

PHYSICAL EDUCATION (048)
HALF YEARLY SYLLABUS
CLASS XI (2020-2021)

UNIT I : CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION

- Meaning & Definition of Physical Education
- Aims & Objectives of Physical Education
- Career Option in Physical Education
- Competition in Various Sports at National and International Level
- Khelo-India Program

UNIT II : OLYMPIC VALUE EDUCATION

- Olympics, Paralympics and special Olympic
- Olympic Symbols Ideals, Objectives & values of Olympism
- International Olympic Committee
- Indian Olympic Association

UNIT III : PHYSICAL FITNESS WELLNESS & LIFESTYLE

- Meaning & Importance of Physical Fitness and Wellness & Lifestyle
- Components of Physical Fitness and Wellness
- Components of Health Related Fitness

**UNIT IV : PHYSICAL EDUCATION & SPORTS FOR CWSN
(CHILDREN WITH SPECIAL NEEDS- DIVYANG)**

- Aims & Objectives of Adaptive Physical Education
- Organization Promoting Adapting sports (Special Olympics Bharat ; Paralympics; Deaflympics)
- Concept of Inclusion, Its Need and Implementation
- Role of Various Professionals for Children With special Need (counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

UNIT V : YOGA

- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction-Asanas, Pranayam , Meditation & Yogic Kriyas
- Yoga for Concentration & Related Asanas (sukhasana; Tadasana;Padmasana & Shashankasana , Naukasana, vrikshasana (Tree pose), Garudasana (Eagle Pose)
- Relaxation Techniques for Improving Concentration –Yog-nidra

UNIT VI : PHYSICAL ACTIVITY & LEADERSHIP TRAINING

- Leadership Qualities & Role of a Leader
- Creating Leaders through Physical Education
- Meaning , Objectives & Type of Adventure Sports (Rock climbing ,trekking , River Rafting, Mountaineering, Surfing and Paragliding)
- Safety Measures to Prevent Sports Injuries