

# AIR FORCE SCHOOL, BAMRAULI

## Annual Split-Up of Syllabus

Academic Session 2024-25

Class: - XI

Subject: -Physical Education

Book Name:- V. K SHARMA (Saraswati Publication)

MONTH	CHAPTER/UNIT	TOPIC/SUBTOPIC	NO OF PERIODS	ACTIVITY
August	<b>UNIT 1</b> <b>Changing Trends &amp; Career in Physical Education</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>15</b>	<ul style="list-style-type: none"><li>• Lecture-based instruction,</li><li>• Technology-based learning,</li><li>• Group learning,</li><li>• Individual learning,</li><li>• Inquiry-based learning,</li><li>• Kinesthetic learning,</li><li>• Game-based learning</li></ul> and <ul style="list-style-type: none"><li>• Expeditionary learning.</li></ul>
August	<b>UNIT 2</b> <b>Olympic Value Education</b>	1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)	<b>10</b>	<ul style="list-style-type: none"><li>• Lecture-based instruction,</li></ul>

		<p>2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will &amp; Mind</p> <p>3. Ancient and Modern Olympics</p> <p>4. Olympics - Symbols, Motto, Flag, Oath, and Anthem</p> <p>5. Olympic Movement Structure - IOC, NOC, IFS, Other members</p>		<ul style="list-style-type: none"> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>September</b>	<b>UNIT 3 Yoga</b>	<p>1. Meaning and importance of Yoga</p> <p>2. Introduction to Astanga Yoga</p> <p>3. Yogic Kriyas (Shat Karma)</p> <p>4. Pranayama and its types.</p> <p>5. Active Lifestyle and stress management through Yoga</p>	<b>14</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinesthetic learning,</li> </ul>

				<ul style="list-style-type: none"> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>September</b>	<b>UNIT 4 Physical Education &amp; Sports for CWSN</b>	<ol style="list-style-type: none"> <li>1. Concept of Disability and Disorder</li> <li>2. Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability).</li> <li>3. Disability Etiquette</li> <li>4. Aim and objectives of Adaptive Physical Education.</li> <li>5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</li> </ol>	<b>13</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>October</b>	<b>UNIT 5 Physical Fitness, Wellness</b>	<ol style="list-style-type: none"> <li>1. Meaning &amp; importance of Wellness, Health, and Physical Fitness.</li> <li>2. Components/Dimensions of Wellness Health, and Physical Fitness</li> </ol>	<b>10</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> </ul>

		<p>3. Traditional Sports &amp; Regional Games for promoting wellness</p> <p>4. Leadership through Physical Activity and Sports</p> <p>5. Introduction to First Aid – PRICE</p>		<ul style="list-style-type: none"> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>October</b>	<b>UNIT 6 Test, Measurements &amp; Evaluation</b>	<p>1. Define Test, Measurements and Evaluation.</p> <p>2. Importance of Test, Measurements and Evaluation in Sports.</p> <p>3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)</p> <p>4. Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</p> <p>5. Measurements of health-related fitness</p>	<b>15</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p>

				<ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>November</b>	<b>UNIT 7 Fundamentals of Anatomy and Physiology in Sports</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>	<b>15</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>November</b>	<b>UNIT 8 Fundamentals of Kinesiology and Biomechanics in Sports</b>	<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,</p>	<b>15</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> </ul>

		<p>Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</p> <p>5. Axis and Planes – Concept and its application in body movements</p>		<ul style="list-style-type: none"> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>December</b>	<b>UNIT 9 Psychology and Sports</b>	<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>	<b>13</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>December</b>	<b>UNIT 10</b>	<p>1. Concept and Principles of Sports</p>	<b>14</b>	<ul style="list-style-type: none"> <li>• Lecture-based</li> </ul>

	<b>Training &amp; Doping in Sports</b>	<p>Training</p> <p>2. Training Load: Over Load, Adaptation, and Recovery</p> <p>3. Warming-up &amp; Limbering Down – Types, Method &amp; Importance</p> <p>4. Concept of Skill, Technique, Tactics &amp; Strategies</p> <p>5. Concept of Doping and its disadvantages</p>		<p>instruction,</p> <ul style="list-style-type: none"> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>January</b>	<b>Practical</b>	Games and sports	<b>28</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> </ul>

				<ul style="list-style-type: none"> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>
<b>February</b>	<b>Practical</b>	Games and sports	<b>28</b>	<ul style="list-style-type: none"> <li>• Lecture-based instruction,</li> <li>• Technology-based learning,</li> <li>• Group learning,</li> <li>• Individual learning,</li> <li>• Inquiry-based learning,</li> <li>• Kinaesthetic learning,</li> <li>• Game-based learning</li> </ul> <p>and</p> <ul style="list-style-type: none"> <li>• Expeditionary learning.</li> </ul>