

ANNUAL CURRICULUM PLAN

CLASS: XI (Science)

SESSION (2023 – 2024)



ANNUAL CURRICULUM PLAN SESSION (2023-24)
ENGLISH CORE -301 CLASS –XI

MONTH	LITERATURE	GRAMMAR	READING & WRITING	SPEAKING AND LISTENING	LEARNING OUTCOMES
APRIL (23)	Hornbill: The Portrait of a Lady Snapshot: The Summer of the beautiful white horse	Determiners, Editing, Omission,	Note Making, Unseen passages, Advertisement	Debate	After going through the given syllabus student will be able to: Think about and analyze the text. Be generous towards animals. Use determiners appropriately. Write advertisements with appropriate vocabulary and expression. Recollect, organize and analyze data to be used to write notes.
May (27)	Hornbill: A Photograph, We're not Afraid to die.... Snapshot: The Address	Error , Modals	Poster, debate writing	Declamation	After going through the given syllabus student will be able to: understand the importance of human relationship. Inculcate values of sharing, caring, and responsible attitude toward others. Understand the family bonding and relations. Express their ideas by designing a poster. Inculcate values like share ideas, freedom to express and acceptance of ideas.
June	Summer vacation				
July (26)	Hornbill: Discovering Tut, Laburnum	Integrated grammar	Article writing	Debate	After going through the given syllabus student will be able to: Think, analyze and

	Top				observe. Appreciate the skill of expressing and writing skillfully. Enjoy beauty of nature.
August (25)	Revision PT 1 Hornbill: The voice of the rain	Reordering the sentences	Speech writing	Group discussion	After going through the given syllabus student will be able to: Inculcate values like care and concern to save the environment. Appreciate the skill of expressing and writing skillfully.
September(25)	Revision and Half Yearly Examination				
October (22)	Hornbill: The Adventure, Childhood	Integrated grammar	Article writing	Impromptu	After going through the given syllabus student will be able to: Read, examine and evaluate language, style, meaning and message. Write article with improved vocabulary
November(21)	Revision PT 2 Hornbill: Silk Road, Father to Son Snapshot: Mother's Day	Transformation of sentences	Note making, Debate writing	ASL	After going through the given syllabus student will be able to: Realize that people could work as team to be successful. Comprehend the poem. know that mothers have equal rights to enjoy their lives and deserve acknowledgement and appreciation Express effectively, sharing ideas and develop appropriate style of writing
December(25)	Snapshot: Tale of Melon City	Reordering of sentences	Revision	Debate	After going through the given syllabus student will be able to: Aware of different situations and dealing with them
January (17)	REVISION PT 3 and Revision Of FULL SYLLABUS				
February (25)	Revision and Practical (ASL)				
March (13)	Annual Examination				
NAME OF TEXT BOOKS	SNAPSHOT HORNBILL				
	Examination syllabus				

PT1	The Portrait of a Lady, A Photograph, We are not afraid to die..... Determiners, Editing, Omission, Gap filling Note Making
PT2	Snapshot: The Summer of the beautiful white horse Poster, Speech writing Error, Modals
Half yearly Examination	Syllabus covered till August
PT3	Hornbill: The Adventure, Childhood Integrated grammar Article writing
ANNUAL EXAM	Full syllabus

CURRICULUM PLAN SUBJECT:PHYSICS(042) CLASS XI

(2023-24)

Months & Working Days	Lesson no. and Lesson Name	Activities / practical	Learning Outcomes Students will be able to :
April (23)	Ch-2. Units and measurements Ch-3. Motion in a straight line	Pract-To measure diameter of a small spherical/cylindrical body and to measure internal diameter and depth of a given beaker/calorimeter using Vernier Calipers and hence find its volume. Pract- To measure diameter of a given wire and thickness of a given sheet using screw gauge. Act -To make a paper scale of given least count, e.g., 0.2cm, 0.5 cm.	<ul style="list-style-type: none"> • Understand about the fundamental laws and fundamental forces in nature. • Understand about the various types of system of units used in daily life • Understand about distance and displacement regarding any object
May (27)	Ch-4. Motion in plane Ch-5. Laws of motion	Pract- To determine volume of an irregular lamina using screw gauge Act- To determine mass of a given body using a metre scale by principle of moments...	<ul style="list-style-type: none"> • Understand about the projectile motion and time of flight of a particle. Understand about the Newton's law of motion in various cases.
JUNE	SUMMER VACATIONS		
July	Ch-6. Work, energy and power	Pract- To determine volume of an irregular lamina using screw gauge Act- To determine mass of a given body using a metre scale by principle of moments...	<ul style="list-style-type: none"> • Understand about the concept of work energy and power.

<p>August (25)</p>	<p>Revision PT 1 Ch-7. System of particles and rotational motion Ch-8. Gravitation</p>	<p>Pract- To determine the mass of two different objects using a beam balance. Pract- To find the weight of a given body using parallelogram law of vectors. Act- To note the change in level of liquid in a container on heating and interpret the observations.</p>	<ul style="list-style-type: none"> • Understand about the rotation of the particles and to find the center mass of the particles. • Understand about the universe and gravitational force exists in nature.
<p>September (25)</p>	<p>REVISION & HALF YEARLY EXAMS</p>		
<p>October (22)</p>	<p>Chapter–9: Mechanical Properties of Solids Chapter–10: Mechanical Properties of Fluids</p>	<p>Pract- To study variation of time period of a simple pendulum of a given length by taking bobs of same size but different masses and interpret the result. Pract- To study the relationship between force of limiting friction and normal reaction and to find the coefficient of friction between a block and a horizontal surface. Act- To measure the force of limiting friction for rolling of a roller on a horizontal plane.</p>	<ul style="list-style-type: none"> • Understand about stress and strain of the body and relate with hook's law. Understand about the motion of fluid in various cases.

November (21)	Revision PT 2 Chapter–11: Thermal Properties of Matter Chapter–12: Thermodynamics Chapter–13: Kinetic Theory	Pract- To determine Young's modulus of elasticity of the material of a given wire. Pract- To study the variation in volume with pressure for a sample of air at constant temperature by plotting graphs between P and V, and between P and 1/V Act- To observe change of state and plot a cooling curve for molten wax Pract- To study the relationship between the temperature of a hot body and time by plotting a cooling curve. Pact- To determine specific heat capacity of a given solid by method of mixtures. Act-To observe the decrease in pressure with increase in velocity of a fluid.	<ul style="list-style-type: none"> • Finding the various methods to transfer the heat from one point to another point. Understand about the law of thermodynamics and learns about Carnot engine. • Understand about the kinetic theory of gases which known by Boyle's law, Charles's law etc. • Understand about gases equation
December (25)	Chapter – 14: Oscillations Chapter–15: Wave	Pract- To find the speed of sound in air at room temperature using a resonance tube by two resonance positions. Pract- To study the relation between frequency and length of a given wire under constant tension using sonometer. Act- To study the factors affecting the rate of loss of heat of a liquid	<ul style="list-style-type: none"> • Understand about the types of waves and difference between longitudinal and transverses waves
January (17)	REVISION PT 3 and Practical Files		
February 25	Revision for Annual Examination		
March (13)	Annual Examination		

PT 1:, Ch-2: Units and Measurements, Ch-3: Motion in a Straight Line

PT 2: Ch-4: Motion in a Plane, Ch-5: Laws of Motion, Ch-6: Work, Energy and Power

Half Yearly: Ch.2, Ch.3, Ch.4, Ch.5, Ch.6,

PT 3: Ch-7: System of Particles and Rotational Motion, Ch-8: Gravitation, Ch-9: Mechanical Properties of Solids, CH-10; Mechanical Properties of Fluids

Annual Examination: full syllabus

SECTION–A

Experiments

1. To measure diameter of a small spherical/cylindrical body and to measure internal diameter and depth of a given beaker/calorimeter using Vernier Calipers and hence find its volume.
2. To measure diameter of a given wire and thickness of a given sheet using screw gauge.
3. To determine volume of an irregular lamina using screw gauge.
4. To determine radius of curvature of a given spherical surface by a spherometer. 5. To determine the mass of two different objects using a beam balance. 6. To find the weight of a given body using parallelogram law of vectors. 7. Using a simple pendulum, plot its L-T² graph and use it to find the effective length of second's pendulum.
8. To study variation of time period of a simple pendulum of a given length by taking bobs of same size but different masses and interpret the result.
9. To study the relationship between force of limiting friction and normal reaction and to find the co-efficient of friction between a block and a horizontal surface.
10. To find the downward force, along an inclined plane, acting on a roller due to gravitational pull of the earth and study its relationship with the angle of inclination θ by plotting graph between force and $\sin \theta$.

Activities:

1. To make a paper scale of given least count, e.g., 0.2cm, 0.5 cm.
2. To determine mass of a given body using a meter scale by principle of moments. 3. to plot a graph for a given set of data, with proper choice of scales and error bars. 4. To measure the force of limiting friction for rolling of a roller on a horizontal plane. 5. To study the variation in range of a projectile with angle of projection.
6. To study the conservation of energy of a ball rolling down on an inclined plane (using a double inclined plane).
7. To study dissipation of energy of a simple pendulum by plotting a graph between square of amplitude and time.

SECTION–B

Experiments

1. To determine Young's modulus of elasticity of the material of a given wire. 2. To find the force constant of a helical spring by plotting a graph between load and extension.
3. To study the variation in volume with pressure for a sample of air at constant temperature by plotting graphs between P and V, and between P and 1/V.
4. To determine the surface tension of water by capillary rise method.
5. To determine the coefficient of viscosity of a given viscous liquid by measuring terminal velocity of a given spherical body.
6. To study the relationship between the temperature of a hot body and time by plotting a cooling curve.
7. To determine specific heat capacity of a given solid by method of mixtures. 8. To study the relation between frequency and length of a given wire under constant tension using sonometer.
9. To study the relation between the length of a given wire and tension for constant frequency using sonometer.
10. To find the speed of sound in air at room temperature using a resonance tube by two resonance positions.

Activities (for the purpose of demonstration only)
 PAPER DESIGN:

QUESTION PAPER DESIGN
Theory (Class: XI/XII)

Maximum Marks: 70

Duration: 3 hrs.

S	Typology of Questions	Total Marks	Approximate Percentage
1	Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	27	38 %
2	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	22	32%
3	Analysing : Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations Evaluating: Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	21	30%
	Total Marks	70	100
	Practical	30	
	Gross Total	100	

Note:

The above template is only a sample. Suitable internal variations may be made for generating similar templates keeping the overall weightage to different form of questions and typology of questions same.

For more details kindly refer to Sample Question Paper of class XII for the year 2022-23 to be published by CBSE at its website.

BIOLOGY (044)

Months & Working Days	Chapter Number & Chapter Name	Activities / Lab Experiments	Learning Outcomes (Students will be able to :)
April (23)	Ch.1 – Living World Ch. 2 – Biological Classification Ch. 3 – Plant Kingdom	To study and describe the given sample of flowers, plant specimen and animal specimen.	<ul style="list-style-type: none"> • Make out what is life, the biodiversity, and need for classification. • Understand the salient features and classification of major groups of plants and animals.
May (27)	Ch.4 – Animal Kingdom Ch.5 – Morphology of Flowering Plants Ch.6 – Anatomy of Flowering Plants Ch.7–Structural organization in Animals	To study and describe the given sample of flowers, plant specimen and animal specimen. To prepare the T.S. of dicot and monocot root, stem and leaves.	<ul style="list-style-type: none"> • Understand the salient features and classification of major groups of plants and animals. • Understand morphology, anatomy and modifications of different parts of flowering plants and animals.
June	Summer Vacations		
July (26)	Ch. 8 – Cell: The unit of Life Ch. 9 – Bio Molecules	To study the Osmosis, Plasmolysis and DE Plasmolysis and rate of transpiration To study plant and animal tissue. To test for Carbohydrates, protein, fat / test for urea, sugar, albumin and bile in urine.	<ul style="list-style-type: none"> • Understand the basic concepts of cell theory, structure and function of cell organelles, structure and function of biomolecules and cell cycle.
August (25)	Revision PT I Ch.–10 Cell Cycle and Cell Division Ch. – 13 Photosynthesis in higher plants. Ch. – 14 Respirations in Plants.	To study mitosis and meiosis in plant and animal cell. To study various root, stem and leaf modification.	<ul style="list-style-type: none"> • Understand the basic concepts of cell theory, structure and function of cell organelles, structure and function of biomolecules and cell cycle. • Gain knowledge of different physiological process like transportation, nutrition etc.
September (25)	Revision and Half Yearly Examination		
October (22)	Ch. 15 – Plant growth and development Ch. 17 – Breathing and exchange of gases Ch. 18 – Body fluids and circulation	To study phototropism, transpiration and respiration in plants.	<ul style="list-style-type: none"> • Gain knowledge of different physiological process, photosynthesis, respiration in plants. • Get the elementary idea of various human physiological processes like digestion and respiration.
November (21)	Revision PT II Ch. 19 – Excretory products and their elimination Ch.20 – Locomotion and movement	To study human bone and joint / external morphology of cockroach	<ul style="list-style-type: none"> • Get the elementary idea of various human physiological processes like circulation, excretion, locomotion.
December (25)	Ch. 21 Neural control and		<ul style="list-style-type: none"> • Get the elementary idea of neural control and coordination and

	Coordination Ch. 22 – Chemical coordination and Integration.		diseases related to systems.
January (17)	Revision PT III and Practical Files		
February (25)	Revision Full Syllabus		
March (13)	Annual Examination		

Names of Text Books:

- **Biology for Class XI Publisher: NCERT**
- **Comprehensive Biology activities Publication: Laxmi Publication**
- **Reference: Biology by Modern ABC Biology Exam kit by Laxmi Publication**

Exam wise syllabus distribution:-

PT1: Ch- 1, 2, 3, 4

PT 2: Ch. 15, 17 and 18

Half-Yearly Examination: Ch-1 to 14.

PT 3: Ch. 19 to 22.

Annual Examination - Full Syllabus

PAPER DESIGN:

S. No.	Typology of Questions	Very Short Answer (VSA) (2 Marks)	Short Answer-I (SA-I) (2 Marks)	Short Answer-II (SA-II) (3 marks)	Long Answer (LA) (5 marks)	Total Marks	% Weightage
1.	Remembering- (Knowledge based) Simple recall questions, to know specific facts, terms, concepts, principles, or theories, Identify, define, or recite, information)	2	1	1	-	7	10%
2.	Understanding- (Comprehension - To be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information)	-	2	4	1	21	30%
3.	Application (Use abstract information in concrete situation, to apply knowledge to new situations, Use given content to interpret a situation, provide an example, or solve a problem)	-	2	4	1	21	30%
4.	Evaluating & Analysis - Classify, Compare, Contrast, or differentiate between different pieces of information, Organize and/or integrate unique pieces of information from a variety of sources)	2	1	1	1	12	17%
5.	Creating - (Appraise, judge, and/or justify the value or worth of a decision or outcome, or to predict outcomes based on values)	1	1	2	-	9	13%
	TOTAL	5x1=5	7x2=14	12x3=36	3x5=15	70(27)	100%

CHEMISTRY (043)

Month & Working Days	Chapter Number and Chapter Name	Activities/ Lab Experiments	Learning Outcomes (Students will be able to :)
April (23)	Unit 1: Some Basic Concepts of Chemistry Unit 2: Structure of Atom	Experiments related to : <ul style="list-style-type: none"> • Acquaintance with Chemistry Laboratory • Basic Laboratory techniques. 	Unit 1: • Laws of Chemical Combination and its Application. Unit 2: • Know the discovery of Electron, Proton and Neutron / Orbital Concept/ Calculation and Significance of Quantum Numbers.
May (27)	Unit 3: Classification of Elements and Periodicity in Properties. Unit 4: Chemical Bonding and Molecular Structure	Determine the boiling point and melting point of liquid and solid organic compound respectively. Titrimetric Analysis/ Quantitative Analysis.	Unit 3: • Appreciate the concept of grouping elements/ recognize the periodic trends Unit 4: • Understanding various types of bonding/ VSEPR theory/ MOT theory/ Hybridization as the basis of chemical reactions.
June	Summer Vacations		
July (26)	Unit 6: Thermodynamics	Experiments related to purification of substances by crystallization	• Explain the terms related to thermodynamics/ calculate W and E/ concepts of Gibbs Energy/ Entropy/ Enthalpy in a process.
August (25)	Revision PT I Unit 7: Equilibrium Unit 8: Redox Reactions	Experiments related to test for cation and anion in a salt sample.	• Identify the dynamic nature of equilibrium/ explain various states of equilibrium/ buffer solution and calculate solubility product constant. • Identify Redox as a class of reaction/ classify redox reaction into various type of reactions / and learn the electrode process.
September (25)	Revision and Half Yearly Examination		
October (22)	Unit 12: Organic Chemistry; some basic principles and techniques.	Experiments related to test for Functional group in organic compounds	• Preparation and properties of organic compound and its conversion/ correlate structure with various properties.
November (21)	Unit 13: Hydrocarbons	Elements detection of Organic Compounds.	• Preparation and properties of organic compound and its conversion/ correlate structure with various properties.
December (25)	Project Work and Revision		
January (17)	Revision PT III		

February (25)	Revision Full Syllabus for Annual Exams
March (13)	Annual Board Exams

Exam wise syllabus distribution:-

PT 1: Ch.-1, 2 3 and 4 **PT 2:** Ch.-7 and 8 **PT 3:** Ch. 12 and 13 **Term 1:** Ch.-1, Ch.-2, Ch.-3, Ch.-4, Ch.-5 and Ch. - 6

Annual Examination: Full Syllabus

Prescribed Text Books:

- CHEMISTRY XI PART-1 NCERT TEXTBOOK
- CHEMISTRY XI PART-2 NCERT TEXTBOOK
- CHEMISTRY LAB MANUAL as per CBSE syllabus (published by full marks)
- Reference Books: Pradeep's new course chemistry by Dhawan and Khetrap

PAPER DESIGN:

S. No.	Typology of Questions	Very Short Answer- Objective type (VSA) (1 Mark)	Short Answer-I (SA) (2Marks)	Long Answer-I (LA-I) (3 marks)	Long Answer- II (LA-II) (5 marks)	Total Marks	% Weightage
1	Remembering : Exhibit memory of previously learned material by recalling facts, terms, basic concepts and answers.	2	1	1	-	7	10%
2	Understanding : Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas.	0	2	2	1	21	30%
3	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	0	2	2	1	21	30%
4	Analysing : Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations.	0	1	2	-	14	20%

	Evaluating: Present and defend opinions by making judgements about information, validity of ideas or quality of work based on a set of criteria.						
	Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	-	1	-	1	7	10%
	TOTAL	20x1=20	7x2=14	7x3=21	3x5=15	70(37)	100%

MATHEMATICS (041) XI (2023-2024)

Month(No. Of working days) Topics to be covered	Concept/ Mathematics Activities	Objective / expected learning outcome
April(23) Ch. 1 : Sets Ch. 2 : Relations and Functions	<ul style="list-style-type: none"> • To find the number of subsets of a given set and verify that if a set has n number of elements, then the total no. of subsets is 2^n. • To distinguish between relations and functions. 	Students will be able to understand : <ul style="list-style-type: none"> ➤ Sets and their representations. Empty set. Finite and Infinite sets. Equal sets. Subsets. Subsets of a set of real numbers especially intervals. Power set. Universal set. Venn diagrams. ➤ Ordered pairs. Cartesian product of sets. Number of elements in the Cartesian product of two finite sets.
May(27) Ch- 3: Trigonometric functions Ch 5: Complex numbers and quadratic equation Ch. 6 Linear Inequalities	<ul style="list-style-type: none"> • To interpret geometrically the meaning of $i = \sqrt{-1}$ and its integral power. 	Students will be able to understand : <ul style="list-style-type: none"> ➤ Definition of trigonometric functions with the help of unit circle. Truth of the identity $\sin^2 x + \cos^2 x = 1$, for all x. ➤ Process of the proof by induction, motivating the application of the method by looking at natural numbers as the least inductive subset of real numbers. The principle of mathematical induction and simple ➤ Need for complex numbers, especially $\sqrt{-1}$, to be motivated by inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane and polar representation
June	Summer Vacations	
July(26) Ch- 7: Permutation and combination Ch- 8: Binomial theorem	<ul style="list-style-type: none"> • To find the number of ways in which three cards can be selected from given five cards. 	Students will be able to understand : <ul style="list-style-type: none"> ➤ Fundamental principle of counting. Factorial n. (n!) Permutations and combinations, derivation of Formulae for n ➤ History, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, General and middle term in binomial.

<p>August(25) Revision PT I Ch- 10: Straight lines Ch- 11: Conic sections</p>	<p>An alternating method to construct a parabola. • To explain the concept of octants by three mutually perpendicular planes in space.</p>	<p>Students will be able to understand :</p> <ul style="list-style-type: none"> ➤ Slope of a line and angle between two lines. Various forms of equations of a line: parallel to axis, point – slope ➤ Sections of a cone: circles, ellipse, parabola, hyperbola, a point, a straight line and a pair of intersecting lines as a degenerated case of a conic section.
<p>September</p>	<p>Summer Vacations</p>	
<p>October(22) Ch-12: Introduction to three dimensional geometry Ch 13: Limits and derivatives.</p>	<ul style="list-style-type: none"> • To construct an ellipse using a rectangle. • Verification of the geometrical significance of derivative 	<p>Students will be able to understand :</p> <ul style="list-style-type: none"> ➤ Coordinate axes and coordinate planes in three dimensions. Coordinates of a point. Distance between two points and section formula. ➤ Derivative introduced as rate of change both as that of distance function and geometrically. Intuitive idea of limit. Limits of polynomials and rational functions trigonometric, exponential and logarithmic functions.
<p>November(21) Revision PT II Ch.- 15: Statistics Ch-16: Probability</p>	<ul style="list-style-type: none"> • To write the sample space, when a coin is tossed once, twice, three times, four times. 	<p>Students will be able to understand :</p> <ul style="list-style-type: none"> ➤ Measures of Dispersion: Range, Mean deviation, variance and standard deviation of ungrouped/grouped data. Analysis of frequency distributions. ➤ Random experiments; outcomes, sample spaces (set representation). Events; occurrence of events, 'not', 'and' and 'or' events, exhaustive events, mutually exclusive events, Axiomatic (set theoretic) probability
<p>December(25) Ch-9: Sequences and series</p>	<ul style="list-style-type: none"> • To demonstrate that the Arithmetic mean of two different positive numbers is always greater than the Geometric mean. 	<p>Students will be able to understand :</p> <ul style="list-style-type: none"> ➤ Sequence and Series. Arithmetic Progression (A. P.). Arithmetic Mean (A.M.) Geometric Progression (G.P.), general term of a

		G.P., sum of n terms of a G.P., infinite G.P. and its sum, geometric mean (G.M.), relation between A.M.
January(17)	Revision PT III and Lab Manuals	
February(25)	Revision Full Syllabus	
March (13)	Annual Examination	

Names of Text Books:

1. Mathematics Part I for Class XI Publisher: NCERT
2. Mathematics Part II for Class XI Publisher: NCERT
3. Reference Book:RD . SHARMA

EXAMINATION SYLLABUS:

PT-I Ch. 1 to 6	PT II Ch. 11 to 13	P.T-III Ch. 9, 14 and 15	Half Yearly : Ch. 1 to 8
Annual Examination		Full Syllabus	

PHYSICAL EDUCATION (048)

Months (No. of Working days)	Unit No. and Name	Learning Outcomes (After going through the units the student/learner would be able to):
April (23)	Unit 1 – Changing Trends & Career in Physical Education Unit 2 – Olympism	<ul style="list-style-type: none"> • Concept, Aims & Objectives of Physical Education • Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements • Career Options in Physical Education • Khelo-India and Fit-India Program • Ancient and Modern Olympics • Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) • Olympics - Symbols, Motto, Flag, Oath, and Anthem • Olympic Movement Structure - IOC, NOC, IFS, Other members
May (27)	Unit – 3 Yoga Unit – 4 Physical Education and Sports for CWSN	<ul style="list-style-type: none"> • Meaning & Importance of Yoga • Introduction to Ashtanga Yoga • Introduction to Yogic Kriyas (Shat Karma) • Concept of Disability and Disorder • Types of Disability, its causes & nature (Intellectual disability, Physical disability) • Aim & Objective of Adaptive Physical Education • Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)
SUMMER VACATIONS		
July (26)	Unit – 5 Physical Fitness, Health & Wellness	<ul style="list-style-type: none"> • Meaning and Importance of Wellness, Health and

	Unit – 6 Test, Measurement & Evaluation	Physical Fitness <ul style="list-style-type: none"> • Components/Dimensions of Wellness, Health and Physical Fitness • Traditional Sports & Regional Games for promoting wellness • Concept of Test, Measurement & Evaluation in Physical Education & sports. • Classification of Test in Physical Education and Sports. • Test administration guidelines in physical education and sports
August (25)	Revision PT 1 Unit – 7 Fundamentals of Anatomy, Physiology in Sports	<ul style="list-style-type: none"> • Definition and Importance of Anatomy and Physiology in exercise and sports • Functions of Skeletal system, classification of bone and types of joints. • Function and Structure of Circulatory system and heart. • Function and Structure of Respiratory system.
September (25)	<ul style="list-style-type: none"> • Revision and Half Yearly Examination 	
October (22)	Unit – 8 Fundamentals of Kinesiology and Biomechanics in Sports	<ul style="list-style-type: none"> • Definition and Importance of Kinesiology and Biomechanics in sports • Principles of Biomechanics • Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation • Axis and Planes – Concept and its application in body movements
November (21)	Revision PT 2 Unit – 9 Psychology & Sports	<ul style="list-style-type: none"> • Definition & Importance of Psychology in Physical Education & Sports • Adolescent Problems & Their Management • Team Cohesion and Sports
December (25)	Unit – 10 Training & Doping in Sports	<ul style="list-style-type: none"> • Concept and Principles of Sports Training

		<ul style="list-style-type: none"> • Training Load: Over Load, Adaptation, and Recovery • Concept of Doping & its disadvantages
January (17)	Revision PT 3 and Project files	
February (25)	Revision full syllabus	
March (13)	Annual Examination	

PROJECT ASSESSMENT

S.No.	Topic	Marks
1	Physical Fitness Test	6
2	Games & Sports	7
3	Yogic Practice	7
4	Record File	5
5	Viva	5
6	Total	30
NAME OF TEXT BOOKS : Physical Education and Health (Saraswati Publications; S.P. Publications)		
EXAMINATION SYLLABUS :		
PT1 : unit 1 and 2 PT 2 : unit 3 and 4 Half Yearly : Unit 1 to 5 PT 3 : Unit 6 and 7 Annual Examination : Full Syllabus		