

GOPI BIRLA MEMORIAL SCHOOL 2025-26

Grade : 11 Physical Education

Dr. Nishant .G. Kolhe

ANNUAL PLAN

MONTH	CHAPTERS	PRACTICALS
June	Yoga(Unit 3)	Yogasanas for lifestyle diseases
July	Test and Measurement in Sports (Unit 6)	Various Fitness Test Part 1
August	Physical Education & Sports for CWSN (Unit 4)	First Aid
	Physical Fitness and Wellness (Unit 5)	
September	Revision for Terminal Exam. Changing Trends & Career in Physical Education (Unit 1)	--
October	Changing Trends & Career in Physical Education (Unit 1) [Contd] Olympic Value Education (Unit 2)	Various Fitness Test Part 2
November	Fundamentals of Anatomy and Physiology in Sports (Unit 7)	Project Work
December	Fundamentals of Kinesiology and Biomechanics in Sports (Unit 8)	Project Work
January	Psychology and Sports (Unit 9)	Project Work
February	Training & Doping in Sports (Unit 10)	Project Work