

	ACADAMIC	PLANNER CLASS XI 2017-18		
Date / Month	No of Working Days	Topics to be covered	Mode of Assessment	Home work /Assignment
April(16-30)	12	UNIT 1: Changing Trends & Carrer in Physical Educaton Define Phy. Edu., Its Aims & Obejectives. Development Of Phy. Edu. - Post Independence. Concept & Principles Of Integrated Phy. Edu. Concept & Principles Of Adapted Phy. Edu Special OLYMPICS Bharat Career Options in Phy. Edu.	Oral Test	Basic concept
May(1-15)	9	UNIT 2: Physical Fitness, Wellness & Lifestyle Meaning & Importance of Physical Fitness, Wellness & Lifestyle Components of Physical Fitness Components of Wellness Preventing Health threats through lifestyle change Components of Positive Lifestyle	Class Test-I	Question based on topic
July(1-15)	12	UNIT 3: Olympic Movement Ancient & Modern Olympics. Olympics Symbols, Ideals, Objectives Values. International Olympic Committee. Indian Olympic Assocaition. Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award. Organizational set-up of CBSE Sports & Chacha Nehru Sports Award. Paralympic Movement	Class Test-II	Question based on topic
July(16-31)	13	UNIT 4: Yoga Meaning & Importance Of Yoga. Yoga as an Indian Heritage Elements of Yoga. Introduction to - Asanas, Pranayam, Meditation & Yogic Kriyas Physiological Benefits of Asana and Pranayam Prevention & Management Of Commom Lifestyle Diseases; Obesity,Asthma, Diabetes, Hyper-Tension & Back-Pain.	Class Test-III	Question based on topic

August(1-15)	10	UNIT 5: Doping Concept and classification of Doping Prohibited Substances & Methods. Athletes Responsibilities. Effects Of Prohibited Substances. doping in Sports Doping control Procedure	Side Ergogenic Aids and	Class Test-IV	Question based on topic
August(16-31)	14	UNIT 6 : Physical Activity Environment Introduction to Physical Activity Need of Sports enviroment Positive Sports enviroment Environment Behaviour change technique for Physical Activity Guidelines at different stages of growth	Concept and Essential elements of Principles of Physical Activity Componenet of Health related Fitness Exercise	Half Yearly	Question based on topic
Sept.(1-15)	11	UNIT 7: Test & Measurement In Sports Define Test & Measurement. Importance Of Test & Measurement In Sports. Calculation Of BMI & Waist - Hip Ratio, Somato Types (Endomorphy, Mesophormy & Ectomorphy). Procedures Of Anthropromatic Measurement - Height, Weight, Arm & Leg Length And Skin Fold.		Group discussion	Question based on topic
Sept.(16-30)	10	UNIT 8: Fundamentals Of Anatomy & Physiology Define Anatomy, Physiology & Its Importance. Function Of Skeleton System, Classification Of Bones & Types Of Joints. Function & Structure Of Muscles Function & Structure Of Respiratory System, mechanism of respiration Structure Of Heart & Introduction To Circulatory System. Oxygen debt,second- wind	Properties of Muscles	Class Test-V	Practical based questions
Oct(1-15)	9	UNIT 9: Biomechanics & Sports Meaning & Importance of Biomechanics In Phy. Edu. & Sports. Newton's Law Of Motion and Its application in sports. Levers & Its Types and its application in sports.		Yoga Practice	Practical based questions

Oct(16-31)	11	UNIT 9: Biomechanics & Sports Equilibrium - Dynamic & Static And Centre Of Gravity and Its application in sports. Force - Centrifugal & Centripital and its application in sports.	Yoga Practice	Practical based questions
Nov(1-15)	11	UNIT 10: Psychology & Sports Definition & Importance Of Psychology In Phy. Edu. & Sports. Define & Differentiate Between Growth & Development. Development Characteristics At Different Stage Of Development.	Group discussion	Question based on topic
Nov(15-30)	13	UNIT 10: Psychology & Sports Adolescent Problems & Their Management. Define Learning, Laws Of Learning & Transfer Of Learning. Plateau and causes of Plateau Emotion: Concept and controlling of emotion	Group discussion	Question based on topic
Dec (1-15)	11	UNIT 11: Training In Sports Meaning & Concept Of Sports Training. Principles Of Sports Training. Warming up & limbering down. Load, Adaption & Recovery. Skill, Technique & Style.	Questionnaire Methods	Question based on topic
Dec(15-31)	12	UNIT 11: Training In Sports Load, Adaption & Recovery. Skill, Technique & Style. Symptoms of over-load and How to overcome it	Questionnaire Methods	Question based on topic
Jan (1-31)	13	REVISION	Practicals	Question Answers
Feb(1-15)	10	REVISION	Practicals	Question Answers sessions