



CLASS 11 PHYSICAL EDUCATION – LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE)

Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)

Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Higher Secondary Stage LO - Draft)	Practicals / Activities (Minimum)	Assessment / Exams (प्रश्न पत्र एवं उत्तर कुंजिका निर्माण)
Apr2026 + May 2026 + Jun 2026		PHYSICAL EDUCATION: Unit 1 Changing Trends & Career in Physical Education; Unit 2 Olympic Value Education; Unit 3 Yoga (Start)	Concept, aims and objectives of physical education; development in India post-independence; changing trends in sports; career options; Khelo India and Fit India. Olympism, values, Olympic symbols, motto, structure. Yoga (start): meaning, importance, Ashtanga Yoga, Shatkarma, Pranayama (intro).	LO-PE-01, LO-PE-02, LO-PE-03, LO-PE-05	Committee/task chart, Olympic quiz, yoga practice log, practical file start.	April to June portion tested in Project RAIL on 07-07-2026 DIET Hazaribag एवं DIET Jamtara
Jul 2026	14	PHYSICAL EDUCATION: Unit 3 Yoga (Finish); Unit 4 Physical Education & Sports for CWSN	Yoga complete: pranayama, active lifestyle and stress management through yoga. CWSN: concept of disability and disorder, types, disability etiquette, role of physical activity and inclusion.	LO-PE-03, LO-PE-04, LO-PE-05	Yoga asana practice, inclusion-based modified games, disability etiquette role-play.	July portion tested in Project RAIL on 04-08-2026 DIET Latehar एवं DIET Lohardaga
Aug 2026	12	PHYSICAL EDUCATION: Unit 5 Physical Fitness, Wellness; Unit 6 Test, Measurements & Evaluation (Start)	Physical fitness, wellness, lifestyle and components of fitness. Test, measurements and evaluation (start): motor fitness, measurements and initial test procedures.	LO-PE-05, LO-PE-06	Fitness drills, wellness diary, field test demo, half-yearly revision worksheet.	Half Yearly Exam: 07-09-2026 to 12-09-2026 (covers Jun–Aug).
Sep 2026	23	PHYSICAL EDUCATION: Unit 6 Test, Measurements & Evaluation (Finish); Unit 7 Fundamentals of Anatomy and Physiology in Sports	Fitness tests and evaluation complete. Anatomy and physiology: body systems, muscular and skeletal systems, respiratory and circulatory functions in relation to sports.	LO-PE-06, LO-PE-07	Fitness test recording, body system charts, half-yearly remedial and practical support.	September portion tested in Project RAIL on 06-10-2026 DIET Ramgarh एवं DIET Ranchi
Oct 2026	22	PHYSICAL EDUCATION: Unit 8 Fundamentals of Kinesiology and Biomechanics in Sports; Unit 9 Psychology and Sports	Kinesiology and biomechanics—movement, levers, laws of motion, balance and application in sports. Psychology and sports—motivation, personality, confidence, concentration, aggression and psychological skills.	LO-PE-07, LO-PE-08	Movement analysis, lever model activity, concentration and motivation exercises.	October portion tested in Project RAIL on 03-11-2026 DIET Simdega एवं DIET W-Singhbhum.
Nov 2026	14	PHYSICAL EDUCATION: Unit 10 Training & Doping in Sports + Practical Consolidation + Revision	Training methods, principles, load, adaptation, warm-up/cool-down; doping—meaning, types, effects and prevention. Portion boundary: Full syllabus completed by November 2026.	LO-PE-05, LO-PE-06, LO-PE-07, LO-PE-08	Training schedule draft; anti-doping poster; practical file and skill record completion.	November portion tested in Project RAIL on 08-12-2026 DIET Deoghar एवं DIET Dhanbad
Dec 2026	21	PHYSICAL EDUCATION: Full Syllabus Practice + Practical/Viva + Revision	Complete revision of theory units, practical file, fitness tests, yoga and games/sports skills.	LO-PE-01, LO-PE-02, LO-PE-03, LO-PE-04, LO-PE-05, LO-PE-06, LO-PE-07, LO-PE-08	2 practice papers; yoga/fitness practical rehearsal; viva prep.	December portion tested in Project RAIL on 12-01-2027 DIET Garhwa एवं DIET Giridih
Jan 2027	18	PHYSICAL EDUCATION: Full Revision + Practical Record Consolidation	Complete wrap-up of theory and practicals for annual examination.	LO-PE-01, LO-PE-02, LO-PE-03, LO-PE-04, LO-PE-05, LO-PE-06, LO-PE-07, LO-PE-08	Weekly paper; skill test and yoga revision; oral review and teacher feedback.	Project RAIL (Full Syllabus) on 02-02-2027 DIET Hazaribag एवं DIET Jamtara
Feb 2027 (Revision Month)	19	PHYSICAL EDUCATION: Full Revision + Practical Record	Entire syllabus consolidation and annual exam readiness.	LO-PE-01, LO-PE-02, LO-PE-03, LO-PE-04, LO-PE-05, LO-PE-06, LO-PE-07, LO-PE-08	Mock papers, practical rehearsal and remedial support.	Annual Examination: 01-03-2027 to 05-03-2027 AND 15-03-2027 to 20-03-2027 - full syllabus
Mar 2027	20	Board Examination (continued, if applicable) / Post-exam Academic Support	Board examination continuation / light post-exam academic engagement, bridge work, reading / enrichment / record completion as applicable.		Bridge activities / portfolio / reading enrichment / feedback.	Post-exam school support (as applicable)
LO ID	LOs (*LO Mapping - IDs) (NCERT Higher Secondary Stage LO)					
LO-PE-01	understands concepts, aims and objectives of physical education and sports.					
LO-PE-02	demonstrates awareness of olympic values, fair play and respect for others.					
LO-PE-03	practises yoga for health, concentration and stress management.					



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LO-PE-04	identifies the importance of inclusion and physical activities for children with special needs.
LO-PE-05	applies principles of physical fitness, wellness and lifestyle management.
LO-PE-06	uses tests, measurements and evaluation for fitness and performance.
LO-PE-07	understands anatomy, physiology, kinesiology and biomechanics in sports.
LO-PE-08	applies psychological principles, training methods and anti-doping awareness in sports.

QUESTION PAPER DESIGN / BLUEPRINT

A. THEORY BLUEPRINT

S.No.	Unit / Section Block	Marks	Prescribed Scope / Paper Component
1	Unit 1	8	Changing Trends & Career in Physical Education (04 + 04b*)
2	Unit 2	5	Olympic Value Education
3	Unit 3	7	Yoga (06 + 01b*)
4	Unit 4	7	Physical Education & Sports for CWSN (04 + 03b*)
5	Unit 5	5	Physical Fitness, Wellness
6	Unit 6	8	Test, Measurements & Evaluation
7	Unit 7	8	Fundamentals of Anatomy and Physiology in Sports
8	Unit 8	8	Fundamentals of Kinesiology and Biomechanics in Sports (04 + 04b*)
9	Unit 9	7	Psychology and Sports
10	Unit 10	7	Training & Doping in Sports
	TOTAL	70	Theory Paper

B. TYPOLOGY OF QUESTIONS

S.No.	Category / Question Type	Marks	Weightage / Nature
1	Concept-based / objective responses	–	Unit-wise written paper
2	Case / data interpretation / tactile items (b*)	–	Where applicable
3	Short / long answer responses	–	As per paper pattern
	TOTAL	70	Theory Paper

C. INTERNAL / PRACTICAL / PROJECT

S.No.	Component	Marks	Remarks
1	Physical Fitness Test	6	SAI Khelo India Test / BPFT
2	Proficiency in Games and Sports	7	Any one IOA recognised sport/game
3	Yogic Practices	7	
4	Record File	5	
5	Viva Voce	5	
	TOTAL	30	Practical



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NOTES

• b* indicates concept-based questions like tactile diagram / data interpretation / case-based study for visually impaired child.