

DAV PUBLIC SCHOOL HEHAL, RANCHI
SYLLABUS FOR PHYSICAL EDUCATION
SESSION 2019-2020
CLASS- XI

SL.NO	MONTHS	NAME OF THE CHAPTERS
1	June	1. Changing trends & Career in Physical Education.
2	July	2. Olympic Movement. 3. Physical Fitness, Wellness & Lifestyle. 4. Physical Education & Sports for Differently Abled.
3	August	5. Yoga. 6. Physical Activity & Leadership Training.
4	September	7. Test, Measurement and Evaluation. 8. Fundamentals of Anatomy & Physiology.
5	October	9. Kinesiology, Biomechanics & Sports.
6	November	10. Psychology & Sports.
7	December	11. Training In Sports.
8	January	12. Doping.

Note: Physical Education Paper Carrying 26 Questions

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

Term I syllabus covered up to 6th chapters.

DAV PUBLIC SCHOOL HEHAL, RANCHI
SYLLABUS FOR PHYSICAL EDUCATION
SESSION 2019-2020
CLASS- XII

SL.NO	MONTHS	NANE OF THE CHAPTERS
1	April	1. Planning in Sports. 2. Sports & Nutrition.
2	May	3. Yoga and Lifestyle.
3	June	4. Physical Education and Sports for Differently Abled.
4	July	5. Children and Sports. 6. Women and Sports. 7. Test and Measurement in Sports.
5	August	8. Physiology and Sports.
6	September	9. Sports Medicine. 10. Kinesiology, Biomechanics and Sports.
7	October	11. Psychology and Sports.
8	November	12. Training in sports.

Note: Physical Education Paper Carrying 26 Questions

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

Term I syllabus covered up to 7th chapters.