

CARMEL CONVENT SR. SEC. SCHOOL, B.H.E.L., BHOPAL
SYLLABUS 2015 – 16
SUBJECT – PHYSICAL EDUCATION
CLASS - XI

TERM I

1. Changing trends and career in Physical Education.
2. Physical Fitness, Wellness & Lifestyle.
3. Olympic Movement

PRACTICAL : -Physical Fitness
-Athletics – Any Two events (Sprints & Jumps)
-Skills of any one Team game
-Viva

TERM II

1. Yoga
2. Doping
3. Physical Activity Environment
4. Test & Measurement in Sports

PRACTICAL: Health & Fitness activities with Rope Skipping.

Term II Exam - Syllabus of Term I and Term II

TERM III/FINAL

- Fundamentals of Anatomy & Physiology
- Biomechanics & Sports
- Psychology & Sports
- Training In Sports

PRACTICAL: Record File

Final Exam – Complete Syllabus of Term I, Term II and Term III
