



CAMBRIAN PUBLIC SCHOOL KANKE ROAD RANCHI

Class – XI (Session 2026-27)

LEARNING PLAN OUTCOMES

Subject: Physical Education (048)

Sl. No.	Month	Units/Topics	Learning Outcomes
1	June	Unit 1: Changing Trends & Career in Physical Education Unit 2: Olympic Value Education	Explain changing trends in physical education, identify career opportunities, understand Olympic values, ethics, sportsmanship, and the significance of the Olympic Movement.
2	July	Unit 3: Yoga Unit 4: Physical Education & Sports for CWSN	Demonstrate basic yoga practices and their benefits; understand inclusion, adapted physical activities, and sports opportunities for Children with Special Needs (CWSN).
3	August	Unit 5: Physical Fitness, Wellness & Lifestyle Unit 6: Test, Measurement & Evaluation	Differentiate fitness and wellness components, adopt healthy lifestyle practices, and apply basic fitness tests, measurements, and evaluation techniques.
4	September	Revision & Half Yearly Examination	Consolidate learning from Units 1–6, improve conceptual understanding, and prepare effectively for assessment.
5	October	Unit 7: Fundamentals of Anatomy & Physiology Unit 8: Fundamentals of Kinesiology & Biomechanics	Describe body systems and physiological functions during exercise; explain movement principles, biomechanics, and their application in sports performance.
6	November	Unit 9: Psychology & Sports Revision	Understand psychological factors affecting performance, motivation, personality, and stress management in sports; revise key concepts.
7	December	Unit 10: Training & Doping in Sports	Explain training principles and methods, recognize the effects of doping, and develop awareness of fair play and anti-doping regulations.
8	January	Revision & Practice Papers	Strengthen subject knowledge, improve examination skills, and apply concepts through practice papers.
9	February–March	Annual Examination	Demonstrate comprehensive understanding of the entire syllabus and apply knowledge effectively in assessments.
