

**ARMY PUBLIC SCHOOL, BANGALORE**  
**SPLIT UP SYLLABUS 2023-24**

**CLASS - 11**  
**SUBJECT- PHYSICAL EDUCATION**

SL. NO.	MONTH & WORKING DAYS	CONTENT
1.	APRIL, 14 DAYS	
2.	JUNE, 24 DAYS	<p><b>Unit I Changing Trends &amp; Career in Physical Education</b></p> <ul style="list-style-type: none"> <li>● Concept, Aims &amp; Objectives of Physical Education</li> <li>● Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements</li> <li>● Career Options in Physical Education</li> <li>● Khelo-India and Fit-India Program</li> </ul>
3.	JULY, 23 DAYS	<p><b>Unit II Olympism</b></p> <ul style="list-style-type: none"> <li>● Ancient and Modern Olympics</li> <li>● Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li> <li>● Olympics - Symbols, Motto, Flag, Oath, and Anthem</li> <li>● Olympic Movement Structure - IOC, NOC, IFS, Other members</li> </ul> <p><b>Unit III Yoga</b></p> <ul style="list-style-type: none"> <li>● Meaning &amp; Importance of Yoga</li> <li>● Introduction to Ashtanga Yoga</li> <li>● Introduction to Yogic Kriyas (Shat Karma)</li> </ul>
4.	AUG, 24 DAYS	<p><b>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ul style="list-style-type: none"> <li>● Concept of Disability and Disorder</li> <li>● Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability)</li> <li>● Aim &amp; Objective of Adaptive Physical Education</li> <li>● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</li> </ul>

5.	SEPT, 22 DAYS	<b>Unit V Physical Fitness, Health and Wellness</b> <ul style="list-style-type: none"> <li>● Meaning and Importance of Wellness, Health and Physical Fitness</li> <li>● Components/Dimensions of Wellness, Health and Physical Fitness</li> <li>● Traditional Sports &amp; Regional Games for promoting wellness</li> </ul>
6.	OCT, 16 DAYS	<b>Unit VI Test, Measurement &amp; Evaluation</b> <ul style="list-style-type: none"> <li>● Concept of Test, Measurement &amp; Evaluation in Physical Education &amp; sports.</li> <li>● Classification of Test in Physical Education and Sports.</li> <li>● Test administration guidelines in physical education and sports</li> </ul> <b>Unit VII Fundamentals of Anatomy, Physiology in Sports</b> <ul style="list-style-type: none"> <li>● Definition and Importance of Anatomy and Physiology in exercise and sports</li> <li>● Functions of Skeletal system, classification of bone and types of joints.</li> <li>● Function and Structure of Circulatory system and heart.</li> <li>● Function and Structure of Respiratory system.</li> </ul>
7.	NOV, 21 DAYS	<b>Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports</b> <ul style="list-style-type: none"> <li>● Definition and Importance of Kinesiology and Biomechanics in sports</li> <li>● Principles of Biomechanics</li> <li>● Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>● Axis and Planes – Concept and its application in body movements</li> </ul>
8.	DEC, 18 DAYS	<b>Unit IX Psychology &amp; Sports</b> <ul style="list-style-type: none"> <li>● Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>● Adolescent Problems &amp; Their Management</li> <li>● Team Cohesion and Sports</li> </ul> <b>Unit X Training and Doping in Sports</b> <ul style="list-style-type: none"> <li>● Concept and Principles of Sports Training</li> <li>● Training Load: Over Load, Adaptation, and Recovery</li> <li>● Concept of Doping and its disadvantages</li> </ul>

9.	JAN, 23 DAYS	Revision
10.	FEB, 24 DAYS	Revision & Annual Exams
11.	MARCH, 21 DAYS	

**BOOKS:**