

**CLASS XI (2025-26)**  
**PHYSICAL EDUCATION (048)**

<b>PERIODIC TEST – I</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 1.	Changing Trends and Careers in Physical Education
Chapter 2.	Olympism Value Education
<b>Half Yearly</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 1.	Changing Trends and Careers in Physical Education
Chapter 2.	Olympism Value Education
Chapter 3.	Yoga
Chapter 4.	Physical Education and Sports for Children with Special Needs
Chapter 5.	Physical Fitness, Health and Wellness
Chapter 6.	Test, Measurement and Evaluation
<b>PERIODIC TEST – II</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 7.	Fundamentals of Anatomy, Physiology in Sports
Chapter 8.	Fundamentals of Kinesiology and Biomechanics in Sports
<b>ANNUAL EXAMINATION</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 1.	Changing Trends and Careers in Physical Education
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Chapter 8.	Fundamentals of Kinesiology and Biomechanics in Sports
Chapter 9.	Psychology and Sports
Chapter 10.	Training and Doping in Sports

