

**AN OUTLINE SYLLABUS OF GRADE XI
SESSION: 2022-23
SUBJECT: PHYSICAL EDUCATION**

MONTH	TOPIC
JULY	Changing Trends and career in Physical Education
AUGUST	Olympism
	Yoga
	Physical Fitness, Health and Wellness
OCTOBER	Physical Education & Sports for CWSN- Divyang
	Test, Measurement and Evaluation
NOVEMBER	Fundamental of Anatomy and Physiology in Sports
	Fundamentals of Kinesiology and Biomechanics in Sports
DECEMBER	Psychology & Sports
	Training and Doping in Sports
JANUARY - FEBRUARY	Revision of the syllabus
SYLLABUS FOR ASSESSMENT	
PERIODIC TEST I: A AUGUST TO 8 AUGUST 2022	Changing Trends and Career in Physical Education
HALF YEARLY: 10 – 22 SEPTEMBER 2022	Changing Trends and career in Physical Education
	Olympism
	Yoga
	Physical Fitness, Health and Wellness
PERIODIC TEST II: 3 - 10 DECEMBER 2022	Physical Education & Sports for CWSN- Divyang
	Test, Measurement and Evaluation
ANNUAL EXAMINATION: TENTATIVE DATES 13 - 25 FEBRUARY 2023	Complete (100%) Syllabus