

DAV PUBLIC SCHOOL

SECTOR-3, DHURWA, RANCHI

Physical Education Syllabus (2020-2021)

Class- XI

PRESCRIBED BOOKS:-

SARASWATI Health and Physical Education

- By Dr. V.K.
Sharma

Months	Unit/ Chapters	Sub Topics	Exam/Test s portion
April	Unit 1	<ul style="list-style-type: none">➤ Meaning and definitions of physical educations➤ Aims and objectives of physical educations➤ Course available in India of various physical education➤ Career options in physical education➤ Skill required for different careers	
May	Unit 2	<ul style="list-style-type: none">➤ Olympic symbols, ideals, objectives and values➤ International Olympic committee➤ Sports awards➤ CBSE sports and Chacha Nehru sports award	
June	Unit 3	<ul style="list-style-type: none">➤ Physical fitness, wellness and lifestyle➤ Component of physical sports➤ Component of wellness➤ Prevention of health threats through lifestyle change	Class test (I-III)

July	Unit 4	<ul style="list-style-type: none"> ➤ Aim and objective of adaptive physical education ➤ Organization promoting adaptive sports (Special Olympics Bharat, Paralympics, Deaflympics) ➤ Concept of inclusion, and its implementation ➤ Roles of various professionals for children with special needs 	
	Unit 5	<ul style="list-style-type: none"> ➤ Meaning and Importance of Yoga ➤ Elements of Yoga ➤ Asanas ➤ Concentration related asanas ➤ Relaxation techniques for improving concentration 	
August	Unit 6	<ul style="list-style-type: none"> ➤ Leadership qualities and role of a leader ➤ Behavior change stages for physical activities during childhood, pre-adolescence and adolescence ➤ Creating leadership qualities with the help of physical education ➤ Meaning and objective of adventures sports ➤ Safety measure during physical activities and adventure sports 	Class test (IV-VI)
September	Unit 7	<ul style="list-style-type: none"> ➤ Test, measurement and Evaluation and its importance ➤ Define BMI and Calculation, waist-hip ratio ➤ Somato types (endomorph, mesomorph and ectomorph) ➤ Anthropometric measurement 	

October	Unit 8	<ul style="list-style-type: none"> ➤ Define anatomy, physiology and its importance ➤ Function of Skeleton System, classification of bones and types of joints ➤ Properties of muscles ➤ Function and structure of muscles ➤ Functions and structure of respiratory systems ➤ Structure and functions of human heart ➤ Oxygen debt and second-wind 	
	Unit 9	<ul style="list-style-type: none"> ➤ Kinesiology and biomechanics in physical education and its importance ➤ Musculoskeletal system ➤ Joints-articulation of bones ➤ Major muscles around the joints ➤ Levers and types and its application in sports ➤ Dynamic and Static and centre of gravity and its application in sports 	
November	Unit 10	<ul style="list-style-type: none"> ➤ Psychology in physical education sports and its importance ➤ Growth and development ➤ Adolescent problems and their management ➤ Learning, law of learning ➤ Emotions and controlling of emotions 	
	Unit 11	<ul style="list-style-type: none"> ➤ Concept of sports training ➤ Principles of sports training ➤ Warming up and limbering down ➤ skill, techniques and style ➤ development of motor component 	
December	Unit 12	<ul style="list-style-type: none"> ➤ doping ➤ prohibited substance and methods ➤ athletes responsibilities ➤ side effects of prohibited substance ➤ doping in sports and control porcedure 	

