

DELHI PUBLIC SCHOOL JAMMU
SYLLABUS BIFURCATION
SESSION- (2025-26)

CLASS-XI

SUB: Physical Education (048)

The broad objective of teaching Physical and Health Education at Senior School stage intends to help the students:

1. To bring the overall awareness of values and inculcate among students the desired habits and attitudes towards health and raise their health status.
2. To make the pupil physically, mentally, and emotionally fit and develop their personal and social qualities that will help them to be good human beings.
3. To develop an interest in exercise, sports, and games for self-satisfaction and make it a part of life;
4. To enable an individual to enhance inner qualities - self-mastery, discipline, courage, confidence and efficiency.
5. To develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.

April 2025 to March 2026

S.NO.	MONTH	NAME OF THE UNITS
1	April	Unit I : Changing Trends & Career in Physical Education Unit II : Olympism Foundation worksheet Activity 1 : . Prepare an art integrated chart on Career in Physical Education
2	May	Unit III : Yoga Revision , Sample Paper, and Kahoot Quiz Assignment 1: Based on YOGA Activity 2: Lab Mannual (Labelled diagram of 400 M Track & Field with computations. ❖ Practical-2: Describe Changing Trends in Sports & Games in terms of changes
3	JUNE	Unit IV: Physical Education & Sports for CWSN (Children with Special Needs - Divyang Class Test -1 To evaluate the understanding of the concepts of the students on the topic CWSN Project Work : Project Discussion on Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)
4	July	Unit IV: Physical Education & Sports for CWSN (Children with Special Needs – Divyang Assessment -2 : On the Topic CWSN
5	August	Unit V: Physical Fitness, Health and Wellness Experiential Learning Assignment 3: Based on the topic Physical Fitness
6	September	Unit VI: Test, Measurement & Evaluation Revision, sample paper and Kahoot Quiz on the topic Test, Measurement and Evaluation to reiterate important concepts. Experiential learning to enhance the knowledge and skills of students Activity 3: Lab Mannual Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* Assignment 4: on the topic Test, Measurement and Evaluation
7	October	Unit VII: Fundamentals of Anatomy, Physiology in Sports Assignment -5 : on the topic Fundamentals of Anatomy, Physiology in Sports Class Test – 3 : To evaluate the understanding of the concepts of the students on the topic Fundamentals of Anatomy, Physiology in Sports

S.NO.	MONTH	NAME OF THE UNITS
		Activity 4: PPT on Function of Heart and Respiratory System
8	November	Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports Kahoot Quiz on the topic Fundamentals of Kinesiology and Biomechanics in to reiterate important concepts. Assignment -6 : Based on the topic Biomechanics in sports Activity 5: PPT on Planes and axis
9	December	Unit IX: Psychology & Sports Unit X: Training and Doping in Sports Kahoot Quiz on the topic Training and Doping in Sports to reiterate important concepts Assignment -7: Based on Psychology & Sports Sample paper3: Unit 1 to unit 10
10	January	Case Study questions
11	February	Practical of students, Revision of the Syllabus
12	March	Doubt-clearing sessions and revision of the Syllabus

EXAM SCHEDULE

SYLLABUS FOR CYCLE TEST -I

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism

SYLLABUS FOR (HALF-YEARLY EXAMINATION)

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism
Unit-3 Yoga
Unit-4 Physical Education and Sports for CWSN
Unit -5 Physical Fitness, Health and Wellness

SYLLABUS FOR CYCLE TEST -II

Unit-6 Test Measurement & Evaluation
Unit-7 Fundamentals of Anatomy, Physiology in Sports

SYLLABUS FOR FINAL EXAMINATION

Unit-1 Changing Trends & Career in Physical Education
Unit-2 Olympism
Unit-3 Yoga
Unit-4 Physical Education and Sports for CWSN
Unit -5 Physical Fitness, Health and Wellness
Unit-6 Test Measurement & Evaluation
Unit-7 Fundamentals of Anatomy, Physiology in Sports
Unit-8: Fundamentals of Kinesiology and Biomechanics in Sports
Unit-9 Psychology and Sports
Unit- 10 Training and Doping in Sports

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SUBJECT COORDINATOR