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	• 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

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

ARMY PUBLIC SCHOOL WELLINGTON
SPLIT-UP SYLLABUS (2025 - 2026)
PHYSICS (042)
CLASS: XI

PRESCRIBED BOOKS: NCERT PHYSICS PART I
NCERT PHYSICS PART II
NCERT EXEMPLAR
NCERT LAB MANUAL

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
		TERM I	
June	1. Units and measurements	1.1. Introduction 1.2. The international system of units 1.3. Significant figures 1.4. Dimensions of physical quantities 1.5. Dimensional formulae and dimensional equations 1.6. Dimensional analysis and its applications	Activity - 1: To make a paper scale of given least count, eg: 0.2 cm, 0.5 cm. Activity - 2: To measure the force of limiting friction for rolling of a roller on a horizontal plane. Activity - 3: To study the effect of detergent on surface tension of water by observing capillary rise. Activity - 4: To observe the decrease in pressure with increase in velocity of a fluid.
	2. Motion in a straight line	2.1. Introduction 2.2. Instantaneous velocity and speed 2.3. Acceleration 2.4. Kinematic equations for uniformly accelerated motion	
July	3. Motion in a plane	3.1. Introduction 3.2. Scalars and vectors 3.3. Multiplication of vectors by real numbers 3.4. Addition and subtraction of vectors – Graphical method 3.5. Resolution of vectors 3.6. Vector addition – Analytical method 3.7. Motion in a plane 3.8. Motion in a plane with constant acceleration 3.9. Projectile motion 3.10. Uniform circular motion	Experiment - 1: To measure diameter of a small spherical/ cylindrical body using Vernier Callipers.
	4. Laws of motion	4.1. Introduction	

		4.2. Aristotle's fallacy 4.3. The law of inertia 4.4. Newton's first law of motion 4.5. Newton's second law of motion 4.6. Newton's third law of motion 4.7. Conservation of momentum 4.8. Equilibrium of a particle 4.9. Common forces in mechanics 4.10. Circular motion 4.11. Solving problems in mechanics	
August	5. Work, energy and power 6. Systems of particles and rotational motion	5.1. Introduction 5.2. Notions of work and kinetic energy: The work-energy theorem 5.3. Work 5.4. Kinetic energy 5.5. Work done by a variable force 5.6. The work-energy theorem for a variable force 5.7. The concept of potential energy 5.8. The concept of mechanical energy 5.9. The potential energy of a spring 5.10. Power 5.11. Collisions 6.1. Introduction 6.2. Centre of mass 6.3. Motion of centre of mass 6.4. Linear momentum of a system of particles 6.5. Vector product of two vectors 6.6. Angular velocity and its reaction with linear velocity 6.7. Torque and angular momentum 6.8. Equilibrium of a rigid body 6.9. Moment of inertia	Experiment – 2: To measure diameter of a given wire and thickness of a given sheet using screw gauge.
September	7. Gravitation	7.1. Introduction 7.2. Kepler's laws 7.3. Universal law of gravitation 7.4. The gravitational constant 7.5. Acceleration due to gravity of the earth	

	Revision and Half yearly examination	7.6. Acceleration due to gravity below and above the surface of earth 7.7. Gravitational potential energy 7.8. Escape speed 7.9. Earth satellites	
		TERM II	
October	13. Oscillations 14. Waves	13.1. Introduction 13.2. Periodic and oscillatory motions 13.3. Simple harmonic motion 13.4. Simple harmonic motion and uniform circular motion 13.5. Velocity and acceleration in simple harmonic motion 13.6. Force law for simple harmonic motion 13.7. Energy in simple harmonic motion 14.1. Introduction 14.2. Transverse and longitudinal waves 14.3. Displacement relation in a progressive wave 14.4. The speed of a travelling wave 14.5. The principle of superposition of waves 14.6. Reflection of waves 14.7. Beats	Experiment – 3: To determine the mass of two different objects using a beam balance.
November	8. Mechanical properties of solids 9. Mechanical properties of fluids	8.1. Introduction 8.2. Stress and strain 8.3. Hooke's law 8.4. Stress-Strain curve 8.5. Elastic moduli 8.6. Applications of elastic behaviour of materials 9.1. Introduction 9.2. Pressure 9.3. Streamline flow 9.4. Bernoulli's principle 9.5. Viscosity 9.6. Surface tension	Experiment - 4: To find the force constant of a helical spring by plotting a graph between load and extension.

December	10. Thermal properties of matter 11. Thermodynamics	10.1. Introduction 10.2. Temperature and heat 10.3. Measurement of temperature 10.4. Ideal-gas equation and absolute temperature 10.5. Thermal expansion 10.6. Specific heat capacity 10.7. Calorimetry 10.8. Change of state 10.9. Heat transfer 11.6. Introduction 11.7. Thermal equilibrium 11.8. Zeroth law of thermodynamics 11.9. Heat, internal energy and work 11.10. First law of thermo dynamics 11.11. Specific heat capacity 11.12. Thermodynamic state variables and equation of state 11.13. Thermodynamic processes 11.14. Second law of thermodynamics 11.15. Reversible and irreversible processes	Experiment - 5: To determine the coefficient of viscosity of a given viscous liquid by measuring terminal velocity of a given spherical body.
January	12. Kinetic theory	12.1. Introduction 12.2. Molecular nature of matter 12.3. Behaviour of gases 12.4. Kinetic theory of an ideal gas 12.5. Law of equipartition of energy 12.6. Specific heat capacity 12.7. Mean free path	Experiment - 6: To study the relation between frequency and length of a given wire under constant tension using sonometer.
February	**Revision and Annual examination**	Full chapters	Worksheets Exemplar Test papers Sample papers

Army Public School Wellington

Split-Up Syllabus (2025-26)

CHEMISTRY

Class : XI

Prescribed books : NCERT - CHEMISTRY - PART I &II

ARIHANT PUBLICATIONS

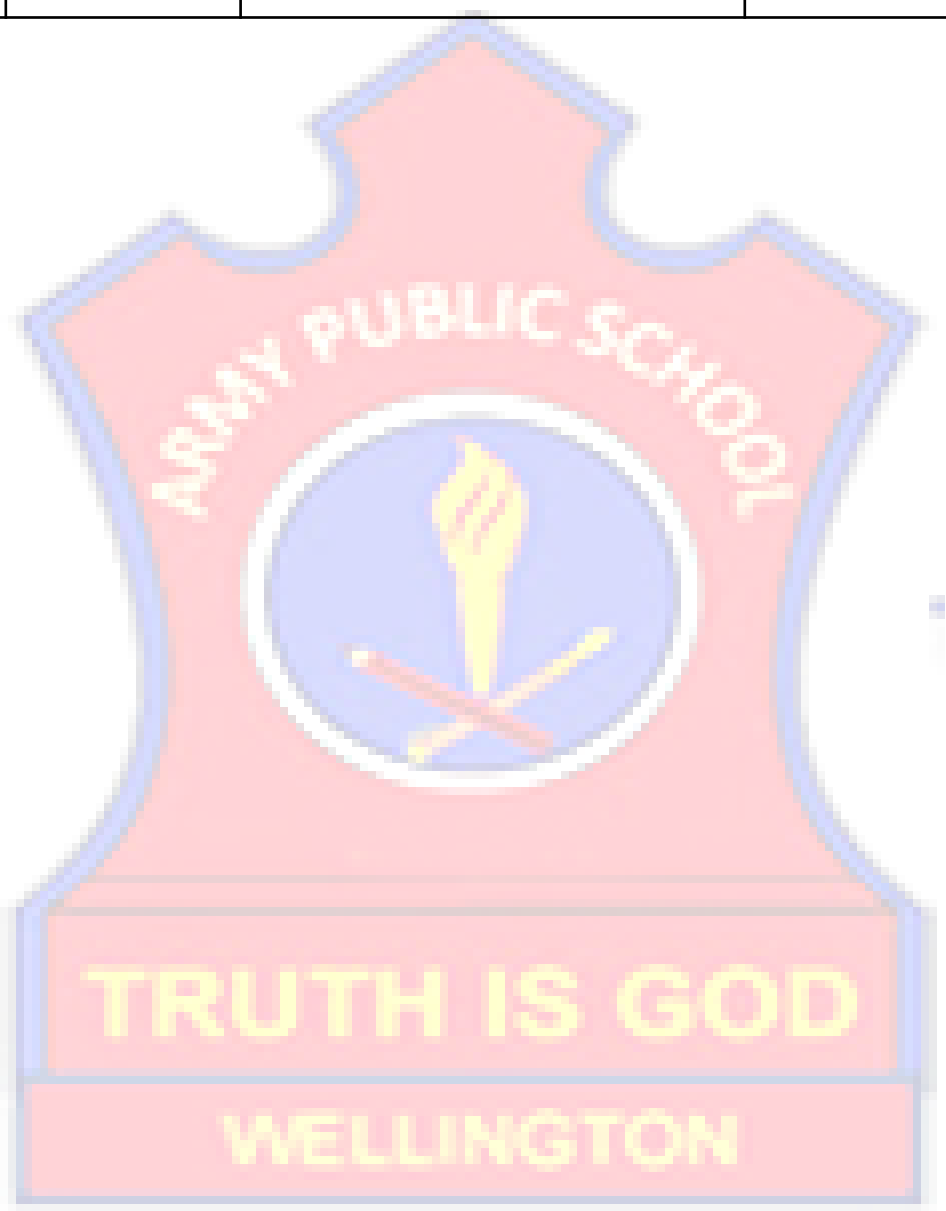
Month	Chapter name	Sub topics	Experiment/ project/ activity
JUNE	**Ch-1:** Some Basic Concepts of Chemistry	• General Introduction: Importance and scope of Chemistry. • Nature of matter, laws of chemical combination, • Dalton's atomic theory. • Concept of elements, atoms and molecules. • Atomic and molecular masses, mole concept and molar mass, percentage composition. • Empirical and molecular formula, chemical reactions. • Stoichiometry and calculations based on stoichiometry.	Preparation of standard solution of Sodium carbonate.
JULY	**Ch - 2:** Structure of Atom	• Discovery of Electron, Proton and Neutron, atomic number. • Isotopes and isobars. • Thomson's model and its limitations. • Rutherford's model and its limitations • Bohr's model and its limitations. • Concept of shells and subshells, dual nature of matter and light, de Broglie's relationship • Heisenberg uncertainty principle, concept of orbitals. • Quantum numbers, shapes of s, p and d orbitals.	Determination of strength of a given solution of hydrochloric acid by titrating it against standard Sodium Carbonate solution.

		• Rules for filling electrons in orbitals - Aufbau principle, Pauli's exclusion principle and Hund's rule. • Electronic configuration of atoms, stability of half-filled and completely filled orbitals.	
AUGUST	**Ch-3:** Classification of Elements and Periodicity of Elements **Ch-4:** Chemical Bonding and Molecular Structure	• Significance of classification • Brief history of the development of periodic table • Modern periodic law and the present form of periodic table • Periodic trends in properties of elements -atomic radii, ionic radii, inert gas radii, Ionization enthalpy, electron gain enthalpy, electronegativity, valency. • Nomenclature of elements with atomic number greater than 100. • Valence electrons, ionic bond, covalent bond, bond • Parameters, Lewis structure, polar character of covalent bond, covalent character of ionic bond • Valence bond theory, resonance, geometry of covalent molecules • VSEPR theory, concept of hybridization, involving s, p and d orbitals and shapes of some simple molecules, • Molecular orbital theory of homonuclear diatomic molecules(qualitative idea only) • Hydrogen bond.	Qualitative Analysis a) Determination of one anion and one cation in a given salt Cations- Pb2+, Cu2+, As3+, Al3+, Fe3+, Mn2+, Ni2+, Zn2+, Co2+ , Ca2+, Sr2+, Ba2+, Mg2+, NH4 + Anions – CO3 2-- , S 2- , NO2 - , SO3 2- -, SO4 2- , NO3 - , Cl- , Br-, I-, PO4 3- , , CH3COO
SEPTEMBER	**Ch-6:** Equilibrium	• Equilibrium in physical and chemical processes, • Dynamic nature of equilibrium, • Law of mass action, equilibrium constant, • Factors affecting equilibrium - Le Chatelier's principle, • Ionic equilibrium- ionization of acids and bases, strong and weak electrolytes, • Degree of ionization, ionization of poly basic acids, acid strength, concept of pH, • Hydrolysis of salts (elementary idea), buffer solution,	Qualitative Analysis a) Determination of one anion and one cation in a given salt Cations- Pb2+, Cu2+, As3+, Al3+, Fe3+, Mn2+, Ni2+, Zn2+, Co2+ , Ca2+, Sr2+, Ba2+, Mg2+, NH4 + Anions – CO3 2-- , S 2- , NO2 - , SO3 2- -, SO4 2- , NO3 - , Cl- , Br-, I-, PO4 3- , , CH3COO- (Note: Insoluble salts excluded)

	Ch-9: Hydrocarbons	• Henderson Equation, solubility product, common ion effect (with illustrative examples). • Classification of Hydrocarbons • Aliphatic Hydrocarbons: Alkanes - Nomenclature, isomerism, • Conformation (ethane only), • Physical properties, chemical reactions including free radical mechanism of halogenation, combustion and pyrolysis. • Alkenes - Nomenclature, structure of double bond (ethene), geometrical isomerism, physical properties, • Methods of preparation, chemical reactions: addition of hydrogen, halogen, water, hydrogen halides (Markovnikov's addition and peroxide effect), ozonolysis, oxidation, mechanism of electrophilic addition. • Alkynes - Nomenclature, structure of triple bond (ethyne), • Physical properties, methods of preparation, • Chemical reactions: acidic character of alkynes, addition reaction of - hydrogen, halogens, hydrogen halides and water. • Aromatic Hydrocarbons: Introduction, IUPAC nomenclature, • Benzene: resonance, aromaticity, • Chemical properties: mechanism of electrophilic substitution. • Nitration, sulphonation, halogenation, Friedel Craft's alkylation and acylation, directive influence of functional group in monosubstituted benzene. • Carcinogenicity and toxicity.	

OCTOBER	**Ch-7:** Redox Reactions	• Concept of oxidation and reduction, • Redox reactions, • Oxidation number, • Balancing redox reactions, in terms of loss and gain of electrons and change in oxidation number, • Applications of redox reactions.	PROJECTS Scientific investigations involving laboratory testing and collecting information from other sources.
NOVEMBER	Half-yearly Examination		
DECEMBER	**Ch-8:** Organic Chemistry: Some Basic Principles and Technique	• General introduction, methods of purification, • Qualitative and quantitative analysis, • Classification and IUPAC nomenclature of organic compounds. • Electronic displacements in a covalent bond: inductive effect, electromeric effect, resonance and hyperconjugation. • Homolytic and heterolytic fission of a covalent bond: • Free radicals, carbocations, carbanions, electrophiles and nucleophiles, • Types of organic reactions.	Determination of pH of some solutions obtained from fruit juices, solution of known and varied concentrations of acids, bases and salts using pH paper or universal indicator.
JANUARY	**Ch-5:** Chemical Thermodynamics Revision	• Concepts of System and types of systems, surroundings, work, heat, energy • Extensive and intensive properties, • First law of thermodynamics -internal energy and enthalpy, • Heat capacity and specific heat, • Measurement of U and H, • Hess's law of constant heat summation, enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, • Solution and dilution. • Second law of Thermodynamics (brief introduction) • Introduction of entropy as a state function, • Gibb's energy change for spontaneous and nonspontaneous processes, criteria for equilibrium.	Detection of -Nitrogen, Sulphur, Chlorine in organic compounds.

		• Third law of thermodynamics (brief introduction).	
FEBRUARY	Practical Exam Annual Examination		
MARCH	New Session Commences		



ARMY PUBLIC SCHOOL WELLINGTON

SPLIT-UP SYLLABUS (2025-26)

MATHEMATICS (041)

CLASS : XI

PRESCRIBED BOOKS: NCERT MATHEMATICS TEXT BOOK, CLASS XI

NCERT EXEMPLAR, CLASS XI

MATHEMATICS LAB MANUAL

MONTH	Chapter name	Sub topics	Experiment/ project/ activity
		TERM I	
JUNE	CH 1 : SETS	1.1 Introduction 1.2 Sets and their Representations 1.3 The Empty Set 1.4 Finite and Infinite Sets 1.5 Equal Sets 1.6 Subsets 1.7 Universal Set 1.8 Venn Diagrams 1.9 Operations on Sets 1.10 Complement of a Set	Activity: To find the number of subsets of a given set and verify that if a set has n number of elements, then the total number of subsets is 2^n.
	CH 2 : RELATIONS AND FUNCTIONS	2.1 Introduction 2.2 Cartesian Product of Sets 2.3 Relations 2.4 Functions	Activity: To distinguish between a Relation and a Function.

JULY	CH 3 : TRIGONOMETRIC FUNCTIONS	3.1 Introduction 3.2 Angles 3.3 Trigonometric Functions 3.4 Trigonometric Functions of Sum and Difference of Two Angles	Activity: To prepare a model to illustrate the values of sine function and cosine function fordifferent angles which are multiples of $\pi/2$ and π.
AUGUST	CH 4 : COMPLEX NUMBERS AND QUADRATIC EQUATIONS	4.1 Introduction 4.2 Complex Numbers 4.3 Algebra of Complex Numbers 4.4 The Modulus and the Conjugate of a Complex Number	
	CH 5 : LINEAR INEQUALITIES	5.1 Introduction 5.2 Inequalities 5.3 Algebraic Solutions of Linear Inequalities in One Variable and their Graphical Representation	Activity: To verify that the graph of a given inequality, say $5x + 4y – 40 < 0$, of the form $ax + by + c < 0$, $a, b > 0$, $c <$ 0 represents only one of the two half planes.
	CH 6 : PERMUTATIONS AND COMBINATIONS	6.1 Introduction 6.2 Fundamental Principle of Counting 6.3 Permutations 6.4 Combinations	Activity: To find the number of ways in which three ca can be selected from given five cards.

SEPTEMBER	CH 7: BINOMIAL THEOREM	7.1 Introduction 7.2 Binomial Theorem for Positive Integral Indices	Activity: To construct a Pascal's Triangle and to write binomial expansion for a given positive integral exponent.
OCTOBER	CH 8 : SEQUENCES AND SERIES	8.1 Introduction 8.2 Sequences 8.3 Series 8.4 Geometric Progression (G.P.) 8.5 Relationship Between A.M. and G.M.	Activity: To demonstrate that the Arithmetic mean of two different positive numbers is always greater than the Geometric mean.
	CH 9 : STRAIGHT LINES	9.1 Introduction 9.2 Slope of a Line 9.3 Various Forms of the Equation of a Line 9.4 Distance of a Point From a Line	Activity: To verify that the equation of a line passing through the point of inter section of two lines $a_1 x + b_1 y + c_1 = 0$ and $a_2 x + b_2 y + c_2 = 0$ is of the form $(a_1 x + b_1 y + c_1) + \lambda (a_2 x + b_2 y + c_2) = 0$.
NOVEMBER	CH 10 : CONIC SECTIONS	10.1 Introduction 10.2 Sections of a Cone 10.3 Circle 10.4 Parabola 10.5 Ellipse 10.6 Hyperbola	Activity: To construct a parabola.
	CH 11 : INTRODUCTION TO THREE	11.1 Introduction 11.2 Coordinate Axes and Planes in 3D Space 11.3 Coordinates of a Point in Space	Activity: To explain the concept of octants by three mutually

	DIMENSIONAL GEOMETRY	11.4 Distance between Two Points	perpendicular planes in space.
DECEMBER	CH 12 : LIMITS AND DERIVATIVES	12.1 Introduction 12.2 Intuitive Idea of Derivatives 12.3 Limits 12.4 Limits of Trigonometric Functions 12.5 Derivatives	Activity: To find analytically $\lim_{x \to c} f(x)$
JANUARY	CH 13 : STATISTICS	13.1Introduction 13.2 Measures of Dispersion 13.3 Range 13.4 Mean Deviation 13.5 Variance and Standard Deviation	
	CH 14 : PROBABILITY	14.1Event 14.2 Axiomatic Approach to Probability	Activity: To write the sample space, when a coin is tossed once, two times, three times, four times.
FEBRUARY	REVISION AND ANNUAL EXAM		
MARCH & APRIL	NEW SESSION		

Army Public School Wellington

Split-Up Syllabus (2025-26)

COMPUTER SCIENCE (083)

Class : XI

Prescribed Books: Computer Science With Python- Sumita Arora

Month	Chapter name	Sub topics	Experiment/ project/ activity
JUN	**Computational Thinking and Programming**	1. Basic computer organisation 2. Types of software 3. Operating system 4. Number system 5 . Encoding Schemes	1. Write a review on recently released application software/App (any 2)
JUL	**Computational Thinking and Programming**	1. Introduction to problem solving 2. Basics of Python programming 3. Knowledge of data types 4. Operators 5. Expressions	1. Write a user defined program to perform arithmetic operations
AUG	**Computational Thinking and Programming**	1. Errors 2. Flow of controls 3. Conditional Statements 4. Iterative statements	1. Write a program to display the grade of your class students based on their performance
SEP	**Computer Networks**	1. Strings 2. Lists 3.Tuples 4 Dictionary	1. Write a program to Manage a contact list using Dictionary
OCT	**Computer Networks**	1. Sorting Techniques 2. Introduction to Python modules	1. Write a program to perform the required calculation using different python modules
NOV	**Society Law & Ethics**	1. Digital Footprints 2. Cyber crime Cyber safety 3. E -Waste management 4. Indian information technology	1. Use Mindmiester to present your mind map on Digital Footprints

DEC	**Society Law & Ethics**	5. Technology & society Project Completion	
JAN		Revision for Annual Examination	
FEB		Annual Examination	

Army Public School Wellington

Split-Up Syllabus (2025-26)

Biology

Class XI

Prescribed books : NCERT Biology Text Book

comprehensive Lab Manual

Month	Chapter name	Sub topics	Experiment/ project/ activity
JUN	Chapter 1 - The Living World Chapter 2 - Biological Classification	• Nomenclature • Need for Classification • Biodiversity • Three domains of life • Five kingdom classification • Salient Features Monera,Protista, fungi ,lichens Viruses and Viroids	Study and describe common flowering plants Parts of compound microscope Slides
JUL	CHAPTER 3 CHAPTER 4	3.1 Classification of plants into major groups • Algae • ,Bryophyte • ,pteridophyte, • Gymnosperm. 4.1 - classification of Animals • Non chordates upto phylum level	slide observation - plant specimens Slide observation - animal specimens

AUGUST	Chapter 5 -Morphology of flowering plants, Chapter - 6 Anatomy of flowering plants, Chapter 7 - Structural Organisation	• 5.1-Morphology of different parts of flowering plants - root,stem,leaf,inflorescence,flower ,fruit and seed. • Description of family Solanaceae • 6.1 - Anatomy and function of tissue system in dicot and Monocots • 7.1 - Frog - Morphology,Anatomy and functions of different systems	Different types of Inflorescence Preparation and study of T,S of dicot and monocot stem and root
SEPTEMBER	Chapter 8 - Cell Structure, Chapter 9 - Biomolecules Chapter 10 - Cell Cycle	• 8.1- Cell Theory,Plant cell and Animal cell • Prokaryotes and Eukaryotes cell organelle • 9.1-Chemical constituents of living cells	cell division types and stages
OCTOBER	Chapter 10 - Cell Cycle Chapter 13 - Photosynthesis	• 10-2 Meiosis and its significances • Early Experiments • Where does photosynthesis take place? • How many pigments are involved in photosynthesis • The Electron Transport	Study of plasmolysis

	Chapter 14 - Respiration, in plants,	• Glycolysis • Fermentation • Aerobic Respiration • The Respiratory balance sheet • Amphibolic path way • Respiratory quotient	Paper chromatography
NOVEMBER	Chapter 15 -Plant Growth Chapter 17 - Breathing and Exchange of gases	• 15.1 - Seed Germination • Condition of growth • plant growth regulators , 17.1 - Respiratory organs in Animals 17.6 - Disorders of respiratory system	Study of plant tissues from prepared slides
DECEMBER	Chapter 18 -Body Fluid and Circulation, Chapter 19- Excretory Product,	18.1- Composition of blood, Blood groups Coagulation of blood composition of lymph and its functions 19.1- Mode of Excretion Osmoregulation Role of other organs Excretory Disorders	Test for the presence of sugar urea albumin,bile in urine sample
JANUARY	Chapter 20- Locomotion and Movement	20.1- Types of movement Skeletal system and functions Disorders of muscular and	Skeletal muscles

	Chapter 21 - Neural control and coordination Neural system ,	skeletal system Neural system Human Neural System Neuron as structural and Functional unit Central neural system	
FEBRUARY	Chapter - 22 -Chemical Coordination. **Revision**	Endocrine glands and hormones Mechanism of hormone actions Diseases related to all the human physiological system	
MARCH	ANNUAL EXAMINATION		
APRIL	NEW SESSION		

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 Unit-2 Olympism Value 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 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	Make a chart showing at least **5 career options** in Physical Education (e.g., Coach, Sports Psychologist, Fitness Trainer). Create a **timeline** showing major events in **Olympic history** (Ancient to Modern Olympics). 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	• 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. 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. Design a simple **inclusive PE activity** (e.g., modified basketball for wheelchair users). 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	Perform a personal fitness test (e.g., flexibility, endurance, strength) and record the results. Maintain a 7-day **wellness diary** recording your diet, physical activity, water intake, and sleep. 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 t (3-site) 4. Somato Types (Endomorph Mesomorphy & Ectomorphy 5. Measurements of health related fitness.	**Conduct Fitness Tests:** • **BMI Test** (Body Mass Index) • **Rikli and Jones Senior Citizen Fitness Test** • **AAHPER Youth Fitness Test** **Data Analysis Project:** Record test data of 5 classmates and analyze who is fittest and why. **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.	**Labeling Activity:** Label diagrams of **skeletal**, **muscular**, or **circulatory systems**. **Pulse Rate Measurement:** Check resting and post-exercise pulse rate; interpret how the body responds. **Presentation Project:** Explain effects of exercise on

			different systems (e.g., respiratory or circulatory). **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
			Newton's Law Demonstration: Perform sports activities that demonstrate Newton's Laws (e.g., throwing, jumping).
			  Video Analysis Project: Record yourself doing a skill (e.g., sprint start) and analyze the movement biomechanics.
			  Balance Activity: Practice static and dynamic balance activities (e.g., standing on one leg, walking on a line).
			  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
			Motivation Chart: List intrinsic and extrinsic motivators in your sport or hobby.
			  Mental Training Exercise: Practice and document visualization or deep breathing for focus.
			  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 &
			Training Log: Prepare a weekly training schedule including warm-up, workout, and cool-down.
			  Awareness Poster: On **Anti-Doping Rules** and banned substances (WADA list).
			  Debate: "Is performance enhancement ethical in sports?"