



# **BOARD OF SCHOOL EDUCATION HARYANA**

## **Syllabus and Chapter wise division of Marks (2025-26)**

**Class- 11<sup>th</sup>**

**Code: PSR 971**

### **Subject: Physical Education(NSQF)**

#### **General Instructions:**

1. There will be an Annual Examination based on the entire syllabus.
2. The Annual Examination will be of 60/2=30 marks, Practical Examination will be of 50 marks and 20 marks weightage shall be for Internal Assessment.

#### **3. For Practical Examination:**

- i) Two experiments of 10 marks each.
- ii) One activity of 15 marks.
- iii) Practical record of 10 marks.
- iv) Viva-voce of 15 marks.

#### **4. For Internal Assessment:**

There will be Periodic Assessment that would include:

- i) For 6 marks- Three SAT exams will be conducted and will have a weightage of 06 marks towards the final Internal Assessment.
- ii) For 2 marks- One half yearly exam will be conducted and will have a weightage of 02 marks towards the final Internal Assessment.
- iii) For 2 marks- Subject teacher will assess and give maximum 02 marks for CRP (Class room participation).
- iv) For 5 marks- A project work to be done by students and will have a weightage of 05 marks towards the final Internal Assessment.
- v) For 5 marks- Attendance of student will be awarded 05 marks as:

75% to 80% -	01 marks
Above 80% to 85% -	02 marks
Above 85% to 90% -	03 marks
Above 90% to 95% -	04 marks
Above 95% -	05marks



# Course Structure (2025-26)

Class- 11<sup>th</sup>

Code: PSR 971

Subject: Physical Education(NSQF)

Unit. No.	Unit Name	Unit Marks
1	Unit 1: Role Of Physical Education In Child Development	12
2	Unit 2: Props And Equipment	18
3	Unit 3: Hygiene And Safety	17
4	Unit-4- Sports And Fitness	13
5	Employability Skill -	10
Unit. No.	<b>Employability Skill Units</b>	Unit Marks
1.	Communication Skills	2
2.	Self-Management Skills	2
3.	Information and Communication Technology Skills	2
4.	Entrepreneurship Skills	2
5.	Green Skills	2
Total		60/2=30
Practical Examination		50
Internal Assessment		20
<b>Grand Total</b>		<b>100</b>



## **Unit 1: Role Of Physical Education In Child Development**

- Session-1- Identify The Physical And Emotional Needs Of The Children.
- Session-2- Identify Factors Influencing Physical Activities.

## **Unit 2: Props And Equipment**

- Session-1- Describe The Various Factors That Need To Be Considered While Selecting Props And Equipment
- Session-2- Prepare The List Of Equipment
- Session-3- Describe The Process Of Inspection Of Playfield Service Workshop Equipment
- Session-4 - Plan Physical Activities For Children

## **Unit-3: Hygiene And Safety**

- Session-1-Demonstrate Maintenance Of Hygiene In Play Area .
- Session-2-Demonstrate Basic First Aid
- Session-3 Describe Emergency Response And Causality Management

## **Unit-4: Sports And Fitness**

- Session-1- Describe The Criteria Selecting Yearly Sports Activities
- Session-2- Identify Resources Required For Organising Sports Competition
- Session-3- Conduct Fitness Session

## **Employability Skill –**

- 1-Communication Skill,
- 2-Self-Management Skill,
- 3-Information And Communication Technology Skill (Ict),
- 4-Entrepreneurship Skill,
- 5-Green Skills .

## **Practical's: -**

- Tournament
- Athletic Track
- Football
- Volleyball
- Basketball
- Cricket
- Kho-Kho



# Month wise Syllabus Teaching Plan (2025-26)

Class- 11<sup>th</sup>

Code: PSR 971

**Subject: Physical Education**

Month	Subject- content	Teaching Periods	Revision Periods	Practical work
April	Unit 1: Role Of Physical Education In Child Development Session-1-Identify The Physical And Emotional Needs Of The Children Session-2- Identify Factors Influencing Physical Activities	16	6	2
May	Unit 1: Role Of Physical Education In Child Development Session-3-Plan Physical Activities For Children	16	5	3
June	Summer Vocation Revision of previous topic project of Volleyball & Athletic			
July	Unit1:CommunicationSkills ● Session1-Session7 ● Project-Tournament	12	5	7
Aug	Unit:1 Communication Skills ● Session 8-Session 14: Vocational Subject Unit 2: Props And Equipment SESSION-1- Describe The Various Factors That Need To Be Considered While Selecting Props And Equipment	16	4	4
Sep	Unit2:Self-Management Skills ● Session1ToSession-4 Vocational Subject Unit 2: Props And Equipment Session-2-PrepareTheListOf Equipment Session-3- Describe The Process Of Inspection Of Playfield	14	04	6





Oct	Unit2:Self-management Skills ● Session-5ToSession-8 Unit 3: Hygiene And Safety Session-1-Demonstrate Maintenance Of Hygiene In Play Area Project-Basketball	14	03	04
Nov	Unit3:Ictskills ● Session-1toSession-4 Unit:3- Hygiene And Safety Session-2-Demonstrate Basic First Aid Session-3 Describe Emergency Response And Causality Management	12	05	07
Dec	Unit3:ICTSkills ● Session-5ToSession-8 Unit-4- Sports And Fitness Session-1- Describe The Criteria Selecting Yearly Sports Activities Session-2- Identify Resources Required For Organising Sports Competition Session-3- Conduct Fitness Session Project- Cricket	15	05	04
January	Winter Vacation: 1st to 15th January Project- Kho-Kho Unit4:EntrepreneurshipSkills Revision unit-1,2	10	2	2
February	Revision for SAT-III Exam Unit5:GreenSkills Annual Practical Exam	08	12	4
March	Annual Examination			

### Note

- Subject Teachers are advised to direct the students to prepare notebook of the Terminology/Definitional Words used in the chapters for enhancement of vocabulary or clarity of the concept.
- The NCERT textbook present information in boxes the book. These help students to get conceptual clarity. However, the information in these boxes would not be assessed in the year-end examination.
- Learning Outcomes Based Vocational Curriculum Psscive, Bhopal
- Employability Skill Textbook NCERT



# NSQF Question Paper Design (2025-26)

Class- 11<sup>th</sup>

Code: PSR 971

Subject: Physical Education

Competencies	Total
Knowledge	40%
Understanding	30%
Application	20%
Skill	10%
	100%

Type of Question	Marks	Number	Description	Total Marks
Objective Questions	1	15	6 Multiple Choice Questions, 3 Fill in the Blanks Questions, 3 One Word Answer Type Questions, 3 Full Form Question	15
Very Short Answer Type Question	2	6	Internal choice will be given in any 2 questions	12
Short Answer Type Question	3	6	Internal choice will be given in any 2 questions	18
Essay Answer Type Question	5	3	Internal options will be given in all the questions	15
Total		30		60