

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

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