

**ACADAMIC PLAN FOR Physical Education CLASS XI FOR 2019-20**

<b>Month/ Working days</b>	<b>No of Working Days</b>	<b>Content</b>	<b>Mode of Assessment</b>	<b>Home work /Assignment</b>
May 1st May to 15th May	11	<b>Unit I Changing Trends &amp; Career in Physical Education</b> <input type="checkbox"/> <b>Meaning &amp; definition of Physical Education</b> <input type="checkbox"/> <b>Aims &amp; Objectives of Physical Education</b>		Basic concepts
		<input type="checkbox"/> <b>Career Options in Physical Education</b> <input type="checkbox"/> <b>Competitions in various sports at national and international level</b> <input type="checkbox"/> <b>Khelo-India Program</b>	Class Test- I	Basic concepts
16th May to 30th June.		<b>SUMMER VACATION</b>		Holiday Home work
July (25 Days) 1st July to 15th July (12)	12	<b>Unit II Olympic Value Education</b> <input type="checkbox"/> <b>Olympics, Paralympics and Special Olympics</b> <input type="checkbox"/> <b>Olympic Symbols, Ideals, Objectives &amp; Values of Olympism</b> <input type="checkbox"/> <b>International Olympic Committee</b> <input type="checkbox"/> <b>Indian Olympic Association</b>		
16th July to 31st July	14	<b>Unit III Physical Fitness, Wellness &amp; Lifestyle</b> <input type="checkbox"/> <b>Meaning &amp; Importance of Physical Fitness, Wellness &amp; Lifestyle</b> <input type="checkbox"/> <b>Components of physical fitness and Wellness</b> <input type="checkbox"/> <b>Components of Health related fitness</b> <b>Unit IV Physical Education &amp; Sports for CWSN (Children With Special Needs- Divyang)</b> <input type="checkbox"/> <b>Aims &amp; objectives of Adaptive Physical Education</b> <input type="checkbox"/> <b>Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)</b> <input type="checkbox"/> <b>Concept of Inclusion, its need and Implementation</b> <input type="checkbox"/> <b>Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; special Educator)</b>	Unit Test-I	

<p>Aug ( 24 Days) 1st Aug to 15th Aug (10 Days)</p>	<p>10</p>	<p><b>Unit V Yoga</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Meaning &amp; Importance of Yoga</b></li> <li><input type="checkbox"/> <b>Elements of Yoga</b></li> <li><input type="checkbox"/> <b>Introduction - Asanas, Pranayam, Meditation &amp; Yogic Kriyas</b></li> <li><input type="checkbox"/> <b>Yoga for concentration &amp; related Asanas (Sukhasana; Tadasana; Padmasana &amp; Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)</b></li> <li><input type="checkbox"/> <b>Relaxation Techniques for improving concentration – Yog-nidra</b></li> </ul>		
<p>16th Aug to 31st Aug</p>	<p>13</p>	<p><b>Unit VI Physical Activity &amp; Leadership Training</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Leadership Qualities &amp; Role of a Leader</b></li> <li><input type="checkbox"/> <b>Creating leaders through Physical Education</b></li> <li><input type="checkbox"/> <b>Meaning, objectives &amp; types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)</b></li> <li><input type="checkbox"/> <b>Safety measures to prevent sports injuries</b></li> </ul>	<p>class test</p>	<p>Question based on topic</p>
<p>Sept (21 Days) 1st Sep to 15th Sep</p>	<p>10</p>	<p><b>Unit VII Test, Measurement &amp; Evaluation</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Define Test, Measurement &amp; Evaluation</b></li> <li><input type="checkbox"/> <b>Importance of Test, Measurement &amp; Evaluation In Sports</b></li> <li><input type="checkbox"/> <b>Calculation of BMI &amp; Waist - Hip Ratio</b></li> <li><input type="checkbox"/> <b>Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</b></li> <li><input type="checkbox"/> <b>Measurement of health related fitness</b></li> </ul>		
<p>16th Sep to 30th Sep</p>	<p>13</p>	<p style="text-align: center;"><b>HALF YEARLY EXAMINATIONS</b></p>		
<p>Oct (20 Days) 1st Oct to 15th Oct</p>	<p>6</p>	<p><b>Unit VIII Fundamentals of Anatomy, Physiology &amp; Kinesiology in Sports</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Definition and Importance of Anatomy, Physiology &amp; Kinesiology</b></li> <li><input type="checkbox"/> <b>Function of Skeleton System, Classification of Bones &amp; Types of Joints</b></li> <li><input type="checkbox"/> <b>Properties and Functions of Muscles</b></li> <li><input type="checkbox"/> <b>Function &amp; Structure of Respiratory System and Circulatory System</b></li> <li><input type="checkbox"/> <b>Equilibrium – Dynamic &amp; Static And Centre of Gravity and its application in sports</b></li> </ul>		

16th Oct to 31st Oct	11	<b>Unit IX Psychology &amp; Sports</b> <input type="checkbox"/> Definition & Importance of Psychology in Phy. Edu. & Sports <input type="checkbox"/> Define & Differentiate Between Growth & Development <input type="checkbox"/> Developmental Characteristics At Different Stages of Development <input type="checkbox"/> Adolescent Problems & Their Management	class test	
Nov( 24 Days) 1st Nov to 15th Nov( 11 Days)	11	<b>Unit X Training and Doping in Sports</b> <input type="checkbox"/> Meaning & Concept of Sports Training <input type="checkbox"/> Principles of Sports Training <input type="checkbox"/> Warming up & limbering down	Questionnaire Methods	
16th Nov to 30th Nov (13 Days)	13	<input type="checkbox"/> Skill, Technique & Style <input type="checkbox"/> Concept & classification of doping <input type="checkbox"/> Prohibited Substances & their side effects <input type="checkbox"/> Dealing with alcohol and substance abuse		
Dec (23 Days) 1st Dec to 15th Dec (11 Days)	11	<b>Practical</b> <b>01. Physical Fitness Test</b> <b>02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)</b>	class test	Practical based test
16th Dec to 31st Dec	13	<b>Practical</b> <b>03. Yogic Practices</b> <b>04. Record File **</b> <b>05. Viva Voce (Health/ Games &amp; Sports/ Yoga)</b>		Yoga Practical test
Jan(14 days) 1st Jan to 15th Jan (14 days)		<i><b>WINTER BREAK</b></i>		
Jan 16th Jan to 31st Jan	14	<b>REVISION</b>		
Feb 1st Feb to 15th Feb	12	<b>REVISION &amp; FINAL EXAMINATION.</b>	Class Test	Sample Paper
Feb (22 days) 16th Feb to 29th Feb	11	<b>REVISION &amp; FINAL EXAMINATION.</b>	Class Test	Sample Paper