



CLASS- XI

MONTH	CHAPTER	EXPECTED LEARNING OUTCOMES	PEDAGOGICAL APPROACH (TEACHING METHODS/ STRATEGIES)	ASSESSMENT TOOLS	RUBRICS	ART INTEGRATION	ICT INTEGRATION
JULY	Ch. 1- Changing trends & career in physical education	 Aims and objective of physical education. Career option in physical education Khelo India & fit India 	Life examples, through the picture	Worksheet	Time management, relevance to the content		Show a flowchart related to career option
	Ch 2- Olympism	 Ancient and modern Olympic Olympic Olympic structure 	Lecture method, Example basd	Worksheet	Time management, relevance to the content		
ST C	Ch 3-Yoga	 Meaning and importance of yoga Introduction to ashtanga yoga Introduction to yogic kriyas 	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content		
AUGUST	Ch 4- Physical and sports for CWSN	1 Concept of Disability & Disorder 2 Aims and objective of adaptive physical education 3 Role of various	Practical on ground with theory	Worksheet	Time management, relevance to the content	ive.	S
		professionals	PRE-MID TE	RM EXAM			





SEPTEMBER	Ch 5- Physical fitness, health and wellness Ch 6- Test, Measurement and Evaluation	 Meaning and importance Components and Dimensions Traditional sports and regional games Concept Classification of tests Test administration guidelines 	Related video, Lecture method, Examples Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content Relevance to the content		
			MID TERM			l	
	Ch 7- Fundamentals of anatomy, Physiology in sports	1 Definition and importance 2 Function of skeleton system	Lecture method, pictures, Examples	Worksheet	Relevance to the content		E content of function of skeleton system
OCTOBER		3 Function and structure of Respiratory and circulatory system	YG	A	YC		Respiratory system
0	Ch 8- Fundamentals of Kinesiology and biomechanics in sports	 Definitions Principals of biomechanics Types of body movements 	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content		
NOVEMBER	Ch 9- Psychology and sports	341	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content	ive.	S





Ch 10- Training and doping in sports 1 Concept and principals of sports training 3 Concept of Doping Related video, Lecture method, Examples Worksheet Time management, relevance to the content U Chapter wise Revision Revision all the concept Lecture method, POST MID- TERM EXAM Practical 1 Sai khelo India test 2 Fitness test 3 Specific game Students able to perform all the test and theoretical knowledge Perform Time management, relevance to the content Students Students able to perform all the test and theoretical practice Students able to perform all the test and theoretical knowledge Perform Time management, relevance to the content Students Students able to perform all the test and theoretical knowledge Perform Time management, relevance to the content Students Specific game 3 Specific game Annual Lexam					1		
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CLASS- XII

MONTH	CHAPTER	EXPECTED LEARNING OUTCOMES	PEDAGOGICAL APPROACH (TEACHING METHODS/ STRATEGIES)	ASSESSMENT TOOLS	RUBRICS	ART INTEGRATION	ICT INTEGRATION
APRIL	Ch. 1- Management of sporting event	Know about Planning for sports event & organizing sport event. How to make committees, Making fixture and their rules or methods.	Giving life examples, using flow chart,	ICT	Time management, relevance to the content	Draw a flow chart on Committees	Show the method of fixture making
A	Ch. 2- Children and women in sports.	Know about i- Postural deformities, ii- Female Special consider iii-Female athletes tried.	Through the picture, Collaborative approach	ICT, Worksheet	Time management, relevance to the content	Draw a chart of corrective measures of postural deformities	Showing the picture of Postural deformities
C	Ch 3- Yoga as preventive measures for life style diseases	Know about Obesity, Diabetes, Asthma, Hypertension	Life examples, through the picture	Worksheet	Time management, relevance to the content	Draw a flow chart on corrective measures of lifestyle diseases	Show the procedure of yoga as corrective measures
JULY	Ch 4- Physical education and sports for CWSN	Know about special Para Olympic, Deaflympic, Advantages of physical activities children with special needs.	Lecture method, Example	Worksheet	Time management, relevance to the content	Draw a chart of organization promoting disability sports	Show ppt on special Olympic, Para Olympic, Deaflympic,

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AUGUST	Ch 5- Sports and nutrition	Know about concept of Balance diet & nutrition, Micro and macro nutrients. Nutritive and non- nutritive components of diet	Flow chart, ICT,	Worksheet	Time management, relevance to the content	Draw a flow chart of micro and macro nutrients	Show ppt on balance diet and nutrition
	Ch 6- Te <mark>st and</mark> measurement in sports	Fitness test Computing BMR, Rikili and jones test	Practical on ground with theory	Worksheet	Time management, relevance to the content	Make a chart on khelo India test	Show a PPT on senior citizen test
SEPTEMBER	Ch 7- Physiology & injuries in sports	Effect of exercise on muscular system, effect of exercise on cardio respiratory system, Type of Sports injuries	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content	Show a flow chart on Physiological factor determining components of physical fitness	Show a PPT on sports Injuries
<u>s</u>	Ch 8- Biomechanics in sports	Friction in sports, Newtons law of motion and its application in sports	Related video, Lecture method, Examples	Worksheet	Relevance to the content	Make a chart on Newtons law of motion	Show video on using friction in sports
~	C	Hdrd	MID TERM	I EXAM	2		
OCTOBER	Ch 9- Psychology & sports.	Personality its definition and types, Aggression in sports, Psychological Attributes in sports.	Lecture method, Examples	Worksheet	Relevance to the content	Make a flow chart on personality	Show a PPT on attributes in sports





	Ch 10- Training in sports	Concept of talent identification in sports, Introduction of different type of training	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content	Make a chart concept of talent identification	Show a ppt on type of Training	
NOVEMBER	Ch 7- Physiology & injuries in sports	Effect of exercise on muscular system, effect of exercise on cardio respiratory system, Type of Sports injuries	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content			
NON	Ch 8- Biomechanics in sports	Friction in sports, Newtons law of motion and its application in sports	Related video, Lecture method, Examples	Worksheet	Relevance to the content	Make a chart on Newtons law of motion	Show video on using friction in sports	
DECEMBER	Practical 1 Sai khelo India test 2 Fitness test 3 Specific games	Students able to perform all the test and theoretical knowledge	Perform)A	Time management, relevance to the content			
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