



S. D. JAIN MODERN SCHOOL

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SYLLABUS : 2026-27

STANDARD : XI

SUBJECT : PHYSICAL EDUCATION (048)

Month	Chapter	Name of Chapter
APRIL	CH-1	Changing trends and careers in physical education.
MAY	Vacation	
JUNE	CH-2	Olympic value education
	CH-3	Physical fitness, wellness and lifestyle
JULY	CH-4	Physical education and sports for CWSN
	CH-5	Yoga
AUGUST	CH-6	Physical activity and leadership training
SEPTEMBER	CH-7	Test measurement and evaluation
OCTOBER	CH-8	Fundamentals of anatomy and Physiology and kinesiology
NOVEMBER	CH-9	Psychology and sports.
DECEMBER	CH-10	Training and doping in sports