



## BHARTIYA SIKSHA BOARD

### SUBJECT – PHYSICAL EDUCATION & WELL - BEING

SYLLABUS (2026–27)

CLASS XI

SUBJECT CODE: 134

### Introduction

Physical Education at the senior secondary stage contributes to the holistic development of learners by promoting physical fitness, health, well-being and responsible participation in physical activity. In alignment with the National Education Policy 2020 and the National Curriculum Framework 2023, the course adopts a competency-based and experiential approach.

This course is designed for all learners irrespective of their prior experience in sports or physical activity. It focuses on developing a foundational understanding of physical fitness, movement, health, inclusion and well-being and encourages lifelong engagement in physical activity.

The curriculum integrates Indian Knowledge Systems, particularly Yoga and indigenous physical culture along with basic scientific understanding of the human body and movement. It builds on prior learning and prepares students for application-oriented study in Class XII, while remaining appropriate to the senior secondary level.

### Course objectives

The course aims to develop foundational understanding of Physical Education as an academic discipline and promote health-related physical fitness and well-being among all learners. It seeks to build basic knowledge of the human body, movement and exercise, and encourage the adoption of healthy lifestyle practices. The course also aims to develop values of inclusion, cooperation, ethics and sportsmanship, while fostering regular participation in physical activity. It introduces learners to Yoga and Indian Knowledge Systems for holistic development and provides basic awareness of assessment practices and the role of Physical Education in society.

### Competencies

Students will be able to:

- Demonstrate physical literacy and maintain health-related physical fitness through regular participation in physical activity and exercise.
- Understand and apply basic scientific principles of anatomy, physiology and movement in physical activity contexts.
- Adopt healthy lifestyle practices, including balanced nutrition, mental well-being, stress management and recovery.
- Use basic test, measurement and evaluation techniques to assess and interpret fitness and health-related data.
- Demonstrate values of inclusion, teamwork, ethics and sportsmanship in physical activity and social contexts.
- Apply Yoga and recreational activities for holistic development and lifelong engagement in physical activity.

**No. of periods for Theory: 132**

**Theory(70 marks)**

### Syllabus

Content	Periods	Marks
<b>UNIT 1: Physical Education as a Discipline and Philosophical Foundations</b> <ul style="list-style-type: none"> <li>• Concept and nature of Physical Education as an academic discipline</li> <li>• Philosophical foundations of Physical Education</li> <li>• Indian knowledge system in physical education</li> <li>• Role of Physical Education in holistic development and society</li> <li>• Physical literacy and its significance in lifelong engagement</li> </ul>	12	14
<b>UNIT 2: Physical Fitness and Exercise</b> <ul style="list-style-type: none"> <li>• Components of physical fitness and their interrelationship</li> <li>• Principles of exercise and training (overload, progression, specificity)</li> <li>• Types of physical activities and exercise systems</li> <li>• Physiological basis of fitness development (introductory)</li> <li>• Planning of exercise routines for health and well-being</li> </ul>	16	
<b>UNIT 3: Functional Anatomy and Exercise Physiology</b> <ul style="list-style-type: none"> <li>• Structure and function of skeletal and muscular systems in movement</li> <li>• Joints and types of movements</li> <li>• Physiological responses to physical activity (heart rate, respiration, fatigue)</li> <li>• Introduction to energy systems in physical activity</li> <li>• Application of anatomical and physiological knowledge in Physical education</li> </ul>	16	16

<p><b>UNIT 4: Fundamentals of Biomechanics and Movement Analysis</b></p> <ul style="list-style-type: none"> <li>• Meaning and importance of biomechanics in physical education</li> <li>• Basic concept of Force, motion, balance and stability</li> <li>• Principles of efficient movement in sports and daily activities</li> <li>• Posture, alignment and movement correction</li> <li>• Role of biomechanics in injury prevention</li> </ul>	13	
<p><b>UNIT 5: Well-being, Nutrition and Mental Health</b></p> <ul style="list-style-type: none"> <li>• Concept of holistic Well-being</li> <li>• Balanced diet, nutrition and hydration</li> <li>• Mental health and emotional well-being in adolescence</li> <li>• Stress, anxiety and coping strategies</li> <li>• Lifestyle practices: Physical activity, sleep, recovery and digital well-being</li> </ul>	15	
<p><b>UNIT 6: Physical Education, Society and Inclusion</b></p> <ul style="list-style-type: none"> <li>• Physical Education as a socialising agency</li> <li>• Socialisation through sports and physical activity</li> <li>• Women in sports: participation, challenges and empowerment</li> <li>• Barriers to participation (gender, disability, socio-economic, cultural)</li> <li>• Concept of inclusion and equity in Physical Education</li> </ul>	13	14
<p><b>UNIT 7: Test, Measurement and Evaluation in Physical Education</b></p> <ul style="list-style-type: none"> <li>• Meaning and importance of test, measurement and evaluation</li> <li>• Physical fitness tests and measurement tools</li> <li>• Anthropometric measurements</li> <li>• Interpretation and use of fitness data</li> <li>• Safety, ethics and guidelines in testing</li> </ul>	13	14
<p><b>UNIT 8: Yoga as a Classical Discipline</b></p> <ul style="list-style-type: none"> <li>• Historical development and philosophy of Yoga</li> <li>• Ashtanga Yoga</li> <li>• Concepts of Asana and Pranayama</li> <li>• Scientific basis and benefits of Yoga</li> <li>• Yogic lifestyle, discipline and values</li> </ul>	13	
<p><b>UNIT 9: Recreation, Indigenous Games and Adventure Activities</b></p> <ul style="list-style-type: none"> <li>• Concept of recreation, play, games and sports (Physical activity)</li> <li>• Active and passive leisure: implications for health</li> <li>• Indigenous games as physical culture and learning</li> <li>• Adventure sports and outdoor activities</li> <li>• Lifelong participation and community recreation</li> </ul>	13	12
<p><b>UNIT 10: Physical Education as Profession and Career Pathways</b></p> <ul style="list-style-type: none"> <li>• Concept of profession, professional and professionalism</li> <li>• Career opportunities and competencies in Physical Education</li> <li>• Ethical challenges and responsibilities of PE professionals</li> </ul>	8	

<ul style="list-style-type: none"> <li>• Role of Physical Education Personnel in community development</li> <li>• Values, ethics and Sport spirit</li> </ul>		
<b>Total</b>	132	70

### Competency Distribution

Competency Level	Percentage
Knowledge (Recall)	20%
Understanding	30%
Application	30%
Analysis	20%

### No. of periods for Practical: 48

#### Practical (30 Marks)

The practical component of Physical Education is designed to promote holistic, competency-based, and experiential learning, in alignment with the principles of the National Education Policy 2020 and the National Curriculum Framework 2023. The assessment emphasises continuous participation, skill development, application of knowledge and reflective learning.

S.No.	Component	Marks
1.	Physical Fitness and Activity Performance	10
2.	Yoga Practice and Application	10
3.	Project Work and Portfolio	10
	<b>Total</b>	<b>30</b>

### Component Description

#### 1. Physical Fitness and Activity Performance (10 Marks)

This component assesses the student's physical competence, regular participation and understanding of fitness development. Students will undergo structured fitness assessments and demonstrate performance in selected physical activities/ games/ sports. Emphasis is placed on correct technique, consistency and improvement over time, rather than one-time performance.

## **2. Yoga Practice and Application (10 Marks)**

This component focuses on the practice, understanding and application of Yoga as a holistic discipline. Students will demonstrate selected asanas, pranayama and yogic practices with proper technique and awareness. The assessment also considers the student's ability to integrate Yoga into daily lifestyle for physical, mental and emotional well-being.

### **Project Work and Portfolio (10 Marks)**

This component is designed to promote application-based learning, reflection and evidence-based assessment. Each student will maintain a portfolio documenting their learning and participation throughout the academic year.

#### **Portfolio Requirements**

- Record of physical fitness assessments and progress
- Personal physical activity log (regular participation)
- Yoga practice record and reflections
- Participation in games, sports, physical activities
- Project work based on selected theme
- Reflective notes on learning, health and lifestyle

Where feasible, the portfolio may include photographic or documented evidence of participation, duly verified by the Physical Education teacher.

#### **Project Areas**

Students may undertake project work in any one of the following areas:

- Design and implementation of a personal fitness plan
- Nutritional analysis of daily diet and healthy modifications
- Study and documentation of an indigenous/traditional game
- Organisation or participation in a school or community physical activity event
- Development of a Yoga routine for specific health needs
- Awareness project on active lifestyle and well-being

#### **Assessment Approach**

The practical assessment is continuous, comprehensive and competency-based, focusing on:

- Physical performance and skill development
- Application of knowledge in real-life contexts
- Participation, discipline and teamwork
- Reflection and self-improvement