



LORD MAHAVIRA SCHOOL

Sector-29, Noida, 201303

Website: www.lordmahaviraschool.co.in/ Email: lord.mahavira@yahoo.in

LESSON PLAN

SUBJECT-PHYSICAL EDUCATION (Code No. 048)

CLASS: XI

(BOOK- RATNA SAGAR AND FULL MARKS TEXTBOOK / REFERENCE BOOK)

S.NO	MONTH	UNIT/ TITLE	CHAPTERS-TOPIC/SUB-TOPICS	ACTIVITY/ PROJECT
1	JULY	UNIT-1 Changing Trends and Careers in Physical Education Unit -2 Olympism Value Education	1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 4. Career options in Physical Education 5. KHELO-INDIA PROGRAM and FIT – INDIA PROGRAM 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) 2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind 3. Ancient and Modern Olympics 4. Olympics - Symbols, Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure - IOC, NOC, IFS, Other members	Practical work. Practical 1 SAI KHELO INDIA PHYSICAL FITNESS TEST.
2	AUGUST	Unit 3 Yoga	1. Meaning and importance of Yoga 2. Introduction to ASTANGA YOGA 3. YOGIC KRIYAS (SHAT KARMA) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga	

	AUGUST	Unit 4 Physical Education and Sports for Children with Special needs.	<ol style="list-style-type: none"> 1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability). 3. Disability Etiquette 4. Aim and objectives of Adaptive Physical Education. 5. Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator) 	
3	SEPTEMBER		REVISION & TERM 1 EXAMINATION	
4	OCTOBER	Unit- 5 Physical Fitness, Wellness, and Life style Unit 6 Test, Measurement & Evaluation	<ol style="list-style-type: none"> 1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE <ol style="list-style-type: none"> 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Tomato Types (Endomorphic, Mesomorph & Ectomorph) 5. Measurements of health-related fitness 	Practice of SAI KHELO INDIA Physical Fitness Test.
6	NOVEMBER	Unit -7 Fundamentals of Anatomy, Physiology in Sports	<ol style="list-style-type: none"> 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System 	Practical-2 Yoga Practice and note down in practical file.

7	DECEMBER	Unit-8 Biomechanics and Sports	<ol style="list-style-type: none"> 1. Definition and Importance of Kinesiology and Biomechanics in Sports. 2. Principles of Biomechanics 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements 	Practical-3 Game and sports Practice and note down in practical File.
8	JANUARY	Unit 9 Psychology and Sports Unit 10 Training & Doping in Sports	<ol style="list-style-type: none"> 1. Definition & Importance of Psychology in Physical Education & Sports; 2. Developmental Characteristics at Different Stages of Development; 3. Adolescent Problems & their Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness <ol style="list-style-type: none"> 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages 	MCOs discussion on all three practical.
9	FEBRUARY		REVISION	
10	MARCH		TERM 2 EXAM	



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S.No	MONTH	TOPICS/UNITS/ CHAPTERS	SUB TOPICS	PRACTICALS/PROJECT
1	APRIL	<p>UNIT NO-1 Management of Sporting Events</p> <p>UNIT-2 Children & Women in Sports</p>	<ol style="list-style-type: none"> 1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) 2. Various Committees & their Responsibilities (pre; during & post) 3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments. 4. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance 5. Community sports program (Sports Day, Health Run, run for Fun, run for Specific Cause & Run for Unity) <ol style="list-style-type: none"> 1. Exercise guidelines of WHO for different age groups. 2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. 3. Women's participation in Sports – Physical, Psychological, and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amenorrhea, eating disorders) 	<p>Practical-1 SAI-KHELO INDIA FITNESS TEST Discussion and practical work.</p>
2	MAY	<p>UNIT-3 Yoga as Preventive measure for Lifestyle Disease</p>	<ol style="list-style-type: none"> 1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. 	<p>Practical -1 notedown in file and MCQ s solution.</p>

			<ol style="list-style-type: none"> 2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujang asana, Shalabhasana, Dhanurasana, Suptavajarasana, 3. Paschimottanasana -a, Ardha -Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. 3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasan - a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma - Viloma. 4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, 5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama. 	
3	JULY	UNIT-4 Physical Education and Sports for CWSN (Children with Special Needs - Divyang)	<ol style="list-style-type: none"> 1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) 2. Concept of Classification and Divisioning in Sports. 3. Concept of Inclusion in sports, its need, and Implementation; 4. Advantages of Physical Activities for children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs. 	Revision for unit test
4	AUGUST	UNIT-5 Sports & Nutrition	<ol style="list-style-type: none"> 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & Non-Nutritive Components of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths 5. Importance of Diet in Sports-Pre, During and Post competition Requirements 	
5	SEPTEMBER		REVISION & TERM 1 EXAMS	

6	OCTOBER	<p>Unit- 6 Test & Measurement in Sports</p> <p>UNIT-7 Physiology & Injuries in Sport</p>	<p>1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, PushUps for boys, Modified Push-Ups for girls). 2. Measurement of CardioVascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise.</p> <p>3. Computing Basal Metabolic Rate (BMR)</p> <p>4. Rikli & Jones - Senior Citizen Fitness Test • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up & Go Test for agility • Six-Minute Walk Test for Aerobic Endurance</p> <p>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping</p> <p>1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the Cardio-Respiratory System 4. Physiological changes due to aging 5. Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & impacted</p>	<p>Practical-2 yoga Notedown in file and Practice different yoga asana</p>
7	NOVEMBER	<p>UNIT- 8 Biomechanics and Sports</p>	<p>1. Newton’s Law of Motion & its application in sports 2. Types of Levers and their application in Sports. 3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sport</p>	<p>Practical -3 Games/sports Notedown in file and practice.</p> <p>Checking of practical file work. Practice of all three practicals.</p>
8	DECEMBER.	<p>Unit -9 Psychology and Sports</p>	<p>1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggressions in Sports 5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, SelfTalk, Goal Setting</p>	

		UNIT-10 Training in Sports	<ol style="list-style-type: none"> 1. Concept of Talent 2. Introduction to Sports Training Cycle – Micro, 1. Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance, and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance 	
11	JANUARY		<u>PRE-BOARD EXAMS ,REVISION</u>	
12	FEBRUARY		<u>REVISION, PRACTICALS ETC.</u>	