

AIRFORCESCHOOL, BAMRAULI

Monthly Split-up of Syllabus

Academic Session 2021-22

Physical Education - 048

Class- XI

Sl.No.	Month	Chapter/ Unit	Topic/Sub topic
1	September	Chapter-1 Chapter-2	Changing Trends & Career in Physical Education • Meaning & definition of Physical Education • Aims & Objectives of Physical Education • Career Options in Physical Education. • Khelo-India Program Olympic Value Education • Olympics • Olympic Symbols, Ideals, Objectives & Values of Olympism • International Olympic Committee • Indian Olympic Association Practical & Video Class - Basic Skills of sport or game
2	October	Chapter-3 Chapter-7	Physical Fitness, Wellness & Lifestyle • Meaning & Importance of Physical Fitness, Wellness & Lifestyle • Components of physical fitness and Wellness • Components of Health related fitness Test, Measurement & Evaluation • Define Test, Measurement & Evaluation • Importance of Test, Measurement & Evaluation In Sports • Calculation of BMI & Waist - Hip Ratio. • Measurement of health related fitness Practical & Video Class - Basic Skills of sport or game
3	November	Chapter-8 Chapter-4	Fundamentals of Anatomy, Physiology & Kinesiology in Sports • Definition and Importance of Anatomy, Physiology & Kinesiology • Function of Skeleton System, Classification of Bones & Types of Joints • Function & Structure of Respiratory System and Circulatory System • Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports Physical Education & Sports for CWSN (Children With Special Needs- Divyang) • Aims & objectives of Adaptive Physical Education • Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics) • Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)
4	December	Chapter-5 Chapter-6	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) Practical & Video class - Basic Skills of sport or game

			<p>Physical Activity & Leadership Training • Leadership Qualities & Role of a Leader • Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding) • Safety measures to prevent sports injuries</p> <p>Practical & Video class - Basic Skills of sport or game</p>
5	January – Feb. (till mid Week)	<p>Chapter-7</p> <p>Chapter-8</p>	<p>Psychology & Sports • Definition & Importance of Psychology in Phy. Edu. & Sports • Define & Differentiate between Growth & Development. • Adolescent Problems & Their Management</p> <p>Training and Doping in Sports • Meaning & Concept of Sports Training • Principles of Sports Training • Concept & classification of doping • Prohibited Substances & their side effects.</p> <p>Practical & Video class - Basic Skills of sport or game</p>

Practical / Video Class in every month

Demonstration of Fitness Activity	Yoga and General Motor Fitness Test
Project File on any one Game	Basic Skills of any one sport or game