

PHYSICAL EDUCATION (048)

Class XI (2023–24)

PERIODIC TEST I

Unit I- Changing Trends & Career in Physical Education

MID TERM

Unit I- Changing Trends & Career in Physical Education

Unit II- Olympism

Unit III- Yoga

Unit IV- Physical Education & Sports for CWSN (Children with Special Needs - Divyang)

PERIODIC TEST II

Unit V- Physical Fitness, Health and Wellness

Unit VI- Test, Measurement & Evaluation

FINAL TERM

Unit I- Changing Trends & Career in Physical Education

Unit II- Olympism

Unit III- Yoga

Unit IV- Physical Education & Sports for CWSN (Children with Special Needs - Divyang)

Unit V- Physical Fitness, Health and Wellness

Unit VI- Test, Measurement & Evaluation

Unit VII- Fundamentals of Anatomy, Physiology in Sports

Unit VIII- Fundamentals of Kinesiology and Biomechanics in Sports

Unit IX- Psychology & Sports

Unit X- Training and Doping in Sports