

DELHI PUBLIC SCHOOL JAMMU
SYLLABUS BIFURCATION
SESSION- (2023-24)

CLASS-XI

SUB: Physical Education (048)

Health and physical education are concerned with the total health of the learner and the community besides physical health, it includes the mental, social, and emotional health of the learners. WHO defines health as a state of physical, mental, and social well-being and not merely the absence of diseases or infirmity. Health and physical education aim to enable the students to attain such a state of health that, it becomes an education for total human wellbeing.

The broad objective of teaching Physical and Health Education at Senior School stage intends to help

the students:

1. To bring the overall awareness of values and inculcate among students the desired habits and attitudes towards health and raise their health status.
2. To make the pupil physically, mentally, and emotionally fit and develop their personal and social qualities that will help them to be good human beings.
3. To develop an interest in exercise, sports, and games for self-satisfaction and make it a part of life;
4. To enable an individual to enhance inner qualities - self-mastery, discipline, courage, confidence and efficiency.

April 2023 to March 2024

S.NO.	MONTH	NAME OF THE UNITS
1	April	Unit I : Changing Trends & Career in Physical Education Unit II : Olympism Foundation worksheet Activity 1 : . Prepare an art integrated chart on Career in Physical Education
2	May	Unit III : Yoga Revision , Sample Paper, and Kahoot Quiz Assignment 1: Based on YOGA
3	JUNE	Project Work : Project Discussion on Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)
4	July	Unit IV: Physical Education & Sports for CWSN (Children with Special Needs - Divyang) Diagnostic Assessment -1 : Based on CWSN Activity 2: Lab Manual (Labelled diagram of 400 M Track & Field with computations. ❖ Practical-2: Describe Changing Trends in Sports & Games in terms of changes
5	August	Unit V: Physical Fitness, Health and Wellness Assignment 2: Based on Physical Fitness Activity 3: Lab Manual Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*
6	September	Unit VI: Test, Measurement & Evaluation Revision, sample paper and Kahoot Quiz Diagnostic Assessment -2



7	October	Unit VII: Fundamentals of Anatomy, Physiology in Sports Diagnostic Assessment -3 Activity 4: Experiential Learning PPT on Function of Heart and Respiratory System
8	November	Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports Assignment -3 : Based on Biomechanics in sports Activity 5: PPT on Planes and axis
9	December	Unit IX: Psychology & Sports Assignment -4: Based on Psychology & Sports Sample paper, Revision sheets and Kahoot Quiz
10	January	Unit X: Training and Doping in Sports Diagnostic Assessment 4 Kahoot Quiz
11	February	Practical of students Revision of the Syllabus
12	March	Doubt clearing sessions and revision of the Syllabus

EXAM SCHEDULE

SYLLABUS FOR FORMATIVE ASSESSMENT -I

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism

SYLLABUS FOR (HALF-YEARLY EXAMINATION)

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism
Unit-3 Yoga
Unit-4 Physical Education and Sports for CWSN
Unit -5 Physical Fitness, Health and Wellness

SYLLABUS FOR FORMATIVE ASSESSMENT -II

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism
Unit-3 Yoga
Unit-4 Physical Education and Sports for CWSN
Unit -5 Physical Fitness, Health and Wellness
Unit-6 Test Measurement & Evaluation
Unit-7 Fundamentals of Anatomy, Physiology in Sports

SYLLABUS FOR FINAL EXAMINATION

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism
Unit-3 Yoga
Unit-4 Physical Education and Sports for CWSN
Unit -5 Physical Fitness, Health and Wellness
Unit-6 Test Measurement & Evaluation
Unit-7 Fundamentals of Anatomy, Physiology in Sports
Unit-8: Fundamentals of Kinesiology and Biomechanics in Sports
Unit-9 Psychology and Sports
Unit- 10 Training and Doping in Sports



SUBJECT COORDINATOR



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