



**BAL BHARATI PUBLIC SCHOOL**  
**COMMON ANNUAL EXAMINATION (2024-2025)**

**SYLLABUS**

CLASS: XI

SUBJECT: PHYSICAL EDUCATION

**TEXTBOOKS:**

1. Big Think Publications
2. Physical Education, CBSE

S.NO.	UNIT/CHAPTER /TOPIC	SUBTOPICS	WEIGHTAGE(MARKS) ALLOTTED
1.	Unit -1(Changing Trends and Career in Physical Education)	<ul style="list-style-type: none"><li>• Concept, Aims &amp; Objectives of Physical Education</li><li>• Development of Physical Education in India - Post Independence</li><li>• Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements</li><li>• Career options in Physical Education</li><li>• Khelo-India Program and Fit - India Program</li></ul>	04 + 04b*
2.	Unit -2(Olympic Value Education)	<ul style="list-style-type: none"><li>• Olympism - Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li><li>• Olympic Value Education - Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will &amp; Mind</li><li>• Ancient and Modern Olympics</li><li>• Olympics - Symbols, Motto, Flag, Oath, and Anthem</li><li>• Olympic Movement Structure - IOC, NOC, IFS, Other members</li></ul>	05
3.	Unit-3(Yoga)	<ul style="list-style-type: none"><li>• Meaning and importance of Yoga</li><li>• Introduction to Astanga Yoga</li><li>• Yogic Kriyas (Shat Karma)</li><li>• Pranayama and its types</li><li>• Active Lifestyle and stress management through Yoga</li></ul>	06+01b*

4.	Unit-4(Physical Education and Sports for CWSN)	<ul style="list-style-type: none"> <li>• Concept of Disability and Disorder</li> <li>• Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability).</li> <li>• Disability Etiquette</li> <li>• Aim and objectives of Adaptive Physical Education.</li> <li>• Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</li> </ul>	<b>04 + 03b*</b>
5.	Unit-5(Physical Fitness and Wellness)	<ul style="list-style-type: none"> <li>• Meaning &amp; importance of Wellness, Health, and Physical Fitness</li> <li>• Components/Dimensions of Wellness, Health, and Physical Fitness</li> <li>• Traditional Sports &amp; Regional Games for promoting wellness</li> <li>• Leadership through Physical Activity and Sports</li> <li>• Introduction to First Aid - PRICE</li> </ul>	<b>05</b>
6.	Unit -6(Test, Measurement & Evaluation)	<ul style="list-style-type: none"> <li>• Define Test, Measurements and Evaluation</li> <li>• Importance of Test, Measurements and Evaluation in Sports</li> <li>• Calculation of BMI, Waist - Hip Ratio, Skin fold measurement (3-site)</li> <li>• Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>• Measurements of health-related fitness</li> </ul>	<b>08</b>
7.	Unit-7(Fundamentals of Anatomy and Physiology in Sports)	<ul style="list-style-type: none"> <li>• Definition and importance of Anatomy and Physiology in Exercise and Sports.</li> <li>• Functions of Skeletal System, Classification of Bones, and Types of Joints.</li> <li>• Properties and Functions of Muscles</li> <li>• Structure and Functions of Circulatory System and Heart</li> <li>• Structure and Functions of Respiratory System</li> </ul>	<b>08</b>

8.	Unit-8(Fundamentals Of Kinesiology And Biomechanics in Sports)	<ul style="list-style-type: none"> <li>• Definition and Importance of Kinesiology and Biomechanics in Sports.</li> <li>• Principles of Biomechanics</li> <li>• Kinetics and Kinematics in Sports</li> <li>• Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>• Axis and Planes - Concept and its application in body movements</li> </ul>	<b>04+04b*</b>
9.	UNIT-9(Psychology and Sports)	<ul style="list-style-type: none"> <li>• Definition and Importance of Psychology in Physical Education &amp; Sports .</li> <li>• Developmental Characteristics at different stages of Development.</li> <li>• Adolescent Problem &amp; Their Management</li> <li>• Team Cohesion and Sports</li> <li>• Introduction to Psychological Attributes Attention , Resilience, Mental Toughness.</li> </ul>	07
10.	UNIT-10(Training & Doping in Sports)	<ul style="list-style-type: none"> <li>• Concept and Principles of sports training</li> <li>• Training load:Overload , Adaptation and Recovery</li> <li>• Warming up &amp; Limbering Down-Types ,Method and Importance</li> <li>• Concept of Skill, Technique, Tactics &amp; Strategies</li> <li>• Concept of Doping and it's Disadvantages</li> </ul>	07
			<b>TOTAL MARKS= 70 Marks</b>

**Note: b\* are the Concept Based Questions like Tactile diagram/Data interpretation/Case base study for visually Impaired Child.**

**THEORY (Subject Specific as per CBSE): 70 marks**

**INTERNAL ASSESSMENT (Subject Specific as per CBSE) (Practical/Project Work/Viva): 30 marks**