

THE WISDOM GLOBAL SCHOOL, HARIDWAR

SYLLABUS BIFURCATION OF CLASS:- 11TH

SUBJECT:-PHYSICAL EDUCATION (SARASWATI)

SESSION:-2025-2026

NAME OF TEACHER:- Mr.SANDEEP SINGH

S. No.	BOOK NAME	MONTH	CHAP. NO.	CHAPTER NAME	SUB TOPIC	DAYS REQUIRED	ACTIVITY /PROPS	SMART BOARD (PPT/VIDEO)	CHART
1	Saraswati	APRIL	1	Changing Trends & Career in Physical Education	# Aim and Objective of Physical Education. # Developement of Physical Education # Career Otions in Physical Education. # Khelo India Program.	16	NO	YES	NO
2	Saraswati	MAY	2	Olympic Value Education	# Olympic Concet and Values. # Olympic Symbols. # Ancient & Modern Olympic. # Olympic Movement Structure.	12	NO	YES	NO
3	Saraswati	MAY	3	Yoga	# Meaning and Importance of Yoga. # Introduction to Astanga Yoga. # Yogic Kriyas. # Pranyama and its Type	12	NO	YES	NO
4	Saraswati	JULY	4	Physical Education and Sports for CWSN	# Concept of Disability and Disorder. # Aim & Objective of Adaptive Phy. Education. # Disability Etiquettes. # Various Professionals. # Yogic Kriyas.	16	NO	YES	NO
5	Saraswati	AUGUST	5	Physical Fitness, Health and Wellness	# Meaning & Importance of Health & Wellness. # Components of Health & Wellness. # Traditional Sports. # Leadership. # First Aid.	14	NO	YES	NO
6	Saraswati	AUGUST	6	Test and Measurement & Evaluation	# Define Test, Measurement & Evaluation. # Importance of Test and Measurement. # Somato Types. # BMI	12	YES	YES	NO
7	Saraswati	SEPTEMBER	7	Fundamentals of Anatomy, Physiology in Sports	# Importance of Anatomy and Physiology. # Functions of Skeletal, Circlatory System. # Functions of Respiratory System.	15	NO	YES	NO
8	Saraswati	OCTOBER	8	Fundamentals of Kinesiology & Biomechanics in Sports	# Importance of Kinesiology & Biomachnics. # Kinetics and Kinematics in Sports. # Types of Body Movements.	12	NO	YES	NO
9	Saraswati	OCTOBER	9	Psychology and Sports	# Importance of Sychology in Phy. Education. # Different Stages of Development. # Adolescent Problems & Their Management.	14	NO	YES	NO
10	Saraswati	NOVEMBER	10	Training and Doping in Sports	# Concept of Sports Training. # Warming-up and Limbring Down. # Doping and Its Disadvantages.	16	YES	YES	NO