MODERN SCHOOL FARIDABAD

SYLLABUS - 2025- 26

CLASS - Xl

SUBJECT - PHYSICAL EDUCATION

BOOK PRESCRIBED - PREMIER

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AHTERAM ALI KHAN

MONTH WISE SYLLABUS

| Month | Chapter No. | Chapter Tittle |
| --- | --- | --- |
| April | 1 , 2 | Changing Trends & Caree in physical Education.  Olympism value Education. |
| May | 3 , 4 | Yoga .  Physical Education & sports for CWSN (children with special needs - Divyang) |
| July | 5 | Physical fitness, Health and wellness. |
| August | 6 | Test measurement & Evaluation. |
| September | Revision unit 1 to 6 | Fundamentalsl of Anatomy, physiology in sports |
| October | Half yearly Exams |  |
| November | 7 , 8 | Fundamentals of Anatomy, physiology in sports.  Fundamentals of kinesiology and biomechanics in sports. |
| December | 9,10 | Psychology & Sports.  Training and Doping in sports. |
| January | Full Syllabus Revision |  |
| February | Revision - Examination. |  |