ARMY PUBLIC SCHOOL MEERUT CANTT
SYLLABUS BIFURCATION 2023-24
CLASS XI

SUBJECT – English Core

BOOKS – Hornbill & Snapshots		PUBLISHER – NCERT		
ASSESSMENTS	**% SYLLABUS TO BE COVERED**	**MONTH**	**TOPICS**	**PERIODS REQUIRED**	**ACTIVITIES**

ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH	TOPICS	PERIODS REQUIRED	ACTIVITIES
	5%	APRIL	1. The Portrait of a Lady	30	Group Discussion- Role of Grandparents
	10%	MAY	1. A Photograph 2. Summer of Beautiful White Horse 3. Posters 4. Integrated Grammar(Tenses)	11	Designing Poster for Library Rules
	10%	JUNE	1. Advertisement 2. Laburnum Top 3. Integrated Grammar (Determiners)	07	Collage of Newspaper Advertisements
SYLLABUS 1ST UNIT				--	
	15%	JULY	1. We are not afraid to die 2. Discovering Tut 3. Speech 4. Letter of Complaint	18	Complaint letter to the Principal of School regarding insufficient sports equipments
	20%	AUG	1. The Address 2. Voice of the Rain 3. Childhood 4. Sentence Reordering 5. Unseen Passage	31	Compose poem using poetic devices discussed
	10%	SEP	1. The Adventure 2. Father to Son	26	Revision Worksheets
HALF YEARLY EXAMINATION		All topics covered till September		--	
	10%	OCT	1. Letter of Enquiry 2. Mother's Day 3. Integrated Grammar	28	Role Playon Mother's Day
	10%	NOV	1. Silk Road 2. The Tale of Melon City 3. Integrated Grammar	09	Speech - Describe your Holiday in Hills
	5%	DEC	1. Debate 2. Note Making 3. Integrated Grammar	15	In class Debate

				1. Birth	20	Revision Worksheets
	5%	JAN		2. Note Making		
				3. Integrated Grammar		
		FEB		Revision		
				Final Examination		

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SYLLABUS BIFURCATION CLASS XI
MATHEMATICS SESSION 2023-24

1	April	05 days	NCERT Textbook NCERT Exampler Reference Book - Mathematics by R.D. Sharma	**1. Sets :** Sets and their representations, Empty set, Finite and Infinite sets, Equal sets, Subsets, Subsets of a set of real numbers especially intervals (with notations). Universal set. Venn diagrams. Union and Intersection of sets. Difference of sets. Complement of a set. Properties of Complement.	The Learner **Develops** the idea of Set from the earlier learnt concepts in number system , geometry etc. **Identifies** relations between different sets.	Activity 1,3 & 5 of NCERT Lab Manual.	PT - I Exam Chapter - 1 to 4
2	May/ June	15 days/ 10 days		**2. Relations & Functions :** Ordered pairs. Cartesian product of sets. Number of elements in the Cartesian product of two finite sets. Cartesian product of the set of reals with itself (upto R x R x R).Definition of relation, pictorial diagrams, domain, co-domain and range of a relation. Function as a special type of relation. Pictorial representation of a function, domain, co-domain and range of a function. Real valued functions, domain and range of these functions, constant, identity, polynomial, rational, modulus, signum, exponential, logarithmic and greatest integer functions, with their graphs. Sum, difference, product and quotients of functions. **3. Trigonometric Functions :** Positive and negative angles. Measuring angles in radians and in degrees and conversion from one measure to another. Definition of trigonometric functions with the help of unit circle. Truth of the identity for all x. Signs of trigonometric functions. Domain and range of trigonometric functions and their graphs. Expressing sin (x±y) and cos (x±y) in terms of sinx, siny, cosx & cosy and their simple	The Learner **Relates** earlier learnt concept of trigonometric ratios to functions and evolves the idea of trigonometric functions.	Worksheets to be given. Activity 9 of NCERT Lab Manual.	
3	July	20 days (Including UT I)		**4. Complex Numbers and Quadratic Equations :** Need for complex numbers, especially $\sqrt{-1}$, to be motivated by inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane.	The Learner **Extends** the idea of real numbers to a larger system of complex numbers. **Demonstrates** strategies for solving systems of linear inequalities.	Worksheets to be given.	
4	August	23 days		**5. Linear Inequalities :** Algebraic solutions of linear inequalities in one variable and their representation on the number line. **6. Permutations and Combinations :** Fundamental principle of counting. Factorial n. (n!) Permutations and combinations, derivation of Formulae for nPr and nCr and their connections, simple applications.	The Learner **Applies** the ideas of permutations and combinations to daily life situations of arranging and grouping the objects.	Worksheets to be given. Activity 15 of NCERT Lab Manual.	PT - II / Mid Term Exam Chapter - 1 to 7
5	September	22 days (including Half Yearly Examination)		**7. Binomial Theorem :** Historical perspective, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications.	The Learner **Develops** the idea of Binomial theorem for a positive integral index from the earlier learnt concepts of finding squares and cubes of binomials.	Activity 18 of NCERT Lab Manual.	

6	October	16 days		**8. Sequence and Series :** Sequence and Series. Arithmetic Mean (A.M.) Geometric Progression (G.P.), general term of a G.P., sum of n terms of a G.P., infinite G.P. and its sum, geometric mean (G.M.), relation between A.M. and G.M. **9. Straight Lines :** Brief recall of two dimensional geometry from earlier classes. Slope of a line and angle between two lines. Various forms of equations of a line: parallel to axis, point -slope form, slope-intercept form, two-point form, intercept form, Distance of a point from a line.	The Learner **Extends** the ideas related to Arithmetic progressions learnt earlier to new types of sequences and their series. **Constructs** different forms of a straight line using the earlier learnt concepts of coordinate geometry.	Activity 22 of NCERT Lab Manual.	PT - III Exam Chapter - 8 to 10
7	November	19 days		**10. Conic Sections :** Sections of a cone: circles, ellipse, parabola, hyperbola, a point, a straight line and a pair of intersecting lines as a degenerated case of a conic section. Standard equations and simple properties of parabola, ellipse and hyperbola. Standard equation of a circle. **11. Introduction to Three-dimensional Geometry :** Coordinate axes and coordinate planes in three dimensions. Coordinates of a point. Distance between two points.	The Learner **Analyses** different curves like circles, ellipses, parabolas and hyperbolas based on the ideas developed for straight lines using coordinates. **Develops** strategies of locating a point in three dimensions based on the concepts of two dimensional coordinate geometry.	Worksheets to be given.	
8	December	18 days(including PB1/UT2 Examination)		**12. Limits and Derivatives :** Derivative introduced as rate of change both as that of distance function and geometrically. Intuitive idea of limit. Limits of polynomials and rational functions trigonometric, exponential and logarithmic functions. Definition of derivative relate it to scope of tangent of the curve, derivative of sum, difference, product and quotient of functions. Derivatives of polynomial and trigonometric functions **13. Statistics :** Measures of Dispersion: Range, Mean deviation, variance and standard deviation of ungrouped/grouped data.	The Learner **Evolves** the concepts of limit and derivative of a function by analyzing the behaviour of functions when the corresponding variable approaches a certain value. **Applies** Measures of dispersion to get a better interpretation of data of different daily life situations.	Activity 29 of NCERT Lab Manual.	
9	January	21 days		**14. Probability :** Events; occurrence of events, 'not', 'and' and 'or' events, exhaustive events, mutually exclusive events, Axiomatic (set theoretic) probability, connections with other theories of earlier classes. Probability of an event, probability of 'not', 'and' and 'or' events	The Learner **Builds** up the axiomatic approach to Probability through the terms, random experiment, Sample space, events etc.	Activity 32 & 33 of NCERT Lab Manual.	
10	February Onwards	23 days (Including annual exams)		Revision & Annual Exams			Annual Exam

ARMY PUBLIC SCHOOL MEERUT CANTT
SYLLABUS BIFURCATION 2023-24
CLASS XII

		SUBJECT – CHEMISTRY XI			
	BOOKS –			PUBLISHER –	
ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH	TOPICS	PERIODS REQUIRED	Remark
	5%	APRIL	1. Ch-1 some basic concepts	8	
	10%	MAY	1. Ch-1 some basic concepts 2. Ch-2 Structure of atom	15	
	10%	JUNE	1. Ch-2 -Structure of Atom 2. Ch-3 Introduction	10	
SYLLABUS 1ST UNIT					
	15%	JULY	1. ch-3 classification of elements and periodicity 2. Ch-4 introduction	20	
	10%	AUG	1. Ch-4 chemical bonding and molecular Structure	23	
	10%	SEP	1. Ch-5 Thermodynamics ,introduction	22	
HALF YEARLY EXAMINATION		All topics covered till September			
	10%	OCT	1. Ch-5 Thermodynamics	16	
	10%	NOV	1. Ch-7 Equlibrium	19	
	15%	Dec	1. Ch-8 Redox 2. Ch-9 organic chemistry-1	18	
	5%	Jan	1. Ch-10 Hydrocarbons	21	
SEPTEMBER		HALF YEARLY EXAMINATION			
DECEMBER		UT-2			
JANUARY		Revision			
FEBRUARY		ANNUAL PRACTICAL EXAMINATION			

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SUBJECT	BIOLOGY				
BOOKS				PUBLISHER	
1.A TEXTBOOK OF BIOLOGY CLASS XI			NCERT		
2.PRACTICAL LAB MANUAL-TOGETHER WITH			RACHNA SAGAR		

ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH & NO OF WORKING DAYS	TOPICS	PERIODS REQUIRED	ACTIVITIES
	10%	April & May 17 DAYS	CELL: THE BASIC UNIT OF LIFE	15	-Study different parts of dissecting microscope and compound microscope.
	10%	JUNE & JULY 24 DAYS	THE LIVING WORLD BIOLOGICAL CLASSIFICATION CELL CYCLE & CELL DIVISION	4 5 9	
FIRST UNIT TEST			**Chapters** **CELL THE BASIC UNIT OF LIFE THE LIVING WORLD** **BIOLOGICAL CLASSIFICATION** **CELL DIVISION**		
	15%	AUG 23DAYS	PLANT KINGDOM ANIMAL KINGDOM BIOMOLECULES	10 12 15	-study different plant and animal specimens. -study different plant and animal tissues through temporary and permanent slides -separate plant pigments through paper chromatography.
	10%	SEP 22 DAYS	MORPHOLOGY OF FLOWERING PLANT	10	-study different stages of mitosis and meiosis through permanent slides
HALF YEARLY SYLLABUS			**CELL THE BASIC UNIT OF LIFE THE LIVING WORLD** **BIOLOGICAL CLASSIFICATION** **CELL DIVISION** **PLANT KINGDOM** **ANIMAL KINGDOM** **BIOMOLECULES** **MORPHOLOGY OF FLOWERING PLANTS**		
	15%	OCT 16 DAYS	ANATOMY OF FLOWERING PLANT STRUCTURAL ORGANISATION IN ANIMALS	15 15	-Dissection of flowers. -study different modifications in roots, stems, leaves, inflorescence.

	15%	NOV 19 DAYS	BREATHING AND EXCHANGE OF GASES BODY FLUIDS AND CIRCULATION EXCRETORY PRODUCTS AND THEIR ELIMINATION	7 7 7	-test the presence of glucose, starch, proteins and fats in given food sample.
SECOND UNIT TEST SYLLABUS			**ANATOMY OF FLOWERING PLANT STRUCTURAL ORGANISATION IN ANIMALS** **BREATHING AND EXCHANGE OF GASES** **BODY FLUIDS AND CIRCULATION** **EXCRETORY PRODUCTS AND THEIR ELIMINATION**		
	10%	DEC 18 DAYS	MUSCLES AND BONES NEURAL CONTROL AND COORDINATION CHEMICAL CONTROL AND INTEGRATION	5 7 7	-study human skeleton, types of joints. -
	10%	JAN 21 DAYS	PHOTOSYNTHESIS IN HIGHER PLANTS RESPIRATION IN PLANTS PLANT GROWTH AND PLANT HORMONES	7 7 7	-potato osmometer. -distribution of stomata on upper and lower surfaces of leaves. -study rate of respiration in germinating seeds -Demonstrate suction due to transpiration. .
8TH FEB SYLLABUS COMPLETION FOR XI		FEB 16 DAYS	REVISION		
ANNUAL EXAM SYLLABUS			**FULL SYLLABUS**		

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			ARMY PUBLIC SCHOOL MEERUT CANTT SYLLABUS BIFURCATION 2023-24 CLASS XII		
			SUBJECT – HISTORY		
	BOOKS – Themes in Indian History Part-I, II, III			PUBLISHER – NCERT	
ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH	TOPICS	PERIODS REQUIRED	ACTIVITIES
	5 % 6 DAYS	APRIL	1. **Themes In World History** Introduction to World History	8	Visit to museum Map work
	15% 11 DAYS	MAY	1. Introduction 2. **Writing and City Life**	9 10	Concept mapping Source-based/ case based/ image-based worksheets/ Map work
	10% 10 DAYS	JUNE	**Themes In World History** 1. Introduction 2. **An empire across three continents**	5 8	Concept mapping Project work Map work
	15% 20 DAYS	JULY	1. **An empire across three continents** 2. Revision: Themes in World History, Chapters 1 & 2	12	Visit To National Museum of Delhi Concept mapping Project work Map work
SYLLABUS 1ST UNIT JULY 17- 22			**Themes In World History (chapter 1,2)** Including Map Work of The Related Themes		
	10% 23 DAYS	AUG	1. **Nomadic Empires** **Section C: Changing Traditions** 2. Introduction 3. **The Three Orders**	18 4 5	Concept mapping Project work Source-based/ case based/ image-based worksheets/ Map work
	10% 22 DAYS	SEP	**Themes In World History** 1. **The Three Orders** 2. **Changing Cultural Traditions**	10 16	Concept mapping Project work Source-based/ case based/ image-based worksheets/ Map work
HALF-YEARLY EXAMINATION 18-30 SEPTEMBER			**Themes In World History (chapter 1,2,3,4)** Including Map Work		
	10% 16 DAYS	OCT	1. **Changing Cultural Traditions** **Section D: Paths to Modernization** 2. **Introduction** 3. **Displacing Indigenous People**	5 5 10	Concept mapping Project work Source-based/ case based/ image-based worksheets/ Map work
	10% 19 DAYS	NOV	1. **Displacing Indigenous People** 2. Paths To Modernization 3. Including Map Work of The Related Themes	8 12	Concept mapping Project work Source-based/ case based/ image-based worksheets/ Map work
UNIT II EXAMINATION 1-15 DECEMBER			**Themes In World History (chapter 4, 5, 6)** Including Map Work		
		DEC	1. Paths To Modernization (Revised) 2. Project Work completed		
		JAN	Revision Full Syllabus		
FEBRUARY			**ANNUAL PRACTICAL EXAMINATION & REVISION**		
			ANNUAL EXAMINATION		

Asha Kotnala:

SIGN OF SUBJECT TEACHER

Asha Kotnala:

SIG OF HOD

ARMY PUBLIC SCHOOL, MEERUT CANTT.

SYLLABUS BIFURCATION SESSION, 2023-24

CLASS: XI **SUBJECT: COMPUTER SCIENCE(083)**

BOOKS: NCERT COMPUTER SCIENCE Text Book for Class XI			PUBLISHER: NCERT
MONTH	**TOPIC &**	**PERIODS REQUIRED**	**ACTIVITIES PLANNED**
APRIL 2023 18 Days	**Computer System and Organisation**	05	Make a Biodata-Resume in MS Word"
MAY 2023 15 Days	**Computer System and Organisation** Type of Software . Operating system	10	Make a presentation on "Number System""
JUNE 2023 (10 Days)	Number system, Emerging Trends IOT WOT cloud computing , Smart cities Intro to Problem Solving **Computational Thinking and Programming -I** Intro to Problem Solving. Basics of Python	15	Make a presentation on "Emerging Trends""
JULY 2023 (20 Days)	**Computational Thinking and Programming -I** Conditional Statements Strings, list, tuple dictionary Intro to Python modules	15	Create a Video on any topic
AUGUST 2023 (23 Days)	**Computational Thinking and Programming -I** Revision Conditional stmt and Intro to Python modules	27	Explanation, Demonstration. **Activity:** Create a PPT for computer basics
SEPTEMBER 2023 (22 Days)	Revision Conditional Statements Strings, list, tuple dictionary Intro to Python modules 25 Periods	27	Explanation, Demonstration. **Activity:**Quiz based on the topic taught.
TERM 1	**REVISIONS OF TERM-1 SYLLABUS HALF YEARLY EXAMINATION**		
OCTOBER 2023 (16 Days)	Unit -III Society law and Ethics	10	Quiz based on the topic taught.
NOVEMBER 2023 (19 Days)	Unit -III Society law and Ethics	10	Design a PPT on "Cyber Security"
DECEMBER 2023 20 Days	**REVISIONS OF COMPLETE SYLLABUS**		
JANUARY 2024 21 Days			

ARMY PUBLIC SCHOOL MEERUT CANTT
SYLLABUS BIFURCATION 2023-2024
CLASS XI

विषय-हिन्दी ऐच्छिक

पुस्तक– अंतरा भाग-1(एनसीईआरटी), अंतराल भाग-1, (एनसीईआरटी), अभिव्यक्ति एवं माध्यम (एनसीईआरटी)

ASSESSMENTS	MONTH	TOPICS	PERIODS REQUIRED	ACTIVITIES
UT- 1	MAY	प्रेमचंद कबीर संचार माध्यम सूरदास	04 05 05 07	विभिन्न विषयों पर समाचार लेखन।
	JULY	कार्यालयी पत्र अमरकान्त देव हरिशंकर परसाई अंडे के छिलके	04 05 04 05 04	कार्यालयी पत्र लेखन। आलेख लेखन। समाचार लेखन।
	AUG	पद्माकर रांगेय राघव सुमित्रा नन्दन पंत सुधा अरोड़ा स्ववृत्त व आवेदन-पत्र	04 05 05 05 03	'अंधश्रद्धा' विषय पर निबंध।
	SEP	**पुनरावृत्ति कार्य एवं अर्द्धवार्षिक परीक्षा का आयोजन**		
HALF YEARLY EXAM				
UT- 2	OCT	ओमप्रकाश वाल्मीकि महादेवी वर्मा पाण्डेय बेचान शर्मा 'उग्र'	05 05 05	कार्यालयी आदेश लेखन।
	NOV 19 DAYS	पत्रकारिता के विविध आयाम नरेंद्र शर्मा बाबा नागार्जुन भारतेन्दु हरिश्चंद्र	04 05 05 05	कार्यालयी आदेश लेखन।
	DEC 20 DAYS	आवारा मसीहा कार्यवृत्त लेखन नागार्जुन कार्यसूची लेखन	06 02 05 05 05	कार्यवृत्त। शरच्चंद्र जी के व्यक्तित्व व कृतित्व पर परिचर्चा

		नागार्जुन		
	JAN 21 DAYS	पाण्डेय बेचन शर्मा 'उग्र' नरेंद्र शर्मा धूमिल मकबूल फिदा 'हुसैन'	06 05 05 04	मकबूल फिदा 'हुसैन' व्यक्तित्व पर फिल्म और परिचर्चा।
5 FebSyllabus Completion	FEB 24 DAYS	**पुनरावृत्ति कार्य एवं वार्षिक परीक्षा का आयोजन**		

SUBJECT – FINE ART

BOOKS – NCERT				PUBLISHER –		
ASSESSMENTS	**% SYLLABUS TO BE COVERED**	**MONTH**	**TOPICS**		**PERIODS REQUIRED**	**ACTIVITIES**
	15%	APRIL	INTRODUCTION THE ELIMENTS AND PRINCIPLES OF ARTS		10	Value scal1
	10%	MAY	SIX LIMBS OF INDIAN PAINTING(SHADANGEAS) 1.Principales of arts		11	Shading-Hatching,cross Hatching,Contouring,cross contouring,stippling
	10%	JUNE	PRE-HISTORIC ROCK PAINTING INTRODUCTION 1 Period and Location 2 Study and appreciation of pre-historic painting.		07	Other than Bhimbetka, whitch are the other major sites where these prehistrotic paintings have been found prepare
SYLLABUS 1ST UNIT						
	15%	JULY	ART OF INDUS VALLEY CIVILIZATION 1.Mother goddess 2.Dancing girl 3.Male torso 4.Bull seal 5.Painted earthen-wave		18	Still Life Objects of daily use such as bottels,glass,cup,pot etc.And arrange them to understand space,arrangement and design development of drawing.
	10%	AUG	GENERAL INTRODUCTION OF ART DURING MAURYAN AND SHUNGA PERIOD		31	Draw and paint traditional painting. And thematic composition
	10%	SEP	GENERAL INTRODUCTION OF ART DURING KUSHANA AND GUPTA PERIOD		26	Draw and paint the Indian folk art
HALF YEARLY EXAMINATION			All topics covered till September			
	10%	OCT	ART OF AJANTA 1.Bodhisattva padma pani 2.Mara vijay		28	Paint an environmental setting in an urban\ rural, tree and street scene.
	10%	NOV	INDIAN TEMPLES SCULPTURES 1.Descent of Ganga 2.Ravana shaking mount Kailash 3.Trimurti 4.Laxmi Narayan		09	Pant the human figure in composition topics

			5.Cymbal player		
DECEMBER			INDIAN BRONZRS 1.Uma Parvati devi 2.Nataraj	06	Collect the local newspaper of the past two weeks, select images and text from
JANUARY			INDO-IALAMIC ARCHITECTURE	21	Observe and make in file
FEBRUARY			**REVISION**		REVISION
TERM 2			**ANNUAL EXAMINATION**		

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ARMY PUBLIC SCHOOL MEERUT CANTT
SYLLABUS BIFURCATION 2023-24
CLASS XI
GURMAIL SINGH(PGT MUSIC)
SUBJECT – HINDUSTANI MUSIC (VOCAL)

BOOKS – SWAR NIDHI			PUBLISHER – ARYA BOOK DEPOT		
ASSESSMENTS	**% SYLLABUS TO BE COVERED**	**MONTH**	**TOPICS**	**PERIODS REQUIRED**	**ACTIVITIES**
	05%	APRIL	1. NAAD 2. SAPTAK	09	DEFINITION OF NAAD AND SAPTAK
	10%	MAY	1. TAAL 2. TEENTAAL 3. LIFE SKETCH OF V.N. BHAATKHANDE 4. RAAG BHAIRVI	20	DESCRIPTION AND SINGING AROH AVROH, PAKAD TAAL BEATS ON HAND LIFE SKETCH OF V. N BHAATKHANDE
	10%	JUNE	1. EKTAAL 2. SHRUTI 3. RAAG BHAIRAVI	14	BRIEF STUDY OF SHRUTI , DESCRIPTION OF EKTAAL WITH HAND BEATS AND TABLA , DRUT KHYAL IN RAAG BHAIRVI
SYLLABUS 1ST UNIT			All topics covered till June		
	15%	JULY	1. SWAR 2. THAAT 3. LIFE SKETCH OF TANSEN 4. RAAG BHIMPALASI	17	BRIEF STUDY OF SWAR AND THAT PARICHAYA, AROH AVROH AND PAKAD OF RAAG LIFE SKETCH OF TANSEN
	10%	AUG	1. LAYA 2. JAATI 3. TARANA 4. RAAG BHIMPALASI	22	DRUT KHYAL WITH TAAN , HISTORY OF TARANA, DIFINITION OF LAYA & JAATI
	10%	SEP	1. CHAUTAAL 2. DEVOTIONAL SONG	17	DESCRIPTION OF CHAUTAAL & DEVOTIONAL SONG – HE RAAM HE RAAM
HALF YEARLY SYLLABUS			All topics covered till September		
	10%	OCT	1. MARGI – DESI SANGEET 2. LIFE SKETCH OF P.T V.D PAULUSKAR 3. KHAYAL 4. RAAG BIHAG	15	BRIEF STUDY OF MARGI – DESI SANGEET , AROH AVROH AND PAKAD OF THE FOLLOWING RAAG , HISTORY OF KHYAL , LIFE SKETCH OF PT. V.D PALUSKAR
	10%	NOV	1. RAAG TODI 2. STRUCTURE OF TANPURA 3. RAAG BIHAG	22	DRUT KHYAL OF RAAG BIHAG , BRIEF STUDY – STRUCTURE OF TANPURA
2ND UNIT SYLLABUS			All topics covered after half yearly exams		
	10%	DEC	1. MUSICAL ELEMENTS IN NATYA SHASTRA 2. DHRUPAD	06	HISTORY OF DHRUPAD , ELEMENTS IN NATYA SHASTRA
	10%	JAN	1. RECOGNIZING THE RAAG BY LISTENING THE PHRASES 2. ALL RAAG PRACTICE WITH TABLA	21	RAAG BIHAG, BHIMPALASI , RAAG BHAIRVI PRACTICAL WITH TABLA & TANPURA
FEBRUARY			**REVISION**		
MARCH			**ANNUAL EXAMS**		

CLASS -11 MONTHLY SYLLABUS PLANNING 2023-2024							
SUBJECT:- PHYSICAL EDUCATION							
S.No	MONTH	No. OF WORKING DAYS	BOOKS	CONTENT	LEARNING OBJECTIVES	ACTIVITIES TO BE CONDUCTED	ASSESSMENT
1	**May**	18 days		**Unit I Changing Trends & Career in Physical Education** ●Concept, Aims & Objectives of Physical Education ●Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements ●Career Options in Physical Education ●Khelo-India and Fit-India Program	The learner will be able to understand the concept of changing trends and about the Olympism	make project on changing trends in sports	
2	**July**	21 days		**Unit II Olympism** ● Ancient and Modern Olympics ● Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) ● Olympics - Symbols, Motto, Flag, Oath, and Anthem ● Olympic Movement Structure - IOC, NOC, IFS, Other members **Unit III Yoga** ● Meaning & Importance of Yoga ● Introduction to Ashtanga Yoga ● Introduction to Yogic Kriyas (Shat Karma)	The learner will be able to understand the concept of yoga and types of disability and disorder	make assignment on any yogic kriyas	PT -I Exam Unit 1 to 3
3	July	23 days (Including PT I)		**Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)** ● Concept of Disability and Disorder ● Types of Disability, its causes & nature (Intellectual disability, Physical disability) ● Aim & Objective of Adaptive Physical Education ● Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)	The learner will be able to understand the concept of components of health and physical fitness	make assignment on any traditional sports	
4	August	23 days		**Unit V Physical Fitness, Health and Wellness** ● Meaning and Importance of Wellness, Health and Physical Fitness ● Components/Dimensions of Wellness, Health and Physical Fitness ● Traditional Sports & Regional Games for promoting wellness	The learner will be able to understand the concept of test, measurement and evaluation in sports		
5	September	21 days (including Mid Term examination)		**Unit VI Test, Measurement & Evaluation** ● Concept of Test, Measurement & Evaluation in Physical Education & sports. ● Classification of Test in Physical Education and Sports. ● Test administration guidelines in physical education and sports **Unit VII Fundamentals of Anatomy, Physiology in Sports** ● Definition and Importance of Anatomy and Physiology in exercise and sports ● Functions of Skeletal system, classification of bone and types of joints. ● Function and Structure of Circulatory system and heart. ● Function and Structure of Respiratory system.	The learner will be able to understand the concept of skeletal , circulatory and respiratory system	make assignment on the functions of any system from the chapter	PT-II / Mid Term Exam Unit 1 to 6
6	October	20 days		**Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports** ● Definition and Importance of Kinesiology and Biomechanics in sports ● Principles of Biomechanics ● Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation ● Axis and Planes – Concept and its application in body movements	The learner will be able to understand the concept of types of body movements	make project on axis and planes	PT -III Exam Unit 7 to 9
7	November	19 days (including PT III		**Unit IX Psychology & Sports** ● Definition & Importance of Psychology in Physical Education & Sports ● Adolescent Problems & Their Management ● Team Cohesion and Sports	The learner will be able to understand the concept of psychology in sports	Make assignment on Adolescent problems of athletes	
8	December	22 days		**Unit X Training and Doping in Sports** ● Concept and Principles of Sports Training ● Training Load: Over Load, Adaptation, and Recovery ● Concept of Doping and its disadvantages	The learner will be able to understand the concept of Doping in sports and what are the disadvantages of using Dope	Make assignment on doping cases of ellite athletes	
9	January	18 days		Revision			
10	February Onwards	23 days (Including annual exams)		Revision & Annual Exams			Annual Exam

EXAM SCHEDULE			
S.NO	EXAM	MONTH	SYLLABUS
1	PT I		UNIT 1 to 3
2	PT II/Mid Term	September	UNIT 1 to 6
3	PT III	November	UNIT 7 to 9
4	Annual Exams	Feburary/March	Full Syllabus