

Maharshi Patanjali Vidya Mandir, Allahabad
Syllabus Breakup : 2015 - 2016
Subject : Physical Education
Class - XI

July 2015

Unit 1 Changing Trends & Career in Physical Education

August 2015

Unit II Physical Fitness, Wellness & Lifestyle

Unit III Olympic Movement

September 2015

Unit IV Yoga

Unit V Doping

October 2015

Unit VI Physical Activity Environment

November 2015

Unit VII Test & Measurement in Sports

Unit VIII Fundamental of Anatomy & Physiology

December 2015

Unit IX Biomechanics & Sports

January 2016

Unit X Psychology & Sports

February 2016

Unit XI Training in Sports

Practical

All the practical topics given in the theory book

Ist Test – Unit 1

Half Yearly – Unit 2 To 5 & Unit 1 of Ist Test also

IInd Test – Unit 6 To 8

Syllabus for Annual Examination - Full syllabus of all units (Unit I to Unit XI)