

## PRAGYAN PUBLIC SCHOOL, JEWAR [CURRICULAM- 2020-21]

Month	Class-XI Humanity (POLITICAL SCIENCE)
March	
April	Indian Constitution at work. 1-Constitution why and how 2-Rights in the Indian constitution 3-Election and Representation <b>Life skill:</b> My subject my career my choice <b>Value:</b> Importance of compromise <b>Health :</b> Personal hygiene <b>Gender:</b> Women in the constituent assembly <b>Activity:</b> G. D. Should a new constitution we need
May	1-Polical Theory-An Introduction 2- Freedom 3. Presentation- Importance of freedom
July	4-Executive 5-Legislature 3-Equality <b>Life skill:</b> G.D. Emotional quotient <b>Value:</b> Social skills: Importance of social skills.

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<b>August</b>	<b>4- Social Justice</b> <b>5- Rights</b> <b>6-Citizenshiop</b> <b>Life skill</b> -Self awareness <b>Activity:</b> Presentation:- Importance of rights Questioner.
<b>Sept.</b>	6- Judiciary <b>Life skill</b> - Critical thinking <b>Activity:</b> G.D. Importance of team work in the working of government Questioner
<b>Oct.</b>	<b>7-Federalism</b> <b>8-Local govt.</b> <b>7-Nationalism</b> <b>Life skill</b> -Creative thinking 3-Equality 4- Social Justice
<b>Nov.</b>	<b>9-Constitution as a living Document</b> <b>8-Securlarism</b> <b>9-Peace</b> Value based activity duties towards community <b>Life skill</b> - Critical thinking
<b>Dec.</b>	10-Philosphy of the Indian Constitution 10.Development <b>Activity</b> -Peace Health Importance of meditation <b>Life skill</b> - Focus and self control.
<b>Jan.</b>	<b>Revision Questioner</b>
<b>Feb.</b>	<b>Revision Written tests</b>

**PRAGYAN PUBLIC SCHOOL, JEWAR [CURRICULUM- 2020-21]**

Geography						
Class Test	P.T.-1	P.T.-2	Half Yearly	P.T.-3	Month	Class-XI Humanity
Ch.-1+Map Skill (XI) (C.T.-1)					April	<b>BOOK-1</b> <b>Ch -1</b> Geography as a discipline <b>Ch -2</b> Origin of the earth <b>Ch -3</b> Interior of the earth , Questioner <b>BOOK –2 Ch.-1</b> Location and space Relations <b>Activity-</b> Map work and Diagram <b>Life Skill-</b> Self awareness
	Ch.-1 book-1, Ch.-1 book-2& Map Skill				May	<b>Ch -4</b> Distribution of oceans and continents <b>Ch -5</b> Minerals and rocks <b>Activity-</b> Map work & Diagram Questioner presentation and oceans and continents <b>Life Skill-</b> Creative thinking
Ch.-1 Ch.-2 (C.T.-2)		Ch.-2 Ch.-3 book-1			July	<b>Ch -8</b> Composition and structure of atmosphere <b>Ch –11</b> Water in the atmosphere <b>Ch –13</b> Water (Ocean), <b>Oral test</b> <b>Value:</b> Sensitivity to Environment <b>Value – Nurturing nature L.s-critical thinking</b> <b>Activity-</b> Map work Diagram of structure of atmosphere
Ch.-8 Ch.-11 (C.T.-3)					August	<b>Ch -14</b> Movements of Ocean water <b>Ch –15</b> Life on the earth <b>Ch -16</b> Biodiversity and conservation <b>L.S- Decision making</b> <b>Value : Responsible</b> Map activity a ocean currently Practical-Latitude & long tade

**PRAGYAN PUBLIC SCHOOL, JEWAR [CURRICULUM- 2020-21]**

<b>Ch.-14 Ch.-15 (C.T.-IV)</b>			<b>All half Yearly Syllabus</b>		<b>Sept.</b>	<b>BOOK –2</b> <b>Ch -2</b> Geographical structure and physiography <b>Ch-3</b> Drainage system <b>Ch-4</b> Climate <b>Activity-</b> Map work <b>Presentation-</b> ch.-2 <b>Life Skill-</b> Problem Solving
<b>Book-2 Ch.-2 Ch.-3 + Map Skill (C.T.-V)</b>					<b>Oct.</b>	<b>Ch -5</b> Natural vegetation <b>Ch-6</b> Soil <b>Ch-7</b> Natural Disaster and hazards <b>Oral test</b> <b>Activity-</b> Map work <b>Debate on Natural disaster and hazards.</b> <b>Life Skill-</b> Effective Communication
<b>Book-2 Ch.-4 Ch.-5 + Map Skill (C.T.-VI)</b>					<b>Nov.</b>	<b>Practical (Unit-I), Activity-</b> Map work
				<b>Book-2 Ch.-2 Ch.-3 Ch.-5 + Map Skill</b>	<b>Dec.</b>	<b>Practical (Unit-II &amp; III)</b> <b>Activity-</b> Map work
<b>Jan. and Feb</b>						<b>Revision</b>

## PRAGYAN PUBLIC SCHOOL, JEWAR [CURRICULAM- 2020-21]

Month	Class-XI Humanity (HINDI)
Feb. / March	
April	<p><b>Chapter-</b>  <b>vlg x   &amp;</b>                      1&amp;ued dk njlck  <b>0; kdj. k&amp;</b>                      vydkj] i = y[ku] fucl/k y[ku] vu#Nn y[ku] vty[kA</p>
May	<p><b>Chapter-</b>  <b>vlg x   &amp;</b>                      2&amp;fe; k; ul h#fhu  <b>vlg dk; &amp;</b>                      1&amp;dchj  <b>vH0; fDr vlg HKM&amp;</b>                      1&amp;tul pkj ek/; e] "kCndlck ifjp; A</p>
July	<p><b>Chapter-</b>  <b>vlg x   &amp;</b>                      4&amp;fonkA l Hkk'.k  <b>vlg dk; &amp;</b>                      2]3&amp;ehj] i fFkd  <b>forlu&amp;</b>                      1&amp;Hkkj rh; xlf; dkvka ea cst MM&amp;yrrk exskdj</p>
August	<p><b>Chapter-</b>  <b>vlg dk; &amp;</b>                      4]5&amp;os vk[k] ?kj dh ; kn  <b>vlg x   &amp;</b>                      5]6&amp;xyrk ylgk Li lfr ea clfj "k  <b>vH0; fDr vlg HKM&amp;</b>                      2]3&amp;i =dlfjrk dsfofo/k vk; ke] Mk; jh fy [kus dh dykA</p>
Sept.	<p><b>Chapter-</b>  <b>vlg dk; &amp;</b>                      6]7&amp;pi k dky&amp;dkys v{lj ugha pHlgkri] xty  <b>vlg x   &amp;</b>                      7&amp;jtuh  <b>forlu&amp;</b>                      2&amp;jktLFku dh jtr qnA</p>
Oct.	<b>i q%vH; kl</b>
Nov.	<b>Chapter-</b>

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	<p>vijlg dlo; &amp; 8&amp;vDd egknob vijlg x   &amp; 8]9&amp;tkep dk i M] Hkjr ekrk vfhO; fDr vlg HkK&amp; 5]6&amp;dFkk&amp;iV dFkk] dk; ky; h yq]ku o i fdz; kA</p>
<b>Dec.</b>	<p><b>Chapter-</b> vijlg dlo; &amp; 10&amp;vkvlsfeydj cpk; a vfhO; fDr vlg HkK&amp; 7]8&amp;Loolr yq]ku vlg jkt xkj I licl/h vkonu i=] "kCndksk] I mlkz xbfkka dh mi; lach fof/k vlg i fjp; A</p>
<b>Jan.</b>	<p><b>Chapter-</b> forlu&amp; 3&amp;vkyk&amp;vk/kfj</p>

## PRAGYAN PUBLIC SCHOOL, JEWAR [CURRICULAM- 2020-21]

Month	Class-XI Humanity (HISTORY)
March	
April	<p><b>Introduction</b>  <b>Theme -1</b> From the beginning of time  <b>Theme -2</b> Writing and city life  <b>Value :</b> Good behavior in human interaction  <b>Life skill :</b> Decision making  <b>Activity;</b> Report over evolution of man , Questioner.</p>
May	<p><b>Theme – 3</b> An Empire Across three Continents  <b>Theme – 4</b> The Central Islamic lands  <b>Value :</b> Good behavior in human interaction  <b>Life skill :</b> Making connections</p>
July	<p><b>Theme -5</b> Nomadic Empires  <b>Theme -6</b> The three orders  <b>Value :</b> Empathy  <b>Life skill:</b> Creative thinking  <b>Activity- G.D.</b> over large empires</p>
August	<p><b>Theme-7</b> Changing cultural Traditions  <b>Theme -8</b> Confrontation of cultures  <b>Value:</b> Fostering respect for differences  <b>Life skill:</b> Self awareness  <b>Activity-</b> Presentation on European society compare to Indian society in medieval period &amp; Questioner</p>

## PRAGYAN PUBLIC SCHOOL, JEWAR [CURRICULAM- 2020-21]

<b>Sept.</b>	<b>Revision</b>
<b>Oct.</b>	<b>Theme-9</b> The Industrial Revolution <b>Theme-10</b> Displacing Indigenous <b>Value:</b> Courtesy <b>Activity: G.D.</b>
<b>Nov.</b>	<b>Theme-11</b> Paths to modernization <b>Value:</b> <b>Team</b> <b>Work</b> <b>Life skill :</b> Self awareness Oral test.
<b>Dec.</b>	<b>Revision - Written test</b>
<b>Jan.</b>	<b>Revision – Oral &amp; Written tests</b>
<b>Feb.</b>	<b>Revision</b>



## ENGLISH CLASS XI CURRICULUM (2020-21)

Month & Teaching days	Book	Chap.	Topic	Learning Outcomes	Subject Enrichment Activity
April 20 Days	Hornbill	Lesson-1	The Portrait of a Lady (By. Khushwant Singh)	<ul style="list-style-type: none"> <li>Students will be able to develop an attitude to become more independent in thought and action, responsible and co-operative, understanding and tolerance, improved working relations</li> <li>Able to develop their optimistic attitude towards life.</li> <li>Students will be able to use appropriate style and format to write a notice effectively.</li> </ul>	<ul style="list-style-type: none"> <li>The elderly persons are left alone by their children to pass a solitary life. Their feelings are also not respected. Keeping this fact in your mind write an article on the topic "We too are human beings."</li> <li>To strengthen the bond of love and respect between school and society as well as children and their grand parents your school is celebrating 'Grand parents Day.' Draft a notice to invite the grand parents of the students. Your notice must have all essential details of day,date and venue.</li> </ul>
		Writing	Notice, Article		
		Grammar Values	Tense Caring and sharing		
		Life Skills	Empathy, Intrapersonal		
May 21 Days	Hornbill	Lesson-2	We Are Not Afraid to die.. (By Gordon Cook and Alan East)	<ul style="list-style-type: none"> <li>The learners will be able to enhance their problem showing skills</li> <li>Able to inculcate the values of determination and will power</li> </ul>	<ul style="list-style-type: none"> <li>"An optimistic person can bravely manage even in the direst situations."Express your own views in a paragraph on this topic.</li> <li>You want to sell your car because of your settlement at abroad. Write an advertisement to be published in a daily.</li> <li>You happened to see an advertisement in a national daily about a job vacant for PGT chemistry in Cambridge School Noida. You feel yourself eligible and want to apply for the same. Write your application to the principal with detailed resume.</li> </ul>
	Hornbill	Poem-1	Photograph (By Shirley Toulson)		
	Snapshot	Lesson-1	Summer of the Beautiful White Horse (By William Saroyan)		
		Writing	Advertisement, Letter to Editor & Job Letters	<ul style="list-style-type: none"> <li>The students will be able to apply the literal, interpretative and critical level in analyzing the chapter.</li> <li>Able to comprehend the irony hidden in the story</li> <li>Students will be able to learn persuasive techniques used in advertising specifically pathos or emotion, logos or logic and ethos or credibility character</li> <li>:explore the concept of demographics and marketing for a specific audience.</li> </ul>	
		Grammar Reading	Tenses		

		Value  Life skills	Comprehension passage Perseverance  Coping with stress, Disaster management, Effective communication	<ul style="list-style-type: none"> <li>• :develop and enhance interest towards writing skills.</li> <li>• understand the nature and purpose of a letter.</li> </ul>	
<b>July 20 Days</b>	Snapshot   Hornbill   Hornbill	Lesson-2   Lesson-3   Poem-2  Grammar Reading Value Life skills	<p>The Address By (Marga Minco)</p> <p>Debate &amp; Poster</p> <p>Discovering Tut: The Saga Continues (By A.R. Williams)</p> <p>The Voice of Rain (By Walt Whitman)</p> <p>Determines</p> <p>Note making</p> <p>Love, Faith &amp; Trust</p> <p>Interpersonal Relationship</p>	<ul style="list-style-type: none"> <li>• The Students will be able to distinguish different perspectives</li> <li>• able develop the reading skill &amp; Vocabulary</li> <li>• The learners will be able to express their ideas cohesively, completely, fluently and spontaneously with expressions, grammar usage and relevant vocabulary for a hospitable of an event.</li> <li>• The students will be able to grasp the them and meaning of the prose.</li> <li>• : enhanced critical and creating thinking skills</li> <li>• : derive the moral values.</li> <li>• The students will be able to grasp the them and meaning of the poem.</li> <li>• able to read the poem with proper tone and rhyme and develop in interest in poetry.</li> <li>• able to draw a comparative study between human life and nature</li> <li>• able to recognize and list the poetic devices.</li> </ul>	<ul style="list-style-type: none"> <li>• “Tumults and demonstrations create a vast destruction everywhere” is quite evident from recent communal riots in the capital city Delhi. Write an article on the above subject.</li> <li>• Prepare a poster on the topic “Each drop saves the crop.”</li> </ul>

<p><b>August 24 Days</b></p>	<p>Snapshot</p> <p>Hornbill</p>	<p>Lesson-3</p> <p>Lesson-4</p> <p>Grammar</p> <p>Reading</p> <p>Writing</p> <p>Value Life Skills</p>	<p>Ranga's Marriage (By Masti Venkatesha Iyenger)</p> <p>The Ailing Planet (By Nani Palkhivala)</p> <p>Modals</p> <p>Note Making comprehension passage</p> <p>Business Letter, Debate</p> <p>Generosity Self Awareness, Interpersonal Relationship, Self-awareness, Effective communication</p>	<ul style="list-style-type: none"> <li>• The Students will be able to effectively provide a synopsis of the story. And analyze the values and thought process of the story.</li> <li>• able to inculcate the positive values and attitude.</li> <li>• Able to enhanced vocabulary &amp; listening skills.</li> <li>• Students will be able to sensitize themselves towards the earth and environment.</li> <li>• Able to inculcate the values of leadership and contribute to make our earth green</li> <li>• The learners will be able to receive and process written text(Literacy, discussing and descriptive) for general orientation and understanding</li> <li>• Able to develop their reading and logical thinking skills.</li> <li>• Students will be able to express their ideas fluently and chronologically , concisely without difficulty in purpose, expressions, grammar usage, format usage and relevant vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>• “Indian society has moved a long way from the way the marriage is arranged in the story.”Your class is divided in opinion that old pattern of arranging the marriages was better than the new one that is taking place now a days. Write a debate on the above topic.</li> <li>• Now a days over exploitation of natural resources has been a major problem. You see that people waste the water excessively which can result in scarcity of water for future generation. Write a letter to the editor of a national daily showing your concern on the above mentioned problem.</li> </ul>
<p>Sep.</p>	<p align="center"><b>Revision &amp; Half Yearly Examination</b></p>				

Oct. 20 Days	Hornsbill	Lesson-5	The Browning version (By Terence Rattigan)	<ul style="list-style-type: none"> <li>• The students will be able to stimulate language development and increase their ability to write spontaneously</li> <li>• :respond to a personal dilemma</li> <li>• :enhance analytical skills &amp; vocabulary</li> </ul>	<ul style="list-style-type: none"> <li>• Your school is going to organize an “Honour Ceremony” for the women for their contribution in shaping and caring the lives of the students. Write an invitation (Formal) on behalf of your school.</li> <li>• Childhood is the Spring season of one’s life liked by all. Write your own feelings on the topic” Me and my childhood.”</li> </ul>
	Hornsbill	Poem-3	Childhood (By Markus Natten)	<ul style="list-style-type: none"> <li>• The students will be able to stimulate language development</li> <li>• :recognize and list the poetic devices found in the poem</li> </ul>	
	Snapshot	Lesson-4	Albert Einstein at School (By Patrick Pringle)	<ul style="list-style-type: none"> <li>• Students will be able to understand the words &amp; their meanings</li> <li>• :enhance their reading as well as writing skills</li> </ul>	
		Writing Grammar Value Life Skills	Invitations , Articles Passive voice sentences- reordering Responsibility, Faith & Love, Temperance  Effective communication, coping with stress, positive attitude	<ul style="list-style-type: none"> <li>• The learners will be able to express their ideas cohesively, completely, fluently and spontaneously with expressions, grammar usage and relevant vocabulary for a hospitable of an event.</li> </ul>	
Nov. 20 Days	Hornsbill	Poem-4	Father to Son By (Elizabeth Jennings)	<ul style="list-style-type: none"> <li>• Students will be able to distinguish different perspectives, analyzing and drawing conclusions.</li> <li>• :unfold their logical thinking skills.</li> <li>• :recognize and list the poetic devices.</li> </ul>	<p>“Effective communication is must” between a father and a son to be the most successful persons in life. Write a speech on the above mention topic.</p> <ol style="list-style-type: none"> <li>1. A happy family is one in which each member is loved, understood and forgiven. Express and interpret your own views in support.</li> </ol>
	Snapshot	Lesson-5	Mother’s Day (By J.B. Priestley)	<ul style="list-style-type: none"> <li>• Students will be able to comprehend the role of a mother and inculcate values of respect and obedience.</li> <li>• Recognize and address patterns and trends and explain how the tone of a speech can affect students morale and motivation.</li> </ul>	
		Writing Grammar	Speech  Clause sentences re-ordering	<ul style="list-style-type: none"> <li>• :develop their reading skills, listening skills and basic skills of language.</li> </ul>	

		Value Life Skills	Justice & peace ,. Decision making		
<b>Dec. 20 Days</b>	Snapshot	Lesson-6	Birth By (A.J. Cronin)	<ul style="list-style-type: none"> <li>• Students will be able to differentiate the situation of story lines and life experience.</li> <li>• :an empathetic decision with the protagonist</li> <li>• The students will be able to grasp the theme and meaning of the poem.</li> <li>• :raise their concern and sensitize themselves for establishing inner as well as outer peace.</li> <li>• The students will be able to describe the kinds of information to include in specific reports and identify tips for writing a clear, concise and useful report</li> </ul>	<p>2. The global pandemic Novel Covid-19 Corona Virus devastated the country. Your town was also kept under strict lockdown for many days. Write a report on the condition of your colony and the people during that period.</p> <ul style="list-style-type: none"> <li>• Through a speech suggest the steps, the people and the government need to take to put the country on the track of progress and growth after the pandemic Novel covid-19.</li> </ul>
	Snapshot	Lesson-7	The Tale of Melon City By( Vikram Seth)		
		Writing	Report Writing		
		Value	Equality, Responsibility towards our mother & wives		
		Life Skills	Problem solving		
<b>Jan.</b>			<b>Revision &amp; Final Exam</b>		

## CLASS XI [I.T.] CURRICULUM 2020-21

Month	Days	Weightage	Topics	Learning Objectives	Learning Outcome	Activities
<b>April</b>	20 (15 hrs)	7 Marks	Unit-I – Computer Organization & OS: User Perspective	Students will aware of the fundamental concepts of a computer system like <ul style="list-style-type: none"> <li>• Hardware</li> <li>• Software</li> <li>• Functionality of Computer</li> <li>• Operating System</li> <li>• Types of OS</li> </ul>	Students are familiar about the fundamental concepts of a computer system like <ul style="list-style-type: none"> <li>• Hardware</li> <li>• Software</li> <li>• Functionality of Computer</li> <li>• Operating System</li> <li>• Types of OS</li> </ul>	Identify the type of Hardware, Software, Operating system, your personal computer have or your mobile have.
<b>May</b>	25	5 Marks	Unit –II- Networking and Internet <ul style="list-style-type: none"> <li>• Network Safety Concerns</li> <li>• Network Security Tools and Services</li> <li>• Cyber Security</li> <li>• Safe practices on Social Networking</li> </ul>	Students will familiar about the network, network components, types of networks, how a network works etc.	Students are aware about the network, network components, types of networks, how a network works etc.	Arrange a Presentation on Cyber safety rules and regulation in groups.
<b>July</b>	20	6 Marks  6 Marks	Unit –V- Troubleshooting: Hardware, Software and Networking  Unit –III-  Office Automation Tools: • Word Processing	Student will learn how to identify an error or a bug and fix it by himself/ herself or by using technology.  Student will learn how to use word processing tool in daily life and how to use its tools according to the need.	Student learnt how to identify an error or a bug and fix it by himself/ herself or by using technology.  Student learnt how to use word processing tool in daily life and how to use its tools according to the need.	Students will prepare his/her resume and send it using Mail merge feature.
<b>August</b>	15	12 Marks	Unit –III-  Office Automation Tools: • Spreadsheet  • Presentation	Student will learn how to use Spreadsheet tool and presentation tool in daily life and how to use their tools according to the need.	Student learnt how to use Spreadsheet tool and presentation tool in daily life and how to use their tools according to the need.	Students will prepare big bazar bill format.

## CLASS XI [I.T.] CURRICULUM 2020-21

<b>Sep.</b>			Revision UNIT- I TO-III for Half Yearly Exams			
<b>Oct.</b>	30	12 Marks	Unit- IV- Multi Media Design: (Open Source Design Tools) <ul style="list-style-type: none"> <li>• Interface and Drawing Tools in GIMP.</li> <li>• Applying Filters.</li> <li>· Creating and Handling Multiple Layers.</li> <li>· Using Stamping and Smudging tools.</li> <li>· Importing pictures</li> </ul>	Student will learn how to do changes in an image and how to implement different type of gestures, corrections in an image.	Student learnt how to do changes in an image and how to implement different type of gestures, corrections in an image.	Student will do implementation on his her own image and modify it.
<b>Nov.</b>	10	<b>2 Marks</b>	Unit –II- <ul style="list-style-type: none"> <li>• E mail Messaging</li> <li>• Digital Literacy</li> </ul>	Student will learn about the basic need of Email messaging how to use it and what are the basic elements of email. And will also learnt about the digital literacy.	Student learnt about the basic need of Email messaging how to use it and what are the basic elements of email. And will also learnt about the digital literacy.	
<b>Dec.</b>	10		Unit – VI- Work Integrated Learning IT - ISM <ul style="list-style-type: none"> <li>• Identification of Work Areas</li> <li>• Work Experience</li> </ul>	Student will learn how to purchase a new system according to the need of user and how to select the hardware of system.	Student learnt how to purchase a new system according to the need of user and how to select the hardware of system.	Arrange demo of showroom for selling and purchasing a Digital Device.
<b>Jan.</b>			<b>Revision</b>			
<b>Feb</b>			<b>Revision</b>			





## Class-XI Painting (Curriculum) 2020-21

MONTHS	BOOKS	CHAPTERS	TOPIC	ACTIVITY	THEME	LIFE SKILL
APRIL	INDIAN PAINTING (R.C. LUTHRA)	I <sup>ST</sup>	PRI- HISTORIC PERIOD	CLASS DISCUSSION WILL BE HELD ON THE TOPIC	SUSTAINABLE	NATIONALISM
MAY	INDIAN PAINTING (R.C. LUTHRA)	II <sup>ND</sup>	INDUS VILLEY CIVILIZATION	CLASS DISCUSSION WILL BE HELD ON THE TOPIC	HEALTH & WELLNESS	RESPONSIBLE
JULY	INDIAN PAINTING (R.C. LUTHRA)	III <sup>RD</sup>	GANDHAR STYLE	CLASS DISCUSSION WILL BE HELD ON THE TOPIC	GLOBALIZATION	NATURE
AUGUST	INDIAN PAINTING (R.C. LUTHRA)	IV <sup>TH</sup>	ART OF AJANTA	CLASS DISCUSSION WILL BE HELD ON THE TOPIC	ACCOUNTABILITY	SELF AWARENESS
SEPTEMBER	INDIAN PAINTING (R.C. LUTHRA)	V <sup>TH</sup>	INDIAN TEMPLE SCULPT USES	ARTISTIC VALUE RESPECT FOR ART AND CULTURE	NUTURE THE NATURE	HONESTY
OCT. & NOV.	INDIAN PAINTING (R.C. LUTHRA)	VITH	INDO-ISLAMIC-TUSE	ARTISTIC VALUE RESPECT FOR ART AND CULTURE	MODERNIZATION	RESPONSIBLE

# PRAGYAN PUBLIC SCHOOL- JEWAR

## Curriculum of Session – 2020-21

### Class –XI (Physical Education)

Months	Days	PT-1	PT-2	H.Y. Exams	PT-3	Anural Exams	Topic	Sub- Topic	Learning Objective	Learning Experience
April	21	20	-	10	-	5	1- Changing Trends & career in Physical Education.	<ul style="list-style-type: none"> <li>• Definition of Physical Education &amp; aims and Objectives.</li> <li>• Career option in Physical Education</li> <li>• Various Physical Education</li> <li>• Competitions at national &amp; international level.</li> </ul>	To Explain the true meaning, Definition & Objectives of Physical Education in human life. Also Explain about the available careers & opportunities in Physical Education.	Student will aware about the proper concept of Physical Education and careers related to the Physical Education.
		20	-	10	-	5	2- Olympics Value Education	<ul style="list-style-type: none"> <li>• Olympics, Paralympics and special Olympics</li> <li>• Olympics Symbols</li> <li>• IOC</li> <li>• IOA</li> </ul>	Explain the value and history of Olympics games to the students and also explained & modern Olympics game.	Students will aware about the Olympics games & also get knowledge about the true motto of Olympics game & able to compare the changes between ancient & modern Olympics Game.

May	23	-	20	10	-	5	3- Physical fitness wellness & lifestyle.	Meaning & importance of physical fitness wellness & lifestyle components of physical fitness wellness & lifestyle components of health related fitness.	Define the concept of Physical fitness wellness & lifestyle. Explains the importance & components of positive lifestyle in human life.	Students will learn and helped to improve the standard of Physical fitness wellness & improve the quality of life.
July	26	-	20	15	-	5	4- physical education and sports for CWSN	<ul style="list-style-type: none"> <li>•Aims objectives of adaptive physical education.</li> <li>•Organization promoting adaptive sports.</li> <li>•Concept of inclusion</li> <li>•Role of some professionals of CWSN</li> </ul>	Briefly explain about the concept of disabled children's and Explain about those organizations and professionals who works with the CWSN for their development.	Student will aware about a new & dynamic phase of physical education specialty designed for the development of disabled children's and also aware about some organizations & professionals who worked for the CWSN.
		-	-	10	-	5	5- yoga	<ul style="list-style-type: none"> <li>• Meaning of yoga</li> <li>• Importance of yoga</li> <li>• Elements of yoga</li> <li>• Asana Pranayama meditation and yogic kriyas, Relaxation techniques.</li> </ul>	Briefly explain about the history, meaning importance & elements of yoga. Also explain the yoga as a preventive measure & for many common life style disease.	Students will clear the concept of yoga. They come to know that only asanas are not yoga. How yoga is the best & less expensive medium to remain healthy & fit and prevent Prom many Problems.

August	20	-	-	15	-	5	6. physical Activity & leadership training	<ul style="list-style-type: none"> <li>• Leadership qualities</li> <li>• Role of a leader</li> <li>• Create leaders by physical education</li> <li>• Adventure sports</li> <li>• Safety measures.</li> </ul>	Explain the qualities of leadership and Role of leader and now physical education create the leaders, explain the adventure sports and safety measurements so prevent the injuries.	Students will learn & use the skills of became o good leader through the physical education and also get knowledge about the adventure sports and use of the safety measures.
Sep	-	-	-	-	10	5	7. test, measurement & Evaluation in sports	<ul style="list-style-type: none"> <li>• Definition &amp; importance of test measurements &amp; evaluation</li> <li>• Calculation of BMI, W-H-R</li> <li>• Somato types</li> <li>• Measurement of health fitness.</li> </ul>	Explain the meaning definition & importance of test, measurement & evaluation in sports and also explain the types of human body & parameters of health related fitness.	Students will learn the meaning & importance of test, measurements Evaluation in sports, they can use these test tools to evaluate and devolve their body fitness & performance. They also aware about their body categories.
Oct	20	-	-	-	15	10	8. Fundamental of Anatomy, physiology & kinesiology in sports.	<ul style="list-style-type: none"> <li>• Definition and importance of anatomy physiology &amp; kinesiology,</li> <li>• Function of skeleton system.</li> <li>• Respiratory system</li> <li>• Circulatory system</li> <li>• Equilibrium</li> </ul>	Briefly explain about the human body & the shape, size, location of various body organs and also explain their functioning process.	Students will deeply interact with their own body. Different body organs and their mutual functioning. Students will improve the functioning & performance of their body by use this knowledge practically

Nov	-	-	15	10	9. Psychology & sports.	<ul style="list-style-type: none"> <li>• Definition and importance of Psychology &amp; sports.</li> <li>• Definition &amp; difference between growth &amp; development</li> <li>• Developmental characteristics at different age.</li> <li>• Adolescent problems &amp; their management.</li> </ul>	Explain about human psychology its definition and importance in physical education, explain the difference between growth & development and characteristics at different stage of life. Also explain about adolescent problems & their management.	Students will learn about the human behavior (psychology) concept of growth and development and adolescent problem and their management students can improve their behavior and able to manage their adolescent problems easily.
Dec	-	-	-	15	10. Training & Doping in sports.	<ul style="list-style-type: none"> <li>• Meaning &amp; principles of sports training</li> <li>• Concept of warming-up &amp; Limbering down</li> <li>• Skill, Technique &amp; style</li> <li>• Concept of Doping</li> <li>• Pro habited products and their side effects</li> <li>• Dealing with alcohol and abuse substance.</li> </ul>	Explain the concept of sports training its meaning & principles and also explain about warming-up & limbering down. Difference between skills Technique and style. Explain the concept of doping.	Students will get proper knowledge about sports training to improve the stand red of sports by using this knowledge practically they aware about the use of warming up & limber down they also aware about the doping procedure & now to create a drug free sports environment.

➤ **A class test of 20 mark will take after complete each unit.**