

CLASS:	11	SUBJECT:	PHYSICAL EDUCATION
BOOK:	ISC PHYSICAL EDUCATION CL-XI BY KALYANI PUBLISHER		

FIRST TERM			
Month	Topic	Chapters	Periods
April (7)	SEC - A CONCEPTS OF PHYSICAL EDUCATION PRACTICAL (PHYSICAL FITNESS)	1	3
May (10)	Sec-A CONCEPT OF PHYSICAL EDUCATION SEC.- B FOOTBALL (SELECTED RULES AND REGULATIONS) PRACTICAL (PHYSICAL FITNESS)	1	6
June (10)	SEC -A EFFECTS OF PHYSICAL EXERCISES ON HUMAN BODY SYSTEMS. SEC - B FOOTBALL (SELECTED RULES AND REGULATIONS) PRACTICAL (PHYSICAL FITNESS)	3	6
July (24)	SEC- A EFFECTS OF PHYSICAL EXERCISES ON HUMAN BODY SYSTEMS, PHYSICAL FITNESS AND WELLNESS SEC- B CRICKET (SELECTED RULES AND REGULATIONS)	3 5	15
August (22)	SEC-A PHYSICAL FITNESS AND WELLNESS SEC - B BASKETBALL (SELECTED RULES AND REGULATIONS)	5	13
September (21)	REVISION		2
Project	Which games and Sports do you like most? Write the Rules and regulations of any two Games and Sports.		
Revision Days			2
No. of classes			45

UNIT TEST - 1st Term		
Month	Topic	Chapters
July	SEC- A 1. CONCEPTS OF PHYSICAL EDUCATION 2. EFFECTS OF PHYSICAL EXERCISES ON HUMAN BODY SYSTEMS. SEC-B FOOTBALL	1 and 3

EXAMINATION - 1st Term
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N.A. – All subjects should have one activity per term.

Month	Topic	Chapters
September	As per the first term syllabus	SEC-A 1,3,4 and Sec –B Football , Cricket and Basketball

ACTIVITIES

Physical Fitness	Physical Fitness efficiency Test. (AAPHER YOUTH FITNESS TEST)
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SECOND TERM

Month	Topic	Chapters	Periods
October (16)	SEC-A NUTRITION, WEIGHT CONTROL AND EXERCISE SEC-B VOLLEYBALLS (RULES AND REGULATIONS) PRACTICAL	4	10
November (19)	SEC-A NUTRITION, WEIGHT CONTROL AND EXERCISE INDIVIDUALS ASPECTS AND GROUP DYNAMICS SEC- B BADMINTON (RULES AND REGULATIONS)	4 2	11
December (15)	SEC- A GAMES AND SPORTS – A GLOBAL PERPECTIVE SEC- B BADMINTON (RULES AND REGULATIONS)	6	9
January (20)	SEC- A GAMES AND SPORTS – A GLOBAL PERPECTIVE SEC- B BADMINTON (RULES AND REGULATIONS)	6	12
February (20)	SEC- B ATHLETICS (RULES AND TECHNIQUES) PRACTICAL REVISION		6
Project	Conduct a Tournament, Project on Organizing a Tournament with a date time and fixture of the tournament.		
Revision Days			3
No. of classes			48

UNIT TEST –2nd Term

Month	Topic	Chapters
JANUARY	SEC-A NUTRITION, WEIGHT CONTROL AND EXERCISE INDIVIDUALS ASPECTS AND GROUP DYNAMICS SEC-B VOLLEYBALL	5 and 2

EXAMINATION–2ndTerm

N.A. – All subjects should have one activity per term.

Month	Topic	Chapters
February	As per the second term syllabus	2,5and 6 selected parts of Sec B

ACTIVITIES

PHYSICAL FITNESS TEST	MOTOR ABILITY TEST
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