



Indian School Alwadi Al Kabir

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Month: June		Syllabus for class :XI		Subject: physical education			
week	Syllabus/Topic	Learning Objectives	Teaching Strategies	Learning outcomes	Periods Alloted	Assignment	
Week-1							
	Physical Fitness, Wellness & Lifestyle(meaning and importance) Practical classes -Theory of Specific Games according the students choice	Meaning of Physical Fitness, wellness, Lifestyle	PPT ,lecture, group discusion, demontionstration	Aware about physical fitness wellness and Lifestyle	7	home assignment	
							revision
		Specification and rules of Game		studens know about implimentation of rules and regulation		class assignment	
Week-2							
	Importance of Physical Fitness, Wellness & Lifestyle. Practical classes- Theory of Specific Games	learn benefits of physical fitness wellness & Healthy/Positive Lifestyle.	PPT ,lecture, group discusion, demontionstration	Aware of the importance of a healthy lifestyle and components	7	home assignment	
							revision
		Specification and rules of Game		learn specification of ground and equipments		class assignment	
Week-3							
	Components of physical fitness and Wellness	Going to learn components which are essential for sports performance	PPT ,lecture, group discusion, demontionstration	students know about strength, endurance, speed ,flexibility and there importance.	7	revision	
						home assignment	
						class assignment	
Week-4							
	Components of Health related fitness	Going to learn Components of Health related fitness	PPT ,lecture, group discusion, demontionstration	students know about cardiovascular endurance, muscular strength, muscular endurance, body	7	home assignment	
						revision	
						class assignment	



