



# FORTNIGHTLY SYLLABUS PLANNING (2023-24)

## CLASS XI

### SUBJECT- PHYSICAL EDUCATION

New Session begins on 10<sup>th</sup> April, 2023

S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	10 <sup>th</sup> April-15 <sup>th</sup> April	4	Ch-1 Changing Trends and Career in Physical Education	
2	16 <sup>th</sup> April- 30 <sup>th</sup> April	10	Ch-1 Changing Trends and Career in Physical Education	
3	1 <sup>st</sup> May- 15 <sup>th</sup> May	10	<b>Ch-2 Olympism Value Education</b>	
4	16 <sup>th</sup> May-31 <sup>st</sup> May	9	Ch-3 Yoga	
<b>Summer Vacations:29<sup>th</sup> May – 30<sup>th</sup> June'23</b>				
5	1 <sup>st</sup> July- 15 <sup>th</sup> July	10	Ch-3 Yoga	
<b>Periodic Test-1: 17<sup>th</sup> July - 7<sup>th</sup> August 23</b>				
6	16 <sup>th</sup> July-31 <sup>st</sup> July	11	Ch-4 Physical Education and Sports for CWSN	
7	1 <sup>st</sup> Aug- 15 <sup>th</sup> Aug	10	Ch-5 Physical Fitness, Wellness and Lifestyle	
8	16 <sup>th</sup> Aug- 31 <sup>st</sup> Aug	11	Ch- 6 Test Measurement and Evaluation	
<b>Syllabus Completion for Mid Term Examination: 31<sup>st</sup> Aug 2023</b>				
<b>Practicals for Mid Term Examination: 6<sup>th</sup> Sept – 13<sup>th</sup> Sept 23</b>				
9	1 <sup>st</sup> Sept-15 <sup>th</sup> Sept	7	<b>REVISION</b>	
<b>Mid Term Examination - 15<sup>th</sup>Sept- 25<sup>th</sup> Sept 23</b>				
10	1 <sup>st</sup> Oct- 15 <sup>th</sup> Oct	9	Ch-7 Fundamentals of Anatomy, Physiology and Sports	
<b>Autumn Break- 23<sup>rd</sup>Oct- 24<sup>th</sup> Oct 23</b>				
11	16 <sup>th</sup> Oct-31 <sup>st</sup> Oct	10	Ch-7 Fundamentals of Anatomy, Physiology and Sports	
12	1 <sup>st</sup> Nov -15 <sup>th</sup> Nov	8	Ch-8 Fundamentals of Kinesiology and Biomechanics in Sports	
<b>Diwali Break : 13<sup>th</sup> Nov - 15<sup>th</sup> Nov'23</b>				
<b>Annual Day – 24<sup>th</sup> Nov 23</b>				
13	16 <sup>th</sup> Nov-30 <sup>th</sup> Nov	8	Ch-8 Fundamentals of Kinesiology and Biomechanics in Sports	
<b>Periodic Test-2: 8<sup>th</sup> Dec -18<sup>th</sup> Dec'23</b>				
14	1 <sup>st</sup> Dec- 15 <sup>th</sup> Dec	11	Ch-9 Psychology and Sports	
15	16 <sup>th</sup> Dec-31 <sup>st</sup> Dec	9	Ch-9 Psychology and Sports	
<b>Winter Break- 1<sup>st</sup> Jan - 12<sup>th</sup> Jan'24</b>				
16	15 <sup>th</sup> Jan- 31 <sup>st</sup> Jan	12	Ch-10 Training and Doping in Sports	
<b>Syllabus Completion for Annual Examination :31<sup>st</sup> Jan'24</b>				
17	1 <sup>st</sup> Feb -16 <sup>th</sup> Feb	5	<b>REVISION</b>	
<b>Practicals for Annual Examination: 1<sup>st</sup> Feb – 7<sup>th</sup> Feb 24</b>				
<b>Annual Exam begins: 12<sup>th</sup> Feb'24</b>				

### SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST1	24 <sup>th</sup> July, 4 <sup>th</sup> Aug	Ch1-3
MID TERM EXAMINATION	20 <sup>th</sup> , 22 <sup>nd</sup> Sep	Ch 1-5
PERIODIC TEST2	8 <sup>th</sup> , 18 <sup>th</sup> Dec	Ch-6-8
ANNUAL EXAMINATION	16 <sup>th</sup> , 21 <sup>st</sup> Feb	Full Syllabus