**CLASS – XITH**

**SUBJECT – PHYSICAL EDUCATION**

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| **MONTHS**  | **CHAPTER NAME**  | **PERIODS** | **TOPIC** | **P.T** | **INTERNAL AND ASSESSMENT NOTE BOOK &SUBJECT ENRIGHMENT** | **MARKS** |
| **FIRST** | **MID** | **FINAL** |
| **JUNE** | **UNIT 1****Changing Trends and****Careers in Physical****Education** | **15** | 1. Concept, Aims &Objectives of PhysicalEducation.2. Development ofPhysical Education inIndia – PostIndependence.3. Changing Trends inSports- playingsurface, wearablegear and sportsequipment,technologicaladvancements.4. Career options inPhysical Education.5. Khelo-India Programand Fit – IndiaProgram. |  | To make the studentsunderstand the meaning,aims, and objectives ofPhysical Education.Make out the development ofKhelo India and Fit IndiaProgram.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 | **20** |  | **06** |
| **JULY** | **UNIT 2****Olympism Value****Education** | **10** | 1. Olympism – Conceptand Olympics Values(Excellence,Friendship & Respect).2. Olympic ValueEducation – Joy ofEffort, Fair Play,Respect for Others,Pursuit of Excellence,Balance Among Body,Will & Mind.3. Ancient and ModernOlympics.4. Olympics - Symbols,Motto, Flag, Oath, andAnthem.5. Olympic MovementStructure - IOC, NOC,IFS, Other members. |  | To make the students awareof Concepts and OlympicsValues (Excellence,Friendship & Respect)Describe the structure of theOlympic movement structure.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 | **15** |  | **05** |
| **JULY** | **UNIT 3****Yoga** | **14** | 1. Meaning andimportance of Yoga.2. Introduction toAstanga Yoga3. Yogic Kriyas (ShatKarma).4. Pranayama and itstypes.5. Active Lifestyle andstress managementthrough Yoga. |  | To make the students aware of the meaning and importance of yoga.• To make them learn about Astanga yoga.• students perform yogic kriya, specially shat karmas.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 | **20** |  | **07** |
| **AUGUST** | **UNIT 4****Physical Education and****Sports for Children with****Special Needs** | **13** | 1. Concept of Disabilityand Disorder.2. Types of Disability, itscauses & nature(Intellectual disability,Physical disability).3. Disability Etiquette.4. Aim and objectives of Adaptive PhysicalEducation.5. Role of variousprofessionals forchildren with specialneeds (Counselor,OccupationalTherapist,Physiotherapist,Physical EducationTeacher, SpeechTherapist, and SpecialEducator). |  | To make the students aware concept of Disability and Disorder.To make the studentsUnderstand the aims and objectives Adaptive Physical.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 | **15** |  | **06** |
| **AUGUST** | **REVISION** | **\_** | **UNIT\_ 1,2, 3, AND 4** | **\_** | **\_** | **\_** | **\_** | **\_** |
| **SEPTEMBER** | **1ST TERM** |  | **EXAMINATION** | **\_** | **\_** | **\_** | **\_** | **\_** |
| **OCTOBER** | **UNIT 5****Physical Fitness,****Wellness, and Lifestyle** | **10** | 1. Meaning & importanceof Wellness, Health,and Physical Fitness.2. Components/Dimensions of Wellness,Health, and PhysicalFitness.3. Traditional Sports &Regional Games forpromoting wellness.4. Leadership throughPhysical Activity andSports. 5. Introduction to FirstAid – PRICE |  | To make the studentsunderstand the Meaning &importance of Wellness,Health, and Physical FitnessRelate leadership through physical activity and sports.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 |  | **10** | **08** |
| **OCTOBER** | **UNIT 6****Test, Measurement &****Evaluation** | **15** | 1. Define Test,Measurements andEvaluation.2. Importance of Test,Measurements andEvaluation in Sports.3. Calculation of BMI,Waist – Hip Ratio,Skin foldmeasurement (3-site).4. Somato Types(Endomorphy,Mesomorphy &Ectomorphy).5. Measurements ofhealth-related fitness. |  | To Introduce the studentswith the terms like test,measurement and evaluationalong with its importance.To Introducing them themethods of calculating BMI,Waist- hip ratio and Skin foldmeasurement.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 |  | **20** | **09** |
| **NOVEMBER** | **UNIT 7****Fundamentals of****Anatomy, Physiology in****Sports** |  | 1. Definition andimportance ofAnatomy andPhysiology in Exerciseand Sports.2. Functions of SkeletalSystem, Classificationof Bones, and Typesof Joints.3. Properties andFunctions of Muscles.4. Structure andFunctions ofCirculatory Systemand Heart.5. Structure andFunctions ofRespiratory System. |  | Students will understand themain functions andClassification of Bone and the Types of Joints.Figure out the properties andfunctions of muscles and understand how they work.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 |  | **20** | **07** |
| **NOVEMVER** | **UNIT 8****Fundamentals Of****Kinesiology And****Biomechanics in Sports** | **15** | 1. Definition andImportance of Kinesiology andBiomechanics inSports.2. Principles ofBiomechanics.3. Kinetics andKinematics in Sports.4. Types of BodyMovements - Flexion,Extension, Abduction,Adduction, Rotation,Circumduction,Supination &Pronation.5. Axis and Planes –Concept and itsapplication in bodymovements. |  | Understand Kinesiology and Biomechanics with their application in sports.Illustrate fundamental bodymovements and their basicpatterns.• Learn about the Axis andPlanes and their applicationwith body movements.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 |  | **20** | **08** |
| **DECEMBER** | **MID TERM** |  | **EXAMINATION**UNIT- 5, 6, 7, AND 8 | **\_** | **\_** | **\_** | **\_** | **\_** |
| **JANUARY** | **UNIT 9****Psychology and Sports** | **13** | 1. Definition &Importance ofPsychology inPhysical Education &Sports;2. DevelopmentalCharacteristics atDifferent Stages ofDevelopment; 3. Adolescent Problems& their Management;4. Team Cohesion andSports;5. Introduction toPsychologicalAttributes: Attention,Resilience, MentalToughness. |  | The students will identify the definition and importance ofPsychology in PhysicalEducation and sports.• The students will be able to differentiate characteristics ofgrowth and development at different stages.Correlate the psychologicalconcepts with the sports and athlete specific situations.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy
 |  |  | **06** |
| **JANUARY** | **UNIT 10****Training & Doping in****Sports** | **14** | 1. Concept andPrinciples of SportsTraining.2. Training Load: OverLoad, Adaptation, andRecovery.3. Warming-up &Limbering Down –Types, Method &Importance.4. Concept of Skill,Technique, Tactics &Strategies.5. Concept of Dopingand its disadvantages. |  | To make the students aware about of concepts and principles of sports training.To make students learn and understand the Training Load, Over Load, Adaptation,and Recovery concepts.• To make studentsUnderstand the importance of warning up and limberingdown exercises.• To introduce the terms like Skills, Techniques, Tactics, and Strategies to the students.* Black board test
* Oral test
* Group discussion
* Submission of neat and clean covered copy.
 |  |  | **08** |
| **FEBRUARY** | **REVISION** | **\_** | **ALL UNITS** | **\_** | **\_** | **\_** | **\_** | **\_** |
| **MARCH** | **ANNUAL EXAM** |  | **ALL UNITS** | **\_** | **\_** | **\_** | **\_** | **\_** |

**PRACTICAL/ PROJECTS ETC.**

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| **PRACTICAL** | **Max. Marks 30** |
| Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT) | **06** |
| Proficiency in Games and Sports(Skill of any one IOA recognized Sport/Game of Choice) | **07** |
| Yogic Practices | **07** |
| Record File | **05** |
| Viva Voce (Health/ Games & Sports/ Yoga) | **05** |

**Record File:**

**➢ Practical-1:** Fitness tests administration. (SAI Khelo India Test)

**➢ Practical-2:** Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

**➢ Practical-3:** Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.