

**Cambridge International School Mohal, Kullu**

**Curriculum: 2020-21**

**Subject: Physical Education (Code: 48)**

**Class: XI**

First Quarter (April to June)

<b>Topic</b>	<b>Learning Objectives</b>	<b>Methodology</b>	<b>Assessment</b>
Changing Trends & Career in Physical Education	Meaning & definition of Physical Education Aims & Objectives of Physical Education Career Options in Physical Education Competitions in various sports at national and international level Khelo-India Program	Power Point Presentation Video Lecture	Paper Pen Test
Training and Doping in Sports	Meaning & Concept of Sports Training Principles of Sports Training Warming up & limbering down Skill, Technique & Style Concept & classification of doping Prohibited Substances & their side effects Dealing with alcohol and substance abuse	Power Point Presentation Video Lecture	Paper Pen Test
Olympic Value Education	Olympics, Paralympics and Special Olympics Olympic Symbols, Ideals, Objectives & Values of Olympism International Olympic Committee Indian Olympic Association	Power Point Presentation Video Lecture	Paper Pen Test
Fundamentals of Anatomy, Physiology & Kinesiology in Sports	Definition and Importance of Anatomy, Physiology & Kinesiology Function of Skeleton System, Classification of Bones & Types of Joints Properties and Functions of Muscles Function & Structure of Respiratory System and Circulatory System Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports	Power Point Presentation Video Lecture	Paper Pen Test
Physical Fitness, Wellness & Lifestyle	Meaning & Importance of Physical Fitness, Wellness & Lifestyle Components of physical fitness and Wellness Components of Health related fitness	Video Lecture and Class discussion	Paper Pen Test

**Second Quarter ( July to September )**

Yoga	Meaning & Importance of Yoga Elements of Yoga Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose) Relaxation Techniques for improving concentration – Yog-nidra	Video Lecture, Class discussion and Demonstration	Paper Pen Test
Physical Activity & Leadership Training	Leadership Qualities & Role of a Leader Creating leaders through Physical Education Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding) Safety measures to prevent sports injuries	Video Lecture and Class discussion	Paper Pen Test
Test, Measurement &	Define Test, Measurement & Evaluation	Video Lecture,	Paper Pen Test

Evaluation	Importance of Test, Measurement & Evaluation In Sports Calculation of BMI & Waist - Hip Ratio Somato Types (Endomorphy, Mesomorphy & Ectomorphy) Measurement of health related fitness	Class discussion and Demonstration	
<b>Third Quarter (October To December)</b>			
Psychology & Sports	Definition & Importance of Psychology in Phy. Edu. & Sports Define & Differentiate Between Growth & Development Developmental Characteristics At Different Stages of Development Adolescent Problems & Their Management	Video Lecture and Class discussion	Paper Pen Test
Physical Education & Sports for CWSN	Aims & objectives of Adaptive Physical Education Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics) Concept of Inclusion, its need and Implementation Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)	Video Lecture and Class discussion	Paper Pen Test

Practical Max. Marks 30

01. Physical Fitness Test - 6 Marks

02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list\*)- 7 Marks

03. Yogic Practices - 7 Marks

04. Record File \*\* - 5 Marks

05. Viva Voce (Health/ Games & Sports/ Yoga) - 5 Marks

\* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymnastics, Rope-Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

\*\*Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood & graphical representation of the data.

Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list.

Practical-4: List of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.