**Subject: Physical Education (11th)**

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| **MONTH** | **W.D** | **PD** | **CHAPTER** | **ASSIGN**  **MENT** | **ACTIVITIES** |
| April | 22 | 08  03  08  03 | **1.**Changing Trends, and Career in Physical Education  Practical  2.Olympic Value Education  Practical | NCERT Questions  NCERT Questions & Worksheet | SEWA project as per CBSE  Revision and Test  To ask students to bring information of Olympic games  Revision and Test |
| May | 24 | 08  04  08  04 | 3.Physical Fitness, Wellness, and Lifestyle  Practical  4.Physical education & sports for CWSN (Children With Special Needs)  Practical | NCERT Questions & Worksheet  NCERT Questions | Fitness survey of community by the students and suggest them the proper means of fitness  Revision and Test  To ask students to make chart  Revision and Test |
| July | 24 | 10  04  07  03 | 5. Yoga  Practical  6.Physical Activity & Leadership Training  Practical | NCERT Questions & Worksheet  Learn any 05 asana and 02 breathing techniques  NCERT Questions | Make a Chart  Medical test of students as per CBSE  Revision and Test  Revision and Test |
| August | 22 | 10  04  05  03 | 7. Test, Measurement & Evaluation  Practical  8.Fundamentals of Anatomy and Physiology &Kinesiology in sports  Practical | NCERT Questions & Worksheet  Collection of BMI of 10 family members by the students  NCERT Questions | Presentation on allotted topics by the students  Revision and Test  To ask students to make chart of Circulatory & Respiratory systems  Revision and Test |
| Sept. | 23 | 18  05 | Games theory  Presentation |  | Revision and clarification of doubts if any  Presentation on debated topics by the students |
| October | 19 | 08  02  06  03 | 9. Psychology & Sports    Practical  10. Training & Doping in Sports  Practical | NCERT Questions & Worksheet  NCERT Questions & Worksheet | SEWA project as per CBSE  **Revision and Test**  Discussion with the expert Psychologists  Revision and Test |
| Nov. | 22 | 10  12 | Test Measurement & Evaluation  Yoga |  |  |
| Dec. | 24 | **Revision and** **Pre Board Exams of Full syllabus** | | | |
| Jan. | 14 | Practical | | | |
| Feb. | 23 | **Term II Examination** | | | |