

CLASS XI HEALTH AND PHYSICAL EDUCATION 2009-10

Month	Week	Days	Week Details	Topics Part 'A'
July	I Week	4	01/07/09-04/07/09	Concept of physical education : - Meaning and definition of physical education.
July	II Week	5	06/07/09-11/07/09	Aims & objectives of physical education.
July	III Week	6	13/07/09-18/07/09	Need and Importance of physical education
July	IV Week	6	20/07/09-25/07/09	Mis-conception about Physical Education
July	V Week	6	27/07/09-01/07/09	Relevance of Physical Education :- Its relevance in inter disciplinary context
August	I Week	5	03/08/09-08/08/09	History of the Games / sports of students choice
August	II Week	6	10/08/09-15/08/09	Latest General rules of the games / sports
August	III Week	6	17/08/09-22/08/09	Measurements of play fields and specification of related sports equipments
August	IV Week	6	24/08/09-31/08/09	Important Tournaments and venues
September	I Week	5	01/09/09-05/09/09	Sports Personalities
September	II Week	3	07/09//09-09/09/09	Career Aspects of physical education (Career options)
September	III Week	9	10/09//09-18/09/09	First Terminal Exam.
September	IV Week	8	19/09//09-28/09/09	Autumn Break
September	V Week		29/09/09-03/10/09	Avenues for career preparation
October	I Week	5		Motivation and self assessment for career choices.
October	II Week	6	05/10/09- 10/10/09	Physiological Aspects of physical education
October	III Week	5	12/10/09- 17/10/09	Warming up – General & Specific & its Physiological

				Basis
October	IV Week	6	19/10/09- 24/10/09	Effects of Exercise on Muscular systems.
October	V Week	5	26/10/09- 31/10/09	Effects of Exercise on Digestive system.
November	I Week	5	02/11/09- 07/11/09	Effects of Exercise on respiratory & circulatory systems.
November	II Week	5	09/11/09- 14/11/09	Psychological Aspects of Physical Education Definition & Role of sports Psychology
November	III Week	6	16/11/09- 21/11/09	Motivation and Achievements in sports
November	IV Week	6	23/11/09- 30/11/09	Adolescent Problems and its management
December	I Week	5	01/12/09-07/12/09	Fundamental Skills of games / sports
December	II Week	6	07/12/09-14/12/09	Specific exercise of warm –up and conditioning
December	III Week	8	15/12/09-22/12/09	II Terminal Exm.
December	IV Week		24.12.09-	Last Working Days
December	25.12.09	-	31.12.09	Winter – Break
Jan. 2010	I Week	2	01.01.10- 02.01.10	Games/Sports Related sports terminology
Jan.	II Week	5	04.01.10- 10.01.10	Sports Awards, Common Sports Injuries & its prevention
Jan.	III Week	6	11.01.10- 16.01.10	Health Concept of physical education :- Role of Physical Education Programme on Community health
Jan.	IV Week	6	18.01.10- 23.01.10	Effect of Alcohol, Tobacco , Drugs and spirits on performance
Jan.	V Week	6	25/01/10 - 30/01/10	Obesity :- Causes, preventive measures and role of diet on performance.
Feb.	I Week	6	01.02.10-06.02.10	Revision, Practical Viva –Coca & Seasonal work
Feb.	II Week	5	08.02.10-13.02.10	Revision, Practical Viva –Coca & Seasonal work

Feb.	III Week	6	15.02.10-21.02.10	Revision, Practical Viva –Coca & Seasonal work
Feb.	IV Week	5	22.02.10-27.02.10	Revision, Practical Viva –Coca & Seasonal work
March	- Final	-	Exam -	