



# BOKARO PUBLIC SCHOOL

SECTOR-III/C,B.S.CITY

## SYLLABUS SESSION 2025-26

Class- 11

Subject PHYSICAL EDUCATION

| Sl. No | MONTH S | W/D | W. D | CHAPTER'S NAME/TOPIC  | PAGE NO. | ACTIVITY  |
|--------|---------|-----|------|---|----------|---|
| 1      | April   |     | 22   | <b>UNIT-1: CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION</b><br>1. Concept, Aims & Objectives of Physical Education<br>2. Development of Physical Education<br>3. Changing Trends in Sports-playing surface<br>4. Career options in Physical Education<br>5. Khelo-India Program and Fit-India Program                  |          | Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT) |
| 2      | May     |     | 7    | <b>UNIT-2: OLYMPISM VALUE EDUCATION</b><br>1. Olympism-Concept and Olympics Values<br>2. Olympic Value Education<br>3. Ancient and Modern Olympics<br>4. Olympics-Symbols, Motto, Flag, Oath, and Anthem<br>5. Olympic Movement Structure-IOC, NOC, IFS, Other members  |          |   |
| 3      | June    |     | 15   | <b>UNIT-3: YOGA</b><br>1. Meaning and importance of Yoga<br>2. Introduction to Astanga Yoga<br>3. Yogic Kriyas (Shat Karma)<br>4. Pranayama and its types<br>5. Active Lifestyle and stress management through Yoga   |          | Proficiency in Games and Sports (Skill of IOA recognized Sport/Game of Choice)      |
| 4      | July    |     | 23   | <b>UNIT-4: PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS</b><br>1. Concept of Disability and Disorder<br>2. Types of Disability, its causes & nature<br>3. Disability Etiquette<br>4. Aim and objectives of Adaptive Physical Education<br>5. Role of various professionals for children with special needs |          |   |

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|----|----------|----|---|--|-----------------|
| 5  | August   | 18 | <p><b>UNIT-5: PHYSICAL FITNESS, WELLNESS, AND LIFESTYLE</b></p> <ol style="list-style-type: none"> <li>1. Meaning &amp; importance of Wellness, Health, and Physical Fitness</li> <li>2. Components/Dimensions of Wellness, Health, and Physical Fitness</li> <li>3. Traditional Sports &amp; Regional Games for promoting wellness</li> <li>4. Leadership through Physical Activity and Sports</li> <li>5. Introduction to First Aid-PRICE</li> </ol>  |  |                 |
| 6  | Sep      | 9  | <p><b>Revision and half yearly exam</b></p>   |  |                 |
| 7  | October  | 12 | <p><b>UNIT-6: TEST, MEASUREMENT &amp; EVALUATION</b></p> <ol style="list-style-type: none"> <li>1. Define Test, Measurements and Evaluation.</li> <li>2. Importance of Test, Measurements and Evaluation in Sports</li> <li>3. Calculation of BMI, Waist-Hip Ratio, Skin fold measurement</li> <li>4 Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>5. Measurements of health-related fitness</li> </ol>   |  |                 |
| 8  | November | 20 | <p><b>UNIT-7: FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1 Definition and importance of Anatomy and Physiology in Exercise and Sports</li> <li>2 Functions of Skeletal System, Classification of Bones, and Types of Joints</li> <li>3. Properties and Functions of Muscles</li> <li>4. Structure and Functions of Circulatory System and Heart</li> <li>5. Structure and Functions of Respiratory System</li> </ol>                                |  |                 |
| 9  | December | 19 | <p><b>UNIT-8: FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS</b></p> <ol style="list-style-type: none"> <li>1 Definition and Importance of Kinesiology and Biomechanics in Sports</li> <li>2. Principles of Biomechanics</li> <li>3. Kinetics and Kinematics in Sports</li> <li>4. Types of Body Movements Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>5. Axis and Planes-Concept and its application in body movements</li> </ol> |  | Yogic Practices |
| 10 | January  | 17 | <p><b>UNIT-9: PSYCHOLOGY AND SPORTS</b></p> <ol style="list-style-type: none"> <li>1. Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>2. Developmental Characteristics at</li> </ol>  |  |                 |

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|----|-----|----|--|---|--|--|
|    |     |    |  | Different Stages of Development<br>3. Adolescent Problems & their Management<br>4 Team Cohesion and Sports  |  |  |
| 11 | Feb | 15 |  | <b>UNIT-10: TRAINING &amp; DOPING IN SPORTS</b><br>1. Concept and Principles of Sports Training<br>2. Training Load: Over Load, Adaptation, and Recovery<br>3. Warming-up & Limbering Down – Types, Method and Importance<br>4. Concept of Skill, Technique, Tactics & Strategies<br>5. Concept of Doping and its disadvantages |  |  |
| 12 | Mar |    |  | <b>Revision and Annual examination</b>  |  |  |

**Note** :-Record File shall include:

- **Practical-1: Fitness tests administration. (SAI Khelo India Test)**
- **Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.**
- **Practical-3: Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.**

- **Book Name :- PHYSICAL EDUCATION**
- **Publishers :- SARASWATI**
- **Teacher's Name:- BALRAM KUMAR**