

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

CLASS:XI

SUB: HEALTH AND PHYSICAL EDUCATION

<u>MONTH</u>	<u>CHAPTER</u>	<u>ACTIVITY</u>	<u>VALUES</u>	<u>CORE VALUES</u>
June	1. Changing Trends and Career in Physical Education	To know the Career options, changing trends in physical education. Also students to identify the various soft skills required.	Positive Attitude, Teamwork & Innovative mind set	Long term vision
July	2. Olympic movement 3. Physical Fitness, wellness and Lifestyle	Teacher to explain the Olympic movements, its values and ideals. Students to find the difference between modern and ancient Olympic. Students also to understand the importance of Physical Fitness and Positive Lifestyle.	Patriotism, Nationalism, Positive Outlook, Co-operation & Creative thinking	Team Work
August	4. Physical Education and Sports for Differently Abled 5. Yoga	To make them understand the aims and objectives of Adaptive Physical Education and also to compare this with Integrated Physical Education programme. To discuss need and importance of Yoga.	Self Awareness, Positive Outlook and Positive attitude.	Long Term Vision
Sept	6. Physical Activity and Leadership Training 7. Test measurement and Evaluation	Discussion on various types of physical activity, to understand how to create leaders. Students learn to calculate the BMI & Waist-Hip Ratio.	Self Awareness, Problem Solving & knowledge	Positive Outlook
Oct	8. Fundamentals of Anatomy and Physiology	To learn the fundamentals of Anatomy, Various Body function in connection with sports performance.	Awareness, Team work, Fitness	Knowledge, Open-mindedness
Nov	9. Kinesiology, Biomechanics and Sports 10. Psychology and Sports	To understand concept of Biomechanics & Sports. Students to differentiate between	Logical thinking, problem solving, Critical thinking	Physical Fitness

		Growth & Development. Also to learn the different stages of Development.		
Dec	11. Training in Sports	To understand meaning & concept of Sports Training. To learn the concept of Warming up & Limbering Down.	Time management, Logical thinking, critical thinking, scientific attitude, awareness	Positive Attitude
Jan	12. Doping	Discussion on prohibited substances & methods in sports. To understand Doping control procedure.	knowledge, Ethical thinking & Moral Value	Problem solving