

**NAVY CHILDREN SCHOOL VISAKHAPATNAM**  
**PHYSICAL EDUCATION (048)**  
**CLASS XI(2024-25)**  
**SPLIT OF SYLLABUS**

Theory

Max. Marks 70

<p><b>Month of June</b></p> <p><b>Unit 1- Changing Trends and Careers in Physical Education</b></p>	<ul style="list-style-type: none"> <li>*Concept, Aims &amp; Objectives of Physical Education</li> <li>*Development of Physical Education in India – Post Independence</li> <li>*Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements</li> <li>*Career options in Physical Education</li> <li>*Khelo-India Program and Fit – India Program</li> </ul>
<p><b>Month of July</b></p> <p><b>Unit-II Olympism Value Education</b></p>	<ul style="list-style-type: none"> <li>*Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li> <li>*Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will &amp; Mind</li> <li>*Ancient and Modern Olympics</li> <li>*Olympics - Symbols, Motto, Flag, Oath, and Anthem</li> <li>*Olympic Movement Structure - IOC, NOC, IFS, Other members</li> </ul>
<p><b>Month of August</b></p> <p><b>Unit III - Yoga</b></p>	<ul style="list-style-type: none"> <li>*Meaning and importance of Yoga</li> <li>*Introduction to Astanga Yoga</li> <li>*Yogic Kriyas (Shat Karma)</li> <li>*Pranayama and its types.</li> <li>*Active Lifestyle and stress management through Yoga</li> </ul>
<p><b>Month of September</b></p> <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>*Disability Etiquette</li> <li>*Aim and objectives of Adaptive Physical Education.</li> <li>*Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</li> </ul>

<p><b>Month of October</b></p> <p><b>Unit V- Physical Fitness, Wellness, and Lifestyle</b></p>	<ul style="list-style-type: none"> <li>*Meaning &amp; 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> <li>*Leadership through Physical Activity and Sports</li> <li>.</li> <li>*Introduction to First Aid – PRICE</li> </ul>
<p><b>Month of November</b></p> <p><b>Unit VI -Test &amp; Measurement and Evaluation</b></p>	<ul style="list-style-type: none"> <li>*Define Test, Measurements and Evaluation.</li> <li>*Importance of Test, Measurements and Evaluation in Sports.</li> <li>*Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)</li> <li>*Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>*Measurements of health-related fitness</li> </ul>
<p><b>Month of December</b></p> <p><b>Unit VII- Fundamentals of Anatomy, Physiology in Sports</b></p>	<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 Bones, and Types of Joints.</li> <li>*Properties and Functions of Muscles.</li> <li>*Structure and Functions of Circulatory System and Heart.</li> <li>*Structure and Functions of Respiratory System</li> <li>.</li> </ul>
<p><b>Month of January</b></p> <p><b>Unit VIII- Fundamentals of Kinesiology and Biomechanics in Sports</b></p>	<ul style="list-style-type: none"> <li>*Definition and Importance of Kinesiology and Biomechanics in Sports.</li> <li>*Principles of Biomechanics</li> <li>*Kinetics and Kinematics in Sports</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>
<p><b>Month of January</b></p> <p><b>Unit IX- Psychology &amp; Sports</b></p>	<ul style="list-style-type: none"> <li>*Definition &amp; Importance of Psychology in Physical Education &amp; Sports;</li> <li>*Developmental Characteristics at Different Stages of Development;</li> <li>*Adolescent Problems &amp; their Management;</li> <li>*Team Cohesion and Sports;</li> </ul>

	*Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness
<b>Month of February Unit X -Training &amp; Doping in Sports</b>	*Concept and Principles of Sports Training *Training Load: Over Load, Adaptation, and Recovery *Warming-up & Limbering Down – Types, Method & Importance *Concept of Skill, Technique, Tactics & Strategies . * Concept of Doping and its disadvantages

**Practical**

**Max. Marks 30**

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|---|---------|
| 01. Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*        | 6 Marks |
| 02. Proficiency in Games and Sports<br>(Skill of any one IOA recognised Sport/Game of Choice)** | 7 Marks |
| 03. Yogic Practices   | 7 Marks |
| 04. Record File ***   | 5 Marks |
| 05. Viva Voce (Health/ Games & Sports/ Yoga)  | 5 Marks |

\* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)

\*\*CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.

\*\*Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

**\*\*\*Record File shall include:**

- ❖ Practical-1: Labelled diagram of 400m Track and Field with computations
- ❖ Practical-2: Describe changing trends in sports and Games in terms of changes in playing surface, wearable gears, Equipment, Technological advancements,
- ❖ Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies