

# N C Jindal Public School

Punjabi Bagh, Delhi

Physical Education Code: 048, Syllabus 2022-23

Half Yearly Syllabus		XI PHYSICAL EDUCATION	
Name of the Chapter	Topics to be Covered	Marks Allotted	
Unit I Changing Trends & Career in Physical Education	Concept, Aims & Objectives of Physical Education • Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements • Career Options in Physical Education • Khelo- India and Fit-India Program Unit	70	
Unit II Olympism	• Ancient and Modern Olympics • Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) • Olympics - Symbols, Motto, Flag, Oath, and Anthem • Olympic Movement Structure - IOC, NOC, IFS, Other members		
Unit III Yoga	• Meaning & Importance of Yoga • Introduction to Ashtanga Yoga • Introduction to Yogic Kriyas (Shat Karma)		
Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang) •	• Concept of Disability and Disorder • Types of Disability, its causes & nature (Intellectual disability, Physical disability) • Aim & Objective of Adaptive Physical Education • Role of various professionals for		

<p>Unit V Physical Fitness, Health and Wellness</p>	<p>children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</p> <ul style="list-style-type: none"><li>● Meaning and Importance of Wellness, Health and Physical Fitness ●</li></ul> <p>Components/Dimensions of Wellness, Health and Physical Fitness ● Traditional Sports &amp; Regional Games for promoting wellness</p>	
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Punjabi Bagh, Delhi

Physical Education Code: 048, Syllabus 2022-23

Annual Examination Syllabus		XI PHYSICAL EDUCATION
Unit I Changing Trends & Career in Physical Education	Concept, Aims & Objectives of Physical Education • Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements • Career Options in Physical Education • Khelo- India and Fit-India Program	Marks Allotted 70
Unit II Olympism	• Ancient and Modern Olympics • Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) • Olympics - Symbols, Motto, Flag, Oath, and Anthem • Olympic Movement Structure - IOC, NOC, IFS, Other members	
Unit III Yoga	• Meaning & Importance of Yoga • Introduction to Ashtanga Yoga • Introduction to Yogic Kriyas (Shat Karma)	
Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang) •	• Concept of Disability and Disorder • Types of Disability, its causes & nature (Intellectual disability, Physical disability) • Aim & Objective of Adaptive	

	<p>Physical Education ● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; Special Educator)</p>	
<p>Unit V Physical Fitness, Health and Wellness</p>	<p>● Meaning and Importance of Wellness, Health and Physical Fitness ● Components/Dimensions of Wellness, Health and Physical Fitness ● Traditional Sports &amp; Regional Games for promoting wellness</p>	
<p>Unit VI Test, Measurement &amp; Evaluation</p>	<p>● Concept of Test, Measurement &amp; Evaluation in Physical Education &amp; sports. ● Classification of Test in Physical Education and Sports. ● Test administration guidelines in physical education and sports</p>	
<p>Unit VII Fundamentals of Anatomy, Physiology in Sports</p>	<p>● Definition and Importance of Anatomy and Physiology in exercise and sports ● Functions of Skeletal system, classification of bone and types of joints. ● Function and Structure of Circulatory system and heart. ● Function and Structure of Respiratory system.</p>	

<p>Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports</p>	<ul style="list-style-type: none"> <li>● Definition and Importance of Kinesiology and Biomechanics in sports</li> <li>● Principles of Biomechanics</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>Unit IX Psychology &amp; Sports</p>	<ul style="list-style-type: none"> <li>● Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>● Adolescent Problems &amp; Their Management</li> <li>● Team Cohesion and Sports</li> </ul>	
<p>Unit X Training and Doping in Sports</p>	<ul style="list-style-type: none"> <li>● Concept and Principles of Sports Training</li> <li>● Training Load: Over Load, Adaptation, and Recovery</li> <li>● Concept of Doping and its disadvantages</li> </ul>	

<b>Practical</b>	<b>Max. Marks 30</b>
<ol style="list-style-type: none"> <li>1. Physical Fitness Test: SAI Khelo India Test,</li> <li>2. Rockport Physical Fitness Test (BPFT)* 6 Marks</li> <li>3. 02. Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)** 7 Marks</li> <li>4. 03. Yogic Practices 7 Marks</li> <li>5. 04. Record File *** 5 Marks</li> <li>6. 05. Viva Voce (Health/ Games &amp; 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 &amp; Endurance, Range of Motion or Flexibility) **CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified</li> </ol>	

Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.

7. \*\*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: Fitness tests administration. ❖ Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease. ❖ Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.