

Maharshi Patanjali Vidya Mandir, Prayagraj
Syllabus Breakup : 2021 - 2022
Subject : Physical Education
Class - XI

May 2021

Unit 1 Changing Trends & Career in Physical Education

July 2021

Unit II Olympic Value Education

Unit III Physical Fitness, Wellness & Lifestyle

August 2021

Unit IV Physical Education & Sports for CWSN (Children with Special Needs -Divyang)

Unit V Yoga

September 2021

Unit VI Physical Activity & Leadership Training

October 2021

Unit VII Test, Measurement & Evaluation

Unit VIII Fundamental of Anatomy, Physiology & Kinesiology in sport

November 2021

Unit VIII Continue.... Kinesiology in sport

December 2021

Unit IX Psychology & Sports

January 2022

Unit X Sports Training and doping in sports

February 2022

Revision all lesson

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 7

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