

DAV PUBLIC SCHOOL, RANCHI ZONE

SYLLABUS OF PHYSICAL EDUCATION

CLASS XI (2016-17)

SA -I

Units (For SA- I)	Months (Final exam.)	Chapters	Periods	Weightage	Weightage
1.	June 13 th to 25 th June	– Changing trend & Career in Phy. Edu.	12 Periods	10 Marks	3 marks
2.	June 27 th to 16 th July	– Physical Fitness, Wellness & Lifestyle	11 Periods	16 “	5 “
3.	July 18 th to 30 th July	– Olympic Movement	12 Periods	12 “	4 “
4.	Aug 1 st to 20 th Aug	– Yoga	10 Periods	22 “	7 “
5.	Aug. 22 nd to 3 rd Sep	–Doping	11 Periods	10 “	3 “

SA – II

Units	Months (Final Exam.)	Chapters	Periods	Weightage
6.	Sep. 26 th to 15 th Oct.	–Physical Activity & Environment	11 Periods	5 marks
7.	Oct. 17 th to 29 th Oct.	– Test & Measurement in Sports	11 Periods	10 “
8.	Nov. 8 th to 30 th Nov.	– Fundamentals of Anatomy & Physiology	11 Periods	8 “
9.	Dec. 1 st to 10 th Dec.	– Biomechanics & Sports	11 Periods	7 “
10.	Dec.12 th to 30 th Dec.	– Psychology & Sports	11 Periods	8 “
11.	Jan. 9 th to 21 st Jan.	– Training In Sports	11 Periods	10 “

Note: Physical Education Paper Carrying 26 Questions

All questions are compulsory

A - 11 Questions carrying 1 Mark

B - 8 Questions Carrying 3 Marks

C - 7 Questions Carrying 5 Marks

N.B; - According to CBSE Question Typology