



Fortnightly Syllabus Planning (2019-20)

Class - XI

Subject - Physical Education

New Session begins on 15th April , 2019

S.No	Duration	No. of Teaching Days	Syllabus to be planned		Weightage in Board(Theory)
			Theory	Practical	
1	15 th April – 30 th April	10	Chapter I- Changing trends and career in Physical Education		
2	1 st May – 15 th May	11	Chapter I- Changing trends and career in Physical Education		
3	16 th May - 31 th May	2	Chapter II-Olympic Movement		
Summer Vacations: 20th May – 30th June'19					
Cycle Test - 1: 22nd July - 16th August'19					
4	1 st July – 15 th July	11	Revision of Chapter 1 And 2		
5	16 th July – 31 th July	12	Chapter III Physical Fitness wellness & lifestyle		
6	1 st August – 15 th August	9	Chapter IV- Sports for differently abled		
7	16 th August – 31 st August	11	Chapter V - Yoga		
MID TERM PRACTICALS XI, XII - 6th - 12th September'19					
Syllabus completion for Mid Term Examinaion: 30th August'19					
8	1 st Sept – 15 th Sept	8	Revision		
Mid Term Examination: 16th September – 30th September'19					
Autumn Break: 5th - 8th October'19					
9	1 st Oct – 15 th Oct	8	Chapter VI- Physical activity & Leadership Training		
Diwali Break: 26th - 29th October'19					
10	16 th Oct – 31 st Oct	10	Chapter VII Test and Measurement in Sports		
11	1 st Nov – 15 th Nov	10	Chapter VIII-Fundamentals of Anatomy and Physiology and Kinsiology in sports		
Annual Day: 16th November'19					
12	16 th Nov - 30 th Nov	10	Chapter VIII-Fundamentals of Anatomy and Physiology and Kinsiology in sports		
Cycle Test - 2: 10th December - 23rd December'19					
13	1 st Dec – 15 th Dec	10	Chapter VIII-Fundamentals of Anatomy and Physiology and Kinsiology in sports		
14	16 th Dec – 31 st Dec	9	Chapter IX-Psychology and Sports,		
Winter break: 30th Dec - 12th January'20					
15	1 st Jan – 15 th Jan	3	Chapter X- Training and Doping in Sports		
16	16 th Jan - 31 st Jan	12	Chapter X- Training and Doping in Sports (contd)		
17	1 st Feb – 15 th Feb	9	Revision		
Syllabus completion for Annual Examination: 31st January'20					
Annual Examination Practical: 4th Febuary - 7th February'20					

Syllabus for Assessment

Exam	Test Date	Syllabus
CYCLE TEST 1	29July/5Aug	Chapter 1 and 2
MID TERM	26/30 Sep	Chapter 1-5
CYCLE TEST 2	10/13 Dec	Chapter 6-8
ANNUAL EXAMINATION		Full syllabus