

Month / No of Working Days	Name of the Unit / Chapter/Topic	Learning Outcomes	Suggested Activities/ Projects under Internal Assessment/PR ACTICALS	Assignment	Assessment
APRIL	<p>Unit 2- Olympism Value Education</p> <ol style="list-style-type: none"> Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind Ancient and Modern Olympics Olympics - Symbols, Motto, Flag, Oath, and Anthem Olympic Movement Structure - IOC, NOC, IFS, Other members <p>Unit 3- Physical Fitness, Wellness, and Lifestyle</p> <ol style="list-style-type: none"> Meaning & importance of Wellness, Health, and Physical Fitness. Components/Dimensions of Wellness, Health, and Physical Fitness Traditional Sports & Regional Games for promoting wellness Leadership through Physical Activity and Sports Introduction to First Aid – PRICE. 	<ul style="list-style-type: none"> Incorporate values of Olympism in your life. Differentiate between Modern and Ancient Olympic Games, Paralympics, and Special Olympic games Identify the Olympic Symbol and Ideals Describe the structure of the Olympic movement structure Explain wellness and its importance and define the components of wellness. Classify physical fitness and recognize its importance in life. Distinguish between skillrelated and health-related components of physical fitness. Illustrate traditional sports and regional games to promote wellness. Relate leadership through physical activity and sports Illustrate the different steps used in first aid - PRICE 	GAME BASED LEARNING PROJECT ON INDIVIDUAL GAME(TRACK & FIELD)		
JUNE	<p>Unit 6- Test, Measurement & Evaluation</p> <ol style="list-style-type: none"> Define Test, Measurements and Evaluation. Importance of Test, Measurements and Evaluation in Sports. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 	<ul style="list-style-type: none"> Define the terms test, measurement, and evaluation. Differentiate norm and criterion referenced standards. Differentiate formative and 	GAME BASED LEARNING PROJECT MOTER FITNESS TEST (SAI KHELO INDIA) 50 MTR SPEED TEST/ SIT AND REACH /PARTIAL		

	<p>4. Somato Types (Endomorphy, Mesomorphy&Ectomorphy) 5. Measurements of health-related fitness.</p> <p>Unit 7- Fundamentals of Anatomy, Physiology in Sports</p> <p>1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System.</p>	<p>summative evaluation.</p> <ul style="list-style-type: none"> • Discuss the importance of measurement and evaluation processes. • Understand BMI: A popular clinical standard and its computation. • Differentiate between Endomorphy, Mesomorphy&Ectomorphy describe the procedure of Anthropometric • Identify the importance of anatomy and physiology. • Recognize the functions of the skeleton. • Understand the functions of bones and identify various types of joints. • Figure out the properties and functions of muscles and understand how they work. • Understand the anatomy of the respiratory system and describe it's working. • Identify and analyses the layout and functions of Circulatory System. 	<p>CURLUP/PUSHUP FOR BOYS AND MODIFIED PUSHUP FOR GIRLS</p>		
<p>JULY</p>	<p>Unit 9- Psychology and Sports</p> <p>1. Definition & Importance of Psychology in Physical Education & Sports; 2. Developmental Characteristics at Different Stages of Development</p>	<ul style="list-style-type: none"> • Identify the role of Psychology in Physical Education and Sports • Differentiate characteristics of 			

	<p>3. Adolescent Problems & their Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</p> <p>Unit 8- Fundamentals Of Kinesiology And Biomechanics in Sports</p> <p>1. Definition and Importance of Kinesiology and Biomechanics in 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</p>	<p>growth and development at different stages.</p> <ul style="list-style-type: none"> • Explain the issues related to adolescent behaviour and Team Cohesion in Sports • Correlate the psychological concepts with the sports and athlete specific situations • Understand Kinesiology and Biomechanics with their application in sports. • Explain biomechanical principles and their utilization in sports and physical education. • Illustrate fundamental body movements and their basic patterns. <p>Learn about the Axis and Planes and their application with body movements.</p>		
AUGUST	<p>Unit 5- Yoga</p> <p>1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga.</p> <p>Unit 1- Changing Trends and Careers in Physical Education</p> <p>1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear</p>	<ul style="list-style-type: none"> • Recognize the concept of yoga and be aware of the importance; of it. • Identify the elements of yoga. • Identify the Asanas, Pranayama's, meditation, and yogic kriyas • Classify various yogic activities for the enhancement of concentration. • Know about relaxation techniques for improving 		

	<p>and sports equipment, technological advancements</p> <p>4. Career options in Physical Education</p> <p>5. Khelo-India Program and Fit – India Program</p>	<p>concentration.</p> <ul style="list-style-type: none"> Recognize the concept, aim, and objectives of Physical Education. Identify the Postindependence development in Physical Education. Categorize Changing Trends in Sports- playing surface, wearable gear, sports equipment, technological. Explore different career options in the field of Physical Education. Make out the development of Khelo India and Fit India Program 			
SEPTEMBER	Revision For Half Yearly				
OCTOBER	<p>Unit 4- Physical Education and Sports for Children with Special Needs</p> <p>1. Concept of Disability and Disorder</p> <p>2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).</p> <p>3. Disability Etiquette</p> <p>4. Aim and objectives of Adaptive Physical Education.</p> <p>5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</p> <p>Unit 10- Training & Doping in Sports</p> <p>1. Concept and Principles of</p>	<ul style="list-style-type: none"> Identify the concept of Disability and Disorder. Outline types of disability and describe their causes and nature. Adhere to and respect children with special needs by following etiquettes Identify possibilities and scope in adaptive physical education <p>Relate various types of professional support for children with special needs along with their roles and responsibilities.</p>			

ACADEMIC PLAN :2023-24

CARMEL CONVENT SR SEC SCHOOL , RATANPUR ,BHOPAL.

CLASS- XI

SUB - PHYSICAL EDUCATION

	Sports Training 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	<ul style="list-style-type: none">• Understand the concept and principles of sports training.• Summarise training load and its concept.• Understand the concept of warming up & limbering down in sports training and their types, method & importance.• Acquire the ability to differentiate between the skill, technique, tactics & strategies in sports training• Interpret concept of doping			
NOVEMBER	Revision				
DECEMBER	PT 2				
JANUARY	Revision				
FEBRUARY					
MARCH					

NAME OF THE SUBJECT TEACHER:**MR. ASHOK VISHWAKARMA & MS. ANAMIKA SINGH**

SIGNATURE OF THE SUBJECT COORDINATOR: