

## Bhartiya Vidya Mandir Sen. Sec. School, Sector 39, Chandigarh Road, Ludhiana

**CLASS - XI Subject: Physical Education Session: 2025-2026**

Month	Unit/Chapter/Topic	Learning Objective	Pedagogy Tools Used	E- Content	Learning Outcomes and Skills Learnt by Students
	UNIT-1: Changing trends and careers in physical education.-->1. Concept , aims and objectives of physical education.	1. To make the students understand the meaning , aims and objectives of physical education.			* Recognize the concept , aim ,and objectives of physical education. *Physical education programmes prepare their students for careers in both ability or capability.
	2. Development of physical education in India- post independence.	2. To teach students about the development of physical education in India after Independence.			*Identify the post independence development in physical education. *Development of the students motor ability.
	3. Changing trends in sports- playing surface , wearable gear and sports equipment , technological advancements.	3. To educate students about the development of sports surfaces, wearable gear, sports equipment and technology.			*Categorize changing trends in sports playing surface , wearable gear , sports equipment , technological . *Cognitive skills are developed.
	4. Career options in physical education.	4. To make students know the different career options available in the field .			* Explore different career options in the field of physical education. *Communication skills , making decisions self motivation , leadership skills , team work skills are develop.

**APRIL**

5. Khelo India program and fit India Programme.	5. To make them know about the khelo India program.
UNIT-2:Olympism value Education-->1. Olympism - Concept and olympics values. Excellence, freindship and respect.	1. To make the students aware of concept and olympics values
2. Olympic value education- Joy of effort , fair play , respect for others , pursuit of excellence , balance among body will and mind.	2. To make students learn about olympic value education- Joy of effort , fair play , respect for others , pursuit of excellence , balance among body , will and mind.
3. Ancient and modern olympics.	3. To make students understand ancient and modern olympic games.
4. Olympics - symbols , motto , flag , oath, and anthem.	4. To make the students aware of olympics - Symbols , Motto , Oath, and Anthem.
5. Olympic movement structure - IOC , NOC, IFS, other members.	To make the students learn about the working and functioning of IOC,NOC and its members.

1. Lecture based instruction.
2. Technology based learning.
3. Group learning.
4. Individual learning.
5. Project based learning.
6. Kinesthetic learning.
7. Problem based learning.
8. Expeditionary learning.

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*Make out the development of khelo India and fit India program.
*Incorporate values of olympism in your life. *Students learning Joy of effort , for play , respect for others , to pruse excellence and balance in life between body will and mind.
*Differentiate between modern and ancient olympic games , Paralympics and Special olympics games. *Students learn skills that give them moral clarity on complex issues that emerge in sports.
*Identify the olympic symbol and ideals. *Students to intergrate these principles into daily lives , fastering character development and Ethical behaviour.
* Describe the structure of the olympic movement structure. *Students learn Co-ordination , mastering skills , participating in competitions and preparing themselves for richer more productive lives.
*Accesing and analysing information.

<b>MAY</b>	UNIT-3:YOGA-->1. Meaning and importance of Yoga.	1. To make the students aware of the meaning and importance of Yoga.			* Recognize the concept of yoga and be aware of the importance of it. * Students learned about stress management and mindful breathing , self care, manage their anxiety.
	2. Introduction to Astanga Yoga.	2. To make them learn about Astanga Yoga.			* Identify the asanas. *Students learn and practice about various types of pranayam.
	3. Yogic Kriyas.(Shat Karma)	3. To teach students about Yogic kriyas , specially shat karmas.			* Identify the elements of Yoga. *Students learn about the methods of perform various Yogic kriyas to clean our body internally or purification of body and mind
	4. Pranayams and its types.	4. To make the learn and practice types of pran.			* Classify various yogic activities for the enhancement of concentration.
	5. Active lifestyle and stress management through yoga.	5. To make them learn the importance of yoga in stress management.			*Know about relaxation techniques for improving concentration.
<b>JUNE</b>	<b>SUMMER VACATION</b>				
<b>JULY</b>	UNIT- 4:Physical education and sports for children with special needs .1. Concept of disability and disorder.	1. To make the students aware concept of disability and disorder.			* Identify the concept of disability and disorder.
	2. Types of disability , its causes and nature.Intellectual disability, physical disability	2. To make students aware of different types of disabilities.			* Outline types of disability and describe their causes and nature .*Students understand about the role the various professionals in educational process of CWSN.
	3. Disability etiquette.	3. To make students learn about disability Etiquette.			*Adhere to and respect children with special needs by following etiquettes.

4. Aim and objectives of Adaptive physical education.	4. To make the students understand the aims and objectives adaptive physical education.
5. Role of various professionals for children with special needs. Counseller Occupational therapist ,physical education teacher, speech therapist and special educator.	5. To make students aware of role of various professionals for children with special needs.
UNIT-5:Physical fitness wellness and lifestyle.-->1. Meaning and importance of wellness, health and physical fitness.	1. To make the students understand the meaning and importance of wellness , health and physical fitness.
2. Components/Dimensions of wellness, health and physical fitness .	2. To make students aware of the components of wellness and health and physical fitness.
3. Traditional sports and regional games for promoting wellness.	3. To make students learn traditional sports and regional games to promote wellness.
4. Leadership through physical activity and sports.	4. To develop leadership qualities through physical activity and sports in students.

*Identify possibilites and scope in adaptive physical education.
*Relate various types of professional support for children with special needs along with their roles and responsibilities.
*Explain wellness and its importance and define the components of wellness. Students learn about health , fitness and wellness imprtance in our life.
* Classify physical fitness and recognize its importance in life.
* Distinguish between skill related and health related components of physical fitness. *Students also learn about various traditional games played in different areas or regions in India and their effects and benefits in our body.
To develop leadership qualities through physical activity and sports in students. * Relate leadership through physical activity and sports.

5. Introduction to first aid Price .	5. To make students learn first aid and its management skills.
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\* Illustrate the different steps used in first aid. Students learn about first aid and its management skills.

## AUGUST

## AUGUST

UNIT-6: Test , measurement and Evaluation .-->1. Define Test measurements and evaluation.	1. To introduce the students with the term like test , measurement and evaluation along with its importance.
2. Importance of test , measurements and evaluation in sports.	2. To introducing them the methods of calculating BMI , waist- hip ratio and skin fold measurement.
3. Calculation of BMI , waist -hip ratio , skin fold measurement.	3. To make the students aware of the different somatotypes.
4. Somato types. Endomorphy, mesomorphy, ectomorphy	4. To make the students learn the method to measure health related fitness.
5. Measurements of health related fitness.	

* Define the term test , measurement and evaluation.
* Differentiate norm and criterion referenced standards. * Discuss the importance of measurement and evaluation processes.
* Differentiate formative and summative evaluation. * Students learn about how to conduct and administration various tests in physical education. Understand BMI: As popular clinical standard and its computation
* Students learn about human body shapes. Differentiate between endomorphy , mesomorphy and ectomorphy describe the procedure of anthropometric.
* Students learn about the method to measure health related fitness.

UNIT-7:Fundamentals of Anatomy , Physiology in sports-->1. Definition and importance of Anatomy and Physiology in exercise and sports.	1. Students will learn the meaning and definition and identify the importance of anatomy , physiology and kinesiology.
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*Identify the importance of anatomy and physiology. *Students learn about importance of anatomy and physiology.
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**OCTOBER**

2. Functions of skeletal system , classification of bones and types of joints.	2. Students will understand the main functions and classification of bone and the types of joints.
3. Properties and functions of muscles.	3.The students will learn the properties and functions of muscles.
4. Structure and functions of circulatory system and heart.	4. The students will.learn the structure and functions of the circulatory system and heart.
5. Structure and functions of respiratory system .	5. The students will learn the structure and functions of respiratory system.

* Recognize the functions of the skeleton. Understand the functions of bones and identify various types of joints .	
3.Students learn the properties and functions of muscles.	*Figure out the properties and functions of muscles and understand how they work
Identify and analyse the layout and functions of Circulatory system .	
*Understand the anatomy of the resoiratory system and describe its working. Students learn the structure and functions of respiratory system.	

UNIT-8:Fundamentals of Kinesiology and Biomechanics in sports-->1. Definition and importance of Kinesiology and Biomechanics in Sports.	1. The students will learn the meaning and definition and identify the importance of Kinesiology and Biomechanics in Sports.
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1. Lecture based instruction.
2. Technology based learning.
3. Group learning.
4. Individual learning.
5. Inquiry based learning.
6. Kinesthetic learning.
7. Game based learning.
8. Expeditionary learning.

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*Understanding kinesiology and Biomechanics with their applications in sports. *Students have learned to explain about kinesiology and biomechanics and their importance in sports.
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2. Principles of Biomechanics.	2. To make the students learn the principles of biomechanics .
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\* Explain biomechanical principles and their utilization in sports and physical education. \* Students learned about that it helps us in understanding the various Biomechanics principles.

**NOV**

3. Kinetics and Kinematics in Sports.	3. To make the students understand the concept of kinetics and kinematics in Sports.
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\*Illustrate fundamental body movements and their basic patterns.\* Students have learned about how to make the students understand the concept of kinetics and kinematics in sports.

4. Types of body Movements- flexion , Extension, Abduction, Adduction , Rotation , Circumduction, Supination and Pronation.	4. To make the Students learn about different types of body movements.
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\* Learn about the Axis and planes and their application with body movements. \*Students have learned to know about the various types of body movements like flexion , Abduction, Extension , Adduction , Rotation, Circumduction , Supination and Pronation.

5. Axis and planes - Concept and its body applications movements.	5. To make the students understand the concept of Axis and Planes and its application in body movements.
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\*Students have learned about to understand about the planes and axis and their applications in body movements.

UNIT-9:Psychology and Sports-->1. Definition and importance of Psychology in Physical education and sports.	1. The Students will identify the definition and importance of psychology in Physical education in sports.
2. Developmental Characteristics at different stages of development.	2. The students will be able to differentiate characteristics of growth and development at different stages.

* Identify the role of psychology in physical education in sports. *Students have learned about that it gives us understanding aboutt Psychology and its importance in sports.
* Differntiate characteristics of growth and development at different stages. * Students will learned about to differentiate characteristics of growth and development at different stages.

## DEC

3. Adolescent Problems and their management.	3. Students will be able to identify the issues and management related to adolscents .
4. Team Cohesion and sports.	4. The students will be able to understand the importance of team cohesion in sports.

*Explain the issues related to adolscent behaviour and team cohesion in sports.*Students will learned that we can understand the various adolscent probblems , how to tackle them , whta will be the role of parents / guardians and friends to overcome them from such problems and various ways to manage them.
* Correlate the psychological concepts with the sports and athlete specific situations. *Students will learned how to guides us how the team cohesion work and how we can develop it.

5. Introduction to psychological attributes : Attention , Resilience , Mental toughness.	5. Students will be distinguish different Psychological attributes like Attention , resilience and mental toughness.
UNIT-10:Training and Doping in sports.1. Concepts and principles of training.	To make the students aware about of concepts and principles of sports training.
2. Training load : over load , adaptation and recovery	2. To make students learn and understand the training load , Over load , Adaptation , and recovery concepts.

* Students will learn how to distinguish different Psychological Attributes like Attention , Resilience , and Mental toughness.
*Understand the concept and principles of sports training.* Students will learn how to give a brief understanding of the concept of Sports training and Principles.
*Summarize training load and its concept . *Students will learn how to give us the understanding about various processes of training, important terminologies principles and implementation in sports.

**JAN**

3. Warming up and Limbering down types, method and importance.	3. To make students understand the importance of warming up and limbering down exercises.
4. Concept of skill technique , tactics and strategies.	4. To introduce the terms like skills, techniques, tactics and Strategies to the students .

*Understanding the concept of warming up and limbering down in sports training and their types, method and importance. * Students will learn about how to make the importance of warming up and the limbering down exercise.
* Acquire the ability to differentiate between the skill , technique , tactics and strategies in sports training.

5. Concept of doping and its disadvantages.

5. To make students aware of the doping substances and their disadvantages in sports.

\*Interpret concept of doping. \* Gives the knowledge about the Doping and its effects on our health.