



DELHI PUBLIC SCHOOL (JOKA) SOUTH KOLKATA
SYLLABUS - 2020-2021
CLASS XI
PHYSICAL EDUCATION

PERIODIC TEST-I

Unit I: Changing trends & career in Physical Education

- Meaning & Definition of Physical Education
- Aims & Objective of Physical Education
- Career Options in Physical Education
- Competitions in Various Sports at National and International Level
- Khelo India

Unit II: Olympic Value Education

- Olympics, Paralympics and Special Olympics
- Olympic Symbols, Ideals, Objectives & Values of Olympism
- International Olympic Committee
- Indian Olympic Association

Unit III: Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of Physical Fitness and wellness
- Components of Health Related Fitness

MIDTERM EXAMINATION

THEORY

Unit I: Changing Trends & Career in Physical Education

- Meaning & Definition of Physical Education
- Aims & Objectives of Physical Education
- Career Options in Physical Education
- Competitions in Various Sports at National and International Level
- Khelo India

Unit II: Olympic Value Education

- Olympics, Paralympics and Special Olympics
- Olympic Symbols, Ideals, Objectives & Values of Olympism
- International Olympic Committee
- Indian Olympic Association

Unit III: Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of Physical Fitness and Wellness
- Components of Health Related Fitness

Unit IV: Physical Education & Sports for CWSN(Children With Special Needs-Divyang)

- Aims & Objectives of Adaptive Physical Education
- Organization Promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept of Inclusion, Its Need and Implementation)
- Role of Various Professionals for Children with Special Needs(Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educators)

Unit V: Yoga

- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction- Asanas, Pranayam, Meditation & Yogic Kriyas
- Yoga for Concentration & Related Asanas (Sukhasana; Tadasana; Padmasana; &Shashankasana, Naukasana, Vrikshasana(Tree pose), Garudasana(Eagle pose)
- Relaxation Techniques for Improving Concentration-Yog-nidra

PRACTICAL

01. Physical Fitness Test- 6 Marks
02. Proficiency in Games and Sports (Skill of any Game of choice from the given list *) -7 Marks
03. Yogic Practices - 7 Marks
04. Record File** -5 Marks
05. Viva Voce (Healthy/ Games & Sports/ Yoga) - 5 Marks

* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Swimming, Taekwondo, Tennis, Aerobics, Gymnastics, Rope- Skipping, Yoga, Bocce & Unified Basketball [CWSN(Children With Special Need-Divyang)]

** Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood and graphical representation of the data.

Practical-3: Labelled diagram of field and equipment of any one game of your choice out of the above list.

Practical-4: List of current National Awardees (Dronacharya Award, Arjuna Award and Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.

PERIODIC TEST-II

Unit VI: Physical Activity and Leadership Training

- Leadership Qualities & Role of a Leader
- Creating Leaders through Physical Education
- Meaning, Objectives & Types of Adventure Sports(Rock Climbing, Trekking, River Rafting, Mountaineering, Surfing and para Gliding)
- Safety Measures to Prevent Sports Injuries

Unit VII: Test, Measurement & Evaluation

- Define Test, Measurement & Evaluation
- Importance of Test, Measurement & Evaluation in Sports
- Calculation of BMI & Waist-Hip Ratio
- Somato Types (Endomorphy, Mesomorphy&Ectomorphy)
- Measurement of Health Related Fitness

Unit VIII: Fundamentals of Anatomy, Physiology & Kinesiology in Sports

- Definition and Importance of Anatomy, Physiology & Kinesiology
- Functions of Skeleton System, Classification of Bones & Types of Joints
- Properties & Functions of Muscles
- Functions & Structure of Respiratory System and Circulatory System
- Equilibrium- Dynamic & Static and Centre of Gravity and its Application in Sports

ANNUAL EXAMINATION

THEORY

Unit I: Changing Trends & Career in Physical Education

- Meaning & Definition of Physical Education
- Aims & Objectives of Physical Education
- Career Options in Physical Education
- Competitions in Various Sports at National and International Level
- Khelo India

Unit II: Olympic Value Education

- Olympics, Paralympics and Special Olympics
- Olympic Symbols, Ideals, Objectives & Values of Olympism
- International Olympic Committee
- Indian Olympic Association

Unit III: Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of Physical Fitness and Wellness
- Components of Health Related Fitness

Unit IV: Physical Education & Sports for CWSN(Children with Special Needs-Divyang)

- Aims & Objectives of Adaptive Physical Education
- Organization Promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics)
- Concept of Inclusion, Its Need and Implementation)
- Role of Various Professionals for Children with Special Needs(Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educators)

Unit V: Yoga

- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction- Asanas, Pranayam, Meditation & Yogic Kriyas
- Yoga for Concentration & Related Asanas (Sukhasana; Tadasana; Padmasana; &Shashankasana, Naukasana, Vrikshasana(Tree pose), Garudasana (Eagle pose)
- Relaxation Techniques for Improving Concentration-Yog-nidra

Unit VI: Physical Activity and Leadership Training

- Leadership Qualities & Role of a Leader
- Creating Leaders through Physical Education
- Meaning, Objectives & Types of Adventure Sports (Rock Climbing, Trekking, River Rafting, Mountaineering, Surfing and para Gliding)
- Safety Measures to Prevent Sports Injuries

Unit VII: Test, Measurement & Evaluation

- Define Test, Measurement & Evaluation
- Importance of Test, Measurement & Evaluation in Sports
- Calculation of BMI & Waist-Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurement of Health Related Fitness

Unit VIII: Fundamentals of Anatomy, Physiology & Kinesiology in Sports

- Definition and Importance of Anatomy, Physiology & Kinesiology
- Functions of Skeleton System, Classification of Bones & Types of Joints
- Properties & Functions of Muscles
- Functions & Structure of Respiratory System and Circulatory System
- Equilibrium- Dynamic & Static and Centre of Gravity and its Application in Sports

Unit IX: Psychology & Sports

- Definition & Importance of Psychology in Physical Education & Sports
- Define & differentiate between Growth & Development
- Developmental Characteristics at Different Stages of Development
- Adolescent Problems & their Management

Unit X: Training in Sports

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & Limbering down
- Skill, Technique & Style
- Concept & Classification of doping
- Prohibited Substances & their Side Effects
- Dealing with Alcohol and Substance Abuse

PRACTICAL

01. Physical Fitness Test- 6 Marks

02. Proficiency in Games and Sports (Skill of any Game of choice from the given list *) -7 Marks

03. Yogic Practices - 7 Marks

04. Record File** -5 Marks

05. Viva Voce (Healthy/ Games & Sports/ Yoga) - 5 Marks

* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Swimming, Taekwondo, Tennis, Aerobics, Gymnastics, Rope- Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With Special Need-Divyang)]

** Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood and graphical representation of the data.

Practical-3: Labelled diagram of field and equipment of any one game of your choice out of the above list.

Practical-4: List of current National Awardees (Dronacharya Award, Arjuna Award and Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.