

**CLASS XI HEALTH AND PHYSICAL EDUCATION 2010-11**

<b>Month</b>	<b>Week</b>	<b>Days</b>	<b>Week Details</b>	<b>Topics Part 'A'</b>
June/July	V / I Week	6+1	26/06/10-28/06/10 03/07/10	Concept of physical education : - Meaning and definition of physical education.
July	II Week	5	05/07/10-09/07/10	Aims & objectives of physical education. Need and Importance of physical education
July	III Week	6	12/07/10-17/07/10	Mis-conception about Physical Education
July	IV Week	6	19/07/10-24/07/10	Relevance of Physical Education :- Its relevance in inter disciplinary context
July	V Week	6	26/07/10-31/07/10	History of the Games / sports of students choice
August	I Week	6	02/08/10-07/08/10	Latest General rules of the games / sports
August	II Week	5	09/08/10-13/08/10	Measurements of play fields and specification of related sports equipments
August	III Week	6	16/08/10-21/08/10	Important Tournaments and venues
August	IV Week	6	23/08/10-28/08/10	Sports Personalities
Aug/Sept.	V/I Week	6	30/08/10-04/09/10	Career Aspects of physical education ( Career options)
September	II Week	4	06/09//10-10/09/10	Avenues for career preparation (C.C.E.P – 08/09/10)
September	III Week	8	13/09/10-20/09/10	First Terminal Exam.
September	IV Week	5	21/09/10-25/09/10	Motivation and self assessment for career choices.
September	V Week	4	27/09/10-30/10/10	Physiological Aspects of physical education

October	I , II, III Week	17	01/10/10-17/10/10	Common Wealth Game Autumn Break
October	IV Week	5	18/10/10- 23/10/10	Warming up – General & Specific & its Physiological Basis
October	V Week	6	25/10/10- 30/10/10	Effects of Exercise on Muscular systems.
November	I Week	5	1/11/10- 6/11/10	Effects of Exercise on respiratory & circulatory systems.
November	II Week	5	8/11/10- 12/11/10	Effects of Exercise on respiratory & circulatory systems
November	III Week	6	15/11/10- 20/11/10	Psychological Aspects of Physical Education Definition & Role of sports Psychology
November	IV Week	6	22/11/10- 27/11/10	Motivation and Achievements in sports
December	V/I Week	6	29/12/10-4/12/10	Adolescent Problems and its management
December	II Week	4	06/12/10-12/12/10	Fundamental Skills of games / sports Specific exercise of warm –up and conditioning (C.C.E.P – 10/12/10)
December	III/IV Week	9	13/12/10-22/12/10	II Terminal Exm.
December/ Jan.	V /I Week	10	27.12.10- 07/01/11	Winter – Break
Jan. 2011	II Week	2	08.01.11- 09.01.11	Games/Sports Related sports terminology

Jan.	III Week	6	10.01.11- 15.01.11	Sports Awards, Common Sports Injuries & its prevention
Jan.	IV Week	6	17.01.11- 22.01.11	Health Concept of physical education :- Role of Physical Education Programme on Community health
Jan.	V Week	5	24.01.11- 29.01.11	Effect of Alcohol, Tobacco , Drugs and spirits on performance
Jan/Feb.	V/I Week	6	31.0.11-05.02.11	Obesity :- Causes, preventive measures and role of diet on performance.
Feb.	II Week	5	07.02.11-11.02.11	Revision, Practical Viva –Coca & Seasonal work
Feb.	III Week	6	14.02.11-19.02.11	Revision, Practical Viva –Coca & Seasonal work
Feb.	IV Week	5	21.02.11-28.02.11	Revision, Practical Viva –Coca & Seasonal work
March	- Final	-	Exam -	