

PHYSICAL EDUCATION (048)
CLASS-XI (2020-21)

Unit-1. Changing Trends and career in Physical Education	1.1-Meaning and Definition of Physical Education 1.2-Aims and Objectives of Physical Education 1.5-Khelo India Program
Unit-2,Olympic :-Value Education	2.1-Olympics,Paralympics & Special Olympics 2.4-Indian Olympic Association
Unit-3,Physical Fitness,Wellness and Lifestyle	3.1-Meaning and Importance of Physical Fitness,Wellness and Lifestyle 3.2-Components of Physical Fitness and Wellness
Unit-4,Physical Education and Sports for CWSN (Children with Special Needs-Divyang	4.1 -Aim and Objectives of Adaptive Physical Education 4.3-Concept of Inclusion,It's need and Implementation