Sports</li> <li>• Define &amp; Differentiate Between Growth &amp; Development</li> <li>• Developmental Characteristics At Different Stages of Development</li> <li>• Adolescent Problems &amp; Their Management</li> </ul>
JANUARY	24	31	<p><b>Unit X Training and Doping in Sports</b></p> <ul style="list-style-type: none"> <li>• Meaning &amp; Concept of Sports Training</li> <li>• Principles of Sports Training</li> <li>• Warming up &amp; limbering down</li> <li>• Skill, Technique &amp; Style</li> <li>• Concept &amp; classification of doping</li> <li>• Prohibited Substances &amp; their side effects</li> <li>• Dealing with alcohol and substance abuse</li> </ul> <p><b>2<sup>nd</sup> Periodic Test and Revision</b></p>
FEBRUARY			<b>REVISION</b>