

Gopi Birla Memorial School 2024-2025

GRADE : 11 PHYSICAL EDUCATION

MR.S.R.YADAV/MS.ARLENE GONSALVES

ANNUAL PLAN

MONTH	MAIN CONTENT/CHAPTERS	ACTIVITIES
June	1. Changing Trends & Career in Physical education (Unit 1) 2. Physical Fitness, Wellness & Lifestyle (Unit 3)	
July	1. Physical Fitness, Wellness & Lifestyle (Unit 3)(continued) 2.Olympism Value Education (Unit 2) 3. Physical Education and Sports for CWSN (Unit 4)	
August	1. Physical Education and Sports for CWSN (Unit 4)(continued) 2. Yoga (Unit 5)	Yogasananas for lifestyle diseases
September	Revision for Terminal examination	
October	1. Test, Measurement & Evaluation (Unit 6) 2. Fundamentals of Anatomy and Physiology in Sports (Unit 7)	SAI Khelo India Test , Brockport physical fitness test
November	1. Test, Measurements & Evaluation (Unit 7) 2. Fundamentals of Kinesiology and Biomechanics in Sports (Unit 8)	
December	1. Test, Measurements & Evaluation (Unit 7)(continued) 2. Fundamentals of Kinesiology and Biomechanics in Sports (Unit 8)	
January	1. Psychology & Sports (Unit 9) 2. Training and Doping in Sports (Unit 10)	
February	1. Psychology & Sports (Unit 9) 2. Training and Doping in Sports (Unit 10)	