

# O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR

## Annual Syllabus Break-up for the session 2025-26

**Subject :- Physical Education**

**Class:- XI**

Sl.	Month	No. of Instructional days	No. of Periods	Chapters to be Taught	Subject Enrichment activities	Values to be Imparted	Extra content to be Taught
1	APRIL	06	06	<b>Unit 1</b> Changing Trends & Career in Physical Education	Writing Topic on the board and explanation with discussion method.	Creates carrier opportunity among youngsters	How the option of career has changed till now.
2	MAY	00	00	-----Vaccation-----	-----	-----	-----
3	JUNE	06	06	<b>Unit 2</b> Olympic Value Education	Explanation of Topic, Written on Board	Incorporate values of Olympism in life Identify the Olympic Symbol and Ideals	Information about Ancient Olympic games
4	JULY	12	12	<b>Unit 3</b> Yoga <b>Unit 4</b> Physical Education and Sports for Children with Special Needs	Lecture-based instruction, Technology-based learning, Group learning, Individual learning	Outline types of disability and describe their causes and nature. Adhere to and respect children with special needs by following etiquettes.	Recognize the concept of yoga and be aware of the importance; of it
5	AUGUST	11	11	<b>Unit 5</b> Physical Fitness, Wellness, and Lifestyle <b>Unit 6</b> Test, Measurement & Evaluation	Technology-based learning, Group learning, Individual learning Inquiry-based learning,	Distinguish between skill related and health-related components of physical fitness. Illustrate traditional sports and regional games to promote wellness. Differentiate norm and criterion referenced standards,	Differentiate norm and criterion referenced standards,
6	SEPTEMBER	04	04	<b>Unit 7</b> Fundamentals of Anatomy, Physiology in Sports	Kinaesthetic learning, Game - based learning and Expeditionary learning.	Recognize the functions of the skeleton. Understand the functions of bones and identify various types of joints.	The students will learn the meaning and definition & identify the importance of anatomy, physiology, and kinesiology.

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7	OCTOBER	14	14	<b>Unit 8</b> Fundamentals Of Kinesiology And Biomechanics in Sports	Lecture-based instruction, Technology-based learning, Group learning,	-Illustrate fundamental body movements and their basic patterns. -Learn about the Axis and Planes and their application with body movements	To make the students learn the principles of biomechanics. To make the students understand the concept of Kinetics and Kinematics in Sports
8	NOVEMBER	11	11	<b>Unit 9</b> Psychology and Sports	Lecture-based instruction, Technology-based learning,	-Identify the role of Psychology in Physical Education and Sports - Differentiate characteristics of growth and development at different stag	Students will distinguish different Psychological Attributes like Attention, Resilience, and Mental Toughness
9.	DECEMBER	12	12	<b>Unit 10</b> Training & Doping in Sports	Game-based learning and Expeditionary learning.	-Acquire the ability to differentiate between the skill, technique, tactics & strategies in sports training.	To make the students aware about concepts and principles of sports training.

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