

SYLLABUS 2026-2027

Class : XI

Subject : Physical Education

Book : ISC Saraswati Physical Education Textbook

Publisher : New Saraswati Publication

Term 1

1. CONCEPT OF PHYSICAL EDUCATION
2. SOCIOLOGICAL ASPECT OF PHYSICAL EDUCATION
3. Games & Sports (any 2 opted by the student)

Term 2

1. EFFECT OF PHYSICAL EXERCISE ON HUMAN BODY SYSTEM
2. Games & Sports (any 2 opted by the student)

Term 3

1. PHYSICAL FITNESS & WELLNESS
2. Games & Sports (any 2 opted by the student)

Term 4

1. COMPETITION AND TOURNAMENTS
2. CAREER ASPECT IN PHYSICAL EDUCATION
3. Games & Sports (any 2 opted by the student)

Contact Us

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