

Split syllabus for PHE

Class:- XI

	Syllabus	UNIT TEST-III
UNIT TEST-I	Ch-1 Changing trends and career in physical education. Ch-2 Olympic Movement. Ch-3 Physical fitness, wellness and lifestyle.	Ch-4 Physical Education and sports for CWSN. Ch-5 Yoga. Ch-6 physical activity and leadership training.
UNIT TEST-II	Ch-7 Test, measurement and evaluation in sports. Ch-8 Fundamental of anatomy physiology and Kinesiology	UNIT TEST-IV Ch-9 Psychology and sports. Ch-10 Doping and training in sports.

TERM-I

TERM-II

Unit test-I + Unit test-II	Unit test III + Unit test-IV
Project file (About one sports/game Demonstration of fitness activity ,viva voce)	Project file (About one sport Demonstration of fitness activity, viva voce from file And yoga)