

THE AIR FORCE SCHOOL : SUBROTO PARK : DELHI CANTT-110010

Class – XI

Sub: PHYSICAL EDUCATION

Weekly Syllabus (Tentative)

Academic Session 2024-25

Month	Week	Dates		Days	No of Periods	Chapter	Contents	Syllabus
Mar 24	Block Teaching							
Apr-24	I	01-06	06-Working Saturday (Staff)	05				
	II	08-12	11 – Id-ul-Fitr	04		CHAPTER-1 1. Concept, Aims & Objectives of Physical Education	1.1 Concept of Physical Education 1.2 Aims and Objectives of Physical Education	
	III	15-19	14 - Ambedakar Jayanti 17 – Ram Navami 21 - Mahavir Jayanti	04		2. Development of Physical Education in India - Post-Independence	2.1 Historical Overview 2.2 Key Milestones and Initiatives	
	IV	22-27	27-Working Saturday (Student)	06		3. Changing Trends in Sports	3.1 Playing Surfaces 3.2 Wearable Gears and Sports Equipment 3.3 Technological Advancements	
	V	29-30		02		4. Career Options in Physical Education	4.1 Career Paths and Opportunities 4.2 Skills and Qualifications Required	
May-24	I	01-03	01-03 : ES-1 (XII)/ CT-1 (X)	03		5. Khelo India Program and Fit India Movement	5.1 International Olympic Committee (IOC) 5.2 Overview of Fit India Movement 5.3 Impact and Benefits	ES-1 (XII)/ CT-1 (X) Date: 01-07 May

Month	Week	Dates		Days	No of Periods	Chapter	Contents	Syllabus
	II	06-10	06-07 : ES-1 (XII)/ CT-1 (X) 09,10 – The Quest	05		CHAPTER-2 1. Olympic Values Education 2. Olympic Value Education 3. Ancient and Modern Olympics	1.1 Concept of Olympism 1.2 Olympic Values (Excellence, Friendship & Respect) 2.1 Joy of Effort 2.2 Fair Play 2.3 Respect for Others 2.4 Pursuit of Excellence 2.5 Balance Among Body, Will & Mind 2.1 Joy of Effort 2.2 Fair Play 2.3 Respect for Others 2.4 Pursuit of Excellence 2.5 Balance Among Body, Will & Mind 3.1 Historical Overview 3.2 Key Differences and Similarities	
	III	13-18	18- Working Saturday (Open House X & XII)	06		4. Olympics - Symbols, Motto, Flag, Oath, and Anthem. 5. Olympic Movement Structure	4.1 Symbols 4.2 Motto 4.3 Flag 4.4 Oath 4.5 Anthem 5.1 International Olympic Committee (IOC) 5.2 National Olympic Committees (NOC) 5.3 International Paralympic Committee (IPC) 5.4 Other Members	
***** SUMMER BREAK 20 MAY -30 JUN 2024 *****								
Jul-24	I	01-06	01- School reopens for staff 06-Working Saturday (Student)	05		CHAPTER-3 1. Meaning and Importance of Yoga 2. Introduction to	1.1 Definition and Significance 1.2 Benefits of Yoga 2.1 Overview of Ashtanga Yoga 2.2 Key Principles and Practices 3.1 Types of Yogic Kriyas 3.2 Purpose and Benefits of	PT-I Class VI-X Date: 05 Jul – 12Jul ES-2 (XII): 05 Jul – 12Jul

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						Ashtanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and Its Types 5. Active Lifestyle and Stress Management through Yoga	Each Kriya 4.1 Definition of Pranayama 4.2 Types of Pranayama 4.3 Benefits and Techniques 5.1 Incorporating Yoga into Daily Life 5.2 Yoga for Stress Relief 5.3 Overall Health Benefits	
	II	08-12		05		CHAPTER-4 1. Concept of Disability and Disorder 2. Types of Disability, Its Causes & Nature 3. Disability Etiquette	1.1 Definition and Understanding 1.2 Types of Disorders 2.1 Intellectual Disability 2.2 Physical Disability 2.3 Causes and Nature of Disabilities 3.1 Guidelines for Interacting with CWSN 3.2 Promoting Inclusivity	
	III	15-19	17-Muharram	04		4. Aim and Objectives of Adaptive Physical Education 5. Role of Various Professionals for Children with Special Needs	4.1 Goals of Adaptive Physical Education 4.2 Objectives for CWSN 5.1 Counselor	
	IV	22-27	27 – Working Saturday (Students)	06		CHAPTER-5	1.1 Definitions and Concepts 1.2 Benefits and Importance	

Month	Week	Dates		Days	No of Periods	Chapter	Contents	Syllabus
						1. Meaning & Importance of Wellness, Health, and Physical Fitness		
	V	29-31		03		2. Components of Physical Fitness, Wellness, and Health	2.1 Physical Fitness Components	
Aug-24	I	01-03	03 – Working Saturday (Open House (VI-X), XII)	03		2. Components of Physical Fitness, Wellness, and Health	2.2 Wellness Dimensions 2.3 Health Aspects	
	II	05-09		05		3. Traditional Sports & Regional Games for Promoting Wellness	3.1 Overview of Traditional Sports 3.2 Regional Games and Their Benefits 3.3 Promoting Wellness Through Sports	
	III	12-16	15 – Independence Day	04		4. Leadership through Physical Activity and Sports	4.1 Developing Leadership Skills 4.2 Impact of Physical Activity on Leadership 4.3 Examples of Leadership in Sports	
	IV	19-23	19-Raksha Bandhan	04		5. Introduction to First Aid - PRICE	5.1 Definition and Importance of PRICE 5.2 Steps of PRICE (Protection, Rest, Ice, Compression, Elevation) 5.3 Application and Benefits	ES-1 (XI):
	V	26-31	26-Janmashtami 31-Working Saturday (Students) 31-Annual Prize Distribution	05			REVISION	
Sep-24	I	02-06		05				

Month	Week	Dates		Days	No of Periods	Chapter	Contents	Syllabus
	II	09-14	14 – Working Saturday (Students)	06				Mid Term (PT-II)/ HYE Date 02-14 Sep 1. Changing Trends and Careers in Physical Education. 2. Olympic Value Education 3. Yoga 4. Physical Education and Sports for CWSN (Children With Special Needs) 5. Physical Fitness, Health, and Wellness.
	III	16-21	16-Milad-un-Nabi 21 – Working Saturday (Students)	05			Mid Term/ HYE Exam	
	IV	23-27		05				
	V	30		01		CHAPTER-6		
						1. Define Test, Measurement, and Evaluation	1.1 Definitions and Key Concepts 1.2 Differences and Interrelationships	
Oct-24	II	01-05	02-Mahatma Gandhi's Birthday 05-Annual Prize Distribution	04		2. Importance of Test, Measurement, and Evaluation in Sports 3. Calculation of BMI, Waist-Hip Ratio, Skin Fold Measurement (Site)	2.1 Role and Benefits in Sports 2.2 Impact on Performance and Improvement 3.1 Body Mass Index (BMI) 3.2 Waist-Hip Ratio 3.3 Skin Fold Measurement Techniques and Sites	
	III	07-12	09-13– Autumn Break 12- Dussehra	02		4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy)	4.1 Definition and Characteristics of Endomorphy 4.2 Definition and Characteristics of Mesomorphy 4.3 Definition and Characteristics of Ectomorphy 4.4 Application in Sports	
	IV	14-19	17-Maharishi Valmiki's Birthday 19 – Working Saturday	05		CHAPTER-7	Definitions	

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			(Open House VI-XII)			1. Definition and Importance of Anatomy and Physiology in Exercise and Sports 2. Functions of Skeletal System, Classification of Bones, and Types of Joints	1.2 Importance in Exercise and Sports 2.1 Functions of the Skeletal System 2.2 Classification of Bones 2.3 Types of Joints	
	V	21-25	20- Karwa Chouth	05		3. Properties and Functions of Muscles 4. Structure and Functions of the Circulatory System and Heart	3.1 Properties of Muscles 3.2 Functions of Muscles 4.1 Structure of the Circulatory System 4.2 Functions of the Circulatory System 4.3 Structure and Function of the Heart	
	VI	28-31	30-03 Nov – Diwali Break	02		5. Structure and Functions of the Respiratory System	5.1 Structure of the Respiratory System 5.2 Functions of the Respiratory System	
*** Autumn Break 09-13 Oct 2024 ***								
Nov-24	I	04-09	09 – Working Saturday (Students)	06		CHAPTER-8 1. Definition and Importance of Kinesiology and Biomechanics in Sports	1.1 Definitions 1.2 Importance in Sports	
	II	11-15	12 – Annual Day 15 – Guru Nank's Birthday	04		2. Principles of Biomechanics 3. Kinetics and Kinematics in Sports	2.1 Basic Principles 2.2 Application in Sports 3.1 Definition of Kinetics	

Month	Week	Dates		Days	No of Periods	Chapter	Contents	Syllabus
							3.2 Definition of Kinematics 3.3 Application in Sports	
	III	18-22		05		4. Types of Body Movements	4.1 Flexion 4.2 Extension 4.3 Abduction 4.4 Adduction 4.5 Rotation 4.6 Circumduction 4.7 Supination 4.8 Pronation	PT-II (VI-VIII): 19 Nov-10 Dec PT-III (IX): 19 Nov-10 Dec PT-III (X): 14 Nov-25 Nov MPB (XII): 14 Nov-25 Nov
	IV	25-30	29,30 – Annual Athletic Meet	06		5. Axis and Planes - Concept and its Application in Body Movements	5.1 Types of Axes 5.2 Types of Planes 5.3 Application in Body Movements	
Dec-24	I	02-07	07 – Sports Day	06		CHAPTER-9 1. Definition & Importance of Psychology in Physical Education & Sports	1.1 Definition of Sports Psychology 1.2 Importance in Physical Education and Sports	
	II	09-13		05		2. Developmental Characteristics at Different Stages of Development	2.1 Characteristics in Childhood 2.2 Characteristics in Adolescence 2.3 Characteristics in Adulthood	
	III	16-21	21-Working Saturday, Open House (X & XII)	06		3. Adolescent Problems & Their Management 4. Team Cohesion and Sports	3.1 Common Adolescent Problems 3.2 Strategies for Management 4.1 Definition of Team Cohesion 4.2 Importance in Sports 4.3 Strategies to Improve Cohesion	

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	IV	23	24,25 – Christmas Holidays	01		5. Introduction to Psychological Attributes	5.1 Attention 5.2 Resilience 5.3 Mental Toughness	
*** Winter Break from 26 Dec to 04 Jan 2025 ***								
Jan-25	I	06-10		05		CHAPTER-10 1. Concept and Principles of Sports Training	1.1 Definition and Concepts 1.2 Principles of Effective Training	
	II	13-18	18-Working Saturday, Open House (VI-IX, XI)	06		2. Training Load: Overload, Adaptation, and Recovery 3. Warming-up	2.1 Overload 2.2 Adaptation 2.3 Recovery 2.4 Limbering Down - Types, Methods, & Importance 3.1 Importance of Warming-up 3.2 Types and Methods of Warming-up	
	III	20-25	25-Citation Ceremony 25-Open House XII 26-Republic Day	06		4. Concept of Skill, Technique, Tactics & Strategies	4.1 Skill Development 4.2 Techniques 4.3 Tactics 4.4 Strategies	
	IV	27-31		05		5. Concept of Doping and its Disadvantages	5.1 Definition of Doping 5.2 Types of Doping 5.3 Health Risks and Ethical Issues	
Feb-25	I	01	01 – Farewell XII 01- Open House X	01			REVISION	
	II	03-07		05				
								Annual Exam Class IX

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								& XI – 05 Feb-19 Feb 2025
	III	10-14		05				
	IV	17-22	22-Working Saturday (students)	06				
	V	24-28	26-Maha Shivratri	04				
Mar-25	Annual Exam Classes VI-VIII – 25 Feb-10 Mar 2025							

Note: The examination syllabus as mentioned above is to be considered Tentative. The final syllabus for each exam will be uploaded on the website along with the Date Sheet at the time of the examination.