

**CLASS XI (COMMERCE)****SUBJECT – PHYSICAL EDUCATION**

<b>MONTH</b>	<b>CHAPTER</b>	<b>ACTIVITY/ASSIGNMENT</b>
<b>MAY-JUNE</b>	1. Changing Trends And Career in Physical Education	<ul style="list-style-type: none"><li>• Questions/Answers</li><li>• Compiling tournament fixtures</li></ul>
<b>JULY</b>	2. Olympic Value Education 3. Physical Fitness, Wellness And Lifestyle	<ul style="list-style-type: none"><li>• Questions/Answers</li></ul>
<b>AUGUST</b>	4. Physical Education and sports for CWSN 5. Yoga	<ul style="list-style-type: none"><li>• Questions/Answers</li></ul>
<b>SEPTEMBER</b>	REVISION/HALF-YEARLY	Sample Papers
<b>OCTOBER</b>	6. Physical Activity And Leadership Training 7. Test , Measurement And Evaluation	<ul style="list-style-type: none"><li>• Questions/Answers</li></ul>
<b>NOVEMBER</b>	8. Fundamentals of Anatomy, Physiology And Kinesiology In Sports	<ul style="list-style-type: none"><li>• Questions/Answers</li></ul>
<b>DECEMBER</b>	9. Psychology And Sports	<ul style="list-style-type: none"><li>• Questions/Answers</li></ul>
<b>JANUARY</b>	10. Training and Doping In Sports.	<ul style="list-style-type: none"><li>• Questions/Answers</li></ul>
<b>FEBRUARY</b>	<b>REVISION</b>	