

***SYLLABUS* SESSION – 2025-2026**

CLASS 11

PHYSICAL EDUCATION

PRE PERIODIC TEST

CHAPTER-1 Changing Trends and Career in Physical Education

CHAPTER-2 Olympism Value Education

HALF YEARLY EXAM

***CHAPTER-1 + CHAPTER-2* &**

CHAPTER-3 Yoga

CHAPTER-4 Physical.

Education and Sports for CWSN (Children with Special Needs-Divyang)

CHAPTER-5 Physical Fitness, Wellness and Lifestyle.

POST PERIODIC TEST

CHAPTER-6 Test Measurement and Evaluation

CHAPTER-7 Fundamentals of Anatomy Physiology in Sports

ANNUAL EXAM

PRE PERIODIC + HALF YEARLY + POST PERIODIC &

CHAPTER-8 Fundamentals of Kinesiology and Biomechanics in Sports

CHAPTER-9 Psychology and Sports

CHAPTER-10 Training and Doping in Sports.

Class 11 Practical

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

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

Teacher's Name

AMITA TIWARI

MANOJ PATHAK

PRADEEP KUMAR TIWARI