

Class: 11<sup>th</sup>  
Subject : Physical and Health Education  
Syllabus

मास	पुस्तक का नाम	विषय वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल		(i) Meaning and definition of physical Education. (ii) Aims and objectives of physical Education (iv) Modern Concept of Physical Education. (v) Need and importance of Physical Education Practical: Athletics': Track and field events	8	2	6
मई	राजनीतिक सिद्धान्त	(i) Meaning and objectives of health Education. (ii) Importance of Health Education . (iii) Principal of Health Education. Practical: Basic knowledge of Badminton and Skill.	8	2	6
ग्रीष्मकालीन अवकाश 1 जून से 30 जून तक					
जुलाई	राजनीतिक सिद्धान्त	(i) Meaning of Communicable Diseases (ii) Symptoms and prevention Treatment Rabies, Tetanus, Malaria, Tuberculosis, Dengue, Plague Practical: Kabbadi, Circle, Swimming	8	2	6
अगस्त	राजनीतिक सिद्धान्त	Occupational Health: (i) Meaning and definition of Occupational Health. (ii) Importance and need of occupational Health. Practical: Kho-Kho, Yogic Exercises	8	2	6
सितम्बर		Revision			
अक्टूबर		Posture: (i) Meaning of Posture. (ii) Need and Importance of Physical Education in Posture. (iii) Importance of good Posture in good Physical health. Practical: Hockey, Table Tennis.	8	2	6
नवम्बर		(i) Knowledge of different Body System. (ii) Effect of exercises on various system. Practical: Football, Volley Ball	8	2	6

दिसम्बर		Basic Concept of Second wind; (i) Meaning and definition of Second wind. (ii) Fatigue: Meaning, Cause and its removed. Practical: Cricket, Soft Ball	8	2	6
जनवरी		(i) Definition of psychology and sports psychology. (ii) Role of Motivation in sports. (iii) Sportsmanship and sports ethics. (Practical: JUDO, Wrestling.	8	2	6
फरवरी		Revision			
मार्च		Exam			