

DELHI PUBLIC SCHOOL SURAT

SYLLABUS BREAK UP FOR PHYSICAL EDUCATION CLASS XI 2023-24

MONTH	UNITS	
APRIL	UNIT 1	CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION
MAY	UNIT 2	OLYMPISM
JUNE	UNIT 2	OLYMPISM (Continue)
	UNIT 3	YOGA
JULY	UNIT 4	PHYSICAL EDUCATION & SPORTS FOR CWSN
AUGUST	UNIT 5	PHYSICAL FITNESS, HEALTH & WELLNESS
	UNIT 6	TEST, MEASUREMENT & EVALUATION
SEPTEMBER	UNIT 7	FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS
	UNIT 8	FUNDAMENTALS OF KINESIOLOGY & BIOMECHANICS IN SPORTS
OCTOBER	UNIT 9	PSYCHOLOGY & SPORTS
NOVEMBER	UNIT 9	PSYCHOLOGY & SPORTS (Continue)
DECEMBER	UNIT 10	TRAINING AND DOPING IN SPORTS
JANUARY	UNIT 10	TRAINING AND DOPING IN SPORTS (Continue)
	REVISION	