

**ARMY PUBLIC SCHOOL MEERUT CANTT  
SYLLABUS BIFURCATION 2020-21  
CLASS – XI(BIOLOGY)**

SUBJECT		BIOLOGY			
BOOKS			PUBLISHER		
1.A TEXTBOOK OF BIOLOGY CLASS XI			NCERT		
2.PRACTICAL LAB MANUAL-TOGETHER WITH BIOLOGY			RACHNA SAGAR		
<u>ASSESSMENTS</u>	<u>% SYLLABUS TO BE COVERED</u>	<u>MONTH &amp; NO OF WORKING DAYS</u>	<u>TOPICS</u>	<u>PERIODS REQUIRED</u>	<u>ACTIVITIES</u>
	25%	JULY 22 DAYS	1.THE LIVING WORLD 2.BIOLOGICAL CLASSIFICATION 3.PLANT KINGDOM	4 5 9	-Study different parts of dissecting microscope and compound microscope.
<b>1st UNIT TEST SYLLABUS</b>			Chapter-1,2,3		
	15%	AUG 22 DAYS	4.ANIMAL KINGDOM 5.CELL:THE BASIC UNIT OF LIFE 6.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 25 DAYS	7.CELL CYCLE AND CELL DIVISION	10	-test the presence of glucose, starch, proteins and fats in given food sample. -study different stages of mitosis and meiosis through permanent slides
<b>HALF YEARLY SYLLABUS</b>			Chapter -1,2,3,4,5,6,7		
	15%	OCT 16 DAYS	8.MORPHOLOGY OF FLOWERING PLANT 9.ANATOMY OF FLOWERING PLANT	15 15	-Dissection of flowers. -study different modifications in roots, stems, leaves, inflorescence.
	15%	NOV 19 DAYS	10.STRUCTURAL ORGANISATION IN ANIMALS 11.DIGESTION AND ABSORPTION 12.BREATHING AND EXCHANGE OF GASES	15 7 7	- external morphology of cockroach
<b>2<sup>ND</sup> UNIT TEST SYLLABUS</b>			Chapter-5,6,7,8,9,10		
	10%	DEC 20 DAYS	13.BODY FLUIDS AND CIRCULATION 14.EXCRETORY PRODUCTS AND THEIR ELIMINATION 15. MUSCLES AND BONES 16. NEURAL CONTROL AND COORDINATION	7 7 5 7 7	-study human skeleton, types of joints. -

			17.CHEMICAL CONTROL AND INTEGRATION		
	10%	JAN 21 DAYS	18.TRANSPORTATION IN PLANTS 19.PHOTOSYNTHESIS IN HIGHER PLANTS 20.RESPIRATION IN PLANTS	7 7 7	-potato osmometer. -distribution of stomata on upper and lower surfaces of leaves. -study rate of respiration in germinating seeds -phototropism. - Study of anaerobic respiration. -study the effect of apical bud removal. -Demonstrate suction due to transpiration. -study imbibition in seeds and raisins.
8 <sup>TH</sup> FEB SYLLABUS COMPLETION FOR VI –VIII , IX & XI		FEB 21	21.MINERAL NUTRITION 22.PLANT GROWTH AND DEVELOPMENT <b>REVISION</b>	5 5	
ANNUAL EXAM SYLLABUS			Full syllabus		

**ARMY PUBLIC SCHOOL MEERUT CANTT  
SYLLABUS BIFURCATION 2020-21  
CLASS - XI**

**SUBJECT CHEMISTRY**

BOOKS	PUBLISHER
CHEMISTRY VOLUME I	NCERT
CHEMISTRY VOLUME II	
LAB MANNUAL	NAV BHARAT PUBLICATIONS

ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH & NO OF WORKING DAYS	TOPICS	PERIODS REQUIRED	ACTIVITIES
	25%	JULY 22 DAYS	1.Some basic concepts in chemistry 2.ATOMIC STRUCTURE	10 16	INTRODUCTION TO BASIC LAB TECHNIQUES
<b>1st UNIT TEST SYLLABUS</b>			UNIT 1,2		
	15%	AUG 22 DAYS	3. PERIODIC PROPERTIES OF ELEMENTS 4.CHEMICAL BONDING	7 15	PREPRATION OF CRYSTALS
	10%	SEP 25 DAYS	5.CHEMICAL THERMODYNAMICS. 6.STATES OF MATTER	14	SEPARATION OF PIGMENTS BY CHROMATOGRAPHY TECHNIQUE
<b>HALF YEARLY SYLLABUS</b>			UNIT 1,2,3,4,5,6		
	15%	OCT 16 DAYS	7. CHEMICAL EQUILIBRIUM 8. REDOX REACTIONS	12 8	VOLUMETRIC ANALYSIS-ACID BASE TITRATIONS

	15%	NOV 19 DAYS	9. BASIC CONCEPTS IN ORGANIC CHEMISTRY 10. ENVIRONMENTAL CHEMISTRY	15 4	ANALYSIS OF SALTS FOR ANIONS AND CATIONS.
<b>2<sup>ND</sup> UNIT TEST SYLLABUS</b>			UNITS 3,4,5,6,7,8,9		
	10%	DEC 20 DAYS	11. HYDROCARBONS 12. HYDROGEN		INVESTIGATORY PROJECT REPORT SUBMISSION
	10%	JAN 21	13. P BLOCK ELEMENTS 14. S-BLOCK ELEMENTS		
8 <sup>TH</sup> FEB SYLLABUS COMPLETION FOR VI –VIII , IX & XI		FEB 21	<b>REVISION</b>		
ANNUAL EXAM SYLLABUS			ENTIRE SYLLABUS		

**ARMY PUBLIC SCHOOL MEERUT CANTT  
SYLLABUS BIFURCATION 2020-21  
CLASS - XI**

**SUBJECT : Physics**

BOOKS	PUBLISHER
NCERT PHYSICS	NCERT

ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH & NO OF WORKING DAYS	TOPICS	PERIODS REQUIRED	ACTIVITIES
Unit Test	25%	JULY 22 DAYS	Unit – I physical world and measurement Unit – II Kinematics (A) Motion in one dimensions (B) Motion in plane (C) vectors	28	Exp 1,2,3, Measurement by V C
<b>I st UNIT TEST SYLLABUS</b>			All syllabus covered		
	15%	AUG 22 DAYS	Unit – III laws of motion Unit – IV work, power and energy	23	Exp 4 & 5 Measurement by S G
	10%	SEP 25 DAYS	Unit – V system of particles and rotational motion (A) centre of mass , torque , angular momentum	12	Exp 6 Measurement by spherometer
<b>HALF YEARLY SYLLABUS</b>			All syllabus covered		
	15%	OCT 16 DAYS	Unit- v (continued) Moment of inertia Theorems of MOI Rotational motion Unit – VI Gravitation	21	Value of g by simple pendulum
	15%	NOV 19 DAYS	Unit – VII properties of bulk matter (a) mechanics of solid (b) hydro statics (c) hydro dynamics (d) transfer of heat	21	Effective length by simple pendulum

			(e) thermal properties of matter		
<b>2<sup>ND</sup> UNIT TEST SYLLABUS</b>			Unit – IV , V, VI & VII		
	10%	DEC 20 DAYS	Unit – VIII Heat and thermo dynamics Unit – IX kinetic theory of gases	20	Determination of coefficient of friction
	10%	JAN 21	Unit – X oscillations and waves	18	Determination of spring constant & Resonance apparatus
8 <sup>TH</sup> FEB SYLLABUS COMPLETION FOR VI –VIII , IX & XI		FEB 21	<b>REVISION</b>		
ANNUAL EXAM SYLLABUS			Complete syllabus		

ARMY PUBLIC SCHOOL MEERUT CANTT SYLLABUS BIFURCATION 2020-21 CLASS XI					
SUBJECT		PHYSICAL EDUCATION			
BOOKS & PUBLISHERS		HEALTH AND PHYSICAL EDUCATION NEW SARASWATI HOUSE			
THEORY PERIODS: 120-140 ( AS PER CBSE )					
ASSESSMENTS	% SYLLABUS TO BE COVERED	MONTH & NO OF WORKING DAYS	TOPICS	PERIODS REQUIRED	ACTIVITIES
			Unit-I : Changing Trends & Career In Physical Education  <ul style="list-style-type: none"> <li>• Meaning &amp; definition of Physical Education</li> <li>• Aims &amp; Objectives of Physical Education</li> <li>• Career Options in Physical Education</li> <li>• Competitions in various sports at national and international level</li> <li>• Khelo-India Program</li> </ul>		
	30%	JULY DAYS	Unit-II : Olympic Movement  <ul style="list-style-type: none"> <li>• Olympics, Paralympics and Special Olympics</li> <li>• Olympic Symbols, Ideals, Objectives &amp; Values of Olympism</li> <li>• International Olympic Committee</li> <li>• Indian Olympic Association</li> </ul> Unit-III : Physical Fitness, Wellness & Lifestyle  <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Physical Fitness, Wellness &amp; Lifestyle</li> <li>• Components of physical fitness and Wellness</li> <li>• Components of Health related fitness</li> </ul>	21	
	15%	AUG DAYS	Unit-IV : Physical Education & Sports for CWSN (Children With Special Needs- Divyang)		

			<ul style="list-style-type: none"> <li>• Aims &amp; objectives of Adaptive Physical Education</li> <li>• Organization promoting Adaptive Sports(SpecialOlympics Bharat;Paralympics; Deaflympics)</li> <li>• Concept of Inclusion, its need and Implementation</li> <li>• Role of various professionals for children with special needs (Counsellor, Occupational, Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist &amp; specialEducator)</li> </ul> <p>Unit-V : Yoga</p> <ul style="list-style-type: none"> <li>• Meaning &amp; Importance of Yoga</li> <li>• Elements of Yoga</li> <li>• Introduction - Asanas, Pranayam, Meditation &amp; Yogic Kriyas</li> <li>• Yoga for concentration &amp; related Asanas (Sukhasana; Tadasana; Padmasana&amp;Shashankasana)</li> <li>• Relaxation Techniques for improving concentration – Yog-nidra</li> </ul>	33	
	15%	Sep 23 DAYS	<p>Unit-VI : Physical Activity &amp; Leadership Training</p> <ul style="list-style-type: none"> <li>• Leadership Qualities &amp; Role of a Leader</li> <li>• Creating leaders through Physical Education</li> <li>• Meaning, objectives &amp; types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)</li> <li>• Safety measures to prevent sports injuries</li> </ul>	15	
	10%	OCT DAYS	<p>Unit-VII : Test, Measurement &amp; Evaluation</p> <ul style="list-style-type: none"> <li>• Define Test, Measurement &amp;Evaluation</li> <li>• Importance of Test, Measurement &amp; Evaluation In Sports</li> <li>• Calculation of BMI &amp; Waist – Hip Ratio</li> <li>• Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>• Measurement of health related fitness</li> </ul> <p>Unit-VIII : Fundamentals Of Anatomy ,Physiology &amp; &amp; Kinesiology in Sports</p> <ul style="list-style-type: none"> <li>• Definition and Importance of Anatomy, Physiology &amp;Kinesiology</li> </ul>	19	

			<ul style="list-style-type: none"> <li>• Function of Skeleton System, Classification of Bones &amp; Types of Joints</li> <li>• Properties and Functions of Muscles</li> <li>• Function &amp; Structure of Respiratory System and Circulatory System</li> <li>• Equilibrium – Dynamic &amp; Static And Centre of Gravity and its application in sports</li> </ul>		
	10%	NOV 23 DAYS	Unit-IX : Psychology & Sports <ul style="list-style-type: none"> <li>• Definition &amp; Importance of Psychology in Phy. Edu. &amp; Sports</li> <li>• Define &amp; Differentiate Between Growth &amp; Development</li> <li>• Developmental Characteristics At Different Stages of Development</li> <li>• Adolescent Problems &amp; Their Management</li> </ul>	33	
	10	DEC Days	Unit-X Training and Doping in Sports <ul style="list-style-type: none"> <li>• Meaning &amp; Concept of Sports Training</li> <li>• Principles of Sports Training</li> <li>• Warming up &amp; limbering down</li> <li>• Skill, Technique &amp; Style</li> <li>• Concept &amp; classification of doping</li> <li>• Prohibited Substances &amp; their side effects</li> <li>• Dealing with alcohol and substance abuse</li> </ul>	9	
	10	JAN Days			
		FEB DAYS			