



AUROBINDO INTERNATIONAL SCHOOL

(Affiliated to CBSE, Affiliation No. 1730992)

Near Royal Green's App. Sirsi Road, Jaipur. Phone: 0141-2240823/339, 8696906815

Email: info@aisraj.org, admission@aisraj.org, Website: www.aisraj.org

PHYSICAL EDUCATION (048)

DISTRIBUTION OF SYLLABUS – CLASS XI – 2024-2025

Subject : Physical Education						
Ch.No.	Ch. Name	Month	PA I 20 Marks	Half Yearly (70)	PA II 20 Marks	Annual Exam (70)
Unit 1	Changing Trends and Career in Physical Education	April	√	√		√
Unit 2	Olympic Value Education	April	√	√		√
Unit 3	Yoga	May				√
Unit 4	Physical Education and Sports for CWSN (Children with Special Needs – Divynag)	July		√		√
Unit 5	Physical Fitness, Health and Wellness	July/August		√		√
Unit 6	Test, Measurement and Evaluation	August			√	√
Unit 7	Fundamentals of Anatomy, Physiology in Sports	September/October			√	√
Unit 8	Fundamentals of Kinesiology and Biomechanics in Sports	October			√	√
Unit 9	Psychology and Sports	October/November				√
Unit 10	Training and Doping in Sports	December				√