

ACADEMIC PLANNER- PHYSICAL EDUCATION- XI 2025-26						
Physical Education (048)- XI						
Date/Schedule	Content	Learning outcomes	Teaching pedagogy	Interdisciplinary Aspect /SDG	Mode of Assessment	HW
April (10Days) 3April to 15th April	1. Concept, Aims & Objectives of Physical Education	<input type="checkbox"/> To make the students Understand the meaning, aims, and objectives of Physical Education.		<input type="checkbox"/> Recognize concept, aim, and objectives of Physical Education	Oral test	Prepare notes
	2. Development of Physical Education in India – Post Independence	<input type="checkbox"/> To Teach students about the development of physical education in India after Independence.	<input type="checkbox"/> Lecturebased instruction,	<input type="checkbox"/> Identify the Post-Independence development in Physical Education.		
13	3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements	<input type="checkbox"/> To educate students about the development of sports surfaces, wearable gear, sports equipment, and technology.	<input type="checkbox"/> Technology based learning,	<input type="checkbox"/> Categorize Changing Trends in Sports- playing surface, wearable gear, sports equipment, technological		

16Apr to 30Apr	12	4. Career options in Physical Education	<input type="checkbox"/> To make students know the different career options available in the field.	<input type="checkbox"/> Group learning,	<input type="checkbox"/> Explore different career options in the field of Physical Education.	Practice test	Project file
		5. Khelo-India Program and Fit – India Program	<input type="checkbox"/> To make them know about the Khelo India Program	<input type="checkbox"/> Individual learning,	<input type="checkbox"/> Make out the development of Khelo India and Fit India Program.		
1May-15 May	11	1-Revision of Khelo India Program and Fit India Program	To make them know more about the Khelo India Program	Game based learning	Incorporate value of Khelo India in life	Oral Test	Prepare Notes
16 May-25 May	8	Revision of Career Options in Physical Education	To make students know the different career options available in the field	Group learning,	Explore different career options in the field of Physical Education.	Practice test	Project file

July 1july to 15 july	121.	Olympism – Concept and Olympics Values (Excellence,	To make the students aware of Concepts and Olympics Values	<input type="checkbox"/> Inquiry- Based learning,	After completing the unit the students will be able to: <input type="checkbox"/> Incorporate values of	Case based questions	Project file
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			(Excellence, Friendship & Respect)		Olympism in your life.		
		2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind	<input type="checkbox"/> To make students learn about Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance among Body, Will & Mind	<input type="checkbox"/> Game based learning and Expeditionary learning	<input type="checkbox"/> Incorporate values of Olympism in your life		
		3. Ancient and Modern Olympics	<input type="checkbox"/> To make students understand ancient and modern Olympic game	<input type="checkbox"/> Lecture based instruction,	<input type="checkbox"/> Differentiate between Modern and Ancient Olympic Games,		

16th July to 31st July	14	4. Olympics - Symbols, Motto, Flag, Oath, and Anthem	<input type="checkbox"/> To make the students aware of Olympics - Symbols, Motto, Flag, Oath, and Anthem	<input type="checkbox"/> Lecture based instruction,	<input type="checkbox"/> Identify the Olympic Symbol and Ideals	Practice Test	Prepare notes
		5. Olympic Movement Structure IOC, NOC, IFS, Other members	<input type="checkbox"/> To make students learn about the working and functioning of IOC, NOC and IFS, and other members	<input type="checkbox"/> Lecture based instruction,	<input type="checkbox"/> Describe the structure of the Olympic movement structure		
August (1st Aug to 15 Aug)	11	YOGA 1. Meaning and importance of yoga	<input type="checkbox"/> To make the students aware of the meaning and importance of yoga	Group learning	<input type="checkbox"/> After completing the unit, the students will be able to: <input type="checkbox"/> Recognize the concept of Yoga and be aware of the importance of it	Oral test	Project File

	2. Introduction to Astanga Yoga	<input type="checkbox"/> To make them learn about Astanga yoga.		<input type="checkbox"/> Identify the elements of yoga		
	3. Yogic Kriyas (Shat Karma)	<input type="checkbox"/> To teach students about yogic kriya, specially at karmas	Expenditure learning	<input type="checkbox"/> Identify the Asanas, pranayama And meditation techniques		
	4. Pranayama and its types.	<input type="checkbox"/> To make the students learn and practice types of pranayamas		<input type="checkbox"/> Classify various yogic activities of the enhancement of concentration		
	5. Active Lifestyle and Stress management through Yoga	<input type="checkbox"/> To make them learn the importance of yoga in stress management		<input type="checkbox"/> Know about the relaxation techniques for improvement of concentration		

16th Aug to 31st Aug	12 Physical Education and Sports for Children with Special Needs	<input type="checkbox"/> To make the students aware concept of disability and disorder	Lecture based instructions	<input type="checkbox"/> After completion of the unit the students will be able to :	Case based questions	Prepare notes
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		1. Concept of Disability and Disorder	<input type="checkbox"/> To make students aware of different types of disabilities	Lecture based instructions	<input type="checkbox"/> Identify the concept of disability and disorder		
September (23 Days) 1st Sep to 15 Sep	11	2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).	<input type="checkbox"/> To make students learn about disability etiquettes	<input type="checkbox"/> Lecture based instruction,	<input type="checkbox"/> Outline types of disability and describe their causes and nature	Practice Test	Project file
		4. Aim and objectives of Adaptive Physical Education.	<input type="checkbox"/> To make the students understand the aims and objectives of adaptive physical education	Expeditionary learning	<input type="checkbox"/> Adhere to and respect children with special needs by following etiquettes Identify possibilities and scope in 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)	<input type="checkbox"/> To make the students aware of the role of various professionals for children with special needs		<input type="checkbox"/> Relate various types of professional support for children with special needs along with their roles and responsibilities		

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16 Sep to 30 Sep	11	Physical Fitness, Wellness, and Lifestyle	<input type="checkbox"/> To make the students understand the meaning & importance of wellness, health and physical fitness	<input type="checkbox"/> Lecturebased instruction,	<input type="checkbox"/> After completing this unit students will be able to:	Oral Test	Prepare notes
Oct(1 to 31oct)		1. Meaning&importace of Wellness, Health, and Physical Fitness.	<input type="checkbox"/> To make the students understand the meaning & importance of wellness, health and physical fitness	Expeditionary learning	<input type="checkbox"/> Explain wellness and its importance and definate components of wellness	Case based questions	Project file

	2. Components/Dimensions of Wellness, Health, and Physical Fitness	<input type="checkbox"/> To make students aware of the components/dimensions of wellness, health and physical fitness		<input type="checkbox"/> Classify physical fitness and recognize its importance in life		
	3. Traditional sports and regional games for promoting wellness	<input type="checkbox"/> To make the students learn traditional sports and regional games to promote wellness	<input type="checkbox"/> Game based learning	<input type="checkbox"/> Illustrate traditional sports and regional games to promote wellness		
	4. Leadership through Physical Activity and Sports	<input type="checkbox"/> To develop leadership qualities through physical activity and sports in students		<input type="checkbox"/> Relate leadership through physical activity and sports		
	5. Introduction to First Aid – PRICE	<input type="checkbox"/> To make students learn first aid and its management skills		<input type="checkbox"/> Illustrate the different steps used in first aid and PRICE		

NOV 1 nov to 15 nov	11 Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation.	<input type="checkbox"/> To introduce the students with the terms like test, measurement and evaluation	Expeditionary learning	<input type="checkbox"/> After completing this unit students will be able to: Define the term	Practice Test	Prepare notes
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				test, measurement and evaluation		
	2. Importance of Test, Measurements and Evaluation in Sports.	<input type="checkbox"/> To introduce the students with the terms like test, measurement and evaluation along with its importance		<input type="checkbox"/> Discuss the importance of measurement and evaluation processes		
	3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)	<input type="checkbox"/> To introducing them the methods of calculating bmi, waist-hip ratio and skin fold measurement		<input type="checkbox"/> Understand BMI: a popular clinical standard and its computation		
	4. Somato types (endomorph, Mesomorph and ectomorph)	<input type="checkbox"/> To make students learn the different somato types		<input type="checkbox"/> Differentiate between Endomorph, mesomorph and ectomorph		

		5. Measurements of health related fitness	<input type="checkbox"/> To make students learn the methods to measure health related fitness		<input type="checkbox"/> Describe the procedure of Anthropometric		
16 nov-30nov	12	Fundamentals of Anatomy,Physiology in sports			<input type="checkbox"/> After completing the unit, the students will be able to:	Oral Test	Project file

		1.Definition and importance of anatomy and physiology in exercise and sports	<input type="checkbox"/> The students will learn the meaning and definition of anatomy,physiology and kinesiology		<input type="checkbox"/> Identify the importance of anatomy and physiology		
		2.Functions of skeletal system,classification of bones and types of joints	<input type="checkbox"/> Students will understand the main functions and classification of bones and types of joints		<input type="checkbox"/> Figure out the properties and functions of muscles and understand how they work. Recognise the functions of the skeleton		

		3. Properties and functions of muscles	<input type="checkbox"/> The students will learn the properties and functions of muscles		<input type="checkbox"/> Understand the anatomy of the respiratory system and describe its working		
		4. Structure and functions of Respiratory system	<input type="checkbox"/> The students will learn the structure and functions of the circulatory system of heart		<input type="checkbox"/> Identify and analyses the layout and functions of circulatory system		
(DEC) 1dec-15dec	12	Fundamentals of Kinesiology and biomechanics in sports			<input type="checkbox"/> After completing the unit, students will be able to:	Case based questions	Prepare notes
		1. Definition and importance of Kinesiology and biomechanics in sports	<input type="checkbox"/> To make the students understand the concept of	Expeditionary learning	<input type="checkbox"/> Understand kinesiology and biomechanics with their application		
			biomechanics ,kinetics and kinematics in sports				
		2. Principles of Biomechanics	<input type="checkbox"/> To make the students understand the concept of biomechanics	<input type="checkbox"/> Game based learning			

	3. Kinetics and kinematics in sports	<input type="checkbox"/> To make the students understand the concept of kinetics and kinematics in sports	<input type="checkbox"/> Game based learning	<input type="checkbox"/> Explain bioemchanical principles and their utilization in sports and physical education		
	4.Types of body movements-Flexion,Extension,Abduction, Adduction ,Rotation	<input type="checkbox"/> To make students learn about different body movements		<input type="checkbox"/> Illustrate fundamental body movements and their basic patterns		
	5.Axis and planes-concept and its application in body	<input type="checkbox"/> To make the students understand the concept of axis and its application of body movement		<input type="checkbox"/> Learn about the axis and planes and their applications with body movements		
16 Dec to 31 Dec	13Psychology and sports			<input type="checkbox"/> Identity the role of Psychology in physical education and sports	Practice test	Project file
	1.Definition and importance of psychology in physical education and sports	<input type="checkbox"/> The students will identifiy the definition and importance of psychology in sports	Lecture based instructions	<input type="checkbox"/> Identity the role of Psychology in physical education and sports		

	2. Developmental characteristics at different stages of development	<input type="checkbox"/> The students will be able to differentiate characteristics of growth and development		<input type="checkbox"/> Differentiate characteristics of growth and development at different stages		
	3. Adolescent problems and their management	<input type="checkbox"/> Students will be able to identify the issues and management relate to adolescents		<input type="checkbox"/> Differentiate characteristics of growth and problems at different stages		
	4. Team cohesion and sports	<input type="checkbox"/> The students will be able to understand the importance of team cohesion in sports		<input type="checkbox"/> Explain the issues related to adolescent behaviour and team cohesion in sports		
	5. Introduction to psychological attributes, attention, resilience, mental toughness	<input type="checkbox"/> Students will distinguish different psychological attributes like attention		<input type="checkbox"/> Correlate the psychological concepts with the sports and athlete specific situations		
16 Jan to 31 Jan	12 Training and doping in sports	<input type="checkbox"/> To make the students aware about of concepts and principles of sports training	Expeditionary learning	<input type="checkbox"/> After completing the unit, the students will be able to:	Final Practice test	Practical file

		1. Concept and principles of sports training	<input type="checkbox"/> To make the students aware about of concepts and principles of sports training		<input type="checkbox"/> Understand the concepts and principles of sports training	
		2. Training load, overload, adaptation and recovery	<input type="checkbox"/> To make students learn and understand the training load, overload, adaptation and recovery concept	<input type="checkbox"/> Game based learning and Expeditionary learning	<input type="checkbox"/> Summarise training load and its concept	
		3. Warming-up and limbering down types, methods and importance	<input type="checkbox"/> To make students understand the importance of warming up and limbering down exercises	<input type="checkbox"/> Game based learning	<input type="checkbox"/> Understand the concepts of warming up and limbering down and their types and importance	
		4. Concept of skill technique, tactics and strategies	<input type="checkbox"/> To introduce the terms like skills, techniques	<input type="checkbox"/> Game based learning	<input type="checkbox"/> Acquire the ability to differentiate between the skill, techniques, tactics	

					tics and strategies in sports training		
		5. Concept of doping and its disadvantages	<input type="checkbox"/> To make students aware of the doping substances and their disadvantages in sports	Expeditionary learning	<input type="checkbox"/> Interpret concepts of doping		