

GURU HARKRISHAN PUBLIC SCHOOLS
NEW DELHI
CLASS-XI
PHYSICAL EDUCATION (048)
DIVISION OF SYLLABUS (MAIN & ADDITIONAL)
SESSION : 2022-23

BOOKS :-

- HEALTH & PHYSICAL EDUCATION (SARASWATI PUBLICATION)
- PHYSICAL EDUCATION & HEALTH
(B.R.INTERNATIONAL PUBLISHER)

FIRST UNIT TEST

Total:- 30 Marks, Syllabus 30% cover

1. Changing Trends & Career in Physical Education	10
2. Olympism	10
3.Yoga	10

HALF YEARLY EXAM

Total:-70+30 Mark, Syllabus 60% cover

1. Changing Trends & Career in physical Education	12
2. Olympism	12
3. Yoga.	12
4. Physical education and sports for CWSN(Children with Special Needs- Divyang)	12
5. Physical Fitness, Health and wellness	12
6. Test , Measurement & Evaluation	10

SECOND UNIT TEST

Total:- 35 Marks

7. Fundamentals of Anatomy, Physiology in sports.	18
8. Fundamentals of kinesiology and Biomechanics in sports	17

THIRD UNIT

Total Marks :- 35

9. Psychology and sports	18
10. Training and Doping in sports.	17

FINAL TERM

_Complete Syllabus Equal Weightage to all chapters 100% Syllabus Cover