

## SYLLABUS 2024-2025

**Class : XI**

**Subject : PHYSICAL EDUCATION**

**Book : SARASWATI PHYSICAL EDUCATION (DR V K SHARMA)**

**Publisher : NEW SARASWATI HOUSE (INDIA) PVT. LTD.**

### **Term 1**

- 1- Concept of Physical Education
- 2- Rules and Regulations of Football and Cricket

### **Term 2**

- 1- Individual Aspects and Group Dynamics
- 2- Effects of Physical Exercise on Human Body Systems
- 3- Rules and Regulation of Badminton and Swimming

### **Term 3**

- 1- Nutrition, Weight Control and Exercise
- 2- Physical Fitness and Wellness
- 3- Rules and Regulations of Hockey and Basketball

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#### **Contact Us**

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Phone: +91-522-2726502, 8009858887  
Website: <https://www.sethmrjaipuria.school/>

## **Term 4**

- 1- Games and Sport- A Global Perspective
- 2- Rules and Regulations of Volleyball and Tennis

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