



FORTNIGHTLY SYLLABUS PLANNING (2026-27)

CLASS XI

SUBJECT-PHYSICAL EDUCATION

New Session begins on 13th April 2026

S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	15 th April- 30 th April	12	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	5	Ch-3 Yoga	
Summer Vacations:25th May – 30th June26				
4	1 st July- 15 th July	11	Ch-3 Yoga	
5	16 th July-31 st July	12	Ch-4 Physical Education and Sports for CWSN	
Periodic Test-1: 31stJuly – 7th August 26				
6	1 st Aug- 15 th Aug	10	Ch-5 Physical Fitness, Wellness and Lifestyle	
7	16 th Aug- 31 st Aug	9	Ch-5 Physical Fitness, Wellness and Lifestyle	
Syllabus Completion for Mid Term Examinations: 31st Aug 2026				
Practicals for Mid Term Examinations: 7th Sept – 11th Sept 26				
8	1 st Sept-15 th Sept	8	REVISION	
Mid Term Examination: 14thSept- 25th Sept 26				
9	16 th Sept – 30 th Sept	3	Ch- 6 Test Measurement and Evaluation	
10	1 st Oct- 15 th Oct	10	Ch- 6 Test Measurement and Evaluation	
Autumn Break- 17th Oct – 20th Oct 26				
11	16 th Oct-31 st Oct	8	Ch-7 Fundamentals of Anatomy, Physiology and Sports	
12	1 st Nov -15 th Nov	7	Ch-7 Fundamentals of Anatomy, Physiology and Sports	
Diwali Break : 7th Nov – 11th Nov 26				
13	16 th Nov-30 th Nov	9	Ch-8 Fundamentals of Kinesiology and Biomechanics in Sports	
Periodic Test 2: 7th Dec – 14th Dec 26				
14	1 st Dec- 15 th Dec	11	Ch-9 Psychology and Sports	
15	16 th Dec-31 st Dec	7	Ch-9 Psychology and Sports	
Winter Break- 28th Dec - 8th Jan27				
16	1 st Jan -15 th Jan	5	Ch-10 Training and Doping in Sports	
17	15 th Jan- 31 st Jan	9	Ch-10 Training and Doping in Sports	
Syllabus Completion for Annual Examination: 29th January 27				
18	1 st Feb - 15 th Feb	5	REVISION	
Practicals for Annual Examination: 1st Feb – 5th Feb 27				
Annual Examination Begins: 8th February 27				

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST1	04/08/2026	Ch 1 & 2
MID TERM EXAMINATION	25/09/2026	Ch. 1-5
PERIODIC TEST2	11/12/2026	Ch. 6,7 & 8
ANNUAL EXAMINATION		Full Syllabus- Ch. 1-10