

SYLLABUS 2019-2020

Class : Class 11
Subject : Physical Education
Book : Saraswati Physical Education
Publisher : New Saraswati House (India) Pvt. Ltd.

Term 1

SECTION-A

1. Concept of Physical Education

- (i) Meaning of Physical Education, its aim and objectives.
- (ii) Importance of Physical Education.
- (iii) Misconceptions about Physical Education and the relevance of Physical Education in the inter-disciplinary context .
- (iv) Meaning of 'Play' and 'Recreation'.
- (v) Meaning and concept of 'Games and Sports

2. Individual Aspects and Group Dynamics

- (i) Interest and attitude.
- (ii) Motivation
- (iii) Leadership.

SECTION B

Rules and regulation of football, cricket, badminton, swimming and their interpretation.

Term 2

SECTION-A

1. Effects of physical exercise on Human Body

- (i) The skeletal and muscular systems
- (ii) Respiratory System
- (iii) Circulatory system
- (iv) Digestive System
- (v) Effect of exercise and benefits of regular training on the above systems.

Contact Us

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2. Nutrition, Weight Control & Exercise

- (i) Nutrition Basics
- (ii) Balanced Diet and role of balanced diet in performance.
- (iii) Obesity and weight control ,lifetime concept of weight control.

SECTION B

Rules and regulation of football, cricket, badminton, swimming and their interpretation.

Term 3

SECTION A

1. Physical Fitness & Wellness

- (i) Physique, Physical Fitness and Wellness.
- (ii) Components of physical fitness and wellness.
- (iii) Factors affecting physical fitness and wellness.
- (iv) Tests and Measurements in Sports.

SECTION B

Rules and regulation of football, cricket, badminton, swimming and their interpretation.

Term 4

SECTION A

1. Games and Sports – a global perspective

- (i) Olympics as a Social force.
- (ii) History of Modern Olympics.
- (iii) Asian Games.

SECTION B

Rules and regulation of football, cricket, badminton, swimming and their interpretation.

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