



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS XI

SUBJECT- PHYSICAL EDUCATION (048)

New Session begins on 15th April 2025

S.No.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	15 th April- 30 th April	11	Ch-1 Changing Trends and Career in Physical Education	
2	1 st May- 15 th May	10	Ch-2 Olympism Value Education	
3	16 th May-31 st May	6	Ch-3 Yoga	
Summer Vacations:26th May – 30th June25				
4	1 st July- 15 th July	11		
Periodic Test-1: 11th July – 23rd July 25				
5	16 th July-31 st July	12	Ch-3 Yoga	
6	1 st Aug- 15 th Aug	10	Ch-4 Physical Education and Sports for CWSN	
7	16 th Aug- 31 st Aug	10	Ch-5 Physical Fitness, Wellness and Lifestyle	
Syllabus Completion for Mid Term Examinations: 29th Aug 2025				
Practicals for Mid Term Examinations: 8th Sept – 12th Sept 25				
8	1 st Sept-15 th Sept	9	REVISION	
Mid Term Examination - 15thSept- 26th Sept 25				
Autumn Break- 30thSept–2nd Oct 25				
9	1 st Oct- 15 th Oct	8	Ch- 6 Test Measurement and Evaluation	
10	16 th Oct-31 st Oct	8	Ch-7 Fundamentals of Anatomy, Physiology and Sports	
Diwali Break : 20th Oct - 23rd Oct 25				
11	1 st Nov -15 th Nov	9	Ch-7 Fundamentals of Anatomy, Physiology and Sports	
12	16 th Nov-30 th Nov	10	Ch-8 Fundamentals of Kinesiology and Biomechanics in Sports	
Annual Day: 29th Nov 25				
13	1 st Dec- 15 th Dec	11	Ch-9 Psychology and Sports	
Periodic Test-2: 8th Dec – 19th Dec 25				
14	16 th Dec-31 st Dec	8	Ch-9 Psychology and Sports	
Winter Break- 29th Dec - 9th Jan26				
15	1 st Jan -15 th Jan	4	Ch-10 Training and Doping in Sports	
16	15 th Jan- 31 st Jan	11	Ch-10 Training and Doping in Sports	
Syllabus Completion for Annual Examination :30th Jan 26				
17	1 st Feb -6 th Feb	5	REVISION	
Practicals for Annual Examination: 2ndFeb – 6th Feb 26				
Annual Exam begins: 9th Feb26				

TOTAL TEACHING DAYS: 153

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST1	16/07/2025	Ch 1 & 2
MID TERM EXAMINATION	26/09/2025	Ch. 1-5
PERIODIC TEST2	8/12/2025	Ch. 6,7 & 8
ANNUAL EXAMINATION		Full Syllabus- Ch. 1-10