

Cambridge International School, Mohal, Kullu
Physical Education (XI)
Subject code (48)
Session- 2022-23

	May/June	July	August/ September
Content	<p>Changing Trends & Career in Physical Education</p> <p>Yoga</p>	<p>Olympism</p> <p>Physical Education & Sports for CWSN (Children with Special Needs - Divyang)</p>	<p>Physical Fitness, Health and Wellness</p> <p>Test, Measurement & Evaluation</p>
Learning Outcomes	<p>-Concept, Aims & Objectives of Physical Education ●Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements</p> <p>●Career Options in Physical Education</p> <p>●Khelo-India and Fit-India Program</p> <p>Yoga</p> <p>Meaning & Importance of Yoga ● Introduction to Ashtanga Yoga</p> <p>● Introduction to Yogic Kriyas (Shat Karma)</p>	<p>Ancient and Modern Olympics</p> <ul style="list-style-type: none"> ● Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) ● Olympics - Symbols, Motto, Flag, Oath, and Anthem ● Olympic Movement Structure - IOC, NOC, IFS, Other members <p>Physical Education & Sports for CWSN (Children with Special Needs - Divyang)</p> <p>Concept of Disability and Disorder</p> <ul style="list-style-type: none"> ● Types of Disability, its causes & nature (Intellectual disability, Physical disability) ● Aim & Objective of Adaptive Physical Education ● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator) 	<p>Meaning and Importance of Wellness, Health and Physical Fitness</p> <ul style="list-style-type: none"> ● Components/Dimensions of Wellness, Health and Physical Fitness ● Traditional Sports & Regional Games for promoting wellness <p>Test, Measurement & Evaluation</p> <p>Concept of Test, Measurement & Evaluation in Physical Education & sports.</p> <ul style="list-style-type: none"> ● Classification of Tests in Physical Education and Sports. ● Test administration guidelines in physical education and sports
Activities/ Methodology	<p>Students will create a list of opportunities in the field of physical education.</p> <p>Students will write Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.</p> <p>-Power Point Presentation</p> <p>Lecture</p> <p>Practical Work</p>	<p>PowerPoint Presentation</p> <p>Lecture and class discussion</p> <p>Practical Work</p> <p>Students will draw Olympic Symbols</p>	<p>Demonstration</p> <p>Powerpoint Presentation</p> <p>Group Discussion.</p> <p>Practical Work.</p> <p>Students will keep the record of the fitness test.</p>
Assessment	Pen Paper Test and demonstration of practical work.		

	October/ November	December	January to March
Content	Fundamentals of Anatomy, Physiology in Sports Fundamentals of Kinesiology and Biomechanics in Sports	Psychology & Sports Training and Doping in Sports	Revision of the syllabus
Learning Outcomes	Definition and Importance of Anatomy and Physiology in exercise and sports <ul style="list-style-type: none"> • Functions of Skeletal system, classification of bone and types of joints. • Function and Structure of Circulatory system and heart. • Function and Structure of Respiratory system. Fundamentals of Kinesiology and Biomechanics in Sports Definition and Importance of Anatomy and Physiology in exercise and sports <ul style="list-style-type: none"> • Functions of Skeletal system, classification of bone and types of joints. • Function and Structure of Circulatory system and heart. • Function and Structure of Respiratory system. 	Definition & Importance of Psychology in Physical Education & Sports <ul style="list-style-type: none"> • Adolescent Problems & Their Management • Team Cohesion and Sports Training and Doping in Sports Concept and Principles of Sports Training <ul style="list-style-type: none"> • Training Load: Overload, Adaptation, and Recovery • Concept of Doping and its disadvantages 	
Activities/ Methodology	PowerPoint Presentation Lecture Discussion. Chapter will be integrated with biology	PowerPoint Presentation Lecture Discussion on the problems and solutions of the teenagers students . Practical Work.	. Chapters will be divided into student groups and they have to present their own chapter and other students will ask questions from them.
Assessment	Pen Paper Test and practical work		