

**PHYSICAL EDUCATION (048)**

**Class XI (2024–25)**

**PERIODIC TEST I**

Unit I- Changing Trends & Career in Physical Education

**MID TERM**

Unit I- Changing Trends & Career in Physical Education

Unit II- Olympic Value Education

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- Olympic Value Education

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