CARMEL CONVENT SR SEC SCHOOL – RATANPUR: YEAR PLANNER: 2025-26

CLASS: XI SUBJECT: ENGLISH

Month	Name of Unit/Chapter/Topic	Time Allotted Period/Hours	Learning Outcome	Art Integrated Activity/Project	Practical	Key Competencies to be Achieved
June 25	• The Portrait of a Lady • A Photograph • Summer of the Beautiful White Horse • Poster	– 8 Pd. / 6 Hrs. – 3 Pd. / 2.5 Hrs. – 8 Pd. / 6 Hrs. – 3 Pd. / 2.5 Hrs. **Total = 16 Hrs.**	• Students will be able to understand the main idea of the story. • Students will be able to identify and analyze the mood of the poem based on the imagery • Students will be able to develop and organize a short play based on justice, truth and loyalty	• Find new words every day and make a Dictionary • Make a diary entry of the Day's activities on a weekly basis • Prepare a speech on the topic "JUSTICE DELAYED IS JUSTICE DENIED"	No	• Write on the need for holidays in the Modern Stressful Times • Write a short description of someone you liked/like a lot • "We have been famous for our honesty for something like eleven centuries" – The narrator describes his family in these words. Write a paragraph on the possibility to remain honest in these Modern Times.
July 25	• We are not afraid to die • The Laburnum Top • Classified Advertisement • Tenses • Note Making (Part 1)	– 8 Pd. / 6 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. **Total = 14 Hrs.**	• Students will be able to know that the collective power of unity and never-failing confidence of the people can make possible to survive and come out of the danger		No	• "Adventures make life worth living" Comment. • Explain the Theme and Symbolism in the poem "The Laburnum Top"
August 25	• Discovering Tut • The Voice of Rain • The Address • Clauses • Speech • Comprehension • Revision	– 8 Pd. / 6 Hrs. – 3 Pd. / 2.5 Hrs. – 6 Pd. / 4.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 4 Pd. / 3 Hrs. **Total = 21 Hrs.**	• Students will be able to understand and identify the culture, elements of science & earth, archaeology and myth.		No	• Discuss the suitability of the title "Discovering Tut" • What does the poet do to turn Rain into a living entity? • Justify the title of the story "The Address"
September 25	• Silk Road • Childhood • Determiners • Clauses • Note Making (Part 2) • Debate • Speech	– 8 Pd. / 6 Hrs. – 6 Pd. / 4.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. **Total = 20 Hrs.**	• Students will be able to understand the transmitted cultural exchange including theatrical performance, dance and music arts.		No	• Discuss the accounts of exotic places in Legends and in reality • Why does the child refer to Heaven & Hell?

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CLASS: XI SUBJECT: ENGLISH

Month	Name of Unit/Chapter/Topic	Time Allotted Period/Hours	Learning Outcome	Art Integrated Activity/Project	Practical	Key Competencies to be Achieved
October 25	• Mother's Day • Father to Son • Debate • Poster • Comprehension • Classified Advertisement	– 8 Pd. / 6 Hrs. – 8 Pd. / 6 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. **Total = 20 Hrs.**	• Students will be able to understand the real concept of Love, Respect & Obedience towards their parents.		No	• What is the difference between Mrs. Pearson & Mrs. Fitzgerald? How do they complement each other? • Dwell on the theme of the poem "Father to Son"
November 25	• The Tale of Melon City • The Adventure • Birth • Subject Verb Agreement • Revision	– 8 Pd. / 6 Hrs. – 8 Pd. / 6 Hrs. – 8 Pd. / 6 Hrs. – 3 Pd. / 2.5 Hrs. – 4 Pd. / 3 Hrs. **Total = 23 Hrs.**	• Students will be able to write descriptive passage on literature, appreciating linguistic and literary features		No	• Narrate the "Tale of Melon City" on one's own words highlighting the message. • How did Rajendra Deshpande explain Gangadhar Pant's experience? • What qualities enabled Andrew Manson to help the Morgan Family?
December 25	• Direct-Indirect Speech • Letter to the editor • Active/Passive Voice • Speech	– 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. **Total = 8 Hrs.**	• Students will be able to understand the difference between Direct & Indirect Speech		No	• Write a speech on the topic "Growing Violence in Today's World"
January 26	• Classified Advertisement • Debate • Speech • Reading Comprehension • Viva • Revision	– 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 3 Pd. / 2.5 Hrs. – 6 Pd. / 4.5 Hrs. – 6 Pd. / 4.5 Hrs. – 6 Pd. / 4.5 Hrs. **Total = 18 Hrs**.	• Students will be able to analyze the different perspectives on current event/issue		No	• "Social media is a curse in a large population like ours". Write a debate - for/against the motion.

NAME OF THE SUBJECT TEACHER: Mr. Solomon Richards SIGNATURE OF THE SUBJECT

COORDINATOR:

SIGNATURE OF PRINCIPAL:

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2025-26

CLASS : XI SUBJECT:HINDI CORE [302]

MONTH	NAME OF THE UNIT / CHAPTER AND SUB TOPICS	TIME ALLOTTED FOR EACH UNIT	LEARNING OUTCOMES	ART INTEGRATED ACTIVITY/ART INTEGRATED PROJECT	PRACTICALS	KEY COMPETENCIES TO BE ACHIEVED.
APRIL	गद्य: नमक का दरोगा	5	विद्यार्थी कहानी की घटनाओं को समाज की वर्तमान स्थिति से जोड़कर स्पष्ट कर सकेंगे।	कहानी में वर्णित नैतिक मूल्यों को उदाहरण देकर स्पष्ट कीजिए। कहानी में घटित किसी प्रसंग विशेष को लघु नाटिका के रूप में प्रस्तुत कीजिए।	NA	नवाचार , टीम वर्क , सहयोग
	अभिव्यक्ति और माध्यम: *जनसंचार माध्यम *पत्रकारिता के विभिन्न आयाम	10	विद्यार्थी संचार तथा पत्रकारिता केविविध प्रकारों को समझ कर दैनिक जीवन से संबंध स्थापित कर सकेंगे।	इंटरनेट पत्रकारिता ने दुनिया को किस प्रकार समेट लिया है, पीपीटी के माध्यम से समझाइए।		मीडिया और इंटरनेट साक्षरता कंप्यूटर प्रोग्रामिंग
JUNE	गद्य: मियां नसीरुद्दीन	5	विद्यार्थी हिंदी के साथ-साथ अन्य भाषाओं को भी सीखने का प्रयास करते हुए उनकी प्रकृति और अंतर्संबंधों के प्रति जागरूक बन सकेंगे।	पाठ में प्रयुक्त प्रादेशिक एवं विदेशी शब्दों का चयन कर उनके स्रोत बताइए। किसी क्षेत्रीय कलाकार का साक्षात्कार लेते हुए कला विशेष के विषय में विस्तृत जानकारी दीजिए।		कलात्मक अभिरुचि एवं भाषा कौशल का विकास
	पद्य: कबीर	6	कविता के गठन और संरचना में आवश्यक तत्व,छंद के प्रकार और नियमों को समझ सकेंगे।	भक्ति काल के प्रमुख कवियों के नाम और उनकी रचनाओं का उल्लेख कीजिए। कबीर के पदों को लयबद्ध कर कक्षा में सुनाइए।		जिज्ञासा संगीतिक अभिरुचि
	अभिव्यक्ति और माध्यम: *डायरी लेखन, *कथा-पटकथा	8	विद्यार्थी डायरी लेखन विद्या के माध्यम से अपनी स्मृतियों को सहेज सकेंगे।	पटकथा लिखते समय किन-किन बातों का ध्यान रखना आवश्यक है?		प्रत्यास्मरण एवं रचनात्मकता
JULY	गद्य: विदाई संभाषण	5	व्यंग्यात्मक भाषा-शैली के प्रयोग को समझते हुए लघु कथा अथवा कविता का लेखन कर सकेंगे।	वर्तमान हालात को चित्रित करती हास्य-व्यंग्य शैली में एक कहानी लिखिए।		सृजनशीलता एवं कल्पनाशीलता

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CLASS : XI SUBJECT:HINDI CORE [302]

	पद्य:*मीरा के पद(प्रथम पद)	5	कविता पढ़कर उसके शब्द-चित्रण में सक्षम हो सकेंगे।	मीरा के पदों का काव्य-सौंदर्य स्पष्ट कीजिए।		भाषायी अभिरुचि
	PT-1 [17/7/25]		प्रथम त्रैमासिक परीक्षा	प्रथम त्रैमासिक परीक्षा		
	*घर की याद	6	स्वतंत्रता सेनानियों की मानसिक पीड़ा से अवगत हो सकेंगे	क्या कभी ऐसा हुआ है कि आपको किसी कारणवश घर से दूर रहना पड़ा हो?अपने अनुभवों को कक्षा में मित्रों के साथ साझा कीजिए।		मौखिक संचार एवं श्रवण कौशल
	अभिव्यक्ति और माध्यम: *कार्यालयी लेखन और प्रक्रिया *स्ववृत्त लेखन और रोजगार संबंधी आवेदन पत्र	8	कार्यालयी लेखन की कला सीख कर अपने व्यावहारिक जीवन में उसका उपयोग कर सकेंगे।	विद्यालय की किसी विशेष बैठक के अवसर पर कार्य-सूची एवं कार्य-वृत्त तैयार कीजिए।		आत्म-निर्देशन, कार्य-योजना, आत्म-अनुशासन एवं दृढ़ता
AUGUST	पद्य : चंपा काले काले अक्षर नहीं चीन्हती	5	शिक्षा के महत्व को समझते हुए समाज में शिक्षा के प्रचार-प्रसार में सहायक बन सकेंगे।	अपने किसी निकटवर्ती गांव में जाकर साक्षरता के आंकड़े एकत्र कीजिए और बताइए कि सरकार के द्वारा साक्षरता के प्रसार हेतु कौन-कौन-सी सुविधाएं प्रदान की गई हैं? समाज में व्याप्त ऐसी ही किसी समस्या पर नुक्कड़ नाटक कीजिए।		डेटा व्याख्या और विश्लेषण सांस्कृतिक साक्षरता एवं नवाचार
	वितान : भारतीय गायिकाओं में बेजोड़-लता मंगेशकर	10	सुगम संगीत एवं शास्त्रीय संगीत के अंतर को समझ सकेंगे। सतत अभ्यास के महत्व को समझेंगे।	'स्वप्न में लता जी से मेरी मुलाकात' विषय पर एक अनुच्छेद लिखिए। आपके प्रिय गायक अथवा गायिका के जीवनके विशिष्ट अवसरों पर आधारित एल्बम तैयार कीजिए।		जिज्ञासा एवं सृजनशीलता
	अभिव्यक्ति और माध्यम: *शब्दकोश, संदर्भ ग्रंथ की	4	विद्यार्थी शब्दकोश एवं संदर्भ ग्रंथ के माध्यम से अपने भाषा ज्ञान को समृद्ध कर सकेंगे।	नवीन शब्दों के निर्माण पर आधारित वर्ग-पहेली निर्मित कीजिए।		तर्कपूर्ण पद्धति एवं कलात्मकता का समावेश

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	उपयोगी विधि और परिचय *रचनात्मक लेखन		'युवाओं में बढ़ती अनुशासनहीनता और आक्रोश का समाज पर प्रभाव' विषय पर रचनात्मक लेखन कीजिए।			
SEPTEMBER	पद्य: ग़ज़ल	4	ग़ज़ल की सामाजिक सार्थकता पर तर्क -वितर्क कर सकेंगे।	ग़ज़ल और गीत में क्या अंतर है? उदाहरण देकर स्पष्ट कीजिए। *किसी प्रसिद्ध शायर की सुंदर ग़ज़ल लिखिए।		कल्पनाशीलता एवं संगीतिक अभिरुचि
	अर्धवार्षिक परीक्षा [12/9/25]		अर्धवार्षिक परीक्षा	अर्धवार्षिक परीक्षा		
OCTOBER	गद्य: गलता लोहा	6	परंपराओं के नाम पर अन्याय के समक्ष झुकने की अपेक्षा विरुद्ध खड़े होना सीखेंगे।	'जाति के आधार पर व्यवसाय का चयन किस प्रकार देश के विकास में बाधक है'- विषय पर विस्तृत चर्चा कीजिए।		तर्क, विश्लेषण, व्याख्या,पारिस्थिति कीतंत्र की समझ
	गद्य : रजनी	6	विविध क्षेत्रों में प्रयुक्त होने वाली तकनीकी शब्दावली के विषय में जानेंगेऔर उसका उपयोग कर सकेंगे।	समाज में दिनों -दिन बढ़ती ट्यूशन वृद्धि की समस्या पर आधारित लघु फिल्म बनाइए।		सूचना एवं संचार प्रौद्योगिकी साक्षरता
	पद्य : * हे भूख मत मचल *हे मेरे जूही के फूल जैसे ईश्वर	6	अहंकार का त्याग एवं इंद्रिय नियंत्रण जैसे महत्वपूर्ण गुण को समझ कर आत्मसात कर सकेंगे।	कवयित्री के अन्य पदों का चयन कर संगीत में प्रस्तुति दीजिए।		व्यक्तिगत अभिव्यक्ति
NOVEMBER	गद्य : जामुन का पेड़	6	पाठ में आए विभिन्न विभागों के नाम तथा उनकी कार्यशैली से परिचित हो सकेंगे।	विश्व भर में पाए जाने वाले कुछ अनोखे फलों के बारे में सचित्र जानकारी एकत्र कर कलात्मक संग्रह का निर्माण कीजिए।		कलात्मकता
	पद्य: सबसे खतरनाक	8	विद्यार्थी मानव जीवन के लिए सबसे खतरनाक परिस्थितियों को समझ सकेंगे।	'जीवन में संघर्ष का महत्व' विषय परअनुच्छेद लेखन कीजिए।		भाषायी दक्षता
	वितान : राजस्थान की रजत बूंदे	10	राजस्थान जैसे सूखे क्षेत्र में जल की समस्या को समझ कर जल-संरक्षण हेतु सबको प्रेरित कर सकेंगे।	जल संकट पर एक पोस्टर बनाकर जल-संरक्षण के संदेश को नारे के रूप में लिखिए। भोपाल के प्रसिद्ध बड़े तालाब के आकर्षक छायाचित्र लेकर विद्यालय की कलादीर्घा में लगाइए।		सहयोग, सहकारिता, प्रकृति अनुशीलनता
	PT-2 {24/11/25}		PT-2	PT-2		

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DECEMBER	गद्य :भारत माता	4	भारत माता के सही अर्थों को समझकर एकता के सूत्र में बँध सकेंगे।	भारत के मानचित्र पर सभी प्रदेशों को दर्शाते हुए वहां की जनसंख्या के आंकड़े भी लिखिए।		वैश्विक जागरूकता
	पद्य : आओ मिलकर बचाएं	6	आधुनिकता की दौड़ में लुप्त होती संस्कृति के संरक्षण हेतु संकल्पबद्ध हो सकेंगे।	किसी आदिवासी समाज की पारंपरिक सामाजिक एवं सांस्कृतिक छवि को दिखलाता हुआ वृत्त चित्र बनाएं।		मानवतावाद , पर्यावरण संरक्षण और साक्षरता
	वितान :आलो आंधारि	8	बेबी हालदार के जीवन से संघर्ष की प्रेरणा ले सकेंगे।	आपके घर में कार्य करने वाली घरेलू सहायिका से बातचीत कर उसके जीवन और परिवार के विषय में जानकारी एकत्र कीजिए।		दृढ़ता एवं संकल्पबद्धता
JANUARY	पाठ्यक्रम की पुनरावृत्ति एवं वार्षिक परीक्षा [19/1/26]		पाठ्यक्रम की पुनरावृत्ति एवं वार्षिक परीक्षा	पाठ्यक्रम की पुनरावृत्ति एवं वार्षिक परीक्षा		

NAME OF INCHARGE TEACHERS: SUNITA BHATNAGAR SIGNATURE OF SUBJECT COORDINATOR:

SIGNATURE OF PRINCIPAL:

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CLASS XI **SUBJECT : MATHEMATICS (041)**

Month	Name of the Unit with Content	Time Allotted (in Hours)	Learning Outcomes	Practicals	Key Competencies to be Achieved
April	1. Sets: Basic concepts, types, Venn diagrams, operations 2. Relations and Functions: Ordered pairs, Cartesian product, types of relations, domain, co-domain, and range	14	Understand basic concepts of sets and functions, Venn diagrams	Representation of sets using Venn diagrams	Logical reasoning, categorization
May	3. Trigonometric Functions: Angles, measurement, trigonometric ratios, identities, signs, graphs	12	Use trigonometric identities and graphs to solve problems	Distinguish between relation and function	Spatial understanding, visualization
July	4. Principle of Mathematical Induction: Processes of induction 5. Complex Numbers: Algebra of complex numbers, modulus, conjugate, polar form	10	Apply principle to prove simple results; perform algebraic operations on complex numbers		Mathematical reasoning, abstract thinking
August	6. Linear Inequalities:	15	Solve linear inequalities in	Graphical solution of	Analytical thinking,

	Graphical solution of inequalities 7. Permutations and Combinations : Fundamental principle of counting, factorial notation, P(n,r), C(n,r)		one/two variables; apply counting principles	linear inequalities	systematic counting
Septembe r	8. Binomial Theorem: Statement and proof for positive integers, general term, middle term 9. Sequence and Series: Arithmetic and geometric progressions, n-th term, sum of n terms	14	Expand expressions using binomial theorem; understand AP/GP concepts	Relation between AM and GM	Algebraic manipulation, pattern identification
October	10. Straight Lines: Slope, various forms of equations, angle between lines, distance 11. Conic Sections: Circle, parabola, ellipse, hyperbola - standard equations	18	Find equation of lines and conics; use slope and distance formula		Geometric understanding , coordinate geometry
November	12. Introduction to Three Dimensional	9	Understand direction cosines, distance		Spatial visualization, geometric interpretation

	Geometry: Coordinates of a point in space, distance and section formula		between points in 3D		
December	13. Limits and Derivatives: Intuitive idea, limits, derivatives of polynomials and trigonometric functions	15	Calculate limits, understand derivatives as rates of change	Analysis of limit of a function	Calculus foundation, problem solving
January	14. Statistics: Measures of dispersion - range, mean deviation, variance, standard deviation 15. Probability: Random experiments, outcomes, sample space, classical probability	18	Analyze data using measures of dispersion; compute basic probabilities		Data interpretation, probabilistic thinking
February	Revision & Annual Examination	15	Evaluate comprehensive understanding of the syllabus		Overall competency in Class XI curriculum

NAME OF THE INCHARGE TEACHERS: MRS. ANAMIKA CHUGH, MR. NIKHILESH

SIGNATURE OF THE SUBJECT COORDINATOR : MRS. ANAMIKA CHUGH

SIGNATURE OF THE PRINCIPAL

ACADEMIC YEAR PLAN : 2025-26

Name of the Subject : Physics (Subject code: 042) Part -1 XI A & B

Month	Name Of the Unit / Topics	Time Allotted for each unit	Learning Outcomes	Art Integrated activity/ Project	Practical	Key Competencies to be Achieved
JUNE-JULY (18)	**Kinematics** Frame of reference, Motion in a straight line: Position-time graph, speed and velocity. Elementary concepts of differentiation and integration for describing motion. Uniform and nonuniform Motion, average speed and instantaneous velocity. Uniformly accelerated motion, velocity Time and position-time graphs. Relations for uniformly accelerated motion (graphical treatment).	**18(12h)**	Students will be able to--- *understand Frame of reference *discuss motion in a straight line *Plot Position-time graph, speed and velocity. velocity -time and position-time graphs. *understand elementary concepts of differentiation and integration for describing motion. *differentiate Uniform and nonuniform Motion, average speed and instantaneous velocity. understand uniformly accelerated motion. *derive relations for uniformly accelerated motion (graphical treatment).	Activity : 1) Make a flow chart of types of motion.	EXP.: 1) To measure diameter of a small spherical/cylindrical body and to measure internal diameter and depth of a given beaker/calorimeter using Vernier Callipers and hence find its volume.	Understanding and applying concepts like Speed, velocity, uniform and non-uniform motions and analysis of different graphs like x-t, v-t, a-t and ability to solve problems related to these concepts. Students will achieve Core and functional competency.
JULY (06) PT - 1	**Motion in a plane** Scalar and vector quantities; Position and displacement vectors, general vectors and their notations; equality of vectors, multiplication of vectors by a real number; addition and subtraction of Vectors. Relative velocity. Unit vector; Resolution of a vector in a plane -rectangular components. Scalar and Vector product of vectors. Motion in a plane. Cases of uniform velocity and uniform acceleration-projectile motion. Uniform circular motion.	**6(4h)**	Students will be able to--- * Understand scalar and vector quantities; Position and displacement vectors, general vectors and their notations, unit vector, zero vector equality of vectors *Do multiplication of vectors by a real number; addition and subtraction of Vectors. *understand relative velocity. * resolve a vector in a plane - rectangular components. * Do Scalar and Vector product of vectors. *understand Motion in a plane. Cases of uniform velocity and	Activity: 1) Check the Change in direction of total velocity of an object at different points on trajectory.	EXP.: 2) To measure diameter of a given wire and thickness of a given sheet using screw gauge	Understanding and applying vector algebra, analyzing projectile motion and comprehending uniform circular motion, manipulating vectors and decision making in learners. Students should be able to resolve vectors, add and subtract them and apply these concepts to describe motion in 2-D. the goal of this chapter is to equip students with the tools to analyze and

			uniform acceleration projectile motion. *understand Uniform circular motion.			describe the motion of objects in 2- D, focusing on applications of vectors and specific types of motion like projectile and circular motion.
AUGUST (14)	**Laws of Motion** Intuitive concept of force. Inertia, Newton's first law of motion; momentum and Newton's second law of motion; impulse; Newton's third law of motion. Law of conservation of linear momentum and its applications. Equilibrium of concurrent forces .	**14(9.3h)**	Students will be able to---- *understand intuitive concept of force. Inertia, *explain Newton's first law of motion; momentum and Newton's second law of motion; impulse; Newton's third law of motion. *discuss law of conservation of linear momentum and its applications. * understand equilibrium of concurrent forces.	Activities: **1) Activities** based on Newton's laws of motion-1st law - wsing card, coin and glass, 2nd law- heavier and lighter balls falling on sand, 3rd law-activity with two straw **2) Activity** showing impulse momentum theorem(put a sand slowly and then throught stone on sand- impressions are different	EXP.: 3) To find the weight of a given body using parallelogram law of vectors.	Understanding and applying Newton's Laws to explain the motion of objects. Grasping concepts like Inertia, force Acceleration and relation between them, Understanding momentum, impulse and friction. Students should be able to understand scenarios, identify forces involved and apply appropriate law to predict the resulting motion in elevators and free body diagrams.
SEPTEMBER (14)	Static and kinetic friction, laws of friction, rolling friction, lubrication. Dynamics of uniform circular motion: Centripetal force, examples of circular motion (vehicle on a Level circular road, vehicle on banked road).	**4(2.6h)**	Students will be able to--- differentiate static and kinetic friction, *prove laws of friction, rolling friction, *understand dynamics of uniform circular motion *understand the concept of centripetal force and they will discuss examples of circular motion (vehicle on a Level circular road, vehicle on banked road).	Activity.: 1)Examples showing direction of centripetal and centrifugal force.	EXP.:4) To study the relationship between force of limiting friction and normal reaction and to find the coefficient of friction between a block and a horizontal surface.	Understanding friction Laws of friction. Students should be able to understand scenarios, problems solving related to Circular motion and vehicle on circular road.

OCTOBER (14)	**Work, Energy and Power** Work done by a constant force and a variable force; kinetic energy, work-energy theorem, power. Notion of potential energy, potential energy of a spring, conservative forces, non-conservative forces: motion in a vertical circle; elastic and inelastic collisions in one and two dimensions.	**14(9.33h)**	Students will be able to--- *derive work done by a constant force and a variable force *define kinetic energy *derive work-energy theorem, power. *Notion of potential energy, potential energy of a spring, conservative forces: nonconservative forces: *understand motion in a vertical circle *understand elastic and inelastic collisions in one and two dimensions.	Activities: 1) Activity to show total energy of a system remains constant throughout the motion.		Understanding the functional concepts of work energy and power, applying the work energy theorem, grasping the principle of conservation of energy and understanding the different types of collisions (elastic and inelastic), this competencies involve both theoretical understanding and practical application of these concepts to solve problems involving motion forces and collisions
NOVEMBER (18) PT - 2	**Motion of System of Particles and Rigid Body** Centre of mass of a two-particle system, momentum conservation and centre of mass motion. Centre of mass of a rigid body; centre of mass of a uniform rod. Moment of a force, torque, angular momentum, laws of conservation of angular momentum and its applications. Equilibrium of rigid bodies, rigid body rotation and equations of rotational motion, comparison of linear and rotational motions. Moment of inertia, radius of gyration. Values of moments of inertia for simple geometrical objects (no derivation).	**18(12h)**	Students will be able to--- *understand centre of mass of a two-particle system, *understand momentum conservation and centre of mass motion. *discuss Centre of mass of a rigid body; centre of mass of a uniform rod. Moment of a force, torque, angular momentum *understand laws of conservation of angular momentum and its applications. *understand the concept of equilibrium of rigid bodies, rigid body rotation and equations of rotational motion *compare of linear and rotational motions. *understand the moment of inertia, radius of gyration. *derive values of moments of inertia, for simple geometrical objects (no derivation).	Activities: **1)** Virtual lab activity: Find out the values torque, moment of inertia and angular momentum for the following values of angular velocities= 1,2,3,4 for positions 1,2,3,4 **2)** Balancing of scale to explain torque concept. **3)** Balancing of scale on fingers to explain concept of centre of mass.	Act (1). To make a paper scale of given least count, e.g., 0.2,0.5cm Act (2). To measure the force of limiting friction for rolling of a roller on a horizontal plane. Act (3). To study the conservation of energy of a ball rolling down on an inclined plane (using a double inclined plane).	Understanding and applying concepts related to the motion of system of particles and rigid bodies including their rotational dynamics. this chapter builds on previous concepts of linear motion and introduce new ones like the centre of mass, torque, angular momentum and moment of inertia. analysing rotational dynamics, understanding the concept of rigid body, solving problems involving rotational and translation motion, applying theorems of perpendicular and parallel axes.

DECEMBER (12)	**Gravitation** Keplar's laws of planetary motion The universal law of gravitation. Acceleration due to gravity and its variation with altitude and depth. Gravitational potential energy and gravitational potential. Escape velocity. Orbital velocity of a Satellite.	**12(8h)**	Students will be able to ---- Discuss Keplar's laws of planetary motion *State Universal law of gravitation. *derive acceleration due to gravity and its variation with altitude and depth. *understand gravitational potential energy and gravitational potential. *define and derive expression of escape velocity and Orbital velocity of a Satellite.			Understanding the universal law of gravitation which explains the force of attraction between any two bodies and Kepler's laws of planetary motion which describe the movement of planets in solar system. Additionally students should be able to apply these principles to understand gravitational potential energy gravitational potential, escape velocity and orbital motion, ability to calculate escape velocity for different celestial bodies and understand its implications for space travel. ability to analyse the motion of satellite calculate their orbital speed and period.
JANUARY	TERM -2 EXAM.					

NAME OF INCHARGE TEACHER: ARCHANA TALELE

SUBJECT CO-ORDINATOR: ARCHANA TALELE

SIGNATURE OF THE PRINCIPAL:

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2025-26

CLASS : XI

SUBJECT: PHYSICS PART 2

MONTH	NAME OF THE UNIT / CHAPTER AND SUB TOPICS	TIME ALLOTTED FOR EACH UNIT	LEARNING OUTCOMES	ART INTEGRATED ACTIVITY/PROJECT	PRACTICALS	KEY COMPETENCIES TO BE ACHIEVED
JUNE	UNITS &MEASUREMENT : Units of measurement; systems of units; SI units, fundamental and derived units. significant figures. Dimensions of physical quantities, dimensional analysis and its applications.	8	Enumerates the International system of base and supplementary units. Estimates precise experimental results using significant figures and rounding off the final results. Identifies and applies the concept of dimensions, dimensional formulae and dimensional analysis techniques to write, validate and derive correct physical equations. Identifies and applies the concept of dimensions, dimensional formulae and dimensional analysis techniques to write, validate and derive correct physical equations.	1)Compare different instruments (like vernier calipers, screw gauge, measuring tape, meter scale) for measuring the same quantity and analyze accuracy and precision.		By the end of this chapter, the learner is able to understand and list the base and supplementary units of the International System of Units (SI). They can estimate and express experimental results accurately using significant figures and apply rules for rounding off. The learner can also identify physical quantities with their correct dimensions and dimensional formulae. They are able to use the technique of dimensional analysis to derive, verify, and validate various physical equations, ensuring their correctness and consistency.
JULY	ELASTICITY : Stress-strain relationship, Hooke's law, Young's modulus, bulk modulus, shear modulus of rigidity (qualitative idea only), Poisson's ratio; elastic energy.		Differentiates between rigid, elastic and plastic bodies. Explains elastic behaviour in solids. 0.Describes and explains different types of stresses	To determine the elastic potential energy stored in a stretched wire and relate it to work done in stretching.	EXP)To find the force constant of a helical spring by plotting a graph between load and extension.	**Competency Achieved:** At the end of this chapter, the student understands the mechanical properties of solids and how they respond to external forces. They can

	PT1		and corresponding strains produced in a body. Describes elastic moduli of various bodies with different materials, elastic behaviours and shape. Explains and derives elastic potential energy stored in a tretched wire			differentiate between rigid, elastic, and plastic bodies based on their ability to regain shape after deformation. The student is able to explain the elastic behavior of solids using stress-strain relationships and describe different types of stress (like tensile, compressive, and shear) and the corresponding strains they produce. They gain knowledge about elastic moduli such as Young's modulus, bulk modulus, and shear modulus, and how these vary for different materials and shapes. Additionally, they can explain and derive the formula for elastic potential energy stored in a stretched wire, connecting physical deformation with energy storage.
AUGUST	MECHANICAL PROPERTIES OF MATTER: Pascal's law and its applications (hydraulic lift and hydraulic brakes), effect of gravity on fluid pressure. Viscosity, Stokes' law, terminal velocity, streamline and turbulent flow, critical velocity, Bernoulli's theorem and its simple applications. Surface energy and surface tension, angle of contact, excess of pressure across a curved	20.4	Defines fluids and explains pressure experienced in fluids. Explains the effect of gravity on fluid pressure. Describes and explains hydraulic machines based on Pascal's law. Explains the properties, laws and mathematical equations followed during fluid flow. Explains the viscosity of fluids in terms of fluid friction. Explains surface	3)Hydraulic Lift Model (Pascal's Law): 4)Bernoulli's Theorem: 5) Surface Tension Demonstration	EXP)To determine the coefficient of viscosity of a given viscous liquid by measuring terminal velocity of a given spherical body. ACT)To study the effect of detergent on surface tension of water by observing capillary rise. . ACT)To note the change in level of liquid in a container on heating	**Competency Achieved:** By the end of this chapter, the student understands the basic properties and behavior of fluids. They can define fluids and explain how pressure is exerted in all directions within a fluid, and how gravity affects fluid pressure with depth. The student is able to describe hydraulic machines and explain their working based on Pascal's law. They also learn about fluid

	surface, application of surface tension ideas to drops, bubbles and capillary rise. TERM 1		tension as surface property of liquids only.		and interpret the observations.	flow, understanding the laws and mathematical equations like Bernoulli's principle that govern it. Additionally, they can explain viscosity as the internal friction within fluids and how it affects motion. The student also understands surface tension as a unique surface property of liquids that leads to various observable effects.
SEPTEMBER	THERMAL PROPERTIES OF MATTER: Heat, temperature, thermal expansion; thermal expansion of solids, liquids and gases, anomalous expansion of water; specific heat capacity; Cp, Cv - calorimetry; change of state - latent heat capacity. Heat transfer-conduction, convection and radiation, thermal conductivity, qualitative ideas of Blackbody radiation, Wein's displacement Law, Stefan's law .		Explains and differentiates between heat and temperature of a body. xplains thermal expansion in substances and identifies linear, superficial and cubical expansions. Defines heat capacity and specific heat capacity of a substance and states its importance in amount of heat exchanged by a body to change its temperature. Explains the process of change of state and describes the heat exchanges during the process. explains the mechanisms of heat transfers from one body to another through conduction, convection and radiation .	6)Investigating Thermal Expansion in Solids. 7)Specific Heat Capacity by Method of Mixtures	ACT)To observe and explain the effect of heating on a bi-metallic strip.	At the end of this chapter, the student gains a clear understanding of the difference between heat and temperature. They can explain how heat is a form of energy transfer, while temperature measures the average kinetic energy of particles in a substance. The student also learns about thermal expansion and can identify and differentiate between linear, superficial, and cubical expansions in different materials. They understand the concepts of heat capacity and specific heat capacity, recognizing their importance in determining the amount of heat required to change a substance's temperature. Additionally, the student is able to explain the process of change of state (such

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CLASS : XI

SUBJECT: PHYSICS PART 2

						as melting, freezing, and boiling) and describe the heat involved in these transformations.
OCTOBER	Thermal equilibrium and definition of temperature zeroth law of thermodynamics, heat, work and internal energy. THERMODYNAMICS First law of thermodynamics, Second law of thermodynamics: gaseous state of matter, change of condition of gaseous state - isothermal, adiabatic, reversible, irreversible, and cyclic processes Equation of state of a perfect gas, work done in compressing a gas. KINETIC THEORY OF GASES - assumptions, concept of pressure. Kinetic interpretation of temperature; rms speed of gas molecules; degrees of freedom, law of equi - partition of energy (statement only) and application to specific heat capacities of gases; concept of mean free path, Avogadro's number. concept of mean free path , Avogadro's number. PT2	10	States and explains Zeroth law of thermodynamics. Describes and explains the three important thermodynamic variables as heat, internal energy and work done.States and explains first law of thermodynamics. Describes and explains specific heat capacity and molar specific heat of matter .States and explains second law of thermodynamics. s postulates and describes the properties of different states of matter. postulates and describes the properties of different states of matter. States kinetic theory of gases and uses the theory to explain the pressure exerted by gas molecules and its temperature. .States and explains the law of equipartition of energies for gas molecules with varying degrees of freedom. Defines mean free path of gas molecules			At the end of this chapter, the student gains a solid understanding of the fundamental concepts in thermodynamics. They can state and explain the Zeroth, First, and Second Laws of Thermodynamics, and understand how heat, internal energy, and work are interrelated in thermodynamic processes. The student is able to describe and explain specific heat capacity and molar specific heat, and understand their significance in different materials. They also comprehend the postulates and properties of different states of matter and how gases behave according to the kinetic theory, including how gas pressure and temperature are related. Additionally, the student learns the law of equipartition of energy and how it applies to gas molecules with different degrees of freedom, and defines the mean free path based on the kinetic theory of gases. This chapter equips the student with a comprehensive understanding

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CLASS : XI

SUBJECT: PHYSICS PART 2

		6	based on kinetic theory of gases.			of the behavior of energy and matter in various states.
NOVEMBER	SIMPLE HARMONIC MOTION: Time period, frequency, displacement as a function of time, periodic functions and their application. Simple harmonic motion (S.H.M) and its equations of motion; phase; oscillations of a loaded spring-restoring force and force constant; energy in S.H.M. Kinetic and potential energies; simple pendulum derivation of expression for its time period.	22	Describes periodic and oscillatory motion using common examples and states suitable equations of motion. States the equations governing the displacement, velocity and acceleration of a body in simple harmonic motion. Explains the energy and the force law of the body in SHM. dentifies few examples of bodies in SHM and derives their equations of motion and time period	**8)Study of Oscillations in a Simple Pendulum and Verification of the Time Period Formula of SHM"**		At the end of this chapter, the student gains a clear understanding of periodic and oscillatory motion, recognizing common examples like a swinging pendulum or a vibrating spring. They are able to state and explain the equations of motion governing displacement, velocity, and acceleration for a body in Simple Harmonic Motion (SHM). The student also learns the concepts of energy in SHM, including potential and kinetic energy variations, and understands the force law (restoring force proportional to displacement). Additionally, they can identify examples of SHM, derive their equations of motion, and calculate the time period of oscillation, connecting theoretical concepts with real-world applications.
DECEMBER	WAVES: Transverse and longitudinal waves, speed of travelling wave, displacement relation for a progressive wave, principle of superposition of waves, reflection of waves, standing waves in strings and organ pipes,		Describes the concept of wave motion with examples. Explains the characteristics of transverse and longitudinal wave motions with examples. .States the principle of superposition of mechanical waves and	**Formation and Analysis of Standing Waves in a Stretched String"**	EXP)To study the relation between frequency and length of a given wire under constant tension using Sonometer. EXP)To find the speed of sound in air at room temperature using a resonance tube	At the end of this chapter, the student has a clear understanding of wave motion and its types. They can describe the concept of wave motion and provide examples, such as sound and water waves. The student can explain the differences between transverse and

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	fundamental mode and harmonics, Beats.		derives the equations of resultant wave. Describes the reflection of progressive waves from rigid and non rigid boundaries. Defines and explains standing waves produced due to reflection of waves by two boundaries. Demonstrates and explains the formation of beats due to superposition of sound waves of slightly different frequencies.		by two resonance positions	longitudinal waves, with examples like waves on a string (transverse) and sound waves in air (longitudinal). They understand the principle of superposition of mechanical waves and can derive equations for the resultant wave. The student also grasps how progressive waves reflect from rigid and non-rigid boundaries. They can define standing waves, explain their formation due to reflections from two boundaries, and demonstrate the formation of beats when two sound waves of slightly different frequencies interfere
JANUARY	FULL SYLLABUS					TERM 2

NAME OF INCHARGE TEACHER:

SIGNATURE OF SUBJECT CORDINATOR:

SIGNATURE OF PRINCIPAL:

CARMEL CONVENT SR SEC SCHOOL, RATANPUR, YEAR PLANNER: 2025-26

CLASS: XI **SUBJECT: BIOLOGY**

Month	Name of the Unit / Chapter/Topic	Time for each unit	Learning Outcomes	Art Integrated Activity / Project	Practicals	Key Competencies to be Achieved
APRIL	**The Living World** **Biological Classification** **Plant Kingdom**	30hrs	knowledge, understanding, application, skills Salient features and classification of plants into major groups	Poster making: Clay models / collage: Protists and Fungi	Study and describe locally available common flowering plants. Parts of a compound microscopeSpecimens/slides/models	Understanding classification; appreciating biodiversity Observation skills; classification ability
JUNE	**Animal Kingdom** **Morphology of Flowering Plants**	20 hrs	Understand problems associated with classification of organisms. describe different types of flowers.	Mask making	Preparation and study of T.S. of dicot and monocot roots and stems	Integration of structure and function; fine motor skills
JULY	**Anatomy of Flowering Plants Structural Organisation in Animals**	20hrs	Understand and differentiate between meristematic and permanent tissues. Structure & function of frog	Flower dissectionbotanicalillustration (sketching & labeling)	Virtual specimens/slides/ models. by potato osmometer plasmolysis	Observation, lab skills; structure-function understanding Visual representation
AUGUST	**Cell: The Unit of Life Biomolecules** **Cell Cycle and Cell Division**	27 hrs	understand the structure ofcarbohydrates , proteins, nucleic acid enzymes and catalytic activity.	Role-play or skit: Mitosis and Meiosis	types of inflorescence. distribution of stomata	Logical linking; aesthetic sense Interdisciplinary thinking (biology + art)
SEPTEMBER	**REVISION Half yearly exams**	3 hrs	critical thinking and problem solving, assertion –reasoning and case study solving ability			
OCTOBER	**Breathing and Exchange of Gases. Body Fluids and Circulation Photosynthesis in Higher Plants**	20hrs	All the components of human circulatory system Differentiate between C3 and C4 cycle Mechanism of chemiosmosis for ATP synthesis	Blood component art using sand/rangoli or craft Poster Artistic concept maps or video	Mitosis in onion root tip cells	Teamwork; process visualization Timeline creation; hormonal coordination understanding

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CLASS: XI **SUBJECT: BIOLOGY**

				explanations		
NOVEMBER	**Excretory Products and their Elimination Locomotion and Movement Respiration in Plants**	20hrs	All the types of movement Mechanism of muscle contraction Mechanism of glycolysis and Kreb's cycle	Group mural: Cellular respiration pathway Growth timeline chart with artistic representation of hormones	Test for the presence of sugar, starch, proteins and fats	Integration of biology and narrative art Application of scientific knowledge
DECEMBER	**Neural Control and Coordination. Chemical Coordination and Integration** **Plant Growth and Development**	13hrs	Mechanism of generation and conduction of nerve impulse plant growth and physiological activity of plant harmones during its development	Growth timeline chart with artistic representation of hormones	REVISION OF SPOTTING	Visualization; knowledge of body systems Summarization and model interpretation Holistic review; creative consolidation of learning
JANUARY	**FINAL PRACTICAL EXAM**					
FEBRUARY	**REVISION FINAL EXAM**					

Dr.NEERU THAKUR

NAME OF INCHARGE TEACHERS: Dr.NEERU THAKUR

Mrs. SHAMPA MAITRA SIGNATURE OF SUBJECT CORDINATOR:

SIGNATURE OF PRINCIPAL:

CARMEL CONVENT SR. SEC. SCHOOL, RATANPUR, BHOPAL

YEAR PLANNER 2025–26

CLASS: XI SUBJECT: CHEMISTRY

MONTH	NAME OF THE UNIT / CHAPTER AND SUB- TOPICS	TIME ALLOTTED FOR EACH UNIT	LEARNING OUTCOMES	ART- INTEGRATED ACTIVITY / ART-INTEGRAT ED PROJECT	PRACTICALS	KEY COMPETENCIES TO BE ACHIEVED
April-June	1.Some Basic Concepts of Chemistry -Importance of chemistry -Laws of chemical combination -Mole concept and molar mass – Stoichiometry 2. Structure of Atom orbitals, quantum numbers, shapes of s, p and d orbitals, rules for filling electrons in orbitals - Aufbau principle, Pauli's exclusion principle and Hund's rule, electronic configuration of atoms, stability of half-filled and completely filled	14 Hours 8 Hours	Understands basic chemical laws and mole concept Explains atomic models and electronic structure of atoms	Worksheet Model of atomic orbitals using clay or paper craft	Titration-1 (June)	Critical thinking, Numeracy, Problem- solving Analytical skills, Conceptual understanding

	orbitals.					
July	3.Classification of Elements and Periodicity in Properties -Brief history of the development of periodic table -Modern periodic law -Periodic trends 4.Chemical Bonding and Molecular Structure -Ionic, covalent, and coordinate bonding – VSEPR theory	12 Hours 7 Hours	Explains trends in periodic properties Describes bonding and geometry of molecules	Periodic Table puzzle or 3D model Clay models for different geometries of molecules	2. Titration-2 3.Preparation of standard solution, determinati on of strength of a given solution 4.Titration-3	Pattern recognition, Memory, Classification skills Spatial reasoning, Logical reasoning

August	CHAPTER:-2 Structure of Atom (contd.) Discovery of Electron,Proton and Neutron, atomic number,isotopes and isobars. Thomson's model and its limitations. Rutherford's model and its limitations, Bohr's model and its limitations, concept of shells and subshells, dual nature of matter and light, de Broglie's relationship,Heisenberg uncertainty principle 4.Chemical Bonding and Molecular Structure(contd) -Hybridisation -Molecular orbital Theory 7. Redox Reactions – Oxidation and reduction – Redox reactions in terms of electron	10 Hours 7 Hours 8 Hours	Illustrate the concept of shells and subshells in an atom based on Bohr-Bury scheme. Understand the dual nature of matter and radiation and explain de Broglie's hypothesis.Analyze how modern atomic theory evolved from classical models through experimental evidence. Predicts the type of hybridisation Identifies redox changes in reactions	Poster Making: "Dual Nature of Matter & Light" Draw the Molecular orbital diagram Balancing of redox reactions	5. Salt Analysis-Acid and Basic Radicals	Scientific Inquiry and Reasoning, Analytical Thinking, Conceptual Understanding and application Predictive ability, Conceptual learning Deductive reasoning, Analytical skill

	Transfer -Balancing methods					
	8. Chemistry: Some Basic Principles and Techniques – Nomenclature	8 Hours	Understands basics of organic reactions and mechanisms	Worksheet on nomenclature		Conceptual clarity, Naming conventions
September	TERM-1 EXAM SYLLABUS – 1,2,3,4,7,8 Practical exam- Titration & salt analysis					
October-November	5. Thermodyna mics -Concepts of system and surroundings -First law of thermodyna mics – Enthalpy Changes -Entropy -Gibbs energy -Spontaneity	18 Hours	Understands energy changes in chemical processes	Worksheet	Salt Analysis	Data analysis, Energy conservation awareness
	8. Chemistry: Some Basic Principles and Techniques(contd)- -Electronic effects -Types of organic Reactions Purification	14 Hours	Understands and gets knowledge about different purification methods	Flowchart on different purification methods		Understanding, awareness

November	techniques, qualitative and quantitative analysis. PT-2 Ch. 5 & 8					
December-January	6. Equilibrium –Equilibrium in physical and chemical processes – Le Chatelier's principle -Ionic equilibrium 9. Hydrocarbons -Alkanes, alkenes, alkynes and aromatic hydrocarbons -Physical and chemical properties	14 Hours 19	Applies equilibrium concepts in real-life situations Explains reactions and uses of hydrocarb ons	Solve NCERT numericals Model of different hydrocarbons using sticks and balls	Element Detection	Observation, Predictive skills Structural understanding, Reaction mechanism logic
February	Term-2 Exam Full syllabus					

NAME OF INCHARGE TEACHERS:

1. Bindu Dalal
2. Pragati Vijay

SIGNATURE OF SUBJECT COORDINATOR: _____

SIGNATURE OF PRINCIPAL: _____

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2024-25

CLASS : XI (ABCD) SUBJECT: PHYSICAL EDUCATION

1 MONTH	NAME OF THE UNIT / CHAPTER AND SUB TOPICS	TIME ALLOTTED FOR EACH UNIT	LEARNING OUTCOMES	SUGGESTED ACTIVITIES/ INTERNAL ASSESSMEN(SEA &MT)/ INCLUSIVE ACTIVITY(WEEKLY)	ART INTEGRATED ACTIVITY/ART INTEGRATED PROJECT	PRACTICALS	KEY COMPETENCIES TO BE ACHIVED
JUNE	**Yoga / Unit 3** 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	12	**After completing the unit, the students will be able to:** • 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 concentration	Inter school and inter house sports activity SPECEFIC GAME- Volly ball-under hand, Upper hand Football- in step kick. Dribble. Basketball- lap shot, dribble Kho-kho- Touch and kho, pole dive Badminton – upper hand , back hand	1.Motor fitness test 2.Yoga 3.Any two treaditionanal of Bihar state	Motor fitness test	
JULY	**Training & Doping in Sports/ Unit 10** 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery 3. Warming-up & Limbering Down – Types, Method & Importance	14	**After completing the unit, the students will be able to:** • 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,				

	4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages		technique, tactics & strategies in sports training. • Interpret concept of doping. • Interpret concept of doping.				
AUG	**Test, Measurement & Evaluation / Unit 6** 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 Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements Extension,Abduction, Adduction,Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements	14	**After completing the unit, the student s will be able to:** • Define the terms test, measurement, and evaluation, • Differentiate norm and criterion referenced standards, • Differentiate formative and summative evaluation, • Discuss the importance of measurement and evaluation processes, • Understand BMI: A popular clinical standard and its computation and physical education. • Illustrate fundamental body movements and their basic patterns. • Learn about the Axis and Planes and their application with body movements.	Motor fitness test			

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2024-25

CLASS : XI (ABCD) SUBJECT: PHYSICAL EDUCATION

AUG	**Olympism Value Education / Unit 2** 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) 2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind 3. Ancient and Modern Olympics 4. Olympics - Symbols, Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure - IOC, NOC, IFS, Other members	10	**After completing the unit, the students will be able to:** • Incorporate values of Olympism in your life. • Differentiate between Modern and Ancient Olympic Games, Paralympics, and Special Olympic games • Identity the Olympic Symbol and Ideals • Describe the structure of the Olympic movement structure • To make students learn about the working and functioning of IOC, NOC and IFS, and other members.				
SEP	**Physical Fitness, Wellness, and Lifestyle / Unit 5** 1. Meaning & importance of Wellness, Health, and Physical Fitness. 2.Components/Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE	10	**After completing the unit, the students will be able to:** • 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				

OCT	**Changing Trends and Careers in Physical Education** /UNIT-1 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 and sports equipment, technological advancements 4. Career options in Physical Education 5. Khelo-India Program and Fit – India Program	14	**After completing the unit, the students will be able to:** • 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.				
OCT	**Fundamentals of Anatomy, Physiology in Sports / Unit 7** 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.	15	**After completing the unit, the students will be able to:** • 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.				
NOV	**Fundamentals Of Kinesiology And**	15	**After completing the unit, the students will be able to:**				

	Biomechanics in Sports/ Unit 8 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 –		• 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. • Learn about the Axis and Planes and their application with body movements. Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements				
NOV	**Psychology and Sports / Unit 9** 1. Definition & Importance of Psychology in Physical Education & Sports; 2. Developmental Characteristics at Different Stages of Development; 3. Adolescent Problems & their Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness	13	**After completing the unit, the students will be able to:** • Identify the role of Psychology in Physical Education and Sports • Differentiate characteristics of growth and development at different stages. • Explain the issues related to adolescent behavior and Team Cohesion in Sports • Correlate the psychological concepts with the sports and athlete specific situations				

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2024-25

CLASS : XI (ABCD) SUBJECT: PHYSICAL EDUCATION

DEC	**Physical Education and Sports for Children with Special Needs / Unit 4** 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 Adaptive Physical Education. 5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)	12	**After completing the unit, the students will be able to:** • 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 • Relate various types of professional support for children with special needs along with their roles and responsibilities.				

NAME OF INCHARGE TEACHERS: PHYSICAL EDUCATION DEPARTMENT

SIGNATURE OF SUBJECT CORDINATOR: GANESH BAHADUR THAPA

SIGNATURE OF PRINCIPAL:

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2025-26(CLASSES IX TO XII)

CLASS : XI SUBJECT: Sanskrit

MONTH	NAME OF THE UNIT / CHAPTER AND SUB TOPICS	TIME ALLOTTED FOR EACH UNIT	LEARNING OUTCOMES	ART INTEGRATED ACTIVITY/ART INTEGRATED PROJECT	PRACTICALS	KEY COMPETENCIES TO BE ACHIEVED.
APRIL	प्रथमः पाठः - कुशल प्रशासनम् संस्कृत साहित्य का इतिहास प्रथमः पाठ : संस्कृत भाषा उदभव एवं विकास	6 6	एक कुशल प्रशासनिक के क्या गुण होते हैं गद्यांश को पढकर साहित्य संबन्धी सौन्दर्य का बोध कराना	बिहार के प्रमुख तीर्थ स्थल गया जी तथा मध्यप्रदेश के प्रमुख तीर्थ स्थलों को कोलाज के माध्यम से प्रदर्शित कीजिये?		श्रेष्ठ प्रशासनिक व्यवस्था
JUNE	तृतीयः पाठः- सूक्तिसुधा द्वितीयः पाठः वैदिक साहित्य	6 6 6	मनुष्यों को कैसे स्थान पर रहना चाहिए मनुष्यों का सच्चे अर्थों में मित्र कौन होता है गुणों की उपयोगिता सत्संगति का महत्व	महाकवि कालिदास की कोई दो कृतियों का संक्षिप्त सचित्र वर्णन कीजिये?		गायन कौशल विकास
JULY	पंचम:पाठः- वीर:सवदमन:	8 8	शकुन्तला और दुष्यन्त के बारे में बताकर नाट्य			शौर्यपूर्ण शैशव

CLASS : XI SUBJECT: Sanskrit

	तृतीयः पाठ:रामायण महाभारत एवं पुराण	8	तत्वों के बारे में अवगत कराना			
AUGUST	षष्ठ:पाठ:- शुकशावकोदन्त: व्याकरण सन्धि समास	8 10 8	बाणभटट की कृति कादम्बरी के बारे में बताकर पाठ में प्रयुक्त सन्धि समास व प्रत्ययों अलग करने की क्षमता का विकास करना	जल ही जीवन है इस विषय पर सरोवर का चित्र बनाकर पाँच वाक्य देववाणी में लिखिये?		सेवाभाव
SEPTEMBER	अष्टम:पाठ:संगीतानुरागी सुब्बहण नवम:पाठ:- वस्त्र विक्रयं	10 6 8	अष्टम:पाठ:संगीतानुरागी सुब्बहण राजा सुब्बहण के बारे में बताकर उनका संगीत के प्रति अनुराग तथा किस प्रकार ब्राह्मण पुत्र की कला से मोहित होकर उसे पुरस्कृत किया नवम:पाठ: - वस्त्र विक्रयं भारतीय जुलाहों पर अग्रेजों द्वारा गये अत्याचारों के बारे में अवगत कराना			देशप्रेम
OCTOBER	दशम: पाठ: यद्भूतं तदहितं तत्सत्यम् प्रत्यय	6 10	असत्य हो लेकिन लोक कल्याणका री हो तो उसे असत्य नहीं कहते			सत्यप्रियता

CARMEL CONVENT SR SEC SCHOOL,RATANPUR,YEAR PLANNER:2025-26(CLASSES IX TO XII)

CLASS : XI SUBJECT: Sanskrit

NOVEMBER	एकादश:पाठ: स:मे प्रिय कारक उपपदविभक्ति वाच्य परिवर्तन अशुद्ध को शुद्ध कीजिये	6 10.4 6	भगवान द्वेषरहत मित्रतावा दी ननरहंकारी सुख दुःख में समभाव रहने वाले पर कृपा करते हैं श्लोकों का अन्वय व भावार्थ लिखिये			
December						
January						
February						
March						

NAME OF INCHARGE TEACHERS: Sangeeta Yadav SIGNATURE OF SUBJECT CORDINATOR:

SIGNATURE OF PRINCIPAL: