

CLASS XI PHYSICAL EDUCATION PLANNER

AUGUST 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1
2	3	4 PE and Sports for CWSN: Aims and objectives	5 Organizations promoting adaptive sports	6 Inclusion; concept, need and implementation	7 Role of various professionals for children with special needs	8
9	10 Yoga: Meaning and Importance	11 Elements of Yoga	12 Introduction to different asanas	13 Yoga for concentration and Relaxation	14 TEST	15
16	17 Physical Activity & Leadership Training: Qualities and Role of a Leader	18 Creating Leaders through Physical Education	19 Meaning, objectives and types of adventure sports	20 Safety measures to prevent sports injuries	21 TEST	22
23	24 Test, Measurement & Evaluation: Definition and Importance	25 BMI and Waist-Hip Ratio	26 Body Types	27 Measurement of Health - Related Fitness	28 TEST	29