



D.A.V. PUBLIC SCHOOL, NEW PANVEL

Plot No. 267, 268, Sector-10, New Panvel,

Navi Mumbai-410206 (Maharashtra).

Phone 022-27468211, 27482276,

E-mail – davnewpanvel@gmail.com, [www.davnewpanvel.com](http://www.davnewpanvel.com)

**PART 'A' SYLLABUS PLAN - 2017-18**

**SUBJECT: PHYSICAL EDUCATION**

**CLASS – XI**

Month	No. of Working days	UNITS-(PART-A)	No. of periods	Weight age
APRIL	7	<b>Chapter 1.</b> Changing trends and career in physical education.	10	6
JUNE	24	<b>Chapter 2.</b> Physical fitness, wellness and lifestyle.	10	7
		<b>Chapter 3.</b> Olympic Movement.	10	6
		<b>Chapter 4.</b> Yoga.	04	2
JULY	25	<b>Chapter 4.</b> Yoga.	06	4
		<b>Chapter 5.</b> Doping.	10	5
		<b>Chapter 6.</b> Physical Activity Environment.	05	3
		<b>Revision &amp; I Unit Test</b>	04	==
AUGUST	17	<b>Chapter 6.</b> Physical Activity Environment.	05	3
		<b>Chapter 7.</b> Test and Measurement in sports.	10	6
		<b>Chapter 8.</b> Fundamentals of Anatomy and Physiology.	02	1
SEPT.	22	<b>Chapter 8.</b> Fundamentals of Anatomy and Physiology.	08	5
		<b>Revision &amp; I Terminal Examination</b>	14	==
OCT.	12	<b>Chapter 9.</b> Biomechanics & sports.	10	8
		<b>Chapter 10.</b> Psychology and Sports	02	1
NOV.	24	<b>Chapter 10.</b> Psychology and Sports	08	6
		<b>Chapter 11.</b> Training in Sports	10	7
		<b>Revision &amp; II Unit Test.</b>	06	==
DEC.	23	<b>Revision for Preliminary Exam.</b>	23	==
JAN.	24	<b>Revision for Preliminary Exam. &amp; Annual Exam.</b>	24	==
FEB.	18	<b>Revision for Annual Exam.</b>	18	==
<b>TOTAL</b>	<b>196</b>		<b>199</b>	<b>70 Mark</b>



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**PART 'C' SYLLABUS PLAN- 2017-2018**

**SUB: PHYSICAL EDUCATION**

**Std: XI**

Month	No. of Periods For Practical	Experiment/Topic
APRIL	04	Athletics
JUNE	08	Athletics
JULY	08	Badminton
AUGUST	08	Table Tennis
SEPTEMBER	06	Aapher test
OCTOBER	06	Yoga
NOVEMBER	04	Taekwondo
DECEMBER	08	Health & fitness Activity
JANUARY	08	Revision
FEBRUARY	04	Revision
Total	64	30 Marks