

**SOBTIS PUBLIC SCHOOL**  
**ANNUAL CURRICULUM AND PEDAGOGICAL PLAN**  
**SESSION 2024-2025**

**VISION:** “Our vision is to make the studies according to student’s specific needs, increasing their efficiency and increasing their reasoning and logical power.”

**MISSION:** To develop future- geniuses with active and creative minds, a sense of understanding and compassion for humanity, and the courage to act upon their values and beliefs. We strongly believe in holistic development of each and every child spiritually, morally, intellectually, socially, emotionally and physically.

**SUBJECT:** Physical education

**CLASS:** XI

**TEACHER’S NAME:** SATYAM SHROTRIYA

MONTH	NO. OF WORKING DAYS	TOPIC	AIL/SPORTS IL/SUBIL	DESCRIPTION
April	23	Unit I Changing Trends & Career in Physical Education  Unit II Olympism		
May	15	Unit III Yoga  Unit IV Physical Education & Sports for CWSN (Children With Special Needs- Divyang)	SPORTSIL-Yoga Demonstration	Different types asana
July	26	Unit V Physical Fitness, Health and Wellness		
August	24	Unit VI Test, Measurement & Evaluation	SUBIL:-Concept of test	Sai Khelo India test
September	06	Unit VII Fundamentals of Anatomy, Physiology in Sports		
October	22	Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports	SUBIL:- Principles of biomechanics	Types of body movements

<b>November</b>	23	<b>Unit IX Psychology &amp; Sports</b>		
<b>December</b>	18	<b>Unit X Training and Doping in Sports</b>	SUBIL:-PPT Presentation on different types of doping	Different types of drugs and blood doping
<b>January</b>	20	<b>Revision</b>		
<b>February</b>	15	<b>Revision</b>		

**SOBTIS PUBLIC SCHOOL**  
**ANNUAL CURRICULUM AND PEDAGOGICAL PLAN**  
**SESSION 2024-2025**

**VISION:** “ Our vision is to make the studies according to student’s specific needs, increasing their efficiency and increasing their reasoning and logical power.”.

**MISSION:** To develop future- geniuses with active and creative minds, a sense of understanding and compassion for humanity, and the courage to act upon their values and beliefs. We strongly believe in holistic development of each and every child spiritually, morally, intellectually, socially, emotionally and physically.

**SUBJECT:** Physical education

**CLASS:** XII

**TEACHER’S NAME:** SATYAM SHROTRIYA

MONTH	NO. OF WORKING DAYS	TOPIC	AIL/SPORTS IL/SUBIL	DESCRIPTION
April	23	Unit-I Management of Sporting Events Unit II - Children & Women in Sports	SUBIL-Planning, organising and staffing	Students will learn pre during and post committees
May	15	Unit III - Yoga as Preventive measure for Lifestyle Disease Unit-IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)	SPORTSIL-Yoga Demonstration	Different types asana to cure obesity and other disease
July	26	Unit V - Sports & Nutrition Unit VI-Test& Measurement in Sports		
August	24	Unit-VII Physiology &Injuries in Sports Unit-VIII Biomechanics &sports		
September	06	Unit IX-psychology & sports	SUBIL:-Projectile in sports	Projectile in basketball
October	22	Unit X-Training in sports	SUBIL:-PPT Presentation on different phase of training	Different phase of training
November	23	Revision & sample paper		

<b>December</b>	18	<b>Revision &amp; sample paper</b>		
<b>January</b>	20	<b>Revision &amp; sample paper</b>		
<b>February</b>	15	<b>Revision &amp; sample paper</b>		

