

XI - PHYSICAL EDUCATION

April	No. Of working days 13	Changing Trends and Career in Physical Education
May	13	Olympism
July	15	Yoga Psychology & Sports Physical Education and sports For CWSN
August	13	Fundamentals of Anatomy, Physiology in sports Test , measurement and Evaluation
		Term II
September	13	Physical fitness health and Wellness
October		Fundamentals of Kinesiology and Biomechanics in Sports

	13	
November	Revision	Training and Doping in Sports
December	Revision	Revision
January	Revision	
February	Revision	