



# Loreto Convent Intermediate College

Lucknow

## PHYSICAL EDUCATION CLASS-11 (2025-26)

### QUARTERLY EXAMINATION SYLLABUS

- Concept of Physical Education
- Individual Aspects and Group Dynamics
- Badminton
- Basketball
- Cricket
- Football

### HALF-YEARLY EXAMINATION SYLLABUS

- Individual Aspects and Group Dynamics
- Effects Of Physical Exercise On Human Body System
- Nutrition, Weight Control And Exercise
- Badminton
- Basketball
- Football
- Cricket

### ANNUAL EXAMINATION SYLLABUS

- Effects Of Physical Exercise On Human Body System
- Nutrition, Weight Control And Exercise
- Physical Fitness And Wellness
- Games And Sports A Global Perspective
- Badminton
- Basketball
- Cricket
- Volleyball
- Football



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