

**SOBTIS PUBLIC SCHOOL**

**YEARLY LESSON PLAN SESSION 2022-23**

**SUBJECT-Physical Education**

**CLASS-XI**

**TEACHER: Satyam Shrotriya**

MONTH	NO.OF WORKING DAYS	NO.OF PERIODS	TOPIC
July	25	27	<b>Unit I Changing Trends &amp; Career in Physical Education</b> <b>Unit II Olympic Value Education</b>
August	23	25	<b>Unit III Physical Fitness, Wellness &amp; Lifestyle</b> <b>Unit IV Physical Education &amp; Aims•Sports for CWSN (Children With Special Needs- Divyang)</b>
September	06	09	Revision (Term -1) exam
October	18	20	<b>Unit V Yoga</b>
November	25	27	<b>Unit VI Physical Activity &amp; Leadership</b>
December	23	25	<b>Unit VII Test, Measurement &amp; Evaluation</b> <b>Unit VIII</b> <b>Fundamentals of Anatomy, Physiology &amp; Kinesiology in Sports</b>
January	18	27	<b>Unit IX Psychology &amp; Sports</b> <b>Unit X Training and Doping in Sports</b>