

**Curriculum**  
**Subject: Physical Education (048)**  
**Class XI**  
**Session- 2025-26**

	April/May	June/July	August/ September
<b>Content</b>	<b>Changing Trends &amp; Career in Physical Education</b>  <b>Yoga</b>  <b>Test, Measurement &amp; Evaluation</b>	<b>Olympism</b>  <b>Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b>	<b>Physical Fitness, Health and Wellness</b>  <b>Training and Doping in Sports</b>
<b>Learning Outcomes</b>	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 <b>Yoga</b> 1. Meaning and importance of Yoga 2. Introduction to Ashtanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga <b>Test, Measurement &amp; Evaluation</b> 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somatotypes (Endomorphy, Mesomorphy & Ectomorph) 5. Measurements of health-related fitness	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  <b>Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b>  1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability). 3. Disability Etiquette 4. Aim and objectives of Adaptive Physical Education. 5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)	1. Meaning & importance of Wellness, Health and Physical Fitness. 2. Components/Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE  <b>Training and Doping in Sports</b> 1. Concept and Principles of Sports Training 2. Training Load: Overload, Adaptation, and Recovery 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages
<b>Activities/ Methodology</b>	PowerPoint Presentation Lecture Practical Work <b>Art Integration</b> – Students will Explore different career options in the field of Physical Education and will make spray diagram 2. Students will perform and write Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease. 3. Students will keep the record of the fitness test. <b>Integrated with History, Biology and Mathematics.</b>	PowerPoint Presentation Lecture and class discussion Practical Work <b>Art Integration</b> -Students will draw Olympic Symbols Find out about Indian athletes who have won medals at the Paralympics and the Special Olympics.  <b>Integrated with History, Art and Biology</b>	Demonstration Powerpoint Presentation Group Discussion. <b>Art Integration</b> -Dancing is an aerobic activity that improves your balance and coordination. 2. Online survey of Doping in Sports. <b>Integrated with Dance, Physiology.</b>
<b>Assessment</b>	<b>Pen Paper Test and demonstration of practical work.</b>		

	October/ November	December
<b>Content</b>	<p><b>Fundamentals of Anatomy, Physiology in Sports</b></p> <p><b>Fundamentals of Kinesiology and Biomechanics in Sports</b></p> <p><b>Psychology &amp; Sports</b></p>	
<b>Learning Outcomes</b>	<p>1. Definition and importance of Anatomy and Physiology in Exercise and Sports.</p> <p>2. Functions of Skeletal System, Classification of Bones, and Types of Joints.</p> <p>3. Properties and Functions of Muscles.</p> <p>4. Structure and Functions of Circulatory System and Heart.</p> <p>5. Structure and Functions of Respiratory System.</p> <p><b>Fundamentals of Kinesiology and Biomechanics in Sports</b></p> <p>1. Definition and Importance of Kinesiology and Biomechanics in Sports.</p> <p>2. Principles of Biomechanics</p> <p>3. Kinetics and Kinematics in Sports</p> <p>4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</p> <p>5. Axis and Planes – Concept and its application in body movements</p> <p><b>.Psychology &amp; Sports</b></p> <p>1. Definition &amp; Importance of Psychology in Physical Education &amp; Sports;</p> <p>2. Developmental Characteristics at Different Stages of Development;</p> <p>3. Adolescent Problems &amp; their Management;</p> <p>4. Team Cohesion and Sports;</p> <p>5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</p>	Revision of the syllabus
<b>Activities/ Methodology</b>	<p>PowerPoint Presentation</p> <p>Lecture</p> <p>Discussion.</p> <p>Practical Work.</p> <p><b>Art Integration</b> –1. Draw a structure of any system of the human body and label it.</p> <p>2. Write down the fundamental difference between Kinetics and Kinematics.</p> <p>3. Discussion on the problems and solutions of the teenagers students .</p> <p><b>Integrated with Physiology, Kinesiology, Biology, Physics and Psychology.</b></p>	<p>Students will be divided into groups. The group members have to present the allotted chapters/ topics in the class.</p> <p>Peer assessment</p>
<b>Assessment</b>	<b>Pen Paper Test and practical work</b>	