

SOBTIS PUBLIC SCHOOL (SR. SEC)
ANNUAL CURRICULUM AND PEDAGOGICAL PLAN
SESSION- 2023-24

VISION:-"Our vision is to make the youth aspire, discover, redefine, innovate and become successful in life."

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

MONTH	NO. OF WORKING DAYS	TOPIC	AIL/SPORTS IL/SUBIL	DESCRIPTION
APRIL	18	Unit I Changing Trends & Career in Physical Education Unit II Olympism		
MAY	17	Unit III Yoga Unit IV Physical Education & Sports for CWSN (Children With Special Needs-Divyang)	SPORTSIL-Yoga Demonstration	Different types asana
JULY	24	Unit V Physical Fitness, Health and Wellness		
AUGUST	25	Unit VI Test, Measurement & Evaluation	SUBIL:-Concept of test	Sai Khelo India test
SEPTEMBER	5	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
NOVEMBER	20	Unit IX Psychology & Sports		
DECEMBER	16	Unit X Training and Doping in Sports	SUBIL:-PPT Presentation on different types of doping	Different types of drugs and blood doping
JANUARY	18	Revision		