



CARMEL CONVENT SR.SEC.SCHOOL: BHEL: BHOPAL
SYLLABUS 2023–24 (CLASS 11th)
SUBJECT: PHYSICAL EDUCATION

S.NO.	MONTH	EXAM	CHAPTER NO.	NAME OF CHAPTER
1	APRIL-2023	
2	JUNE-2023	
3	JULY-2023	PT-1	Unit-1	Unit-1 Changing Trends and Career in Physical Education
4	AUG-2023		Unit-2 Unit-3 Unit-4	Unit-2 Olympism Unit-3 Yoga Unit-4 Physical Education and Sports for CWSN
5	SEPT-2023	Term-1(Unit-1,2,3,4)	Unit-4 Unit-5	Unit-4 Physical Education and Sports for CWSN Unit-5 Physical Fitness, Health and Wellness
6	OCT-2023		Unit-6	Unit-6 Test, Measurement and Evaluation
7	NOV-2023		Unit-7	Unit-7 Fundamentals of Anatomy, Physiology in Sports
8	DEC-2023	PT-2 (Unit-5,6,7)	Unit-8 Unit-9	Unit-8 Fundamentals of Kinesiology and Biomechanics in Sports Unit-9 Psychology and Sports
9	JAN-2024		Unit-9 Unit-10	Unit-9 Psychology and Sports Unit-10 Training and Doping in Sports
10	FEB-2024	Term-2 (Unit 1-10)	Unit- 1 to 10	Revision