**CLASS – XITH**

**SUBJECT – PHYSICAL EDUCATION**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 Physical  Education.  2. Development of  Physical Education in  India – Post  Independence.  3. Changing Trends in  Sports- playing  surface, wearable  gear and sports  equipment,  technological  advancements.  4. Career options in  Physical Education.  5. Khelo-India Program  and Fit – India  Program. |  | To make the students  understand the meaning,  aims, and objectives of  Physical Education.  Make out the development of  Khelo India and Fit India  Program.   * 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 – Concept  and Olympics Values  (Excellence,  Friendship & Respect).  2. Olympic Value  Education – Joy of  Effort, Fair Play,  Respect for Others,  Pursuit of Excellence,  Balance Among Body,  Will & Mind.  3. Ancient and Modern  Olympics.  4. Olympics - Symbols,  Motto, Flag, Oath, and  Anthem.  5. Olympic Movement  Structure - IOC, NOC,  IFS, Other members. |  | To make the students aware  of Concepts and Olympics  Values (Excellence,  Friendship & Respect)  Describe the structure of the  Olympic 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 and  importance of Yoga.  2. Introduction to  Astanga Yoga  3. Yogic Kriyas (Shat  Karma).  4. Pranayama and its  types.  5. Active Lifestyle and  stress management  through 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 Disability  and Disorder.  2. Types of Disability, its  causes & nature  (Intellectual disability,  Physical disability).  3. Disability Etiquette.  4. Aim and objectives of Adaptive Physical  Education.  5. Role of various  professionals for  children with special  needs (Counselor,  Occupational  Therapist,  Physiotherapist,  Physical Education  Teacher, Speech  Therapist, and Special  Educator). |  | To make the students aware concept of Disability and Disorder.  To make the students  Understand 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 & importance  of Wellness, Health,  and Physical Fitness.  2. Components/Dimensio  ns of Wellness,  Health, and Physical  Fitness.  3. Traditional Sports &  Regional Games for  promoting wellness.  4. Leadership through  Physical Activity and  Sports.  5. Introduction to First  Aid – PRICE |  | To make the students  understand the Meaning &  importance of Wellness,  Health, and Physical Fitness  Relate 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 and  Evaluation.  2. Importance of Test,  Measurements and  Evaluation in Sports.  3. Calculation of BMI,  Waist – Hip Ratio,  Skin fold  measurement (3-site).  4. Somato Types  (Endomorphy,  Mesomorphy &  Ectomorphy).  5. Measurements of  health-related fitness. |  | To Introduce the students  with the terms like test,  measurement and evaluation  along with its importance.  To Introducing them the  methods of calculating BMI,  Waist- hip ratio and Skin fold  measurement.   * 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 and  importance of  Anatomy and  Physiology in Exercise  and Sports.  2. Functions of Skeletal  System, Classification  of Bones, and Types  of Joints.  3. Properties and  Functions of Muscles.  4. Structure and  Functions of  Circulatory System  and Heart.  5. Structure and  Functions of  Respiratory System. |  | Students will understand the  main functions and  Classification of Bone and the Types of Joints.  Figure out the properties and  functions 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 and  Importance of Kinesiology and  Biomechanics in  Sports.  2. Principles of  Biomechanics.  3. Kinetics and  Kinematics in Sports.  4. Types of Body  Movements - Flexion,  Extension, Abduction,  Adduction, Rotation,  Circumduction,  Supination &  Pronation.  5. Axis and Planes –  Concept and its  application in body  movements. |  | Understand Kinesiology and Biomechanics with their application in sports.  Illustrate fundamental body  movements and their basic  patterns.  • Learn about the Axis and  Planes and their application  with 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 of  Psychology in  Physical Education &  Sports;  2. Developmental  Characteristics at  Different Stages of  Development; 3. Adolescent Problems  & their Management;  4. Team Cohesion and  Sports;  5. Introduction to  Psychological  Attributes: Attention,  Resilience, Mental  Toughness. |  | The students will identify the definition and importance of  Psychology in Physical  Education and sports.  • The students will be able to differentiate characteristics of  growth and development at different stages.  Correlate the psychological  concepts 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 and  Principles of Sports  Training.  2. Training Load: Over  Load, Adaptation, and  Recovery.  3. Warming-up &  Limbering Down –  Types, Method &  Importance.  4. Concept of Skill,  Technique, Tactics &  Strategies.  5. Concept of Doping  and 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 students  Understand the importance of warning up and limbering  down 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.**

|  |  |
| --- | --- |
| **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.