

**HAPPY DAYS SCHOOL, SHIVPURI (M.P.)**  
**DEPARTMENT of Physical Education**  
**YEAR 2025-26**



**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	1- Aims and objective of physical education. 2- Career option in physical education 3- 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	1- Ancient and modern Olympic 2- Olympic 3- Olympic structure	Lecture method, Example based	Worksheet	Time management, relevance to the content		
AUGUST	Ch 3-Yoga	1- Meaning and importance of yoga 2- Introduction to ashtanga yoga 3- Introduction to yogic kriyas	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content		
	Ch 4- Physical and sports for CWSN	1 Concept of Disability & Disorder 2 Aims and objective of adaptive physical education 3 Role of various professionals	Practical on ground with theory	Worksheet	Time management, relevance to the content		

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

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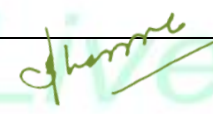
NOVEMBER	Ch 9- Psychology and sports		Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content		
	Ch 10- Training and doping in sports	1 Concept and principals of sports training 2 Training load 3 Concept of Doping	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content		
DECEMBER	Chapter wise Revision	Revision all the concept	Lecture method, Examples	Worksheet	Time management, relevance to the content		
	<b>POST MID- TERM EXAM(7-12-25)</b> <b>2<sup>nd</sup> pre board (30-12-25)</b>						
JANUARY	Practical 1 Sai khelo India test 2 Fitness test 3 Specific games practice	Students able to perform all the test and theoretical knowledge 1. Fitness test administration 2 Sai khelo India test 3 Specific game	Perform		Time management, relevance to the content		
FEBRUARY	<b>ANNUAL EXAM</b> विमुक्तये विद्या Education to Change Lives...						

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SIGNATURE OF PRINCIPAL



[ANJU SHARMA]

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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
	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
JULY	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
	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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**YEAR 2025-26**



<b>AUGUST</b>	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- Test and 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
<b>PRE-MID TERM EXAM</b>							
<b>SEPTEMBER</b>	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
	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
<b>OCTOBER</b>	<b>MID TERM EXAM</b>						
	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

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	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		
	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 practice	Students able to perform all the test and theoretical knowledge	Perform		Time management, relevance to the content		
	<b>POST MID- TERM EXAM(7/12)</b> <b>2<sup>ND</sup> PRE- BOARD(17/2)</b>						
JANUARY	Practical file making	1 Fitness test administration 2 Sai khelo India test 3 Specific game					

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<b>FEBRUARY</b>	<b>Board Practical Examination</b>
<b>MARCH</b>	<b>Board Examination</b>

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