

CMI EDUCATION BOARD
WEEKLY LESSON PLAN FOR ACADEMIC YEAR 2024-2025

CLASS- XI

BOOK: Health & Physical Education

PUBLICATION: SARASWATI PUBLICATION, DR.V.K.SHARMA

SUBJECT- PHYSICAL EDUCATION 048

MONTH	WEEK	DATE	CH	TOPIC
JUNE	1	26,27,28,29	1	Changing trends& career in P.E
JULY	2	1,2,3,4,5,6	1	Changing trends& career in P.E
	3	8,9,10,11,12,13	2	Olympic Value Education
	4	15,16,18,19,20	2	Olympic Value Education
	5	22,23,24,25,26,27		PRE MID TERM EXAM
JULY &AUGUST	6	29,30,31,1,2,3	3	Yoga
	7	5,6,7,8,9,10	3	Yoga
	8	12,13,14,16,17	3	Yoga
	9	20,21,22,23,24	4	Physical Education & sports for CWSN
	10	27,28,29,30,31	4	Physical Education & sports for CWSN
SEPTEMBER	11	2,3,4,5,6,7	5	Physical Fitness, Health& Wellness
	12	9,10,11,12,13,14	5	Physical Fitness, Health& Wellness
	13	17,18,19,20,21	5	Physical Fitness, Health& Wellness
	14	23,24,25,26,27,28		MID TERM EXAM
SEPTEMBER& OCTOBER	15	30,1,3,4,5		MID TERM EXAM
	16	7,8,9,10	6	Test, Measurement & Evaluation
	17	14,15,16,18,19	6	Test, Measurement & Evaluation
	18	21,22,23,24,25,26	6	Test, Measurement & Evaluation
	19	28	7	Fundamentals of Anatomy, Physiology in Sports
NOVEMBER	20	4,5,6,7,8,9	7	Fundamentals of Anatomy, Physiology in Sports
	21	11,12,13,14,16	8	Fundamentals of Kinesiology & Biomechanics in Sports
	22	18,19,20,21,22,23	8	Fundamentals of Kinesiology & Biomechanics in Sports
	23	25,26,27,28,29,30	8	Fundamentals of Kinesiology & Biomechanics in Sports
DECEMBER	24	2,3,4,5,6,7	9	Psychology & Sports
	25	9,10,11,12,13,14		POST MID TERM EXAM
	26	16,17,18,19,20,21		POST MID TERM EXAM

DECEMBER & JANUARY	27	23,2,3,4,6,7,8	9	Psychology & Sports
JANUARY	28	9,10,15,16,17,18	9	Psychology & Sports
	29	20,21,22,23,24,25	10	Training and Doping in Sports
	30	27,28,29,30,31	10	Training and Doping in Sports

PRE MID TERM EXAM SYLLABUS- Changing trends & career in P.E. & Olympic Value Education

MID TERM EXAM SYLLABUS- Yoga, Physical Education & sports for CWSN.

POST MID TERM EXAM SYLLABUS- Physical Fitness, Health & Wellness, Test, Measurement & Evaluation, Fundamentals of Anatomy, Physiology in Sports.

ANNUAL EXAMINATION – All the 10 Chapters & Practical Exam (Theory 70 + Practical 30)

Ishrat Qureshi
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