

HAPPY DAYS SCHOOL, SHIVPURI (M.P.)
DEPARTMENT OF SPORTS
SUBJECT: PHYSICAL EDUCATION
CLASS: XI
Session: 2026-27

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 Khelo India & fit India	Life examples, through the picture	Worksheet	Time management, relevance to the content	Show a flow chart on Equipment's, and Playing Areas	Show a PPT on sports Different Career Opportunity In Various Fields
	Ch 2- Olympism	1- Ancient and modern Olympic 2- Olympic Olympic structure	Lecture method, Example	Worksheet	Time management, relevance to the content	Make a chart on Olympic Logo Moto and Olympic Medal Winners	Show video on Olympics Events And Games
AUGUST	Ch 3-Yoga	1- Meaning and importance of yoga 2- Introduction to ashtanga yoga Introduction to yogic kriyas	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content	Show a flow chart on corrective measures of lifestyle diseases	Show a PPT on procedure of yoga as corrective measures
	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	Make a chart on organization promoting disability sports	Show video on using special Olympic, Para Olympic, Deaflympic,
FIRST PERIODIC ASSESSMENT							

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	Draw a flow chart of micro and macro nutrients	Show the method of balance diet and nutrition
	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	Draw a chart of khelo India test	Showing the picture of senior citizen test
MID TERM ASSESSMENT							
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	Draw a chart of Body Postures	Show ppt on special Anatomical And Physiological Changes
	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	Draw a flow chart of micro and macro nutrients	Show ppt on balance diet and nutrition
NOVEMBER	Ch 9- Psychology and sports	1 Definition and importance 2 Adolescent problems and their management 3 Team cohesion and sports	Related video, Lecture method, Examples	Worksheet	Time management, relevance to the content	Draw a flow chart on Personality, Anxiety and Stress	Show the Videos of Different Type of Personality, Motivation and Aggression
	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	Show a flow chart on Steroid Drugs Abuse	Show a PPT on loses of Doping and Over training
DECEMBER	SECOND PERIODIC ASSESSMENT						

	Chapter wise Revision	Revision all the concept	Lecture method, Examples	Worksheet	Time management, relevance to the content		
JANURARY 27	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		
FEB. 27	FINAL PRACTICAL ASSESSMENT						
	ANNUAL ASSESSMENT						

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[MRADUL SHARMA]

SIGNATURE OF PRINCIPAL _____

SUBJECT: PHYSICAL EDUCATION

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Education to Change Lives...

HAPPY DAYS SCHOOL, SHIVPURI (M.P.)
DEPARTMENT OF SPORTS
SUBJECT: PHYSICAL EDUCATION
CLASS: XII
Session: 2026-27

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,

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- 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
FIRST PERIODIC ASSESSMENT							
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
	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
MID TERM ASSESSMENT							
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

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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	Students able to perform all the test and theoretical knowledge	Perform		Time management, relevance to the content		
	3 Specific games practice						
FIRST PRBOARD EXAMINATION							
JAN 27	SECOND PRBOARD EXAMINATION FINAL PRACTICAL ASSESSMENT						
FEB.-MARCH 27	ANNUAL BOARD ASSESSMENT						

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