



# GRIFFINS INTERNATIONAL SCHOOL

## SYLLABUS BREAK-UP

### HEALTH AND PHYSICAL EDUCATION(048)

Class : XI

TERM-I		TERM - II	
Month	Unit Name / Chapter name	Month	Unit Name / Chapter name
July (4th Week)	1. Changing Trends and Career in Physical Education	November	7. Test, Measurement And Evaluation
			8. Fundamentals Of Anatomy, Physiology And Kinesiology in Sports
August	2. Olympic Value Education	December	8. Fundamentals Of Anatomy, Physiology And Kinesiology in Sports (Contd)
	3. Physical Fitness, Wellness And Lifestyle		9. Psychology And Sports
September	4. Physical Education And Sports for CWSN		
PERIODIC TEST - I		PERIODIC TEST - II	
October	5.Yoga	January	10. Training And Dopin In Sports
	6. Physical Activity And Leadership Training		PRACTICALS
November	HalfYearly (1st Week)	February	Revision And Session Ending Exam
HALF YEARLY EXAMINATION		SESSION ENDING EXAMINATION	