

AIR FORCE SCHOOL, BAMRAULI

Annual Split-Up of Syllabus

Academic Session 2026-27

Class: - XI

Subject: -Physical Education

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

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

		<p>Balance Among Body, Will & 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"> • Kinesthetic learning. • Game-based learning • Expeditionary learning.
September	UNIT 3 Yoga	<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>	14	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.
September	UNIT 4 Physical Education & Sports for CWSN	<p>1. Concept of Disability and Disorder</p> <p>2. Types of Disability, its causes & nature</p>	13	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning.

		<p>(Intellectual disability, Physical disability).</p> <p>3. Disability Etiquette</p> <p>4. Aim and objectives of Adaptive physical Education</p> <p>5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</p>		<ul style="list-style-type: none"> • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.
October	UNIT 5 Physical Fitness, Wellness	<p>1. Meaning & importance of Wellness, Health, and Physical Fitness.</p> <p>2. Components/ Dimensions of Wellness, Health, and Physical Fitness</p> <p>3. Traditional Sports & Regional Games for promoting wellness</p> <p>4. Leadership through Physical Activity and Sports</p>	10	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.

		5. Introduction to First Aid – PRICE		
October	UNIT 6 Test, Measurements & Evaluation	<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 & Ectomorphy)</p> <p>5. Measurements of health related fitness</p>	15	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.
November	UNIT 7 Fundamentals of Anatomy and Physiology in Sports	<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</p>	15	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning

		<p>Circulatory System and Heart.</p> <p>5. Structure and Functions of Respiratory System.</p>		<ul style="list-style-type: none"> • Expeditionary learning.
November	<p>UNIT 8</p> <p>Fundamentals of Kinesiology and Biomechanics in sports</p>	<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, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation</p> <p>5. Axis and Planes – Concept and its application in body movements</p>	15	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.
December	<p>UNIT 9</p> <p>Psychology and Sports</p>	<p>1. Definition & Importance of Psychology in Physical Education & Sports;</p> <p>2. Developmental Characteristics at Different Stages of Development.</p>	13	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning.

		<p>3. Adolescent Problems & their Management;</p> <p>4. Team Cohesion and Sports;</p> <p>5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</p>		<ul style="list-style-type: none"> • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.
December	UNIT 10 Training & Doping in Sports	<p>1. Concept and Principles of Sports Training</p> <p>2. Training Load: Over Load, Adaptation, and Recovery</p> <p>3. Warming-up & Limbering – Down – Types, Method & Importance.</p> <p>4. Concept of Skill, Technique, Tactics & Strategies</p> <p>5. Concept of Doping and its disadvantage</p>	14	<ul style="list-style-type: none"> • Lecture-based instruction. • Technology-based learning. • Group learning. • Individual learning. • Inquiry-based learning. • Kinesthetic learning. • Game-based learning • Expeditionary learning.

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