# CONTENTS OF PHYSICAL EDUCATION FOR CLASS-XI

#### 1. PHYSICAL EDUCATION

- 1.1 Importance of Physical Education
- 1.2 Objectives of Physical Education
- 1.3 Relationship of Physical Education with Education

#### 2. SYSTEMS IN SPORTS

- 2.1 Types of Competition
  - 2.1.1 League System
  - 2.1.2 Knock out System
  - 2.1.3 Combination System/ Round Robin System

#### 3. RECREATION

- 3.1 Introduction
- 3.2 Importance of Recreation
- 3.3 Recreational Activities

## 4. SYSTEMIZATION OF TRAINING

- 4.1 Principles of Training
- 4.2 Methods of Training
- 4.3 Phases of Training

# 5. GYMNASTIC

- 5.1 Historical background of gymnastic
- 5.2 Role of gymnastic in physical education
- 5.3 Gymnastic activities

#### 6. GAMES

- 6.1 FootBall
- 6.2 VolleyBall
- 6.3 Cricket

#### 7. ATHLETICS

- 7.1 100 Meter Race.
- 7.2 400 Meter Race.
- 7.3 Shot put
- 7.4 Long jump

#### 8. HEALTH EDUCATION

- 8.1 Importance of Health Education
- 8.2 Relationship of Health Education with Physical Education
- 8.3 Wellness

## 9. HUMAN BODY

- 9.1 Composition of human body
  - 9.1.1 Muscles
  - 9.1.2 Bones
  - 9.1.3 Fats
- 9.2 Obesity

# **10. HUMAN BODY AND ITS SYSTEMS**

- 10.1 Body Systems
  - 10.1.1 Respiratory system
  - 10.1.2 Circulatory system

# 11. FOOD AND NUTRITION

- 11.1 Ingredients of Food
- 11.2 Calories
- 11.3 Balanced diet
- 11.4 Role of Nutrition