

DON BOSCO SCHOOL, ALAKNANDA

SYLLABUS 2017–18

CLASS: XI

SUBJECT: PHYSICAL EDUCATION

TERM I

PERIODIC TEST I / QUARTERLY EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-1	CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION.
CH-2	OLYMPIC MOVEMENT.
CH-3	PHYSICAL FITNESS, WELLNESS AND LIFESTYLE.
CH-4	PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.

PERIODIC TEST II / HALF YEARLY EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-1	CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION.
CH-2	OLYMPIC MOVEMENT.
CH-3	PHYSICAL FITNESS, WELLNESS AND LIFESTYLE.
CH-4	PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.
CH-5	YOGA.
CH-6	PHYSICAL ACTIVITY AND LEADERSHIP TRAINING.
CH-7	TEST, MEASUREMENT AND EVALUATION.
ACTIVITY	
	PRACTICE EXAM.

TERM II

PERIODIC TEST III / PRE-ANNUAL EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-8	FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY.
CH-9	KINESIOLOGY, BIOMECHANICS AND SPORTS.
CH-10	PSYCHOLOGY AND SPORTS.

ANNUAL EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-1	CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION.
CH-2	OLYMPIC MOVEMENT.
CH-3	PHYSICAL FITNESS, WELLNESS AND LIFESTYLE.
CH-4	PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.
CH-5	YOGA.
CH-6	PHYSICAL ACTIVITY AND LEADERSHIP TRAINING.
CH-7	TEST, MEASUREMENT AND EVALUATION.
CH-8	FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY.
CH-9	KINESIOLOGY, BIOMECHANICS AND SPORTS.
CH-10	PSYCHOLOGY AND SPORTS.
CH-11	TRAINING IN SPORTS.
CH-12	DOPING.
ACTIVITY	
	PRACTICE EXAM.