

New Green Field Public Academy

Syllabus Division (2019 – 20)

Class : XI

Subject – Physical Education

Month	Chapter	Name of Chapter
July	1	➤ Changing trends and career
	2	➤ Physical fitness, wellness and lifestyle
August	3	➤ Olympic movement
	4	➤ Yoga
September	5	➤ Doping
	6	➤ Physical Activity environment
		Revision + Quarterly Exam
October	7	➤ Test and measurement in sports
	8	➤ Fundamentals of anatomy and physiology
November	9	➤ Biomechanics and sports
	10	➤ Psychology and sports
December	11	➤ Training in sports
	12	➤ Physical education and sports for CWSN
	Revision + Half Yearly Exam	Revision + Half Yearly Exam
January	Revision	Revision
February	Revision + Practical Exam	Revision + Practical Exam
March	Revision + Final Exam	Revision + Final Exam

Book Name :- (Rathna Sagar)