

Subject- Physical Education

Assessment	Chapter Name & No.	Page NO.
<u>PT-01</u>	1.Changing Trends and Careers in Physical Education 2.Olympic Value Education	1.1.1-1.30 2.1-2.23
<u>HALFYEARLY</u>	3. Yoga 4. Physical Education and Sports for CWSN [Children with Special Needs-Divyang] 5. Physical fitness, Health and Wellness	3.1-3.36 4.1-4.17 5.1-5.35
<u>PT-02</u>	6. Test, Measurement and Evaluation 7. Fundamentals of Anatomy and Physiology in Sports	6.1-6.28 7.1-7.26
<u>ANNUAL</u>	8. Fundamentals of Kinesiology and Biomechanics in Sports 9. Psychology and Sports 10. Training and Doping in Sports	2.1-2.19 9.1-9.23 10.1-10.29