



RAMKALI BUDDHILAL SAHU SHIKSHAN SANSTHAN

SYLLABUS (SESSION - 2023-24)

CLASS:-11

SUBJECT:- Physical Education

APRIL	Unit - 1 Changing Trends and career in Physical Education
MAY	Unit - 2 Olympism
JUNE	Yoga Practice
JULY	Unit - 3 Yoga Unit -4 Physical Education & Sports for CWSN
AUGUST	Unit -5 Physical Fitness , Health & Wellness , Unit - 6 Test , Measurement & Evaluation
SEPTEMBER	Unit -7 Fundamental of Anatomy & Physiology & sports
OCTOBER	Unit - 8 Fundamentals of Biomechanics
NOVEMBER	Unit 9 Psychology & Sports , Unit - 10 Training And Doping in Sports
DECEMBER	Practical Preparation & Revision
JANUARY	Practical Preparation & Revision
FEBRUARY	Annual Exam
PERIODIC ASSESMENT-I	Ch- 1 & 2
HALF YEARLY EXAM	Ch- 1 To 5
PERIODIC ASSESMENT-II	Ch- 6 & 7
ANNAUL EXAM	Ch - 1 to 10