

Lesson planner of Physical Education (2024-25) Class 11th

Unit and Month	Unit Name & Topics	Specific learning objectives	Suggested Teaching Learning process	Expected Learning Outcomes
April Unit 1	<p>Changing Trends and Careers in Physical Education</p> <ol style="list-style-type: none"> 1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements. 4. Career options in Physical Education <p>Khelo-India Program and Fit – India Program</p>	<ul style="list-style-type: none"> • To make the student understand the meaning, aims, and objectives of Physical Education. • To Teach students about the development of physical education in India after Independence. • To educate students about the development of sports surfaces, wearable gear, sports equipment, and technology. <p>To make students know the different career options available in the field.</p> <p>To make them know about the Khelo India Program</p>	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and <p>Expeditionary learning</p>	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Recognize the concept, aim, and objectives of Physical Education. • Identify the Post-independence development in Physical Education. • Categorize Changing Trends in Sports- playing surface, wearable gear, sports equipment, technological • Explore different career options in the field of Physical Education. <p>Make out the development of Khelo India and Fit India Program.</p>
Unit 2	<p>Olympism Value Education</p> <ul style="list-style-type: none"> • To make the students aware of Concepts and Olympics Values (Excellence, Friendship & Respect) • To make students learn about Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind • To make student understand ancient and modern Olympic games. • To make the students aware of Olympics - Symbols, Motto, Flag, Oath, and Anthem • To make the students aware of Olympics - Symbols, Motto, Flag, Oath, and Anthem • To make students learn about the working and functioning of IOC, NOC and IFS, and other members. 	<ul style="list-style-type: none"> • To make the students aware of Concepts and Olympics Values (Excellence, Friendship & Respect) • To make students learn about Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind • To make students understand ancient and modern Olympic games. • To make the students aware of Olympics - Symbols, Motto, Flag, Oath, and Anthem • To make students learn about the working and functioning of IOC, NOC and IFS, and other members 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and <p>Expeditionary learning</p>	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Incorporate values of Olympism in your life. • Differentiate between Modern and Ancient Olympic Games, Paralympics, and Special Olympic games • Identify the Olympic Symbol and Ideals <p>Describe the structure of the Olympic movement structure</p>
May Unit 3	<p>Yoga</p> <ol style="list-style-type: none"> 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. <p>Active Lifestyle and stress ma-</p>	<ul style="list-style-type: none"> • To make the students aware of the meaning and importance of yoga • To make them learn about Astanga yoga. • To teach students about yogic kriya, specially shat karmas. • To make the learn and practice types of Pran 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and <p>Expeditionary learning</p>	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Recognize the concept of yoga and be aware of its importance; of it • Identify the elements of yoga • Identify the Asanas, Pranayama's, meditation, and yogic kriyas

	agementthroughYoga	<ul style="list-style-type: none"> To make them learn the importance of yoga in stress management. 		<ul style="list-style-type: none"> Classify various yogic activities for the enhancement of concentration <p>Know about relaxation techniques for improving concentration</p>
June Unit 4	<p>Physical Education and Sports for Children with Special Needs</p> <ol style="list-style-type: none"> Concept of Disability and Disorder Types of Disability, its causes & nature (Intellectual disability, Physical disability). Disability Etiquette <p>Aim and objectives of Adaptive Physical Education.</p> <ol style="list-style-type: none"> Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator) 	<ul style="list-style-type: none"> To make the students aware of concept of Disability and Disorder. To make students aware of different types of disabilities. To make students learn about Disability Etiquette <p>To make the students Understand the aims and objectives of Adaptive Physical Education</p> <p>To make students aware of role of various professionals for children with special needs.</p>	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic learning, Game-based learning and Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> Identify the concept of Disability and Disorder. Outline types of disability and describe their causes and nature. <p>Adhere to and respect children with special needs by following etiquettes</p> <ul style="list-style-type: none"> Identify possibilities and scope in adaptive physical education <p>Relate various types of professional support for children with special needs along with their roles and responsibilities</p>