

ARMY PUBLIC SCHOOL, MUMBAI (2019-2020)
STANDARD CURRICULUM

CLASS:XI

SUB: HEALTH AND PHYSICAL EDUCATION

<u>MONTH</u>	<u>CHAPTER</u>	<u>CORE VALUES/LIFE SKILLS</u>	<u>METHODOLOGY</u>	<u>LEARNING OUTCOMES</u>
June	1. Changing Trends and Career in Physical Education	*Positive attitude *Teamwork *Innovative mind set *Long term vision	*Lecture *Explanation *Discussion	*To know the Career options, changing trends in physical education. *To understand, identify the various soft skills required.
July	2.Olympic movement 3.Physical Fitness, wellness and Lifestyle	*Patriotism *Nationalism *Positive Outlook *Co-operation *Team Work *Creative Thinking	*Explanation *Discussion *Interaction *Diagram	*Students to understand Olympic movements, its values and ideals. *To know difference between Modern and Ancient Olympic. *To get the knowledge about importance of Physical Fitness and Positive Lifestyle.
August	4. Physical Education and Sports for Differently Abled 5.Yoga	*Self-Awareness, *Positive Outlook *Positive attitude. *Long Term Vision	*Explanation *Discussion *Interaction *Demonstration	*Students will understand the aims and objectives of Adaptive Physical Education. *To know Integrated Physical Education programme. *Knowledge of need and importance of Yoga.
Sept	6.Physical Activity and Leadership Training 7.Test measurement and Evaluation	*Knowledge *Self-Awareness, *Problem Solving *Positive Outlook	*Lecture *Discussion *Numerical Problem Solving	*Understand various types of physical activity. *Students learn to calculate the BMI & Waist -Hip Ratio.

Oct	8.Fundamentals of Anatomy and Physiology	<ul style="list-style-type: none"> *Awareness *Team work *Fitness Knowledge *Open-mindedness 	<ul style="list-style-type: none"> *Explanation *Discussion *Interaction 	<ul style="list-style-type: none"> *To learn the fundamentals of Anatomy. *Understand Various Body function in connection with sports performance.
Nov	9.Kinesiology, Biomechanics and Sports 10.Psychology and Sports	<ul style="list-style-type: none"> *Logical thinking *Problem solving *Critical thinking *Physical Fitness 	<ul style="list-style-type: none"> *Lecture *Explanation *Discussion 	<ul style="list-style-type: none"> *To understand concept of Biomechanics & Sports. *Students learn to differentiate between Growth & Development. *To know about different stages of Development.
Dec	11.Training in Sports	<ul style="list-style-type: none"> *Time management *Logical thinking *Critical thinking *Scientific attitude *Awareness *Positive Attitude 	<ul style="list-style-type: none"> *Explanation *Discussion *Demonstration 	<ul style="list-style-type: none"> *Develop understanding, meaning & concept of Sports Training. *To learn the concept of Warming up & Limbering Down.
Jan	12.Doping	<ul style="list-style-type: none"> *Knowledge *Ethical thinking *Moral Value *Problem solving 	<ul style="list-style-type: none"> *Lecture *Interaction 	<ul style="list-style-type: none"> *Discussion on prohibited substances & methods in sports. *To understand Doping control procedure.