

# DAV PUBLIC SCHOOL, HEHAL, ITKIROAD, RANCHI-5

## SYLLABUS OF PHYSICAL EDUCATION

CLASS XI 2017-18

### TERM -I

Units	Chapters	Weightage (For SA- I ) Periods	Weightage ( Final exam.) Marks	Weightage ( Final exam.) Marks
1.	Changing trends & Career in Physical Education	12 Periods	10	3 marks
2.	Olympic Movement	11 Periods	15	5 "
3.	Physical Fitness, Wellness & Lifestyle	12 Periods	12	4 "
4.	Physical Education & Sports for Differently Abled	10 Periods	15	7 "
5.	Yoga	11 Periods	10	3 "
6.	Physical Activity & Leadership Training	11 Periods	8	5 "

### TERM – II

Units	Chapters	Periods	Weightage ( Final Exam.) Marks
7.	Test, Measurement and Evaluation	11 Periods	7 marks
8.	Fundamentals of Anatomy & Physiology	11 Periods	8 "
9.	Kinesiology, Biomechanics & Sports	11 Periods	7 "
10.	Psychology & Sports	11 Periods	8 "
11.	Training In Sports	11 Periods	8 "
12.	Doping	10 periods	5 "

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