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

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| **MONTH** | **W.D** | **PD** | **CHAPTER** | **ASSIGN****MENT** | **ACTIVITIES** |
| April |  22 | 08030803 | **1.**Changing Trends, and Career in Physical EducationPractical2.Olympic Value EducationPractical | NCERT QuestionsNCERT Questions & Worksheet | SEWA project as per CBSERevision and TestTo ask students to bring information of Olympic gamesRevision and Test |
| May |  24 | 08040804 | 3.Physical Fitness, Wellness, and LifestylePractical4.Physical education & sports for CWSN (Children With Special Needs)Practical | NCERT Questions & WorksheetNCERT Questions | Fitness survey of community by the students and suggest them the proper means of fitnessRevision and TestTo ask students to make chartRevision and Test |
| July |  24 | 10040703 | 5. YogaPractical6.Physical Activity & Leadership TrainingPractical | NCERT Questions & WorksheetLearn any 05 asana and 02 breathing techniquesNCERT Questions  | Make a ChartMedical test of students as per CBSERevision and TestRevision and Test |
| August |  22 |  10 04 05 03 | 7. Test, Measurement & EvaluationPractical8.Fundamentals of Anatomy and Physiology &Kinesiology in sportsPractical | NCERT Questions & WorksheetCollection of BMI of 10 family members by the studentsNCERT Questions | Presentation on allotted topics by the studentsRevision and TestTo ask students to make chart of Circulatory & Respiratory systems Revision and Test |
| Sept. | 23 |  18 05 | Games theoryPresentation  |  | Revision and clarification of doubts if anyPresentation on debated topics by the students  |
| October | 19 |  08 02 06 03  | 9. Psychology & Sports Practical 10. Training & Doping in SportsPractical | NCERT Questions & WorksheetNCERT Questions & Worksheet | SEWA project as per CBSE**Revision and Test**Discussion with the expert PsychologistsRevision and Test |
| Nov. | 22 | 1012 | Test Measurement & Evaluation Yoga |  |  |
| Dec. | 24 | **Revision and** **Pre Board Exams of Full syllabus** |
| Jan.  | 14 | Practical |
| Feb. | 23 | **Term II Examination** |