

Retest Syllabus for Class 11

Session 2019-2020

S.No.	Unit	Topic
1	Unit-1	Changing Trends and Career in Physical Education
2	Unit-2	Olympic Value Education
3	Unit-3	Physical Fitness, Wellness and Lifestyle
4	Unit-4	Physical Education and Sports for CWSN
5	Unit-5	Yoga
6	Unit-6	Physical Activity and Leadership Training
7	Unit-7	Test, Measurement and Evaluation
8	Unit-10	Training and Doping in Sports