

Cambrian Public School

Kanke road , Ranchi

Session 2020-21

Lesson Plan (Physical Education)

Class XI

Serial Nos.	Month	Name of chapter	Learning Outcomes
1.	July	Changing trends and career in physical education.	Understanding the meaning, definition and objectives of physical education with its importance and knowing different career options in physical education and to learn about khelo - India programme.
2.		Olympic value education.	To understand and learn Olympic movements (ancient and modern olympic) and to understand and know about international Olympic committee and Indian Olympic association.
3.	August	Physical fitness, wellness & lifestyle.	To understand and learn meaning, definition and importance of physical fitness, wellness & lifestyle and learning the components of physical fitness and wellness.
4.		Physical education & sports for CWSN (children with special needs).	Learning about aim and objectives of adaptive physical education and the organisations supporting it at international and national level. To understand and learn meaning and definition of inclusion and its implementation and role of various professionals for children with CWSN.