VISHAL INTERNATIONAL SCHOOL

YEARLY SYLLABUS -(2025– 2026)

Class – 11

Subject - English

April & May	Snapshot : Chapter 1, 2 Hornbill – Chapter 1, 2 Poetry – A Photograph Grammar – Tenses, Reordering, Editing Writing Skills – Letters, Notice , Advertisement.
PT 1	Snapshot - Ch 1,2 Hornbill - Ch 1 Poems -1 Photograph Grammar Tenses, Reordering, Editing etc writing skills - Advertisement, Letters Notice .
July & August	Snapshot : Chapter -5 Hornbill – Chapter -3, 4 Poetry – The Laburnum Top Grammar – Tenses, Error Correction, Gap filling Writing Skills – Advertisement, Poster, Letter, Notice,Note Making, Speech
Half Yearly Exams	Snapshot : Chapter -1,2, 5 Hornbill – Chapter -1,2, 3 Poetry – The Laburnum Top, Photograph Grammar – Tenses, Error Correction, Gap filling Writing Skills – Speech, Advertisement, Poster, Letters, Notice.
September & October	Snapshot : Chapter -5, 7 Hornbill – Chapter -8 Poetry – The Voice of the RainGrammar – Editing, Tenses, Writing Skills – Article, Speech, Debate, Letters
P.T. - 2	Snapshot : Chapter- 7 Hornbill – Chapter- 8 Poetry – The Voice of the Rain Grammar – Tenses, Editing TaskWriting Skills – Unseen Passages, Debate
November & December	Snapshot : Chapter 8 Hornbill : Chapter 8 Poetry – Childhood, Father to son. Grammar – Revision Writing Skills – Debate
Annual exam	**Snapshot** Chapter- The Summer of beautiful --- The Address , Mothers Day, Birth , The Tale of Melon ----- **Hornbill** Chapter - The Portrait of a Lady, We are not Afraid , Discovering tut,The Ailing Planet,Silk Road, Poems- A photograph, The Labornum top, Childhood, Father to son, **Grammar -** Tense - Editing , Gap filling , Direct indirect, Clauses Note making Reordering. Writing - Notice , Advertisement , Letters , Speech , Articles & Debate.

Subject - Hindi			
अंतरा भाग – 1		**अंतराल भाग – 1**	**अभिव्यक्ति और माध्यम**
गद्य खंड	काव्य – खंड		
अप्रैल – मई पाठ– 1 ईदगाह पाठ– 2 दोपहर का भोजन	पाठ – 1 कबीर पाठ – 2 सूरदास		पाठ–1 जनसंचार माध्यम पाठ–2 पत्रकारिता के विविध आयाम
जुलाई – अगस्त पाठ–3 टार्च बेचने वाला पाठ– 4 गूँगे पाठ–5 ज्योतिवा फूले।	पाठ–3 हँसी की चोट,सपना दरबार पाठ– 5 संध्या के बाद।	पाठ– 2 हुसैन की कहानी अपनी जबानी।	पाठ– 3 डायरी लेखन पत्र – औपचारिक पत्र
सितम्बर	पुनरावृत्ति	अर्द्धवार्षिक परीक्षा – 1	
अक्टुबर–नवम्बर पाठ– 6 खानाबदोश पाठ– 7 उसकी माँ	पाठ– 8 बादल को घिरते देखा है।		पाठ–4 कथा – पटकथा पाठ– 5 कार्यालयी लेखन
दिसम्बर –जनवरी पाठ–8 भारतवर्श की उन्नति कैसे हो सकती है?	पाठ–9 हस्तक्षेप पाठ–10 घर मे वापसी	पाठ– 3 आवारा– मसीहा	पाठ– 6 स्ववृत लेखन और रोजगार आवेदन पत्र पाठ–7 शब्दकोश
फरवरी	पुनरावृत्ति	वार्षिक परीक्षा	
P.T. - 1	गद्य खंड – पाठ – 1 , 2 काव्य खंड – पाठ – 1	अंतराल पाठ – 2	
P.T. - 2	गद्य खंड – पाठ – 6, 7 काव्य खंड – पाठ – 8, 9	अंतराल – पाठ – 3	

Subject: Chemistry			
S.No.	**Month**	**Name of Chapter**	**No. of Periods**
1	April	Some Basic Concepts of Chemistry	12
		Structure of Atom	14
2	May	Classification of Elements and Periodicity in Properties	10
3	July	Chemical Bonding and Molecular Structure	14
4	August	Chemical Thermodynamics	16
HALF YEARLY EXAM			
5	September	Equllibrium	15
6	October	Redox Reaction	10
7	November	Organic chemistry some basic principal & Techniques	15
8	December	Hydrocarbons	12
9	January	Revision	
FINAL EXAM			
Revision+Practical			

Subject - Maths	
MONTH	**CONTENT**
APRIL & MAY P.T. - 1	
JULY	➢ Sets ➢ Relations & Functions ➢ Complex Numbers and Quadratic Equations
AUGUST	➢ Trigonometric Functions ➢ Sequence and Series ➢ Permutations and Combinations
SEPTEMBER	**Revision + Half Yearly Exams**
OCTOBER	➢ Linear Inequalities ➢ Straight Lines
NOVEMBER	➢ Conic Sections ➢ Introduction to Three–Dimensional Geometry
P.T. - 2	Sequence and Series, Conic Sections, Straight lines, Permutation and combination.
DECEMBER	➢ Limits and Derivatives ➢ Statistics
JANUARY	➢ Probability
FEBRUARY	Whole Syllabus Revision

Subject - Biology		
Months	**S.No**	**Chapter's Name**
April & May	1. 2. 3. 4.	Diversity in the living World Biological Classification Plant Kingdom Animal Kingdom
PT - 1		
July & August	5. 6. 7. 8 9.	Morphology of Flowering plants Anatomy in Flowering Plants Structural organisation in Animals Cell :- Units of Life Biomolecules
Half Yearly Exam		
September & October	10. 11. 12. 13.	Cell cycle and Cell Divison Photosynthesis in Higher plants Respiration in Plants Plant Growth and Development
PT-2		
November & December	14. 15. 16.	Breathing and Exchange of Gases Body fluids and Circulation Excretory products & their elimination.
January	17. 18. 19.	Locomotion and Movement Neural control and Coordination Chemical Coordination and Intergration.
Annual Exam		

Subject - Accountancy

April & May July & August	• Introduction to Accounting • Basic Accounting Terms • Theory Base of Accounting • Voucher • Accounting Equation • Rules of Debit and Credit
	• Recording Journal • Ledger • Cash Book • Special Purpose Books – Others • Bank Reconcilation Statement
P.T.- 1	• Introduction to Accounting • Basic Accounting Terms • Theory Base of Accounting • Voucher • Accounting Equation • Rules of Debit and Credit
September	**Depreciation Revision + Half Yearly Exams** • Introduction to Accounting • Basic Accounting Terms • Theory Base of Accounting • Voucher • Accounting Equation • Rules of Debit and Credit • Recording Journal • Ledger • Cash Book • Special Purpose Books – Others • Depreciation • Bank Reconcilation Statement
P.T.- 2	
October & November	• Provision & Reserve • Trial Balance • Rectification of Errors
December & January	• Financial Statement (With Adjustment) • Accounts from incomplete Records Single Entry System
Annual Exams	Entire Syllabus

Subject - Economics	
April & May	• Introduction to Micro Economics • Consumer Equilibrium • Demand
P.T. -1	• Introduce to Micro Economics • Consumer Equilibrium • Demand
July & August	• Introduce to Statistics • Collection and Organization of Data • Presentation of Data
September	• Cost Function • Revenue Revision + Half Yearly Exams
Half Yearly Exams	• Introduction to Statistics • Collection and Organization of Data • Presentation of Data • Introduction to Microeconomics • Consumer Equilibrium & Demand • Measures of Central Tendency Production Function • Cost Function • Revenue
October & November	• Producer's Equilibrium & Supply • Measures of Dispersion
P.T. -2	• Producer's Equilibrium & Supply • Measures of Dispersion
December& January	• Correlation • Index Number • Forms of Market & Price determination under PerfectCompetition
Annual Exam	Entire Syllabus

SUBJECT – BUSINESS STUDIES	
April & May	• Nature and Purpose of business • Form of Business Organization
P.T. -1	Chapter 1 & 2
July & August	• Public, Private and Global Enterprises • Business Science
September& October	• Emerging Mode of Business • Social Responsibility of Business
Half Yearly Exams	Chapter 1 to 4
November & December	• Source of Business Finance • Small Business • Internal Trade
P.T. – 2	Chapter 5 & 6
January & February	• International Business
Annual Exams	Chapter 2, 3, 5, 6, 7, 9, 10

Subject -History	
July	Chapter 1 – Writing and City Life Chapter 3 – An Empire across three Continents
P.T. -1	Chapter 1 & 3
August & September	Chapter 5 – Nomadic Empires Chapter 6 – Three orders
September	Revision + Half Yearly Exams
Half Yearly Exams	Chapter – 1 , 3 , 5 & 6. **Map Work** – Chapter – 1, 3 , 5 & 6. **Project Work** – • From the Beginning of Time OR • Three Orders
October & November	Chapter 7 – Changing Cultural Traditions Chapter 10 – Displacing Indigenous People
P.T. - 2	Chapter – 7 & 10
December	Chapter 11 – Paths to Modernization
Annual Exams	Chapter – 1, 3, 5, 6 , 7 , 10 & 11 Map Work – 1, 3, 5, 6 , 7 , 10 & 11 **Project Work** – • Paths to Modernization

Subject - Political Science	
April & May	Part – I Chapter 1 – Constitution Chapter 2 – Election and Representation Part - II Chapter 8 – Political Theory Chapter 9 – Liberty Chapter 10 - Equality
P.T. -1	Part – I : Chapter 1, 2 Part – II : Chapter 8, 9, 10
July & August	Part – I Chapter 3 – The Legislature Chapter 4 – The Executive Chapter 5 – The Judiciary Part – II Chapter 11 – Justice Chapter 12 – Rights Chapter 13 - Citizenship
September	Revision + Half Yearly Exams
Half Yearly Exams	Part – I : Chapter 1, 2, 3, 4, 5 Part – II : Chapter 8, 9, 10, 11, 12, 13 Map Work – Chapter 5, 11 Project Work – • The Judiciary Or • Rights
October & November	Part – I Chapter 6 – Federalisation Chapter 7 – Local Government Part – II Chapter 14 – Nationalism Chapter 15 - Secularism
P.T. - 2	Part – I : Chapter 6, 7 Part – II : Chapter 14, 15.
Annual Exams	Part – I : Chapter 1 to 7 Part – II : Chapter 8 to 15 Map Work – Complete Syllabus Project Work – • Local Government OR • Secularism

Subject - Physics

S. No.	Duration	Evaluation	Syllabus covered
1.	APRIL		**2. Units & Measurements** **3. Motion in a Straight Line** **Practical – 1(a)** To determine diameter of a small spherical/cylindrical body by using vernier callipers. **(b)**To measure internal diameter and depth of a given beaker using vernier calipers and hence find its volume.
2.	MAY		**4. Motion in a plane** **5. Force & Laws of Motion** **6. Work, Energy & Power** **Practical-2:** To measure diameter of a given wire and thickness of a given sheet using a screw gauge. **Activity1:** To make a paper scale of given least count , e.g., 0.2cm, 0.5cm.
3.	JUNE	**Holidays Home Work**	**Investigatory project report based on some Working model.**
4.	JULY	**Unit Test I** **(Syllabus Chapter 2,3,4)**	**6. Work, Energy & Power (continued)** **7. Systems of particles and Rotational Motion** **Practical-3:** To determine volume of an irregular lamina using a screw gauge. **Practical-4:** To find the radius of curvature of a spherical object using a spherometer. **Activity 2:** To determine the mass of a given body using a meter scale by principle of moments.
5.	AUGUST	**Practical Examination**	**8. Gravitation** **9.Mechanical Properties of Solids** **Practical-5:** To determine the young's modulus of elasticity of the material of a given wire. **Activity 3:** To plot a graph for a given set of data, with the proper choice of scales and error bar.
6.	SEPTEMBER	**Half Yearly Exam** **(Syllabus Chapter 2,3,4,5,6,7,8)**	**10.Mechanical Properties of Fluids** **Practical-6:** To find the force constant of a helical spring by plotting a graph between load and extension.

7.	**OCTOBER**		**11.Thermal properties of matter** **12.Thermodynamics** **Practical-7:** To study the relationship between the length of a given wire and tension for constant frequency using sonometer. **Activity 4:** To note the change in level of liquid in a container on heating and interpret the observations.
8.	**NOVEMBER**		**13.Kinetic Theory of Gases** **Practical-8:** To find the speed of sound in air at room temperature using a resonant tube by two resonance positions. **Activity 5:** To study the effect of load on depression of a suitably clamped metre scale loaded at (i) its end (ii) in the middle.
9.	**DECEMBER**	**Unit Test II** **(Syllabus Chapter 9,10,11)**	**14. Oscillations** **15. Waves** **Activity 6:** To observe the decrease in pressure with the increase in velocity of a fluid.
10.	**JANUARY**		**Revision for final exam (Full portion-chapter 2 to 15)**
11.	**FEBURARY**	**Annual Practical Examination**	**Revision**
12.	**MARCH**	**Annual Examination** **(Syllabus Chapter 2,3,4,5,6,7,8,** **9,10,11,12,13,** **14,15)**	

Subject – Computer Science (083)		
Months	**Subjects**	**Particular Chapters with Map & Project Work**
April - May	**Computer Science**	**Unit-I (Computer System and Organisation)**
PT - 1	**Computer Science**	**Unit-I (Computer System and Organisation)**
July - August	**Computer Science**	**Unit-II (Computational Thinking and Programming - I)** **Topic – 1. Introduction of Python** **2. Algorithms and Flowchart** **3. Data Types** **4. Membership Operators** **5. Conditional Statements** **6. Iterative Statements** **7. String and List**
Half Yearly exam	**Computer Science**	**Unit-I (Computer System and Organisation)** **Unit-II (Computational Thinking and Programming - I)** **Topic – 1. Introduction of Python** **2. Algorithms and Flowchart** **3. Data Types** **4. Membership Operators** **5. Conditional Statements** **6. Iterative Statements** **7. String and List**

October - November	**Computer Science**	**Unit-II (Computational Thinking and Programming - I)** **Topic – 1. Tuple** **2. Dictionary**
PT - II	**Computer Science**	**Unit-II (Computational Thinking and Programming - I)** **Topic – 1.String** **2. List** **3.Tuple** **4. Dictionary**
January - February	**Computer Science**	**Unit - 3(Society, Law and Ethics)** **Revision**
Annual Examination	**Computer Science**	**Unit-II (Computational Thinking and Programming - I)** **Topic – 1.String** **2. List** **3.Tuple** **4. Dictionary** **5. Conditional Statements** **6. Iterative Statements** **Unit - 3(Society, Law and Ethics)**

Physical Education (Subject Code 048)

UNIT NO.	UNIT NAME	THE WEIGHTAGE (MARKS) ALLOTTED
UNIT 1	Changing Trends & Career in Physical Education	04 + 04***b****
UNIT 2	Olympic Value Education	05
UNIT 3	Yoga	06+01***b****
UNIT 4	Physical Education & Sports for CWSN	04+03***b****
UNIT 5	Physical Fitness, Wellness	05
UNIT 6	Test, Measurements & Evaluation	08
UNIT 7	Fundamentals of Anatomy and Physiology in Sports	08
UNIT 8	Fundamentals of Kinesiology and Biomechanics in Sports	04+04***b****
UNIT 9	Psychology and Sports	07
UNIT 10	Training & Doping in Sports	07
PRACTICAL (LAB)#	**Including 3 Practical**	30
TOTAL	**Theory 10 + Practical 3**	**Theory 70 + Practical 30 = 100**

Note: b*are the Concept based questions like Tactile diagram/data interpretation/ case base study for visually Impaired Child.

[Physical Education]

COURSE CONTENT

Unit No.	Unit Name & Topics	Specific learning objectives	Suggested Teaching Learning process	Learning Outcomes with specific Competencies
Unit 1	**Changing Trends and Careers in Physical 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	• To make the students understand the meaning, aims, and objectives of Physical Education. • To Teach students about the development of physical education in India after Independence. • To educate students about the development of sports surfaces, wearable gear, sports equipment, and technology. • To make students know the different career options available in the field. • To make them know about the Khelo India Program	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning.	**After completing the unit, the students will be able to:** • Recognize the concept, aim, and objectives of Physical Education. • Identify the Post-independence development in Physical Education. • Categorize Changing Trends in Sports-playing surface, wearable gear, sports equipment, technological • Explore different career options in the field of Physical Education. • Make out the development of Khelo India and Fit India Program.

Unit 2	**Olympism Value Education** 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	• To make the students aware of Concepts and Olympics Values (Excellence, Friendship & Respect) • To make students learn about Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind • To make students understand ancient and modern Olympic games. • To make the students aware of Olympics - Symbols, Motto, Flag, Oath, and Anthem • To make students learn about the working and functioning of IOC, NOC and IFS, and other members.	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning.	**After completing the unit, the students will be able to:** • Incorporate values of Olympism in your life. • Differentiate between Modern and Ancient Olympic Games, Paralympics, and Special Olympic games • Identity the Olympic Symbol and Ideals • Describe the structure of the Olympic movement structure

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	• To make the students aware of the meaning and importance of yoga • To make them learn about Astanga yoga. • To teach students about yogic kriya, specially shat karmas. • To make the learn and practice types of Pran • To make them learn the importance of yoga in stress management.	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning.	**After completing the unit, the students will be able to:** • Recognize the concept of yoga and be aware of the importance ; of it • Identify the elements of yoga • Identify the Asanas, Pranayama' s, meditation, and yogic kriyas • Classify various yogic activities for the enhancement of concentration • Know about relaxation technique s for improving concentrat ion
Unit 4	**Physical Education and Sports for Children with Special Needs** 1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).	• To make the students aware concept of Disability and Disorder. • To make students aware of different types of disabilities. • To make students learn about Disability Etiquette	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning.	**After completing the unit, the students will be able to:** • Identify the concept of Disability and Disorder. • Outline types of disability and describe their causes and nature. • Adhere to

	3. Disability Etiquette 4. Aim and objectives of Adaptive physical Education 5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapi st, Physical Education Teacher, Speech Therapist, and Special Educator)	• To make the students Understand the aims and objectives Adaptive Physical Education • To make students aware of role of various professionals for children with special needs.		and respect children with special needs by following etiquettes. • Identify possibilities and scope in adaptive physical education • Relate various types of professional support for children with special needs along with their roles and responsibilitie s.
Unit 5	**Physical Fitness, Wellness, and Lifestyle** 1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/ Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for	• To make the students understand the Meaning & importance of Wellness, Health, and Physical Fitness • To make students aware of the Components/ Dimensions of Wellness, Health, and Physical Fitness • To make students learn Traditional Sports & Regional Games to	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditiona ry learning.	**After completing the unit, the students will be able to:** • Explain wellness and its importance and define the components of wellness. • Classify physical fitness and recognize its importance in life. • Distinguish between skill-related and health-related

	promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE	promote wellness • To develop Leadership qualities through Physical Activity and Sports in students • To make students learn First Aid and its management skills		components of physical fitness. • Illustrate traditional sports and regional games to promote wellness. • Relate leadership through physical activity and sports • Illustrate the different steps used in first aid - PRICE.
Unit 6	**Test, Measurement & Evaluation** 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measuremen t (3-site) 4. Somato Types (Endomorphy Mesomorphy & Ectomorphy	• To Introduce the students with the terms like test, measurement and evaluation along with its importance • To Introducing them the methods of calculating BMI, Waist- hip ratio and Skin fold measurement. • To make the students aware of the different somatotypes. To make the students learn the method to measure health- related fitness.	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individua l learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and Expeditionary learning.	**After completing the unit, the student s will be able to:** • Define the terms test, measurement, and evaluation, • Differentiate norm and criterion referenced standards, • Differentiate formative and summative evaluation, • Discuss the importance of measurement and evaluation processes, • Understand

	5. Measurements of health-related fitness			BMI: A popular clinical standard and its computation • Differentiate between Endomorphy, Mesomorphy & Ectomorphy h describe the procedure of Anthropometric Measurement
Unit 7	**Fundamentals of Anatomy, Physiology in Sports** 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.	• The students will learn the meaning and definition & identify the importance of anatomy, physiology, and kinesiology. • Students will understand the main functions and Classification of Bone and the Types of Joints. . • The students will learn the Properties and Functions of Muscles. • The students will learn the Structure and Functions of the Circulatory System and Heart. • The students will learn the Structure and Functions of Respiratory System.	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game - based learning and Expeditionary learning.	**After completing the unit, the students will be able to:** • Identify the importance of anatomy and physiology. • Recognize the functions of the skeleton. • Understand the functions of bones and identify various types of joints. • Figure out the properties and functions of muscles and understand how they work. • Understand the anatomy of the respiratory system and describe it's working. • Identify and analyses the layout and functions of Circulatory System.

Unit 8	**Fundamentals Of Kinesiology And Biomechanics in Sports** 1. Definition and Importance of Kinesiology and Biomechanic s in Sports. 2. Principles of Biomechanic s 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumductio n, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements	• The students will learn the meaning and definition & identify the importance of Kinesiology and Biomechanics in sports. • To make the students learn the principles of biomechanics • To make the students understand the concept of Kinetics and Kinematics in Sports • To make the students learn about different types of body movements. • To make the students understand the concept of Axis and Planes and its application in body movements.	• Lecture-based instruction, • Technology-based learning, Group learning • Individua l learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning.	**After completing the unit, the students will be able to:** • Understand Kinesiology and Biomechanics with their application in sports • Explain biomechanical principles and their utilization in sports and physical education. • Illustrate fundamental body movements and their basic patterns. • Learn about the Axis and Planes and their application with body movements
Unit 9	**Psychology and Sports** 1. Definition & Importance of Psychology in Physical Education & Sports; 2. Develop-	• The students will identify the definition and importance of Psychology in Physical Education and sports. • The students will	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individua l learning,	**After completing the unit, the students will be able to:** • Identify the role of Psychology in Physical Education and Sports

	mental Characteristics at Different Stages of Development. 3. Adolescent Problems & their Manageme nt; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness	be able to differentiate characteristics of growth and development at different stages. • - Students will be able to identify the issues and management related to adolescents • The students will be able to understand the importance of team cohesion in sports • Students will distinguish different Psychological Attributes like Attention, Resilience, and Mental Toughness.	• Inquiry-based learning, • Kinesthetic learning, Game-based learning and • Expeditionary learning	• Differentiate characteristics of growth and development at different stages. • Explain the issues related to adolescent behavior and Team Cohesion in Sports • Correlate the psychological concepts with the sports and athlete specific situations
Unit 10	**Training & Doping in Sports** 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 &	• To make the students aware about of concepts and principles of sports training. • To make students learn and understand the Training Load, Over Load, Adaptation, and Recovery concepts. • To make students Understand the importance of warning up and limbering down exercises. • To introduce the terms like Skills, Techniques, Tactics, and Strategies to the	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individua l learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning	**After completing the unit, the students will be able to:** • Understand the concept and principles of sports training. • Summarise training load and its concept. • Understand the concept of warming up & limbering down in sports training and their types, method & importance.

	Strategies 5. Concept of Doping and its disadvantages	students. • To make students aware of the doping substances and their disadvantages in sports.		• Acquire the ability to differentiate between the skill, technique, tactics & strategies in sports training • Interpret concept of doping.

GUIDELINES FOR INTERNAL ASSESSMENT

(PRACTICAL/ PROJECTS ETC.)

PRACTICAL (Max. Marks 30)	
Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*	6 Marks
Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)**	7 Marks
Yogic Practices	7 Marks
Record File ***	5 Marks
Viva Voce (Health/ Games & Sports/ Yoga)	5 Marks

- *Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)
- **CWSN (Children with Special Needs – Divyang): Bocce/ Boccia, Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.
- **Children with Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/ Game must be different from Test - 'Proficiency in Games and Sports'

******Record File shall include:***

- ***Practical-1:*** Fitness tests administration. (SAI Khelo India Test)
- ***Practical-2:*** Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- ***Practical-3:*** Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.

--------THE END ---------