

CARMEL CONVENT SR. SEC. SCHOOL, B.H.E.L., BHOPAL
SYLLABUS 2017 – 18
SUBJECT – PHYSICAL EDUCATION
CLASS - XI

TERM I

1. Changing trends and career in Physical Education.
2. Physical Fitness, Wellness & Lifestyle.
3. Olympic Movement
4. Test & Measurement In Sports
5. Physical Education & Sports for Differently Abled

PRACTICAL : -Physical Fitness
-Skills of any one Team game
-Viva

TERM II

1. Yoga
2. Doping
3. Kinesiology, Biomechanics & Sports
4. Training In Sports
5. Psychology & sports

PRACTICAL: Health & Fitness activities with Rope Skipping & Labelled diagram of 400 Mt. Track & Field.

Term II Exam - Syllabus of Term I and Term II

TERM III/FINAL

- Fundamentals of Anatomy & Physiology
- Physical Activity & Leadership Training.

PRACTICAL: Record File

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

Note : Syllabus subject to change as per guidelines by the CBSE