



# MAHARISHI VIDYA MANDIR PUBLIC SCHOOL



**SITAPUR ROAD LUCKNOW**

**Class – XI**

**Subject – PHYSICAL EDUCATION**

**(Session: 2018-2019)**

Sr.No.	Month	Topic/Content
1	April'18	Changing trends and career in Physical Education
2	May'18	Olympic movement
		Physical fitness, Wellness and lifestyle
3	July'18	Physical Education & Sports for Differently-Abled
4	August'18	Yoga
		Physical activity and Leadership Training
5	September'18	Test, Measurement & Evaluation
6	October'18	Fundamentals of anatomy and physiology
7	November'18	Kinesiology, Bio mechanic and sports
8	December'18	Psychology and sports
9	December'18	Training in sports
		Doping
10	February'19	Revision