



**NEW ERA SENIOR SECONDARY SCHOOL**

**(CBSE Affiliation No. 430024)**

**SYLLABUS: 2025-26**

**SUBJECT: PHYSICAL EDUCATION CLASS: XI**

**SUBJECT TEACHER: HITESHKUMAR UPADHYAY (PGT)**

***CHAPTER- 1- CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION***

**Content:**

- Concept, Aims & Objectives of Physical Education
- Development of Physical Education in India – Post Independence
- Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements
- Career options in Physical Education
- Khelo-India Program and Fit – India Program

## ***CHAPTER- 2- OLYMPISM VALUE EDUCATION***

### **Content:**

- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind
- Ancient and Modern Olympics
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure - IOC, NOC, IFS, Other members

## ***CHAPTER- 3- YOGA***

### **Content:**

- Meaning and importance of Yoga
- Introduction to Astanga Yoga
- Yogic Kriyas (Shat Karma)
- Pranayama and its types.
- Active Lifestyle and stress management through Yoga

## ***CHAPTER- 4- PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS***

### **Content:**

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability).
- Disability Etiquette
- Aim and objectives of Adaptive Physical Education.
- Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)

## ***CHAPTER- 5- PHYSICAL FITNESS, WELLNESS & LIFESTYLE***

### **Content:**

- Meaning & importance of Wellness, Health, and Physical Fitness.
- Components/Dimensions of Wellness, Health, and Physical Fitness.
- Traditional Sports & Regional Games for promoting wellness.
- Leadership through Physical Activity and Sports.
- Introduction to First Aid – PRICE.

## ***CHAPTER- 6- TEST, MEASUREMENT & EVALUATION***

### **Content:**

- Define Test, Measurements and Evaluation.
- Importance of Test, Measurements and Evaluation in Sports.
- Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurements of health-related fitness

## ***CHAPTER- 7- FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS***

### **Content:**

- Definition and importance of Anatomy and Physiology in Exercise and Sports.
- Functions of Skeletal System, Classification of Bones, and Types of Joints.
- Properties and Functions of Muscles.
- Structure and Functions of Circulatory System and Heart.
- Structure and Functions of Respiratory System.

## ***CHAPTER- 8- FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS***

### **Content:**

- Definition and Importance of Kinesiology and Biomechanics in Sports.
- Principles of Biomechanics
- Kinetics and Kinematics in Sports
- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- Axis and Planes – Concept and its application in body movements

## ***CHAPTER- 9- PSYCHOLOGY & SPORTS***

### **Content:**

- Definition & Importance of Psychology in Physical Education & Sports;
- Developmental Characteristics at Different Stages of Development;
- Adolescent Problems & their Management;
- Team Cohesion and Sports;
- Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

## ***CHAPTER- 10- TRAINING AND DOPING IN SPORTS***

### **Content:**

- 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

**GUIDELINES FOR INTERNAL ASSESSMENT**  
**(PRACTICAL/ PROJECTS ETC.)**

<b>PRACTICAL</b>	<b>(Max. Marks 30)</b>
Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*	6 Marks
Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)**	7 Marks
Yogic Practices	7 Marks
Record File ***	5 Marks
Viva Voce (Health/ Games & Sports/ Yoga)	5 Marks