



FORTNIGHTLY SYLLABUS PLANNING (2026-27)

CLASS XI SUBJECT- YOGA

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	Yoga skill: Unit 1, Ch-1	Sukshma Vyayam
2	1 st May- 15 th May	10	Yoga skill: Unit 1, Ch-2,3	Sthula Vyayam
3	16 th May-31 st May	5	Yoga skill: Unit 1, Ch-4	Surya Namaskar
Summer Vacations: 25th May – 30th June 26				
4	1 st July- 15 th July	11	Employability Skills: Unit 1,2	Asanas Practice
5	16 th July-31 st July	12	Yoga skill: Unit 1, Ch-5	Asanas Practice
Periodic Test-1: 31st July – 7th August 26				
6	1 st Aug- 15 th Aug	10	Yoga skill: Unit 2, Ch-1,2	Pranayama practice
7	16 th Aug- 31 st Aug	9	Employability Skills: Unit 3	Mudra and Bandh Practice
Syllabus Completion for Mid Term Examinations: 31st Aug 2026				
Practical for Mid Term Examinations: 7th Sept – 11th Sept 26				
8	1 st Sept-15 th Sept	8	REVISION	Yoga Practice
Mid Term Examination: 14th Sept- 25th Sept 26				
9	16 th Sept – 30 th Sept	3	Yoga skill: Unit 2, Ch-3,4	Surya Namaskar
10	1 st Oct- 15 th Oct	10	Employability Skills: Unit 4	Asanas Practice
Autumn Break- 17th Oct – 20th Oct 26				
11	16 th Oct-31 st Oct	8	Yoga skill: Unit 3, Ch-1	Asanas Practice
12	1 st Nov -15 th Nov	7	Yoga skill: Unit 3, Ch- 2	Pranayama practice
Diwali Break : 7th Nov – 11th Nov 26				
13	16 th Nov-30 th Nov	9	Yoga skill: Unit 3, Ch- 3	Sthula and Sukshma Vyayam
Periodic Test 2: 7th Dec – 14th Dec 26				
14	1 st Dec- 15 th Dec	11	Yoga skill: Unit 3, Ch- 4	Asanas Practice
15	16 th Dec-31 st Dec	7	Yoga skill: Unit 3, Ch- 5	Surya Namaskar
Winter Break- 28th Dec - 8th Jan 27				
16	1 st Jan -15 th Jan	5	Yoga skill: Unit 3, Ch- 6	Asanas Practice
17	15 th Jan- 31 st Jan	9	Employability Skills: Unit 4	Pranayama practice
Syllabus Completion for Annual Examination: 29th January 27				
18	1 st Feb - 15 th Feb	5	REVISION	Yoga Practice
Practicals for Annual Examination: 1st Feb – 5th Feb 27				
Annual Examination Begins: 8th February 27				

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST 1	4 Aug 26	Yoga skill: Unit 1, Ch-1,2,3
MID TERM EXAMINATION	25 Sep 26	Yoga skill: Unit 1, Ch-1,2,3,4 Unit 2, Ch-1,2 Employability Skills: Unit 1,2,3
PERIODIC TEST 2	11 Dec 26	Yoga skill: Unit 2, Ch-1,2,3,4
ANNUAL EXAMINATION		Full Syllabus