

**BAGARIA BAL VIDYA NIKETAN**  
**LAXMANGARH-SIKAR**  
**SYLLABUS & LESSON PLANNER-2023-24**

<b>Class:-</b>	XI
<b>Subject:-</b>	Physical Education
<b>Teacher Name:-</b>	Vimal Pareek

**SYLLABUS**

Ch.No	Name of Chapter	working day	Period	Topic	Month	Week
Ch.01 & 02	Changing Trends and Career in Physical Education	25	37	Concept ,aims& objectives of physical education.-changing trends in sports-playing sueface , wearable gears and	July	1
				Ancient and modern olympics-Olympism-concept and olympics values(Excellence, Friendship & Respect)-Olympic-Symboles,Motto,Flage,Oath,and Anthem-Olympic Movement Strucrure - IOC,NOC,IFC, Other members		2
ch.3,4	Yoga& Physical eduction and sports for CWSN(Children with special needs-Divyang	26	38	1. Meaning and importance of Yoga	August	1
				2. Introduction to Astanga Yoga		2
				3. Yogic Kriyas (Shat Karma)		
				1. Concept of Disability and Disorder		
				1. Concept of Disability and Disorder		
				2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).		
3. Disability Etiquette						
4. Aim and objectives of						
						3
	Physical Fitnees , health and wellness&Test,Measurement and evalution			1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/Dimensions of Wellness, Health, and Physical Fitness		1

ch.-5&6		24	36	3. Traditional Sports & Regional Games for promoting wellness	September	2
				4. Leadership through Physical Activity and Sports		3
				5. Introduction to First Aid – PRICE		
				1. Define Test, Measurements and Evaluation.		
				2. Importance of Test, Measurements and Evaluation in Sports.		
				3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)		
				4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy)		
5. Measurements of health-related fitness						
						4
ch-7&8	Fundamentals of anatomy, Physiology in sports&Fundamentals of kinesiology and biomechanics in sports	22	32	1. Definition and importance of Anatomy and Physiology in Exercise and Sports.	November	1
				2. Functions of Skeletal System, Classification of Bones, and Types of Joints.		2
				3. Properties and Functions of Muscles.		3
				4. Structure and Functions of Circulatory System and Heart.		
				5. Structure and Functions of Respiratory System		
				1. Definition and Importance of Anatomy and Physiology in Exercise and Sports.		
				2. Principles of Biomechanics		
3. Kinetics and Kinematics in Sports						
4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation						

				5. Axis and Planes – Concept and its application in body movements		
						4
ch.-9&10	Psychology and sports & Training and doping in sports	24	36	1. Definition & Importance of Psychology in Physical Education & Sports;	December	1
				2. Developmental Characteristics at Different Stages of Development		
				3. Adolescent Problems & their Management;		2
				4. Team Cohesion and Sports;		
				5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness		
				1. Concept and Principles of Sports Training		3
				2. Training Load: Over Load, Adaptation, and Recovery		
				3. Warming-up & Limbering Down – Types, Method & Importance		
				4. Concept of Skill, Technique, Tactics & Strategies		
				5. Concept of Doping and its disadvantages		