

MP BOARD CLASS 11 SYLLABUS PHYSICAL EDUCATION

म.प्र. बोर्ड कक्षा 11 पाठ्यक्रम शारीरिक शिक्षा

A. Aims and Objectives :- Physical education aims at developing a child physically, mentally and emotionally. Its aims:-

- (a) to help children establish his own rhythm of rest and exercise.
- (b) to cultivate such traits as self - mastery, discipline, courage, devotion, respect and self-confidence.
- (c) to develop fundamental skills such as walking, running, jumping and throwing.
- (d) to develop good health habits.
- (e) to contribute to the special development of children by providing opportunity to play and mix with other children.
- (f) to develop new habit- patterns and self- reliance.
- (g) to provide means of relaxation from the more formal aspects of the school programme.

B. Subject for Internal Assessment :-

(1) Games :- Any two games may be offered out of the following sections One game is compulsory to be selected from each section. Students should know the rules and skills of the games.

For Boys For Girls

Section - A

1. Football 1. Volley-Ball
2. Hockey 2. Basket - Ball
3. Cricket 3. Hockey
4. Volley- Ball 4. Hand - Ball

For Boys For Girls

Section - B

1. Kabaddi 1. Kabaddi
2. Kho -Kho 2. Kho -Kho
3. Hand - Ball 3. Badminton
4. Basket - Ball 4. Table - Tennis
5. Basket - Ball.
6. Table - Tennis
7. Base - Ball

(2). Field and track events :-

Out of the following events the students have to select one event from each group.

Group A (Track Events)

Boys Girls

1. 4 x 400 m. relay 1. 800 m.
2. 110 m hurdles 2. 1500 m.
3. 1500 m. 3. 4 x 100 m. relay
4. 5000 m. 4. 80m. hurdles.
5. Short - put 5. Discus throw
6. Discus- throw
7. Javelin throw
8. Hammer throw

(I) General Activities :-

Out of the following activities the students have to select any two activities:-

- (1) Callisthenics : Free standing exercises and drill.
- (2) Light apparatus exercise :- Any one of the following :-
 - (i) Dumbles (ii) Wands (iii) Log drill

(3) Indian activities :- Any one of the following

(i) Lazim (ii) Yogic assans (iii)Surya namaskar (iv) Dands and baithaks.

(4) Wrestling OR Swimming.

(5) Health education:- Simple ways of life - saving and artificial respiration.

(6) Gymnastics :-

For Boys For Girls

1. Parallel bars. 1. Mat work

2. Horizontal bars 2. Beam work

3. Vaulting box 3. Floor exercises,

N.B. - For General activities :- Series of exercises may be selected by the teacher.

The activities of all the above. groups will be taught under the following specific heads.

GAMES :

(1) (a) Conditioning exercises (b) Fundamental skills and their practice (c) lead -up (d) Team tactics.

(2) **Field and track events:-**

(a) Conditioning exercises (b) Techniques (c) Practice (Periodical record of every pupil will be maintained by the teacher in respect of his achievements and participation in the events.)

(3) **General Activities :-**

(1) Calisthenics Part I-Formals - (i) Introductory and warming up (ii) Head, trunk, legs, arms and abdomen exercises.

Informal :- (i) Agility group (Self - testing activities) (ii) Recreational, activities (Small - area games)