

BLOOM PUBLIC SCHOOL
Vasant Kunj, New Delhi
Syllabus: 2018-19
SUBJECT : Physical Education

Class : XI

MONTH	CONTENT CHAPTERS (SARASWATI TEXT BOOK)
April	Unit.1 : Changing Trends and Career in Physical Education Unit.2 : Olympic Movement
May	Unit.3 : Physical Fitness, Wellness and lifestyle Unit.4 : Physical Education and sports for differently Abled
July	Unit.5 : Yoga Unit.6 : Physical activity and Leadership Training
August	Unit.7 : Test and Measurement in sports Unit.8 : Fundamentals of Anatomy and Physiology
September	Unit.9 : Kinesiology, Biomechanics and sports
October	Unit.10 : : Psychology and Sports
November	Unit.11 : Training in sports
December	Unit.12 : Doping
January	REVISION ALL UNIT
February	REVISION ALL UNIT
March	Yearly Assessment

Assessment Syllabus

- 1. PERIODIC TEST- I (JULY)** : Chapters 1,2,3 and 4
- 2. Half Yearly Exam (SEP)** : Chapters 1,2,3,4,5,6,7,8,
- 3. PERIODIC TEST - 2 (NOV)** : Chapters 9, 10,11 and 12
- 4. Yearly Exam (FEB)** : Chapters 1,2,3,4,5,6,7,8,9,10,11,12,