



BOKARO PUBLIC SCHOOL

SECTOR-III/C,B.S.CITY

SYLLABUS SESSION 2025-26

Class- 11

Subject PHYSICAL EDUCATION

Sl. No	MONTH S	W/D	W.D	CHAPTER'S NAME/TOPIC	PAGE NO.	ACTIVITY
1	April	22		UNIT-1: CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION 1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education 3. Changing Trends in Sports-playing surface 4. Career options in Physical Education 5. Khelo-India Program and Fit-India Program		Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)
2	May	7		UNIT-2: OLYMPISM VALUE EDUCATION 1. Olympism-Concept and Olympics Values 2. Olympic Value Education 3. Ancient and Modern Olympics 4. Olympics-Symbols, Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure-IOC, NOC, IFS, Other members		
3	June	15		UNIT-3: YOGA 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types 5. Active Lifestyle and stress management through Yoga		Proficiency in Games and Sports (Skill of IOA recognized Sport/Game of Choice)
4	July	23		UNIT-4: PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS 1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature 3. Disability Etiquette 4. Aim and objectives of Adaptive Physical Education 5. Role of various professionals for children with special needs		

5	August	18	UNIT-5: PHYSICAL FITNESS, WELLNESS, AND LIFESTYLE <ol style="list-style-type: none"> 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 		
6	Sep	9	Revision and half yearly exam		
7	October	12	UNIT-6: TEST, MEASUREMENT & EVALUATION <ol style="list-style-type: none"> 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 4 Somato Types (Endomorphy, Mesomorphy & Ectomorphy) 5. Measurements of health-related fitness 		
8	November	20	UNIT-7: FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS <ol style="list-style-type: none"> 1 Definition and importance of Anatomy and Physiology in Exercise and Sports 2 Functions of Skeletal System, Classification of Bones, and Types of Joints 3. Properties and Functions of Muscles 4. Structure and Functions of Circulatory System and Heart 5. Structure and Functions of Respiratory System 		
9	December	19	UNIT-8: FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS <ol style="list-style-type: none"> 1 Definition and Importance of Kinesiology and Biomechanics in Sports 2. Principles of Biomechanics 3. Kinetics and Kinematics in Sports 4. Types of Body Movements Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes-Concept and its application in body movements 		Yogic Practices
10	January	17	UNIT-9: PSYCHOLOGY AND SPORTS <ol style="list-style-type: none"> 1. Definition & Importance of Psychology in Physical Education & Sports 2. Developmental Characteristics at 		

				Different Stages of Development 3. Adolescent Problems & their Management 4 Team Cohesion and Sports		
11	Feb	15		UNIT-10: TRAINING & DOPING IN SPORTS 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery 3. Warming-up & Limbering Down – Types, Method and Importance 4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages		
12	Mar			Revision and Annual examination		

Note :-Record File shall include:

- Practical-1: Fitness tests administration. (SAI Khelo India Test)
- Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- Practical-3: Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.

- Book Name :- PHYSICAL EDUCATION
- Publishers :- SARASWATI
- Teacher's Name:- BALRAM KUMAR