

**CLASS-XI**  
**PHYSICAL EDUCATION-048**  
**SPLIT-UP SYLLABUS 2025-26**

| EXAM  | TOPIC/CHAPTER  | Activity/Project  | WEIGHTAGE |
|---|--|---|-----------|
| <b>PT-I</b><br><br>APRIL<br><br>To<br><br>JUNE              | Unit I: Changing Trends and Careers in Physical Education.<br>Unit VI: Test, Measurement, And Evaluation.  | 1. <b>Comparative Study- Evolution of Sports Gear:</b><br>Activity on Identification of Changes in Sports Wear and Gears.<br>2. <b>Health Assessment Activity – BMI Calculation:</b><br>Calculate your own BMI and give a rating using the BMI table.                                 | 16        |
| <b>HALF – YEARLY</b><br><br>JULY<br><br>To<br><br>SEPTEMBER | Unit II: Olympic Value Education<br>Unit VII: Fundamentals of Anatomy, Physiology in Sports.<br>Unit VIII: Fundamentals of Kinesiology and Biomechanics in Sports.   | 3. <b>Value-Based Activity –Olympic Ideals and Competencies:</b><br>Activity on Olympic Values and modern Skills.<br>4. <b>Diagrammatic Skill Exercise:</b><br>Draw the diagram of the human heart.   | 21        |
| <b>PT-II</b><br><br>OCTOBER<br><br>To<br><br>DECEMBER       | Unit III: Yoga<br>Unit IV: Physical Education & Sports for CWSN (Children with Special Needs-Divyang).<br>Unit V: Unit V: Physical Fitness Health and Wellness<br>Unit IX: Psychology & Sports.<br>Unit X: Training and Doping in Sports | 5. <b>Awareness Activity – Types of Disabilities:</b><br>Activity on Finding or identification of different kinds of disabilities.<br>6. <b>Chart Work-Adolescent Issues and Coping Strategies:</b><br>Write the problems faced by adolescents and their management on a chart paper. | 33        |
| <b>YEARLY</b><br><br>JANUARY<br><br>To<br><br>MARCH         | <b>REVISION</b>  |   |           |
|   | <b>TOTAL MARKS</b>   |   | <b>80</b> |