

CURRICULUM
SESSION 2026-27
CLASS -XI
SUBJECT- PHYSICAL
EDUCATION

Dates	Examination	Marks	Topics
6.7.2026 to 14.7.2026	PWT1	20	Chapter-1 Changing Trends and Careers in Physical Education
			Chapter -2 Olympism Value Education Chapter -9 Psychology and Sports
10.9.2026–24.9.2026	Mid Term	70	Chapter-1 Changing Trends and Careers in Physical Education
			Chapter -2 Olympism Value Education
			Chapter-5 Physical Fitness, Wellness and Lifestyle
			Chapter -6 Test, Measurement and Evaluation
			Chapter -10 Training and Doping in Sports
7.12.2026–15.12 .2026	PWT 2	20	Chapter -3 Yoga Chapter-4 Physical Education and Sports for CWSN
FEB – March	Annual	70	Complete syllabus