

# ADARSH PUBLIC SCHOOL

C-Block, Vikas Puri

## SYLLABUS CLASS XI

SESSION: 2022-23

### ENGLISH CORE (301)

#### JULY

<b>Hornbill</b>	Chapter 1	The Portrait of A Lady
	Chapter 2	We're Not Afraid to Die
	Poem 1	A Photograph
<b>Snapshot</b>	Chapter 1	The Summer Of the Beautiful White Horse
<b>Grammar</b>	Editing, Rearrangement	
<b>Writing Skill</b>	Notice Writing, Speech	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

#### AUGUST

<b>Hornbill</b>	Chapter 3	Discovering Tut
	Poem 2	The Laburnum Top
<b>Snapshot</b>	Chapter 2	The Address
<b>Grammar</b>	Tenses , Clause, Gap Filling	
<b>Writing Skill</b>	Advertisement (Classified), Debate Writing	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

#### SEPTEMBER

<b>Hornbill</b>	Poem 3	The Voice of Rain
<b>Grammar</b>	Transformation of Sentences	
<b>Writing Skill</b>	Poster Making, Letter of Enquiry	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

## **OCTOBER**

<b>Hornbill</b>	Poem 4	Childhood
	Chapter 7	Adventure
<b>Grammar</b>	Tenses, Modals	
<b>Writing Skill</b>	Speech, Letter Of Enquiry	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

## **NOVEMBER**

<b>Hornbill</b>	Chapter 8	Silk Road
<b>Snapshot</b>	Chapter 5	Mother's Day
<b>Grammar</b>	Editing, Rearrangement, Gap Filling	
<b>Writing Skill</b>	Speech, Poster Making, Report Writing	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

## **DECEMBER**

<b>Hornbill</b>	Poem 5	Father to Son
<b>Snapshot</b>	Chapter 7	Birth
<b>Grammar</b>	Direct- Indirect , Rearrangement, Editing	
<b>Writing Skill</b>	Report Writing	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

## **JANUARY**

<b>Snapshot</b>	Chapter 8	The Tale of Melon City
<b>Grammar</b>	Active passive, Editing, Rearrangement	
<b>Writing Skill</b>	Advertisement (Classified), Poster Making	
<b>Reading Skill</b>	Unseen Comprehension, Notemaking	

## **PRE MID**

<b>Hornbill</b>	Chapter 1 Poem 1, 2
<b>Snapshot</b>	Chapter 1
<b>Grammar</b>	Gap Filling, Rearrangement, Editing
<b>Writing Skill</b>	Notice Writing

## **MID TERM**

<b>Hornbill</b>	Chapter 1,2,3 Poem 1,2,3
<b>Snapshot</b>	Chapter 1,2
<b>Grammar</b>	All the topics covered
<b>Writing Skill</b>	All the topics covered
<b>Reading Skill</b>	All the topics covered

## **POST MID**

<b>Hornbill</b>	Chapter 7, 8 Poem 4
<b>Snapshot</b>	Chapter 5
<b>Grammar</b>	All the topics covered
<b>Writing Skill</b>	All the topics covered
<b>Reading Skill</b>	All the topics covered

## **ANNUAL**

Whole Syllabus

## **PHYSICS (042)**

### **JULY**

**Chapter2**

Units and Measurements

**Chapter3**

Motion in a Straight Line

### **PRACTICAL**

**Experiment 1**

Vernier Callipers

**Experiment 2**

Screw Gauge

### **AUGUST**

**Chapter4**

Motion in a Plane

**Chapter5**

Laws of Motion

**Chapter6**

Work, Energy and Power

### **PRACTICAL**

**Experiment 3**

Parallelogram Law of Vectors

**Experiment 4**

Relationship between temperature of a hot body and Time

### **SEPTEMBER**

**Chapter 7**

System of Particles and Rotational Motion

**Revision**

### **OCTOBER**

**Chapter 7**

System of Particles and Rotational Motion (Cont.)

**Chapter 8**

Gravitation

### **PRACTICAL**

**Experiment 5**

Spring Constant

### **NOVEMBER**

**Chapter 9**

Mechanical Properties of Solids

**Chapter 10**

Mechanical Properties of Fluids

**Chapter 11**

Thermal Properties of Matter

## **PRACTICAL**

**Experiment 6** Simple Pendulum

**Experiment 7** Viscosity

## **DECEMBER**

**Chapter 12** Thermodynamics

**Chapter 13** Kinetic Theory

## **PRACTICAL**

**Experiment 8** Sonometer

## **JANUARY**

**Chapter14** Oscillations

**Chapter15** Waves

## **FEBRUARY**

## **REVISION**

**PRE-MID TERM EXAM:** Chapter 2, 3

**MID TERM EXAM:** Chapter 2-7

**POST MID TERM EXAM:** Chapter 8,9,10

**ANNUAL EXAM:** WHOLE SYLLABUS

## **MATHEMATICS (041)**

### **JULY**

**Chapter 5** Complex Numbers and Quadratic Equations

**Chapter 1** Sets

**Chapter 2** Relations and Functions

**Activity-1** Subsets of a given set

**Activity-3** Union and Intersection of sets

**Activity-11** Interpret the meaning of  $i = \sqrt{-1}$  geometrically

<b>Chapter 9</b>	<b>AUGUST</b> Sequences & Series
<b>Chapter 10</b>	Straight Lines
<b>Chapter 13</b>	Limits
<b>Activity-2</b>	Verify that $n(AXB)=n(A) \times n(B)$ for two sets

### **SEPTEMBER**

<b>Chapter 15</b>	Statistics
<b>Activity-28</b>	To find analytically the formula of limit $x$ tends to $c$ .

### **OCTOBER**

<b>Chapter 3</b>	Trigonometric Functions
<b>Chapter 6</b>	Linear Inequalities
<b>Activity-13</b>	Verify the graph of Linear Inequalities

### **NOVEMBER**

<b>Chapter 7</b>	Permutations and Combinations
<b>Chapter 11</b>	Conic Sections [Till Ex 11.4]
<b>Chapter 12</b>	Introduction to three Dimensional Geometry
<b>Activity-27</b>	Concept of Octant

### **DECEMBER**

<b>Chapter 16</b>	Probability
<b>Chapter 13</b>	Derivatives
<b>Activity-32</b>	Sample space when a die is rolled once, twice.
<b>Activity-33</b>	Sample space when a coin is tossed once, two times, three times, four times

## **JANUARY**

<b>Chapter 8</b>	Binomial Theorem
<b>Activity-15</b>	Pascal's Triangle

## **FEBRUARY**

Revision of Whole Syllabus

<b>Pre Mid Term</b>	Chapter 1, 2, 5
<b>Mid Term Examination</b>	Chapter 1, 2, 5, 9, 10, 13, 15 Activities- 1 to 3, 11, 28
<b>Post Mid Term</b>	Chapter 3, 6 and 7
<b>Annual Examination</b>	Chapter 1 to 16 except Chapter 4 & 14 (With Supplementary Part) Activities 1 to 3, 11, 13, 15, 27, 28,32,33

## **CHEMISTRY (043)**

### **JULY**

<b>Chapter 1</b>	Some basic concepts of chemistry
<b>Chapter 2</b>	Structure of atom
<b>Chapter 3</b>	Classification of elements and Periodicity

### **AUGUST**

<b>Chapter 4</b>	Chemical bonding and molecular structure
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### **SEPTEMBER**

<b>Chapter 6</b>	Thermodynamics
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	<b>OCTOBER</b>
<b>Chapter 8</b>	Redox reactions
	<b>NOVEMBER</b>
<b>Chapter 7</b>	Equilibrium-I and II
	<b>DECEMBER</b>
<b>Chapter 12</b>	Organic chemistry- Some basic concepts and Techniques
	<b>JANUARY</b>
<b>Chapter 13</b>	Hydrocarbons
	<b>FEBRUARY</b>
<b>Chapter 13</b>	Hydrocarbons (contd.)

### **PRACTICALS**

<b>JULY-SEPTEMBER</b>	Introduction to Lab apparatus Acid- Base titrations
<b>OCTOBER-JANUARY</b>	Analysis of acidic and basic radicals
<b>PRE MID TERM EXAM:</b>	Chapter- 2 and 3
<b>MID TERM EXAM:</b>	Chapter -2,3 and 4
<b>POST MID TERM EXAM:</b>	Chapter – 6,7 and 8
<b>ANNUAL EXAM:</b>	Whole Syllabus (Theory + Practical)

### **BIOLOGY(044)**

	<b>JULY</b>
<b>Chapter-1</b>	The Living World
<b>Chapter-2</b>	Biological Classification
<b>Chapter-3</b>	Plant Kingdom
<b>Chapter-4</b>	Animal Kingdom
<b>Chapter -5</b>	Morphology of flowering plants



**Chapter-6**

**AUGUST**

Anatomy of flowering plants

**Chapter-7**

Structural organization in Animals

**Chapter 8**

Cell: The unit of life

**Chapter-9**

Biomolecules (Half)

**SEPTEMBER**

**Chapter-9**

Biomolecule

**Chapter-10**

Cell Cycle and Cell Division

**OCTOBER**

**Chapter-13**

Photosynthesis in Higher Plants

**NOVEMBER**

**Chapter-14**

Respiration in Plants

**Chapter-15**

Plant Growth and Development

**DECEMBER**

**Chapter -17**

Breathing and Exchange of Gases

**Chapter-18**

Body Fluids and Circulation

**JANUARY**

**Chapter-19**

Excretory Products and their Elimination

**Chapter-20**

Locomotion and Movement

**Chapter-21**

Neural Control and Coordination

**FEBRUARY**

**Chapter -22**

Chemical coordination and  
Integration

**PRE MID TERM EXAM**  
**MID TERM EXAM**  
**POST MID TERM EXAM**  
**ANNUAL EXAM**

Chapter- 1,2,3 and 4  
Chapter -1,2,3,4,5,6,7,8,9  
Chapter – 10,11,12,13,  
Whole Syllabus (Theory +  
Practical)

## **PRACTICALS**

1. Study and describe any two common flowers.
2. Preparation of T.S. of dicot and monocot roots and stems.
3. Study of osmosis by potato osmometer.
4. Study of distribution of stomata in the upper and lower surface of leaves.
5. Test for the presence of sugar, starch and proteins.
6. Study of permanent slides of algae, protozoa, plant & animal tissues.
7. Museum specimens.
8. Separation of plant pigments through paper chromatography.
9. Study the rate of respiration in flower bud and germinating seeds.
10. Study of plasmolysis in Rheo leaves.
11. Test for the presence of fat in the plant/animal material.
12. Study of plant and animal specimens and slides.
13. Study of mitosis from permanent slides.
14. Study of different types of Inflorescence.
15. Study of Human skeleton and different types of joints.

## **ACCOUNTANCY (055)**

### **JULY**

<b>Chapter-1</b>	Introduction to Accounting
<b>Chapter-2</b>	Basic Accounting Terms
<b>Chapter-3</b>	Theory base of Accounting, Accounting standards and Indian accounting Standards ( IND- AS)
<b>Chapter-4</b>	Bases of Accounting
<b>Chapter-5</b>	Accounting Equation

### **AUGUST**

<b>Chapter-6</b>	Accounting Procedure- Rules of Debit and Credit
<b>Chapter-7</b>	Origin of Transactions- Source Documents and Vouchers
<b>Chapter-8</b>	Journal
<b>Chapter-9</b>	Ledger
<b>Chapter-10</b>	Special purpose book I- Cash Book

### **SEPTEMBER**

<b>Chapter-12</b>	Accounting of Goods and Service Tax
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### **Introduction to Project Work**

### **OCTOBER**

<b>Chapter -13</b>	Bank Reconciliation Statement
<b>Chapter-14</b>	Trial Balance
<b>Chapter -15</b>	Depreciation
<b>Chapter-16</b>	Provisions and Reserves

### **NOVEMBER**

<b>Chapter- 11</b>	Special purpose book II- Other Books
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**Chapter-17**

Rectification of Errors

**DECEMBER****Chapter-18**Financial Statements of Sole  
Proprietorship**JANUARY****Chapter-19**Adjustments in Preparation of  
Financial Statements**FEBRUARY****REVISION****PRE MID TERM EXAM****Chapter- 1,2,4 & 5****MID TERM EXAM****Chapter -1 to10 & 12****POST MID TERM EXAM****Chapter –13,15 & 16****ANNUAL EXAM****Whole Syllabus****ECONOMICS (030)****JULY****Part A****Statistics for Economics**

Unit 1

Introduction

Unit 2

Collection, Organisation and  
Presentation of Data

Unit 3

Statistical Tools and Interpretation

Chapter

Measures of Central Tendency

**AUGUST****Part B****Introductory Micro Economics**

Unit 4

Introduction

Unit 5

Consumer Equilibrium and Demand

**Statistics**

Unit 3

Chapter

Statistical Tools and Interpretation  
Correlation**Introduction to Project work****SEPTEMBER****Micro Economics**

Unit 6

Producer's Behaviour and Supply

Chapter

Production Function and Cost  
Revision of covered syllabus**OCTOBER**

Unit 6

Producer's Behaviour and Supply(contd.)

**NOVEMBER**

Unit 3

Statistical Tools and Interpretation

Chapter

Introduction to Index Number

**DECEMBER**

Unit 7

Forms of Market and Price  
Determination under perfect  
competition with simple applications**JANUARY**

Unit 7

Forms of Market and Price  
Determination under perfect  
competition with simple applications**FEBRUARY**

Revision of Whole Syllabus

**PRE MID TERM EXAM**

Unit 1 ,2, 3 (Statistics)

**MID TERM EXAM**

Part A

Unit 2 Collection, Organisation and  
Presentation of Data

Unit 3 Measures of Central Tendency

Unit 4 Introduction

Unit 5 Consumer Equilibrium and Demand

**POST MID TERM EXAM**

Unit 6 Producer's Behaviour and Supply

Unit 3 Correlation

**ANNUAL EXAM**

Whole Syllabus

## **BUSINESS STUDIES (054)**

### **JULY**

<b>Chapter-1</b>	Nature and Purpose of Business
<b>Chapter- 2</b>	Forms of business organisations
<b>Chapter- 3</b>	Private public and global enterprises

### **Introduction to Project work**

### **AUGUST**

<b>Chapter- 4</b>	Business service
<b>Chapter- 5</b>	Emerging modes of business

### **SEPTEMBER**

<b>Chapter- 6</b>	Social responsibility of business
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### **OCTOBER**

<b>Chapter- 7</b>	Formation of company
<b>Chapter-8</b>	Sources of business finance and ethics

### **NOVEMBER**

<b>Chapter- 9</b>	MSME and Entrepreneurship development
<b>Chapter- 10</b>	Internal trade

### **DECEMBER**

<b>Chapter- 10</b>	Internal trade
<b>Chapter-11</b>	International business

### **JANUARY**

<b>Chapter- 11</b>	International business
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### **FEBRUARY**

Revision of Whole Syllabus

<b>Pre Mid Term Exam</b>	<b>Chapter- 1, 2</b>
<b>Mid Term Exam</b>	<b>Chapter- 1 to 6</b>
<b>Post Mid Term Exam</b>	<b>Chapter- 7 &amp; 8</b>
<b>Annual Exam</b>	<b>Whole Syllabus</b>

## **INFORMATICS PRACTICES (065)**

### **JULY**

Chapter 1	Computer System
Chapter 2	Getting Started with Python
Chapter 3	Python Fundamentals
Chapter 4	Data Handling

### **AUGUST**

Chapter 5	Flow of Control
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### **SEPTEMBER**

Chapter 5	Flow of Control (Contd...)
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### **OCTOBER**

Chapter 6	List Manipulation
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### **NOVEMBER**

Chapter 7	Dictionaries
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### **DECEMBER**

Chapter 10	Database Concepts
Chapter 11	Structured Query Language (SQL)

### **JANUARY**

Chapter 12	Emerging Trends
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### **FEBRUARY**

Revision of Whole Syllabus

<b>Pre Mid Exam</b>	<b>Chapters 1, 2, 3, 4</b>
<b>Mid Term Exam</b>	<b>Chapters 2,3,4, 5</b>
<b>Post Mid Exams</b>	<b>Chapters 6, 7</b>
<b>Annual Examination</b>	<b>Whole Syllabus</b>



## **COMPUTER SCIENCE (083)**

### **JULY**

Chapter-5	Introduction to Problem Solving
Chapter-6	Getting started with Python
Chapter-7	Python Fundamentals
Chapter-8	Data Handling

### **AUGUST**

Chapter-9	Flow of Control
Chapter-1	Computer System Overview
Chapter-2	Data Representation
Chapter-3	Boolean Logic

### **SEPTEMBER**

Chapter-10	String Manipulation
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### **OCTOBER**

Chapter-11	List Manipulation
Chapter-12	Tuples

### **NOVEMBER**

Chapter-13	Dictionaries
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### **DECEMBER**

Chapter-15	Cyber Safety
Chapter-16	Online Access and Computer Safety

### **JANUARY**

Chapter-17	Society, Law & Ethics
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### **FEBRUARY**

Revision of Syllabus

<b>Pre Mid Exam</b>	<b>Chapters 5, 6, 7, 8</b>
<b>Mid Term Exam</b>	<b>Chapters 1, 2, 3, 5, 6,7,8,9, 10</b>
<b>Post Mid Exam</b>	<b>Chapters 11, 12, 13</b>
<b>Annual Exam</b>	<b>Whole Syllabus</b>

## **PSYCHOLOGY (037)**

### **JULY**

**Chapter-1**

What is Psychology?

**Chapter-2**

Methods of Enquiry in Psychology.

### **PROJECT WORK**

### **AUGUST**

**Chapter-2**

Methods of Enquiry in Psychology (Contd.)

**Chapter-4**

Human Development

**Practical**

**Experiment 1**

Experiment on Learning

### **SEPTEMBER**

**Chapter-4**

Human Development (Contd.)

**Revision**

Chapter 1,2,4

### **OCTOBER**

**Chapter -5**

Sensation and Perception

**Chapter-6**

Learning

### **NOVEMBER**

**Chapter-6**

Learning (Contd.)

**Chapter-7**

Memory

### **DECEMBER**

**Chapter-7**

Memory (Contd.)

**Chapter-8**

Thinking

**Practical**

**Experiment 2**

Experiment on Memory

### **JANUARY**

**Chapter-8**

Thinking (Contd.)

**Chapter-9**

Motivation and Emotion

### **FEBRUARY**

**Chapter-9**

Motivation and Emotion (Contd.)

Revision of Whole Syllabus

<b>Pre Mid Term Exam</b>	Chapter- 1
<b>Mid Term Exam</b>	Chapter -1,2 &4
<b>Post Mid Term Exam</b>	Chapter - 5&6
<b>Annual Exam</b>	Whole Syllabus

## **HISTORY (027)**

### **JULY**

<b>Chapter 1</b>	From the Beginning of Time
<b>Chapter 2</b>	Writing and City Life

### **AUGUST**

<b>Chapter 3</b>	An Empire Across Three Continents
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### **SEPTEMBER**

<b>Chapter 5</b>	Nomadic Empires
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### **PROJECT WORK**

### **OCTOBER**

<b>Chapter 6</b>	Three Orders
<b>Chapter 7</b>	Changing Traditions

### **NOVEMBER**

<b>Chapter 9</b>	The Industrial Revolution
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### **DECEMBER**

<b>Chapter 10</b>	Displacing Indigenous People
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### **JANUARY**

<b>Chapter 11</b>	Paths to Modernisation
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### **FEBRUARY**

Revision of Entire Syllabus and Submission of Project Work

<b>Pre Mid Term</b>	<b>Chapter 1,2</b>
<b>Mid Term</b>	<b>Chapter 1,2,3 and 5</b>
<b>Post Mid Term</b>	<b>Chapter 6,7</b>
<b>Annual Examination</b>	<b>Chapter 1 to 11</b>

## **POLITICAL SCIENCE (028)**

### **JULY**

<b>Book I</b>	<b>Indian Constitution at Work</b>
Chapter 1	Constitution
Chapter 2	Election and Representation
Chapter 3	The Legislature

### **AUGUST**

Chapter 4	The Executive
Chapter 5	The Judiciary
Chapter 6	The Federalism

### **SEPTEMBER**

Chapter 7	Local Government
	Project work introduction

### **OCTOBER**

<b>Book II</b>	<b>Political Theory</b>
Chapter 1	Political Theory: An introduction
Chapter 2	Liberty
Chapter 3	Equality

### **NOVEMBER**

Chapter 4	Justice
Chapter 5	Rights
Chapter 6	Citizenship

## **DECEMBER**

Chapter 7

Nationalism

### **SUBMISSION OF PROJECT WORK**

## **JANUARY**

Chapter 8

Secularism

**Pre-mid Term:**

Book I: Chapter 1, 2,3

**Mid Term:**

Book I: Chapter 1 to 7

**Post-mid Term:**

Book II: Chapter 1, 2, 3

**Annual Exam:**

**Whole Syllabus**

## HINDI (002)

### जुलाई

अंतरा

पद्य खंड

पाठ - 1 कबीर

पाठ - 3 देव

गद्य खंड

पाठ - 1 ईदगाह

पाठ - 2 दोपहर का भोजन

अंतराल

पाठ - 2 हुसैन की कहानी, अपनी जुबानी

अभिव्यक्ति व माध्यम

पाठ - 1 जनसंचार माध्यम

पाठ 16 शब्दकोश एक परिचय

अपठित बोध व विचार लेखन - प्रत्येक एक

### अगस्त

अंतरा

पद्य खंड

पाठ - 5 सुमित्रानंदन पंत

गद्य खंड

पाठ - 3 टॉर्च बेचने वाले

पाठ - 4 गूंगे

अभिव्यक्ति व माध्यम

पाठ -14 कार्यालय लेखन व प्रक्रिया

अपठित बोध व विचार लेखन - प्रत्येक एक

### सितंबर

अंतरा

पद्य खंड

पाठ - 6 महादेवी वर्मा

अभिव्यक्ति व माध्यम

पाठ - 9 डायरी लेखन की कला

अपठित बोध व विचार लेखन - प्रत्येक एक

अर्धवार्षिक परीक्षा

पूर्व पठित पाठों की पुनरावृत्ति

### अक्टूबर

अंतरा

पद्य खंड

पाठ - 2 सूरदास

गद्य खंड

पाठ - 5 ज्योतिबा फुले

अभिव्यक्ति व माध्यम

पाठ -2 पत्रकारिता के विविध आयाम

अपठित बोध व विचार लेखन - प्रत्येक एक

### नवंबर

अंतरा

पद्य खंड

पाठ - 8

नागार्जुन

गद्य खंड

पाठ - 6

खानाबदोश

अपठित बोध व विचार लेखन - प्रत्येक एक

### दिसंबर

अंतरा

पद्य खंड

पाठ - 9

श्रीकांत वर्मा

पाठ - 8

उसकी मां

अभिव्यक्ति व माध्यम

पाठ - 1

कथा-पटकथा

अपठित बोध व विचार लेखन - प्रत्येक एक

### जनवरी

अंतरा

पद्य खंड

पाठ - 10

धूमिल

गद्य खंड

पाठ - 9

भारतवर्ष की उन्नति कैसे हो?

अभिव्यक्ति व माध्यम

पाठ - 1 5

स्ववृत्त लेखन और रोजगार संबंधी आवेदन पत्र

अपठित बोध व विचार लेखन - प्रत्येक एक

### फरवरी

अंतराल

पाठ - 3

आवारा मसीहा दिशाहारा

पूर्व मध्य सत्र मूल्यांकन

अंतरा

पद्य खंड

पाठ - 1

कबीर

पाठ - 5

सुमित्रानंदन पंत

गद्य खंड

पाठ - 1

ईदगाह

पाठ - 2

दोपहर का भोजन

अभिव्यक्ति व माध्यम

पाठ - 1

जनसंचार माध्यम

### मध्य सत्र मूल्यांकन

अंतरा

पद्य खंड पाठ – 1, 3, 5, 6

गद्य खंड पाठ – 1, 2, 3, 4

अंतराल पाठ – 2

अभिव्यक्ति व माध्यम पाठ – 1, 9, 14, 16

अपठित बोध वह विचार लेखन

### उत्तर मध्य मूल्यांकन

अंतरा

पद्य खंड पाठ - 2 सूरदास

पाठ – 8 नागार्जुन

गद्य खंड पाठ – 5 ज्योतिबा फुले

पाठ - 6 खानाबदोश

अभिव्यक्ति व माध्यम पाठ – 2 पत्रकारिता के विविध आयाम

### वार्षिक परीक्षा

संपूर्ण पाठ्यक्रम

## PHYSICAL EDUCATION (048)

### JULY

Unit- I Changing Trends and  
Career in Physical  
Education

Unit- II Olympism

Unit - V Physical Fitness, health  
and Wellness

### AUGUST

Unit - VI Test Measurement and  
Evaluation

Unit - VII Fundamentals of Anatomy, Physiology  
in sports



## **SEPTEMBER**

Unit - IV

Physical Education & Sports  
for CWSN

Unit - III

Yoga

## **OCTOBER**

Unit - VIII

Fundamentals of kinesiology and  
biomechanics in sports

## **NOVEMBER**

Unit - IX

Psychology and Sports

## **DECEMBER**

Unit - X

Training and Doping in Sports

## **JANUARY**

Unit - VIII

Fundamentals of kinesiology and  
biomechanics in sport

## **FEBRUARY**

Revision of Whole Syllabus

**Pre-Mid Term Exam**

Chapter- 1, 2 & 5

**Mid-Term Exam**

Chapter- 1,2, 5, 6 & 7

**Post-Mid Term Exam**

Chapter- 3,4, 8 & 9

**Final Examintion**

Entire Syllabus

## **GENERAL KNOWLEDGE**

<b>JULY</b>	Science and Technology, Contemporary Career Options, Current Affairs
<b>AUGUST</b>	Mental Ability, Reasoning, Ability, Sports, Update Current Affairs ,Understanding Social Structure, Important Days and Dates, Current affairs
<b>SEPTEMBER</b>	Protection of Environment, Famous Personalities
<b>OCTOBER</b>	Mental Ability
<b>NOVEMBER</b>	Books and Authors, Current Affairs
<b>DECEMBER</b>	National Unity, Numerical, Current Affairs
<b>JANUARY</b>	All India Services Reasoning Ability, Current Affairs
	International Understanding
	Current Affairs

## **WORK EXPERIENCE**

Projection “Bring Safe and Responsible”

Project Focus: First Aid/Health Club, Disaster Prevention and Mitigation

- \* Importance of First aid dealing with cuts and bruises, heat exhaustion and heatstroke, breathing difficulties, cuts nosebleeds.
- \* Charts on Disaster Prevention and Mitigation methods.
- \* Preparation of First aid kit.
- \* Procedure to check temperature and blood pressure of a person.
- \* Posters/Charts on Symptoms , mode of transmission , methods to reduce risk , Do’s and Don’t of any contagious diseases  
(For Example: Coronavirus, Ebola or Bird Flu)