

AN OUTLINE SYLLABUS FOR GRADE XI
SESSION 2023-24
SUBJECT: PHYSICAL EDUCATION

MONTH	TOPIC
APRIL	Changing Trends and career in Physical Education
MAY	Yoga
	Olympic Value Education
JULY	Physical Education and Sports for CWSN
AUGUST	Test, Measurement and Evaluation
SEPTEMBER	Test, Measurement and Evaluation and Revision
OCTOBER	Physical Fitness, Wellness and Lifestyle
	Fundamental of Anatomy, Physiology & Kinesiology in Sports
NOVEMBER	Physical Activity and Leadership Training
DECEMBER	Training and Doping in Sports
JANUARY	Psychology and Sports
PERIODIC TEST I: 8 JULY 15 JULY 2023	Changing Trends and Career in Physical Education Yoga, Olympic Value Education
HALF YEARLY: 9 – 22 SEPTEMBER 2023	Changing Trends and career in Physical Education Olympism Yoga Olympic Value Education Physical Education and Sports for CWSN Test, Measurement and Evaluation
PERIODIC TEST II: 2 - 9 DECEMBER 2023	Physical Fitness, Wellness and Lifestyle Fundamental of Anatomy, Physiology & Kinesiology in Sports Physical Activity and Leadership Training
ANNUAL EXAMINATION: TENTATIVE DATES 12 - 26 FEBRUARY 2024	Complete (100%) Syllabus