



MAHARISHI VIDYA MANDIR PUBLIC SCHOOL

SITAPUR ROAD LUCKNOW



Class - XI

**Subject –Physical Education
(Session: 2017-2018)**

Month	Topic
April	1. Changing trends and career in Physical Education
May	2. Physical fitness, Wellness and lifestyle
July	3. Olympic movement
August	4. Yoga
September	5. Doping 6. Physical activity and environment
October	7. Test and measurement in sports
November	8. Fundamentals of anatomy and physiology
December	9. Bio mechanic and sports
January	10. Psychology and sports
February	11. Training in sports