

BUDHA DAL PUBLIC SCHOOL, SAMANA

ANNUAL CURRICULUM PLAN SESSION 2023– 2024

CLASS:11

SUBJECT: PHYSICAL EDUCATION

Month & Working Days	Theme/ Sub-theme	Learning Objectives		Activities & Resources	Expected Learning Outcomes
		Subject Specific (Content Based)	Behavioral (Application based)		
APRIL	NAME OF THE UNIT 1 :- CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION.	<p>Meaning and definition of physical education, aim and objectives , changing trends, career options in P.E, skill required for P.E.</p> <p>SPECIFIC OBJECTIVES:- will be able</p> <p>To understand the meaning of P.E and aims & objective.</p> <p>To understand the development of P.E in India</p> <p>To understand the concept of integrated P/E and Adapted P.E.</p> <p>To understand the P.E as career or profession and</p>	<p>Learner will learn the meaning of physical education and develop good health and mind .</p> <p>Learner will learn the development physical education after the independence and schemes plans policies by government of India .</p> <p>Learner will learn the relevance of</p>	<p>A simple physical activity will be organized for the students (games or general activity) after that the simple question were asks to students related to their experience about the activity.</p> <p>Teacher explain the development of physical education in India after the independence .</p> <p>The class will be divided into groups . each group will be asked to relevant the physical with other subjects and talk about different types of activities in</p>	<p>Learner have learnt to maintain their health and fallow proper routine in daily life.</p> <p>Learner have able to understand the development of physical education in India and various policies of government for the development of P.E.</p> <p>Learner have learnt how to organized a physical activity for the disable people and important of P.E in academic.</p> <p>Learner have learnt about various careers option in physical education and also about different institution which are running these courses in India.</p>

MAY	NAME OF THE UNIT 2 :- OLYMPIC VALUE EDUCATION	<p>various training institution who running P.E courses.</p> <p>Ancient & modern Olympics (summer and winter), Olympic symbols, Ideals, Objectives, and values , International Olympic Committees, Indian Olympic Association, sports awards and Organization set-up of CBSE sports.</p> <p>SPECIFIC OBJECTIVES:-</p> <p>To understand about the Olympic games , ancient and modern</p>	<p>physical education with other academic subjects and specifically designed programmers for disable people .</p> <p>Learner will understand the various carrier or profession in physical education and institutions which are running the P.E courses.</p> <p>Learner will learn detail about the Olympic movement ,ancient Olympic, modern Olympic.</p> <p>Learner will learn the objectives and</p>	<p>Para Olympics (like rules and regulation are different games.)</p> <p>Also teacher will explain the various career or profession in physical education and which all institution are running these physical education courses in India.</p> <p>Teacher make groups and make student to seat in the groups then make group discussion about modern Olympic and ancient Olympic which one is better but before that teacher will explain</p>	<p>Students have learn about the sports condition in part as well as in present time.</p> <p>Students have understand how to develop physical and morals qualities by physical activities .</p> <p>Students have understand the functioning of IOC and IOA to develop sports in the country or in</p>
-----	---	--	---	---	---

		<p>Olympic.</p> <p>To understand the aim and objectives , ideals and values of Olympic</p> <p>To understand the working of IOC AND IOA.</p> <p>To understand the sports awards in India and CBSE sports and its organization set-up .</p>	<p>aims of Olympic and values which we got from Olympics.</p> <p>Learner will learn about the working and functioning of IOC and IOA .</p> <p>Leaner will learn various sports awards and why these awards are giving in India.</p>	<p>about both the Olympics in detail .And also about what was the ideas behind the organizing these Olympic .and also various sports awards given in India with different examples with related the sports awards.</p> <p>Teacher also explain about the organizations who control the sports events in country or in the world like IOC and IOA.</p>	<p>the world.</p> <p>Students have understand why various awards are given in the field of sports.</p> <p>Students have understand the working and functioning of CBSE sports and CBSE set up in sports.</p>
JULY	NAME OF THE UNIT 3 :- PHYSICAL FITNESS,WELLNESS AND LIFESTYLE	<p>Meaning and important of physical fitness , wellness & lifestyle, components of physical fitness and ealth related fitness, preventing health threats ,concept of positive lifestyle.</p> <p>SPECIFIC OBJECTIVES</p>	<p>Learner will learn to make awareness towards physical fitness and health .</p> <p>Learner will learn how to work with effectively with joy and happiness.</p> <p>Learner will</p>	<p>An activity will organized to help the learner to know the fitness level (different parameters)</p> <p>Group discussion about different health problem which we see nearby us.(cardiac problem, hypertension, Diabetes, asthma etc.</p>	<p>Learner have able to understand the important of physical fitness and health.</p> <p>Learner have able to understand how they can develop all the components of physical fitness.</p> <p>Learner have able to identify the various health related problem and their solution or preventing methods or curatives methods.</p>

		<p>To understand the important of physical fitness and wellness in life.</p> <p>To understand the various components of physical fitness .</p> <p>To understand the various method to prevent health related problem.</p> <p>To understand what are the different component of positive lifestyle.</p>	<p>learn to modify their behavior toward optimum development of health.</p> <p>Learner will learn how to live with positive lifestyle to lead a well balanced life.</p>		
--	--	--	---	--	--

Students have learnt about the

August	<p>NAME OF THE UNIT 4 :- PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS</p>	<p>Concept Of Disability And Disorder Aims and objectives of adaptive P.E, component of physical fitness, wellness and health related fitness, preventive health threats ,concept of positive lifestyle,.Introduction of P.E,qualities of leader and role, meaning, objectives and types of adventure sports and safty measures .</p> <p>SPECIFIC OBJECTIVES</p> <p>Student will be able</p> <p>To understand about physical education and its importance in life.</p> <p>To understand the physical fitness and wellness also.</p> <p>To understand the important of safety measures in sports and daily life.</p> <p>To understand the principles of physical activity and</p>	<p>Learn will learn to create awareness towards physical activites.</p> <p>Learn will learn to develops the physical fitness and wellness.</p> <p>Learn will learn the principles of physical fitness and wellness.</p> <p>Learn will learn to select the adventure activity which is suitable for them .</p>	<p>Teacher explain the different types of physical activity and which types of environment is needed. They create a small adventures activity in ground and explain the detailed things about the safety measures and importances of the physical activities and physical activities.</p> <p>Teacher make different groups to perform the same task by these they can learn the qualities of leadership also .</p>	<p>physical activities and the importance's of these activities.</p> <p>Students have learnt to lead a group of follows the group by participating in adventure activities.</p> <p>Student have learnt about safety tool which are so helpful in our daily life as well as when we go for adventures activities.</p>
--------	--	---	---	--	--

		<p>components of health related fitness,</p> <p>To identify the which adventure activity which is suitable for him .</p> <p>To understand the important of safety tool in sports .</p> <p>Types of disability</p> <p>Aim and objective adaptive Physical Education</p>			
--	--	--	--	--	--

<p>September</p>	<p>NAME OF THE UNIT 5 :-YOGA.</p>	<p>Meaning and importance of yoga , elements of yoga, asana, pranayams, meditation, relaxation techniques for improving concentration.</p> <p>SPECIFIC OBJECTIVES</p> <p>student will be able</p> <p>To understand the meaning and important of yoga</p> <p>To understand the different yoga asana , pranayams .</p> <p>To known the techniques for relaxation and concentration.</p>	<p>Learner will learn the meaning of yoga and importance In life.</p> <p>Learner will learn the different between yoga and pranayams which helps to maintain physical as well as mentally fit.</p> <p>Learner will learn the origin of yoga in india.and elements of</p>	<p>Teacher take student on ground and select 2 or 3 student to perform asana as they instruct to perform after their command. Then teacher explain various asana will students are performing at the same time .</p> <p>Teacher also explain various therapeutic effects of yoga . and history of yoga in India.</p>	<p>Learner have learnt the important of yoga in our life.</p> <p>Learner have learnt how to perform the different yoga asana .</p> <p>Learner have learnt the different therapeutic effects of different asana .</p> <p>Learner have understand that yoga is a part of Indian old culture and importance in present life .</p>
-------------------------	-----------------------------------	---	--	--	--

		To understand the yoga which helps for common health problems	yoga. learner will learn how yoga helps to overcome from many health related problems		
October	Name of the unit 6 Physical Activity and Leadership training	Physical activity and leadership training : General introduction, meaning and types of doping, prohibited substance and methods, side effects of prohibited substance, ergogenic aid and doping in sports, doping control procedure and Athletes responsibility. Students will be able to – Learn the meaning and types of doping ,	1.To make student understand and realize the harmful effects of doping. 2. Students will spread awareness to avoid use of prohibited substances. 3.To encourage other people not to take ergogenic	TEACHER'S ACTIVITY:- Teacher will explain the meaning and causes of doping and various types of doping that can be used by athletes to enhance performance and its adverse side effects over health . STUDENT'S ACTIVITY :- GROUP DISCUSSION:-	1. Students have learnt about various doping substances . 2. Students have learnt to understand the side effects of doping substance. 3. Students can identify drugs and their toxic effects over health . 4. Students used their knowledge to create awareness about the same. 5. Students learnt leadership qualities.

		<p>know the prohibited substances and method of doping , understand the side effect of prohibited substances, describe the ergogenic aids and doping in sports, know the doping control procedure and athletes responsibility.</p>	<p>aids. 4.They will develop their critical thinking skill after having discussion on various drugs used to improve performance.</p>	<p>Students will follow a group discussion based on side effects of doping which increase the performance and its addictive effects over health.</p>	
<p>November</p>	<p>NAME OF THE UNIT 7 :-TEST, MEASUREMENT AND EVALUATION</p>	<p>General introduction about test, measurement and evaluation , importance of test and measurement, body types and BMI.</p> <p>SPECIFIC OBJECTIVES: student will be able</p> <p>To understand about test , and its procedure .</p> <p>To understand the different types of test help us in measuring the fitness level.</p> <p>To understand the different types of body types .</p>	<p>Learner will learn the importance of test and measurement .</p> <p>Learner will learn the different types of test for different types of person .</p> <p>Learner will learn the various body types and its measuring tools.</p>	<p>Student will take a BMI test of any 10 student and identify the student category in which they belong to.</p> <p>And by these teacher explain the whole process of the test and also the body types of student that in which body types belongs to .</p>	<p>Students have learnt about the ability of their own and its help him to select their sports according to their ability.</p> <p>Students have learnt about the body types and identify in which category they fall.</p> <p>Students have learnt to take different types of test and their process to take .</p>

December	NAME OF THE UNIT 8 :- FUNDAMENTAL OF ANATOMY , PHYSIOLOGY AND KINESIOLOGY	<p>Test ,measurement , evaluation, and their importance, calculation of BMI or Waist-hip ratio.</p> <p>SPECIFIC OBJECTIVES:-</p> <p>:- student will be able</p> <ol style="list-style-type: none"> 1.To understand the anatomy ,physiology and its important. 2.To understand the role of various muscular system,circular system while performing physical activity. 3. To understand the different between second wind or oxygen dept. 4. Meaning and importance of kinesiology 	<p>Learner will learn about the structure and function of body and relationship with system.</p> <p>Learner will learn the functioning of diffrenrt part of the body while performing the activity.</p> <p>Learn will learn what os second wind and oxygen debt .</p>	<p>Organized physical activity for student and explain them the involvement of various body parts ,how they work together in an activity and effects on internal body organ like circulatory system,respiratory system.</p> <p>And also about the causes and symptoms of second wind and oxygen debt.</p>	<p>Students have learnt to understand how their body part work when they perform physical activity .</p> <p>Student have learnt to increases their endurances ,strength, for sports.</p> <p>Student have learnt to understand the working of various system of body and their functioning during the physical activity.</p> <p>Students have learnt how to control over the stage of oxygen debt and second wind .</p>
December	NAME OF THE UNIT 9 :- PSYCHOLOGY AND SPORTS	Meaning and importance of Psychology	1.Student will learn to better understand of	Group discussion about different sports and skill of	1.Students have learn to reduces the chances of injuries while performing physical activity.

		<p>levers and its types and its applications in sports, equilibrium and its types , centre of gravity and its application In sports, forces- centrifugal and centripetal , buoyancy force.</p> <p>SPECIFIC OBJECTIVES: student will be able</p> <ol style="list-style-type: none"> 1. understand the meaning of biomechanics and its importance 2. law of motion and its application its sports 3. leavers and its types and were its is benefited in human body . 4. Equilibrium in sports , various force acting on human body while performing sports activity. 	<p>human movement and they will be able to reduce injuries and moreover prevents the causes of injury through movement.</p> <ol style="list-style-type: none"> 2. students will learn to understand the different law of motion and improve their ability to perform activity. 3. students will learn where levers are found in skeletal system which helps In activities or movement. 4. students will learn to improve their balancing ability to understand to 	<p>the game which force or action in used and how can we control our movement while performing the skills.</p> <p>Explanations about the unit with practical examples because in every sports and skill involved various rules of physics like law of motion , gravity, forces, etc.</p>	<ol style="list-style-type: none"> 2. students have learn the different type of motion and in which sports activity which types of law is applied . 3. students have learn about the body part and which laws are used for the movement of body and help in improve the functioning of the body parts. 4. students have learn how we improves our body balance and stability . moreover it reduce injury form the impact.
--	--	--	--	--	--

January	NAME OF THE UNIT 10 :- Training & Doping in Sports.	<p>Relation between mind and body, behavior , attitude, interest , purpose of sports psychology, stress .</p> <p>SPECIFIC OBJECTIVE student will be able</p> <ol style="list-style-type: none"> 1.ToUnderstand psychology and sports psychology and importance in sports. 2.To understand the growth and development and different stages of growth. 3. To understand adolescence changes 	<p>maintain centre of gravity in body while performing sports activity.</p> <ol style="list-style-type: none"> 1.Student will learn the importance of psychology in sports. 2.Students will learn the term growth and different between growth and development and different stage of growth. 3.Students will learn the growing period of childhood to maturity and 	<p>Teacher explain the importance of psychology and how it increasing the performance in sports and techniques used in psychology to make the best selection. In this chapter learn also learn the growth and development and different stages of it and what type of changes come in the life during this period of growth and what type of management skill</p>	<ol style="list-style-type: none"> 1.learner have learnt the behavior of individual and how performance can be increases by this. 2.learner have able to about different stages of growth and how the changes can be manage and stability of mind can be maintain . 3.learner have able to manage the adolescence problem and mental and physically changes in their body. 4.learner have learnt how to overcome from the decline performance in their daily life works . 5.Students have learnt about various doping substances 6.Students have learnt to understand the side effects of Doping substance
---------	--	--	--	---	--

		<p>and problems of adolescence.</p> <p>4. To find management of adolescence problems.</p> <p>5. Learning and laws of learning and plateaus in learning .</p>	<p>physical and mental change in this stage.</p> <p>4. learner will learn the management of adolescence problems.</p> <p>5.learner will learn the laws of learning and causes of decline in performance.</p>	<p>are their.</p>	