

# SYLLABUS 2022-23

SYLLABUS 2022-23			
SUBJECT-Physical Education		CLASS -11	
TERM I			
MONTH	TEXT BOOK - TOPIC	E LIBRARY TOPIC	ACTIVITY PROJECT/READING/ASL
APRIL			
MAY			
JULY	1.Changing trends and caree in Physical Education	1.Changing trends and caree in Physical Education	Discuss Practical file -badminton Hockey
AUGUST	1.olympism, 2.Yoga	1.olympism, 2.Yoga	Yogic Kriya
SEPTEMBER	1. Physical Education & sport For CWSN	1. Physical Education & sport For CWSN	Discuss Practical file cricket, yoga Kabaddi,
TERM II			
OCTOBER	1. Physical fitness health and wellness. 2.Test measurement & Evaluation	1. Physical fitness health and wellness. 2.Test measurement & Evaluation	Discuss Health related and wellness
NOVEMBER	1. Fundamentals of Kinesiology and Biomechanics in sports 2. Fundamentals of Anatomy Physiology in sports	1. Fundamentals of Kinesiology and Biomechanics in sports 2. Fundamentals of Anatomy Physiology in sports	Practical file-Handball,Lawn-Tennis
DECEMBER	1. Psychology & Sports 2. Training and doping in sports	1. Psychology & Sports 2. Training and doping in sports	Sports quiz
JANUARY	REVISION	Revision	Submit Final Practical file
FEBRUARY	REVISION	Revision	