

ARMY PUBLIC SCHOOL WELLINGTON

SPLIT-UP SYLLABUS (2025-26)

ENGLISH CORE (301)

CLASS:XI

PRESCRIBED BOOKS: NCERT Books (Hornbill, Snapshots)

Month	Chapter name	Sub topics	Experiment/ project/ activity
JUNE	Hornbill: Prose: The Portrait of a Lady Poem: A Photograph Snapshots: SR: The Summer of a Beautiful White Horse Reading: Note-Making and Summarizing Writing: Short Writing Task- Advertisement		Elaborate the importance of grandparents and prepare a project on that. Compare the characters of Aram and Mourad. Worksheet
JULY	Hornbill: Prose: We are not Afraid to die.... If we can be Together Poem: The Laburnum Top		Explain the importance of being in a family.

	Writing: Short Writing Task- Poster Making		Worksheet
AUGUST	Hornbill: Prose: Discovering Tut Poem: The Voice of Rain Snapshots: SR: The Address Writing: Speech		Collect data about the Egyptian mummy project and King Tut. Write a speech on “Importance of Value Education”.
SEPTEMBER	Snapshots: SR: Mother’s Day Grammar: Tenses, Clauses Writing: Debate	<ul style="list-style-type: none"> • Past tense • Present tense • Future tense 	Elaborate the theme of Mother's love and its importance Prepare a chart on tenses and clauses
OCTOBER	Hornbill: Prose: The Adventure Poem: Childhood		What is a science fiction? Review a science fiction book which you have read.
NOVEMBER	Hornbill: Prose: Silk Road		Collect data about the places mentioned in

	<p>Snapshots: SR: The Birth</p> <p>Writing: Debate</p>		the lesson The Silk Road and prepare a scrap book.
DECEMBER	<p>Hornbill: Poem: Father to Son</p>		Appreciate the poem and the use of poetic devices in the poem.
JANUARY	<p>Snapshots: SR: The Tale of Melon City</p> <p>Grammar: Transformation of sentences</p>		Seminar Worksheet
FEBRUARY	Revision and Annual Examination		
MARCH	New Session Begins		

ARMY PUBLIC SCHOOL WELLINGTON
SPLIT UP SYLLABUS MONTH-WISE (2024-25)
SUBJECT: POLITICAL SCIENCE (028)

Class: XI

PRESCRIBED BOOKS: NCERT Books:

1) Political Theory

2) Indian Constitution at Work

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
JUNE	Constitution-Why and How? Political Theory an Introduction	<ul style="list-style-type: none"> ❖ Why do we need a constitution? ❖ Features of Indian Constitution ❖ Authority of the Constitution ❖ Constituent Assembly ❖ Provisions Adopted from different countries. ❖ What is Politics? ❖ What do we study in Political Theory? ❖ What is Freedom? The sources of Constraints 	Chart-Preamble of Indian Constitution Assignment-Political Theory of Karl Marx
JULY	Freedom Rights in the Indian Constitution	<ul style="list-style-type: none"> ❖ What is Freedom? ❖ The Sources of Constitution ❖ Why do we need a constitution? ❖ Harm Principle ❖ Negative and Positive Liberty ❖ Freedom of Expression ❖ Fundamental Rights in the Indian Constitution ❖ Right to Equality ❖ Right to Freedom ❖ Right against Exploitation ❖ Right to freedom of Religion ❖ Right to Constitutional Remedies 	Group Discussion Why do we need a constitution? Poster-Rights against Exploitation

		<ul style="list-style-type: none"> ❖ Writs in Indian Constitution ❖ Directive Principles 	
AUGUST	<p>Equality</p> <p>Election and Representation</p>	<ul style="list-style-type: none"> ❖ Why does equality matter? ❖ Equality of Opportunities ❖ Natural and Social Inequalities ❖ Three Dimensions of Equalities ❖ Feminism ❖ How can we promote Equality? ❖ Election and Democracy ❖ Election System in India ❖ Why did India adopt the FPTP system? ❖ Reservation of Constituencies ❖ Free and Fair Election ❖ Independent Election ❖ Commission Electoral Reforms 	<p>Poster Making Equality</p> <p>Model Making Electronic Voting Machine</p>
SEPTEMBER	<p>Social Justice</p> <p>Executive</p>	<ul style="list-style-type: none"> ❖ What is Justice? ❖ Equal Treatment for Equals ❖ Recognition of special needs ❖ Just Distribution ❖ John Rawls' Theory of Justice. ❖ Perusing Social Justice ❖ Free markets versus State Intervention ❖ What is an Executive? ❖ Types of Executives ❖ Parliamentary Executive in India ❖ The powers of President Permanent Executive- Bureaucracy 	<p>Model Making Justice</p> <p>Flow Chart Executive-Types</p>

OCTOBER	Rights Legislature	<ul style="list-style-type: none"> ❖ What are Rights? ❖ Where do Rights come from ❖ Legal Rights and the state ❖ Kinds of Rights ❖ Why do we need two Houses? ❖ What does the Parliament do? ❖ Law making ❖ Parliament controls Executive ❖ Committees of Parliament ❖ Rights and Responsibilities 	Chart Making Fundamental Rights Role Play Law making procedure
NOVEMBER	Citizenship Judiciary	<ul style="list-style-type: none"> ❖ Introduction ❖ Full and Equal Membership ❖ Equal Rights ❖ Citizen and Nation ❖ Universal Citizenship ❖ Global Citizenship ❖ Independence of Judiciary ❖ Structure of the Judiciary ❖ Jurisdiction of Supreme Court ❖ Judicial Activism ❖ Judiciary and Rights ❖ Judiciary and Parliament 	Mind Map Citizenship Char Making Judiciary-Branches-Portfolios
DECEMBER	Nationalism Federalism	<ul style="list-style-type: none"> ❖ Nationalism-Introduction ❖ Nations and Nationalism ❖ National Self Determination ❖ Nationalism and Pluralism ❖ What is Federalism? ❖ Federalism in Indian Constitution ❖ Division of Powers ❖ Conflicts in Indian Federal system ❖ Centre State relation ❖ Inter-state conflicts ❖ Special Provisions 	Assignment Nationalism Flow Chart Federalism
JANUARY	Local Governments	<ul style="list-style-type: none"> ❖ Why local Governments? ❖ Growth of local Govt. In India ❖ 73rd and 74th amendments ❖ What is Secularism? ❖ Secular State 	Survey Importance and Functions of local Government

	<p>Secularism</p> <p>Constitution A Living document</p>	<ul style="list-style-type: none"> ❖ The Western model of Secularism ❖ The Indian Model of Secularism ❖ Criticisms of Indian Secularism ❖ Are constitution static? ❖ How to amend the constitution? ❖ Amendments ❖ Basic structure and evolution of the constitution ❖ Constitution as a living document 	<p>Quiz/Poster Making Secularism</p> <p>Chart Making Preamble of the Constitution</p>
FEBRUARY	<p>The Philosophy of the Constitution</p>	<ul style="list-style-type: none"> ❖ Meaning ❖ Political philosophy of Indian constitution ❖ Secularism ❖ Universal Franchise ❖ Federalism ❖ National Identity ❖ Procedural Achievements ❖ Criticisms <p>Revision</p>	<p>Quiz/Flow Chart Philosophy of Indian Constitution</p>
MARCH	Annual Examination		



Army public school wellington
Split-up Syllabus (2025-26)
subject name: PSYCHOLOGY

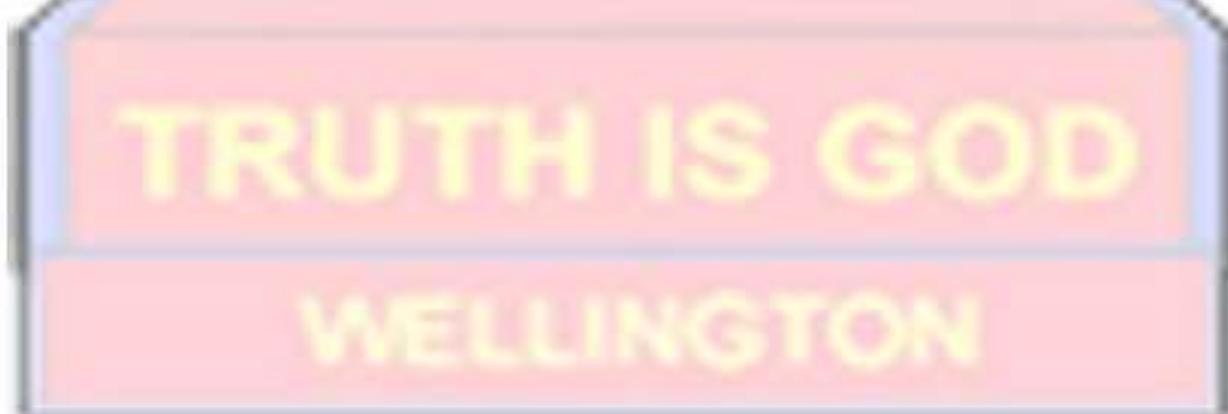
Class: XI

Prescribed Books: NCERT Textbook

Month	Chapter name	Subtopics	Experiment/ project/ activity
June	What is psychology?	<ul style="list-style-type: none"> • What is Psychology? • Evolution of psychology <ul style="list-style-type: none"> - Branches & development - Discipline of psychology 	<ul style="list-style-type: none"> • Discussing one fiction/non-fiction books or films character related to psychology.
July	Methods of enquiry in psychology	Goals of psychological enquiry <ul style="list-style-type: none"> - Methods in psychology - Ethical issues 	<ul style="list-style-type: none"> • Group discussion on ethical issues in psychological research • Survey of students after exams to understand exam stress

<p>August</p>	<p>Human development</p>	<ul style="list-style-type: none"> • Life span perspective of development • Factors influencing development 	<ul style="list-style-type: none"> • Understanding life span development through Indian concept of Ashrama- four stages of life- Brahmacharya (student), Grihastha (householder), Vanaprastha (forest dweller), and Sannyasa (renunciant) • Analyzing their current stage of development in light of above and modern stages
<p>September</p>	<p>Sensory, Attention & Perceptual Process</p>	<ul style="list-style-type: none"> • - Knowing the world • Nature & varieties of stimulus • Types of processes 	<ul style="list-style-type: none"> • Observation to understand cocktail party phenomena. • A talk on ‘what’ phenomena and its possible causes.
<p>October</p>	<p>Learning</p>	<ul style="list-style-type: none"> • . Nature of learning • Paradigms of learning • Types of conditioning • Skill learning • Learning disabilities 	<ul style="list-style-type: none"> • Activities to enhance critical thinking – puzzles – What if?
<p>November</p>	<p>Human memory</p>	<ul style="list-style-type: none"> • Nature and enhancing memory • Information processing approach • Types of processing • Nature and cause of forgetting. 	<p>Discussion and example of memory techniques for better recall.</p>

December	Thinking	<ul style="list-style-type: none"> • Nature and process of thinking • Problem solving • Development of language and language use 	Problem solving/thinking out of box activity - Decision making and consequences game: prisoner's dilemma.
January	Motivation and emotion	<ul style="list-style-type: none"> • Nature and types of memory • Nature and expressions of emotions 	<ul style="list-style-type: none"> • Report on analysis of factors of motivation Deepa Malik – Paralympic athlete of India.
February	Revision	General revision	
March	Final exam preparation		



ARMY PUBLIC SCHOOL WELLINGTON
SPLIT-UP SYLLABUS MONTH WISE (2025-26)
SUBJECT: GEOGRAPHY (029)
CLASS: XI

PRESCRIBED BOOKS:

- 1.FUDAMENTAL OF PHYSICAL GEOGRAPHY**
- 2.INDIA PHYSICAL ENVIRONMENT**
- 3. PRACTICAL WORK IN GEOGRAPHY PART I**

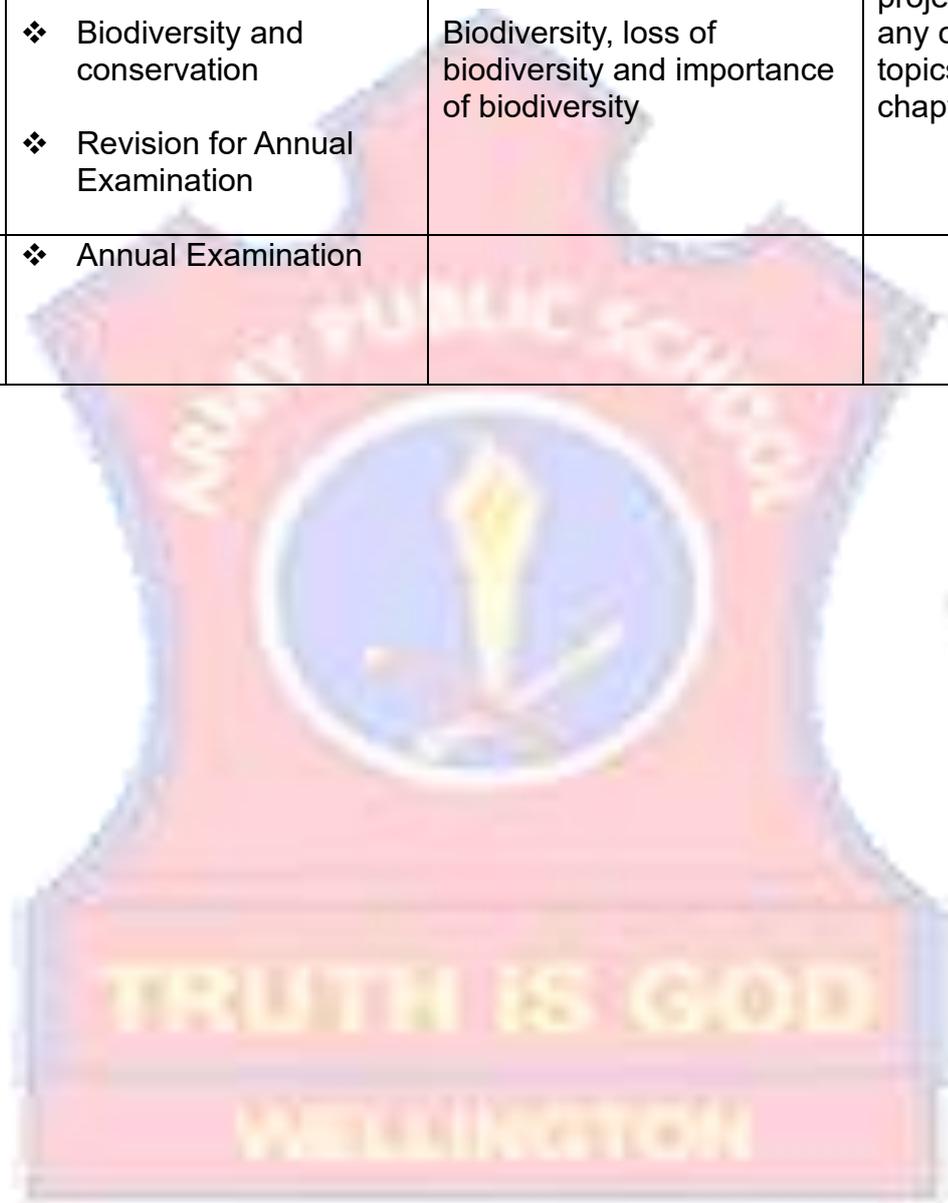
MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
JUNE	❖ India-location	Size, India and its Neighbours	Map work neighbouring countries, states that share common boundary with India, coastline and land boundary mark and label.
	❖ Geography as a discipline	Geography as an Integrating Discipline, Physical Geography and Natural Science, Branches of Geography	Chart Preparation– Branches of Physical and Human geography
	❖ The origin and Evolution of the earth	Early Theories, Evolution of Atmosphere and Hydrosphere, Origin of life	Geological timeline Preparation
JULY	❖ Interior of the Earth	Indirect Sources, Structure of the Earth, Volcanic Landforms	Draw and label interior of the earth and intrusive volcanic forms
	❖ Introduction to map	Essentials of map making, History of map making,	Practical work- digram

	<ul style="list-style-type: none"> ❖ Distribution of Ocean and Continents ❖ Map Scale 	<p>Types of maps based on scale, Uses of maps.</p> <p>Continental Drift, Plate Tectonics, Movement of the Indian Plate.</p> <p>Types of scale</p>	<p>Map work labelling and identification</p> <p>Graphical scale preparation and R.F conversion (Practical file)</p>
AUGUST	<ul style="list-style-type: none"> ❖ India-Structure and Physiography ❖ Geomorphic Processes ❖ Latitude, Longitude and Time 	<p>The Northern and North-Eastern Mountains, The Northern Plain, The Peninsular Plateau, The Indian Desert, The Coastal Plains, The Islands.</p> <p>Endogenic processes, Exogenic Processes, Weathering, Erosion and Deposition</p> <p>Parallels of latitudes, Drawing the Meridian of Longitude, International Date Line</p>	<p>locate and label physiographic units with help of an atlas</p> <p>Mind map preparation on denudational process and mass movements</p> <p>Record work</p>
SEPTEMBER	<ul style="list-style-type: none"> ❖ Drainage System ❖ Map projection 	<p>Drainage System of India, The River System of the Himalayan Drainage, The Brahmaputra System Extent of usability of River Water</p> <p>Need for map projection, Elements of Map Projection, Constructing Some Selected Projection.</p>	<p>Activity method: Drainage pattern sketch preparation and mark the major rivers of India</p> <p>Record work</p>

OCTOBER	<ul style="list-style-type: none"> ❖ Landforms and their Evolution ❖ India-Climate ❖ Composition and Structure of the Atmosphere. 	<p>Running Water, glacier and wind (Erosional Landforms and Depositional Landforms).</p> <p>Unity and Diversity in the Monsoon Climate, The Nature of Indian Monsoon, Traditional Indian Season, Monsoon and the economic Life in India</p> <p>Composition of the Atmosphere, Structure of the Atmosphere</p>	<p>Create a 3D model or drawing of an erosional or depositional landform created by running water, glacier or wind.</p> <p>Concept map preparation</p> <p>Glossary preparation</p>
NOVEMBER	<ul style="list-style-type: none"> ❖ India-Natural Vegetation ❖ Solar Radiation, Heat balance and Temperature 	<p>Types of forests, Forest cover in India, Forest Conservation</p> <p>Solar Radiation, Heat balance of the planet Earth, Inversion of Temperature</p>	<p>Map work-represented by index prepare a forest type map of India.</p> <p>Draw a graph to show the daily mean maximum, the daily mean minimum and the mean temperature.</p>

	<ul style="list-style-type: none"> ❖ Atmospheric Circulation and Weather System ❖ Introduction to Aerial photographs 	<p>Atmospheric Pressure, General circulation of the atmosphere, Thunderstorms and Tornadoes</p> <p>Uses of Aerial Photographs, Advantage of Aerial Photography, Scale of Aerial Photograph</p>	<p>Collect local weather information from media such as newspaper, TV and radio for understanding the weather systems.</p> <p>Record Work</p>
DECEMBER	<ul style="list-style-type: none"> ❖ Water in the Atmosphere ❖ World climate and climate change 	<p>Evaporation and Condensation, Types of Rainfall, World distribution of Rainfall</p> <p>Koeppens Climatic Classification, Causes of climate change, Global Warming</p>	<p>Activity method: Cloud Hunt (Identify the cloud combination types)</p> <p>Group project work (Guided research by students)</p>
JANUARY	<ul style="list-style-type: none"> ❖ Water ❖ Movement of ocean Water 	<p>Relief of ocean floor, Minor Relief features, Salinity of ocean Waters</p> <p>Tides, Waves, Ocean Currents and Types of Ocean Currents</p>	<p>Sketch work assessment: Draw and name the major and minor ocean relief system</p> <p>Map work: cold and warm currents.</p>

FEBRUARY	<ul style="list-style-type: none"> ❖ Natural Hazards and Disasters ❖ Biodiversity and conservation ❖ Revision for Annual Examination 	<p>Classification of Natural Disasters, Natural Disasters and Hazards in India, conclusion</p> <p>Biodiversity, loss of biodiversity and importance of biodiversity</p>	<p>Prepare an individual project report on any one of the topics of the chapters</p>
MARCH	<ul style="list-style-type: none"> ❖ Annual Examination 		



ARMY PUBLIC SCHOOL WELLINGTON
SPLIT-UP SYLLABUS TERM WISE (2025–26)

SUBJECT: History

CLASS: XI (027)

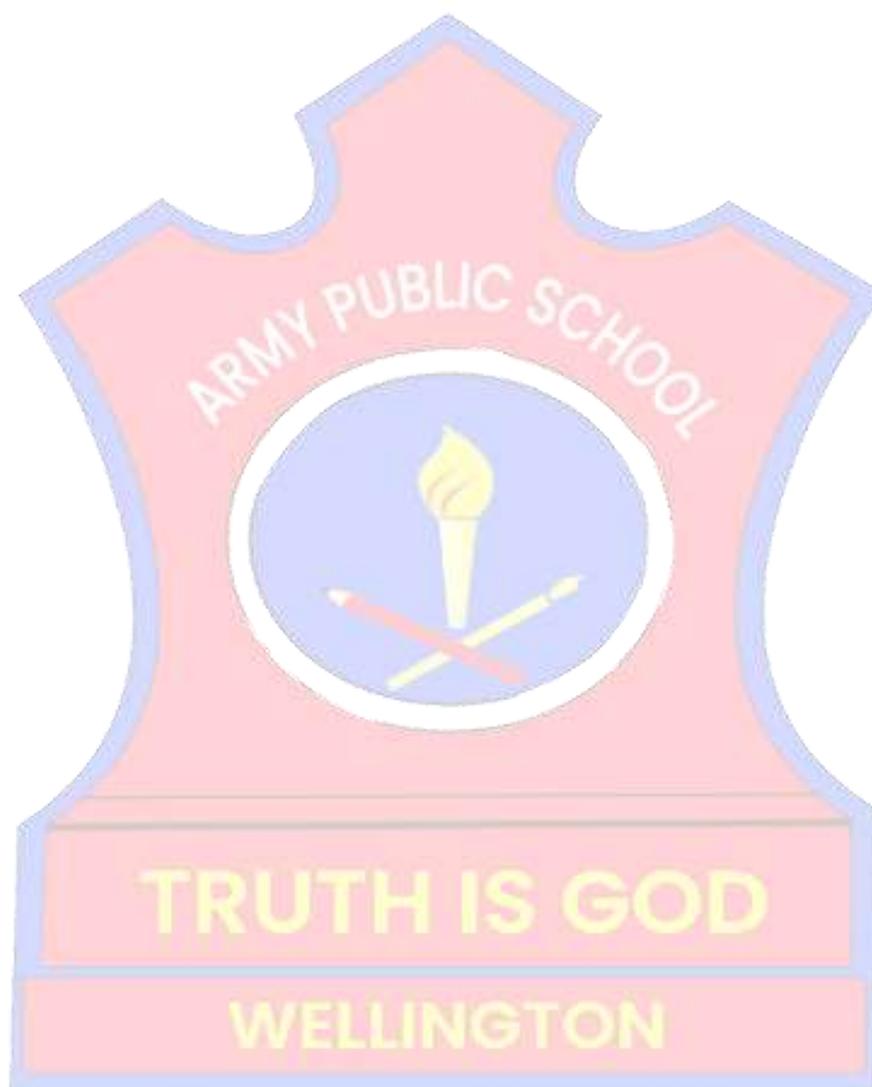
BOOK: Themes in World History – NCERT

MONTH	CHAPTER NAME	SUB-TOPICS	ACTIVITIES / PROJECTS
June	<p>From the Beginning of Time</p> <p>Writing and City Life</p>	<p>Early human evolution</p> <p>Hunter-gatherers and their tools</p> <p>Early rock art and language</p> <p>Beginning of domestication and agriculture</p> <p>Settlements and the Neolithic age</p> <p>Differences between modern and early humans</p> <p>Mesopotamian civilization and cities</p> <p>Importance of temples and kingship</p> <p>Development of writing</p> <p>Trade and transport in Mesopotamia</p> <p>Social classes and daily life</p> <p>Fall of Mesopotamian cities</p>	<p>Timeline of evolution</p> <p>Map activity</p>
July	<p>Timeline II (C.100 BCE TO 1300 CE)</p> <p>An Empire across</p>	<p>Introducing the periods of the Empires.</p>	<p>Quiz and Timeline discussion.</p>

	Three Continents	<p>Mesopotamian civilization and cities</p> <p>Importance of temples and kingship</p> <p>Development of writing</p> <p>Trade and transport in Mesopotamia</p> <p>Social classes and daily life</p> <p>Fall of Mesopotamian cities</p>	Use of flow chart to learn the cultural transformation during that period
August	Nomadic empire	<p>Life and culture of Central Asian nomads</p> <p>Rise of the Mongols under Genghis Khan</p> <p>Expansion of the Mongol Empire</p> <p>Administration and trade under the Mongols</p> <p>Cultural exchanges and decline of Mongol rule</p>	Discussion on the life of pastoralist society.
September	Timeline III (C. 1300 TO 1700) The Three Orders	<p>Structure of medieval European society: Clergy, Nobility, and Peasantry.</p> <p>Manor system and feudalism.</p> <p>Role of the Church and Monasteries.</p> <p>Changing agricultural techniques.</p> <p>Emergence of towns and trade guilds.</p> <p>Crisis of feudalism and peasant revolts.</p>	Debate

October	Changing Cultural Traditions	<p>Renaissance and its features.</p> <p>Humanism and revival of classical learning.</p> <p>New artistic and scientific developments.</p> <p>Changes in religion and the Reformation.</p> <p>Printing revolution and its impact.</p>	Poster: Renaissance thinkers
November	Timeline IV (C. 1700 TO 2000) Displacing Indigenous People	<p>Time of modernization.</p> <p>Colonization of Australia and America</p> <p>Indigenous societies before colonization</p> <p>Encounters with settlers</p> <p>Land dispossession and resistance</p> <p>Reservation policy and genocide</p> <p>Long-term consequences</p>	<p>Timeline</p> <p>Debates and group-discussions on such issues of displacements.</p>
December	Paths to Modernisation.	<p>Modernization in Japan and China</p> <p>Meiji Restoration and Japanese industrial growth</p> <p>Fall of Qing Dynasty in China</p> <p>Western influence and nationalist movements</p> <p>Political, economic, and military reforms</p>	Research work and textual reading to comprehend the impact of modernization.

January	Map work of the related Themes	Places under roman and Mesopotamian empire.	Map work.
February	Revision		



ARMY PUBLIC SCHOOL WELLINGTON
SPLIT-UP SYLLABUS (2025-26)
SUBJECT NAME: PHYSICAL EDUCATION (048)
CLASS: IX

Prescribed books: CBSE Physical Education Class XI Text Book
https://cbseacademic.nic.in//web_material/Manuals/PhysicalEducation11_2025.pdf

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
JUN	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	Make a chart showing at least 5 career options in Physical Education (e.g., Coach, Sports Psychologist, Fitness Trainer).
	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	<input type="checkbox"/> Create a timeline showing major events in Olympic history (Ancient to Modern Olympics). <input type="checkbox"/> Include symbols, torch, mascots, etc.
JUL	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	<ul style="list-style-type: none"> • Practice and demonstrate any 3–5 asanas (with benefits and precautions). • Create a chart of Yoga Asanas for Common Lifestyle Diseases like diabetes, asthma, obesity, etc. <input type="checkbox"/> Conduct a survey in school/local area to identify

	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). 3. Disability Etiquette 4. Aim and objectives of Adaptive physical Education 5. Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)	common physical challenges faced by children with special needs. <input type="checkbox"/> Design a simple inclusive PE activity (e.g., modified basketball for wheelchair users). <input type="checkbox"/> Prepare posters on “ Inclusive Education in Sports ” or “Sports for All”.
AUG	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 promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE	<input type="checkbox"/> Perform a personal fitness test (e.g., flexibility, endurance, strength) and record the results. <input type="checkbox"/> Maintain a 7-day wellness diary recording your diet, physical activity, water intake, and sleep. <input type="checkbox"/> Compare lifestyle factors of an active vs. inactive person (could be a family member or friend).
SEP	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 measurement (3-site) 4. Somato Types (Endomorph Mesomorphy & Ectomorphy 5. Measurements of health related fitness.	<input type="checkbox"/> Conduct Fitness Tests: <ul style="list-style-type: none"> • BMI Test (Body Mass Index) • Rikli and Jones Senior Citizen Fitness Test • AAHPER Youth Fitness Test <input type="checkbox"/> Data Analysis Project: Record test data of 5 classmates and analyze who is fittest and why. <input type="checkbox"/> Chart Making: Create a chart showing different fitness test norms by age and gender.
OCT	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.	<input type="checkbox"/> Labeling Activity: Label diagrams of skeletal, muscular, or circulatory systems . <input type="checkbox"/> Pulse Rate Measurement: Check resting and post-exercise pulse rate; interpret how the body responds. <input type="checkbox"/> Presentation Project: Explain effects of exercise on

			different systems (e.g., respiratory or circulatory). <input type="checkbox"/> Model Making: Create a 3D model of the human heart or lungs.
NOV	Unit- 8 Fundamentals Of Kinesiology And Biomechanics in Sports	1. Definition and Importance of Kinesiology and Biomechanics in Sports. 2. Principles of Biomechanics 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements	<input type="checkbox"/> Newton’s Law Demonstration: Perform sports activities that demonstrate Newton's Laws (e.g., throwing, jumping). <input type="checkbox"/> Video Analysis Project: Record yourself doing a skill (e.g., sprint start) and analyze the movement biomechanics. <input type="checkbox"/> Balance Activity: Practice static and dynamic balance activities (e.g., standing on one leg, walking on a line). <input type="checkbox"/> Poster Making: On “Biomechanics in Sports Movements”.
DEC	Unit- 9 Psychology and Sports	1. Definition & Importance of Psychology in Physical Education & Sports 2. Developmental Characteristics at Different Stages of Development. 3. Adolescent Problems & their Management 4. Team Cohesion and Sports 5. Introduction to Psychological Attributes Attention, Resilience, Mental Toughness	<input type="checkbox"/> Motivation Chart: List intrinsic and extrinsic motivators in your sport or hobby. <input type="checkbox"/> Mental Training Exercise: Practice and document visualization or deep breathing for focus. <input type="checkbox"/> Quiz/Role Play: On personalities and psychological strategies in sports.
JAN	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 &	<input type="checkbox"/> Training Log: Prepare a weekly training schedule including warm-up, workout, and cool-down. <input type="checkbox"/> Awareness Poster: On Anti-Doping Rules and banned substances (WADA list). <input type="checkbox"/> Debate: “Is performance enhancement ethical in sports?”