



# AUROBINDO INTERNATIONAL SCHOOL

(An English Medium Co-Educational Senior Secondary School, Affiliated to CBSE)

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## PHYSICAL EDUCATION (048)

### DISTRIBUTION OF SYLLABUS – CLASS XI – 2023-2024

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 <ul style="list-style-type: none"> <li>• Meaning and definition of Physical Education</li> <li>• Aims and Objectives of Physical Education.</li> <li>• Khelo-India Program</li> </ul>	April	√	√		√
Unit 2	Olympic Value Education <ul style="list-style-type: none"> <li>• Olympics</li> <li>• Olympics Symbols, Ideals, Objectives and Values of Olympics</li> <li>• International Olympic Committee</li> </ul>	April/May	√	√		√
Unit 3	Physical Fitness, Wellness and Lifestyle <ul style="list-style-type: none"> <li>• Meaning and Importance of Physical Fitness, Wellness and Lifestyle</li> <li>• Components of physical fitness and Wellness</li> <li>• Components of Health related fitness</li> </ul>	July		√		√
Unit 4	Physical Education and Sports for CWSN ( Children with Special Needs – Divynag) <ul style="list-style-type: none"> <li>• Aims and Objective of Adaptive Physical Education</li> <li>• Organization promoting Adaptive Sports ( Special Olympics Bharat ; Paralympics; Deaflympics)</li> <li>• Role of various professionals for children with special needs ( Counselor, Occupational therapist, Physiotherapist, Physical Education Teacher, Speech Therapist and special Educator)</li> </ul>	July/August		√		√
Unit 5	Yoga <ul style="list-style-type: none"> <li>• Meaning and Importance of Yoga</li> <li>• Elements of Yoga</li> <li>• Introduction – Asana, Pranayama, Meditation and Yogic Kriyas</li> <li>• Yoga for concentration and related Asanas ( Sukhasana; Tadasana; Padmasana and Shashankasana,</li> </ul>	August/September		√		√

	Naukasana, Vrikshasana (Tree Pose), Garudasana (Eagle pose)					
Unit 6	Physical Activity and Leadership Training <ul style="list-style-type: none"> <li>• Leadership Qualities and Role of a Leader</li> <li>• Meaning, objectives and types of Adventure Sports ( Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Paragliding)</li> <li>• Safety measures to prevent sports injuries</li> </ul>	<b>October</b>			√	√
Unit 7	Test, Measurement and Evaluation <ul style="list-style-type: none"> <li>• Define Test, Measurement and Evaluation</li> <li>• Importance of Test, Measurement and Evaluation in Sports</li> <li>• Calculation of BMI and Waist-Hip Ratio.</li> <li>• Measurement of Health related fitness.</li> </ul>	<b>October/November</b>			√	√
Unit 8	Fundamentals of Anatomy, Physiology and kinesiology in Sports <ul style="list-style-type: none"> <li>• Definition and Importance of Anatomy, Physiology and Kinesiology</li> <li>• Function of Skeleton System, Classification of Bones and Types of Joints.</li> </ul>	<b>November/December</b>			√	√
Unit 9	Psychology and Sports <ul style="list-style-type: none"> <li>• Definition and Importance of Psychology in Physical Education and Sports</li> <li>• Define and Differentiate Between Growth and Development</li> <li>• Adolescent Problems and their management</li> </ul>	<b>December/January</b>				√
Unit 10	Training and Doping in Sports <ul style="list-style-type: none"> <li>• Meaning and Concept of Sports Training</li> <li>• Principles of Sports Training</li> <li>• Concept and Classification of doping</li> <li>• Prohibited Substances and their side effects</li> </ul>	<b>January/February</b>				√