



MONTH WISE SYLLABUS AND SYLLABUS FOR ASSESSMENT

SESSION: 2024- 25

CLASS: XI, SUBJECT: PHYSICAL EDUCATION

MONTH	TOPICS
April	Changing Trends and career in Physical Education
May	Yoga
	Olympic Value Education
July	Physical Education and Sports for CWSN
August	Test, Measurement and Evaluation
September	Test, Measurement and Evaluation and Revision
October	Physical Fitness & Wellness
	Fundamental of Anatomy & Physiology in Sports
November	Fundamental of Kinesiology & Biomechanics in sports
December	Training and Doping in Sports
January	Psychology and Sports
SYLLABUS FOR ASSESSMENT	
First Periodic Test (8 July to 16 July 2024)	<ul style="list-style-type: none"> • Changing Trends and Career in Physical Education • Yoga • Olympic Value Education
First Term Examination /Half yearly (23 Sept to 5 October 2024)	<ul style="list-style-type: none"> • Changing Trends and career in Physical Education • Yoga • Olympic Value Education • Physical Education and Sports for CWSN • Test, Measurement and Evaluation
Annual Examination: (06 Feb - 22 Feb 2025)	Complete (100%) Syllabus