

**Class: XI**  
**Subject: Physical Education**



NO. OF PERIOD	TOPIC	SUB-TOPIC	LEARNING OBJECTIVES / SKILLS TO BE DEVELOPED	ASSESSMENT / ACTIVITIES	LEARNING OUTCOMES
2	Unit-I : Changing Trends & Career In Physical Education	Meaning & definition of Physical Education	students know about Meaning & definition of Physical Education	class test and cycle test	students are able to understand about Meaning & definition of Physical Education
2	Unit-I : Changing Trends & Career In Physical Education	Aims & Objectives of Physical Education	students know about Aims & Objectives of Physical Education	class test and cycle test	students are able to understand about Aims & Objectives of Physical Education
2	Unit-I : Changing Trends & Career In Physical Education	Changing trends in Physical Education	students know about Changing trends in Physical Education	class test and cycle test	students are able to understand about Changing trends in Physical Education
2	Unit-I : Changing Trends & Career In Physical Education	Various Physical Education Courses available in India	students know about Various Physical Education Courses available in India	class test and cycle test	students are able to understand about Various Physical Education Courses available in India
2	Unit-I : Changing Trends & Career In Physical Education	Career Options in Physical Education	students know about different type of Career Options in Physical Education	class test and cycle test	students are able to understand about different type of Career Options in Physical Education
2	Unit-I : Changing Trends & Career In Physical Education	Soft skills required for different careers	students know about Soft skills required for different careers	class test and cycle test	students are able to understand about Soft skills required for different careers
2	Unit-II : Olympic Movement	Ancient & Modern Olympics (Summer & Winter)	students are know about Ancient & Modern Olympics (Summer & Winter)	class test and cycle test	students are able to understand about Ancient & Modern Olympics (Summer & Winter)

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2	Unit-II : Olympic Movement	Olympic Symbols, Ideals, Objectives & Values	students are know about Olympic Symbols, Ideals, Objectives & Values	class test and cycle test	students are able to understand about Olympic Symbols, Ideals, Objectives & Values
2	Unit-II : Olympic Movement	International Olympic Committee	students are know about International Olympic Committee	class test and cycle test	students are able to understand about International Olympic Committee
2	Unit-II : Olympic Movement	Indian Olympic Association	students are know about Indian Olympic Association	class test and cycle test	students are able to understand about Indian Olympic Association
2	Unit-II : Olympic Movement	Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award	students are know about Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award	class test and cycle test	students are able to understand about Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
2	Unit-II : Olympic Movement	Organisational set-up of CBSE Sports & Chacha Nehru Sports Award	students are know about Organisational set-up of CBSE Sports & Chacha Nehru Sports Award	class test and cycle test	students are able to understand about Organisational set-up of CBSE Sports & Chacha Nehru Sports Award
2	Unit-III : Physical Fitness, Wellness & Lifestyle	Meaning & Importance Of Physical Fitness, Wellness & Lifestyle	students are know about Meaning & Importance Of Physical Fitness, Wellness & Lifestyle	class test and cycle test	students are able to understand about Meaning & Importance Of Physical Fitness, Wellness & Lifestyle

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2	Unit-III : Physical Fitness, Wellness & Lifestyle	Components of physical fitness	students are know about Components of physical fitness	class test and cycle test	students are able to understand about Components of physical fitness
2	Unit-III : Physical Fitness, Wellness & Lifestyle	Components of Health related fitness	students are know about Components of Health related fitness	class test and cycle test	students are able to understand about Components of Health related fitness
2	Unit-III : Physical Fitness, Wellness & Lifestyle	Components of wellness	students are know about Components of wellness	class test and cycle test	students are able to understand about Components of wellness
2	Unit-III : Physical Fitness, Wellness & Lifestyle	Preventing Health Threats Through Lifestyle Change	students are know about Preventing Health Threats Through Lifestyle Change	class test and cycle test	students are able to understand about Preventing Health Threats Through Lifestyle Change
2	Unit-III : Physical Fitness, Wellness & Lifestyle	Concept of Positive Lifestyle	students are know about Concept of Positive Lifestyle	class test and cycle test	students are able to understand about Concept of Positive Lifestyle
2	Unit-IV : Physical Education & Sports for Differently Abled	Aims & objectives of Adaptive Physical Education	students are know about Aims & objectives of Adaptive Physical Education	class test and cycle test	students are able to understand about Aims & objectives of Adaptive Physical Education

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2	Unit-IV : Physical Education & Sports for Differently Abled	Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)	students are know about Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)	class test and cycle test	students are able to understand about Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
2	Unit-IV : Physical Education & Sports for Differently Abled	Concept and need of Integrated Physical Education	students are know about Concept and need of Integrated Physical Education	class test and cycle test	students are able to understand about Concept and need of Integrated Physical Education
2	Unit-IV : Physical Education & Sports for Differently Abled	Concept of Inclusion, its need and Implementation	students are know about Concept of Inclusion, its need and Implementation	class test and cycle test	students are able to undrstand about Concept of Inclusion, its need and Implementation
2	Unit-IV : Physical Education & Sports for Differently Abled	Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)	students are know about Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)	class test and cycle test	students are able to understand about Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

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3	Unit-V : Yoga	Meaning & Importance of Yoga	students know about Meaning & Importance of Yoga	class test and cycle test	students are able to understand about Meaning & Importance of Yoga
3	Unit-V : Yoga	Elements of Yoga:Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas	students know about Elements of Yoga:Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas	class test and cycle test	students are able to understand about Elements of Yoga:Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
3	Unit-V : Yoga	Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)	students know about Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)	class test and cycle test	students are able to understand about Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)
3	Unit-V : Yoga	Relaxation Techniques for improving concentration – Yog-nidra	students know about Relaxation Techniques for improving concentration – Yog-nidra	class test and cycle test	students are able to understand about Relaxation Techniques for improving concentration – Yog-nidra
2	Unit-VI : Physical Activity & Leadership Training	Introduction to physical activity & leadership	students know the Introduction to physical activity & leadership	class test and cycle test	students are able to understand about the Introduction to physical activity & leadership
2	Unit-VI : Physical Activity & Leadership Training	Qualities & role of a Leader	students know about Qualities & role of a Leader	class test and cycle test	students are able to understand about Qualities & role of a Leader

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2	Unit-VI : Physical Activity & Leadership Training	Behavior change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance)	students know about Behavior change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance)	class test and cycle test	students are able to understand about Behavior change stages for physical activity (Pre-contemplation; Contemplation; Planning; Active; Maintenance)
2	Unit-VI : Physical Activity & Leadership Training	Creating leaders through Physical Education	students know about Creating leaders through Physical Education	class test and cycle test	students are able to understand about Creating leaders through Physical Education
2	Unit-VI : Physical Activity & Leadership Training	Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)	students know the Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)	class test and cycle test	students are able to understand about the Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
2	Unit-VI : Physical Activity & Leadership Training	Safety measures during physical activity and adventure sports	students know about Safety measures during physical activity and adventure sports	class test and cycle test	students are able to understand about Safety measures during physical activity and adventure sports

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2	Unit-VII : Test, Measurement & Evaluation	Define Test, Measurement & Evaluation	students are know about definition Test, Measurement & Evaluation	class test and cycle test	students are able to understand about definition Test, Measurement & Evaluation
3	Unit-VII : Test, Measurement & Evaluation	Importance Of Test, Measurement & Evaluation In Sports	students are know about Importance Of Test, Measurement & Evaluation In Sports	class test and cycle test	students are able to understand about Importance Of Test, Measurement & Evaluation In Sports
2	Unit-VII : Test, Measurement & Evaluation	Calculation Of BMI & Waist - Hip Ratio	students are know about Calculation Of BMI & Waist - Hip Ratio	class test and cycle test	students are able to understand about Calculation Of BMI & Waist - Hip Ratio
3	Unit-VII : Test, Measurement & Evaluation	Somato Types (Endomorphy, Mesomorphy & Ectomorphy)	students are know about Somato Types (Endomorphy, Mesomorphy & Ectomorphy)	class test and cycle test	students are able to understand about Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
3	Unit-VII : Test, Measurement & Evaluation	Procedures Of Anthropometric Measurement – Height, Weight, Arm & Leg Length	students are know about Procedures Of Anthropometric Measurement – Height, Weight, Arm & Leg Length	class test and cycle test	students are able to understand about Procedures Of Anthropometric Measurement – Height, Weight, Arm & Leg Length
2	Unit-VIII : Fundamentals Of Anatomy & Physiology	Define Anatomy, Physiology & Its Importance	students are know about difinition of Anatomy, Physiology & Its Importance	class test and cycle test	students are able to understand about difinition of Anatomy, Physiology & Its Importance

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3	Unit-VIII : Fundamentals Of Anatomy & Physiology	Function Of Skeleton System, Classification Of Bones & Types Of Joints	students are know about Function Of Skeleton System, Classification Of Bones & Types Of Joints	class test and cycle test	students are able to understand about Function Of Skeleton System, Classification Of Bones & Types Of Joints
2	Unit-VIII : Fundamentals Of Anatomy & Physiology	Properties of Muscles	students are know about Properties of Muscles	class test and cycle test	students are able to understand about Properties of Muscles
2	Unit-VIII : Fundamentals Of Anatomy & Physiology	Function & Structure Of Muscles	students are know about Function & Structure Of Muscles	class test and cycle test	students are able to understand about Function & Structure Of Muscles
3	Unit-VIII : Fundamentals Of Anatomy & Physiology	Function & Structure Of Respiratory System, Mechanism of Respiration	students are know about Function & Structure Of Respiratory System, Mechanism of Respiration	class test and cycle test	students are able to understand about Function & Structure Of Respiratory System, Mechanism of Respiration
2	Unit-VIII : Fundamentals Of Anatomy & Physiology	Structure Of Heart & Introduction To Circulatory System	students are know about Structure Of Heart & Introduction To Circulatory System	class test and cycle test	students are able to understand about Structure Of Heart & Introduction To Circulatory System
2	Unit-VIII : Fundamentals Of Anatomy & Physiology	Oxygen debt, second-wind	students are know about Oxygen debt, second-wind	class test and cycle test	students are able to understand about Oxygen debt, second-wind



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3	Unit-IX : Kinesiology, Biomechanics & Sports	Meaning & Importance of Kinesiology & Biomechanics In Phy. Edu. & Sports	students are know about Meaning & Importance of Kinesiology & Biomechanics In Phy. Edu. & Sports	class test and cycle test	students are able to understand about Meaning & Importance of Kinesiology & Biomechanics In Phy. Edu. & Sports
2	Unit-IX : Kinesiology, Biomechanics & Sports	Levers & Its Types and its application in sports	students are know about Levers & Its Types and its application in sports	class test and cycle test	students are able to understand about Levers & Its Types and its application in sports
2	Unit-IX : Kinesiology, Biomechanics & Sports	Equilibrium – Dynamic & Static And Centre Of Gravity and its application in sports	students are know about Equilibrium – Dynamic & Static And Centre Of Gravity and its application in sports	class test and cycle test	students are able to understand about Equilibrium – Dynamic & Static And Centre Of Gravity and its application in sports
2	Unit-IX : Kinesiology, Biomechanics & Sports	Force – Centrifugal & Centripetal and its application in sports	students are know about Force – Centrifugal & Centripetal and its application in sports	class test and cycle test	students are able to understand about Force – Centrifugal & Centripetal and its application in sports
2	Unit-IX : Kinesiology, Biomechanics & Sports	Introduction to Buoyancy Force	students are know about Introduction to Buoyancy Force	class test and cycle test	students are able to understand about Introduction to Buoyancy Force
2	Unit-X : Psychology & Sports	Definition & Importance Of Psychology In Phy. Edu. & Sports	students are know about Definition & Importance Of Psychology In Phy. Edu. & Sports	class test and cycle test	students are able to understand about Definition & Importance Of Psychology In Phy. Edu. & Sports

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2	Unit-X : Psychology & Sports	Define & Differentiate Between Growth & Development	students are know about definition & Differentiate Between Growth & Development	class test and cycle test	students are able to understand about definition & Differentiate Between Growth & Development
3	Unit-X : Psychology & Sports	Developmental Characteristics At Different Stage Of Development	students are know about Developmental Characteristics At Different Stage Of Development	class test and cycle test	students are able to understand about Developmental Characteristics At Different Stage Of Development
3	Unit-X : Psychology & Sports	Adolescent Problems & Their Management	students are know about Adolescent Problems & Their Management	class test and cycle test	students are able to understand about Adolescent Problems & Their Management
2	Unit-X : Psychology & Sports	Define Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer Of Learning	students are know about definition of Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer Of Learning	class test and cycle test	students are able to understand about definition of Learning, Laws Of Learning (Law of Readiness; Law of Effect & Law of Exercise) & Transfer Of Learning
2	Unit-X : Psychology & Sports	Plateau & causes of plateau	students are know about Plateau & causes of plateau	class test and cycle test	students are able to understand about Plateau & causes of plateau
2	Unit-X : Psychology & Sports	Emotion: Concept, Type & Controlling of emotion	students are know about Emotion: Concept, Type & Controlling of emotion	class test and cycle test	students are able to understand about Emotion: Concept, Type & Controlling of emotion

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2	Unit-XI : Training In Sports	Meaning & Concept Of Sports Training	students are know about Meaning & Concept Of Sports Training	class test and cycle test	students are able to understand about Meaning & Concept Of Sports Training
2	Unit-XI : Training In Sports	Principles Of Sports Training	students are know about Principles Of Sports Training	class test and cycle test	students are able to understand about Principles Of Sports Training
2	Unit-XI : Training In Sports	Warming up & limbering down	students are know about Warming up & limbering down	class test and cycle test	students are able to understand about Warming up & limbering down
2	Unit-XI : Training In Sports	Load, Symptoms of Over-load, Adaptation & Recovery	students are know about Load, Symptoms of Over-load, Adaptation & Recovery	class test and cycle test	students are able to understand about Load, Symptoms of Over-load, Adaptation & Recovery
2	Unit-XI : Training In Sports	Skill, Technique & Style	students are know about Skill, Technique & Style	class test and cycle test	students are able to understand about Skill, Technique & Style
2	Unit-XI : Training In Sports	Role of Free-play in the development of Motor Component	students are know about Role of Free-play in the development of Motor Component	class test and cycle test	students are able to understand about Role of Free-play in the development of Motor Component
2	Unit-XII : Doping	Concept & classification of doping	students are know about Concept & classification of doping	class test and cycle test	students are able to understand about Concept & classification of doping

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2	Unit-XII : Doping	Prohibited Substances & Methods	students are know about Prohibited Substances & Methods	class test and cycle test	students are able to understand about Prohibited Substances & Methods
2	Unit-XII : Doping	Athletes Responsibilities	students are know about Athletes Responsibilities	class test and cycle test	students are able to understand about Athletes Responsibilities
2	Unit-XII : Doping	Side Effects Of Prohibited Substances	students are know about Side Effects Of Prohibited Substances	class test and cycle test	students are able to understand about Side Effects Of Prohibited Substances
2	Unit-XII : Doping	Ergogenic aids & doping in sports	students are know about Ergogenic aids & doping in sports	class test and cycle test	students are able to understand about Ergogenic aids & doping in sports
2	Unit-XII : Doping	Doping control procedure	students are know about Doping control procedure	class test and cycle test	students are able to understand about Doping control procedure