

# GYANJYOTI PUBLIC SCHOOL

Affiliated to CBSE, NEW DELHI (10+2)

## SYLLABUS FOR STD XI, 2024-25

### PHYSICAL EDUCATION

#### PERIODIC TEST I:

Chapter 1 – Changing Trends & Careers in Physical Education  
Chapter 3- yoga

#### HALF-YEARLY:

Chapter 1 – Changing Trends & Careers in Physical Education  
Chapter 2 – Olympic Value Education  
Chapter 3 – Yoga  
Chapter 4 – Physical Education & Sports for CWSM (Children With Special Needs Divyang)  
Chapter 5 – Physical Fitness, Health & Wellness

#### PERIODIC TEST II:

Chapter 6 – Test , Measurement & Evaluation  
Chapter 7 - Fundamentals of Anatomy & Physiology in Sports

#### YEARLY:

Chapter 8 – Fundamentals of Kinesiology & Biomechanics in Sports  
Chapter 9 – Psychology & Sports  
Chapter 10 – Training & Doping in Sports  
(Including PA 1& PA2)

#### PRACTICAL TEST-

Physical Fitness Test:  
SAI Khelo India Test  
Yogic Practices

Record File \*

Viva Voce (Health/ Games & Sports/ Yoga)

Proficiency in Games and Sports

(Skill of any one IOA recognized Sport/Game of Choice)\*\*