

SYLLABUS - PHYSICAL EDUCATION (2025-26)

GRADE – XI

UNIT TEST -1	1.Changing Trends and Careers in Physical Education 2.Olympic Value Education
UNIT TEST -2	3.Yoga 4.Physical Education and Sports For CWSN
HALF YEARLY EXAM	5.Physical Fitness, Health and Wellness 6.Test, Measurement and Evaluation 7.Fundamentals of Anatomy, Physiology in Sports • <u>All the units of UT – 1 & 2 will also be part of Half Yearly Exam.</u>
MODEL TEST ANNUAL EXAM	8.Fundamentals of Kinesiology and Biomechanics in Sports 9.Psychology in Sports 10.Training and Doping in Sports • <u>All the units will be part of Annual Exam.</u>