DELHI

PUBLIC

SCHOOL

DHALIGAON

SYLLABUS BREAK UP

CLASS : XI (COMMERCE)
SESSION: 2024-25

NAME:-_____

SECTION:-_____ ROLL NO:-_____

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Month	No. of Working Days
April	21
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March	24

SUBJECT:- ENGLISH LANGUAGE & LITERATURE

Sl. No.	Months	Chapter /Unit No.	Topics and sub topics
1	April'24	Literature, Language & Comm. Skills	➢ A Photograph ➢ Poster Drafting ➢ Tense Forms ➢ Comm Skills-EXTEMPORE
2	May'24	Literature, Language & Comm. Skills	➢ The Portrait of a Lady ➢ The Summer of the beautiful white horse ➢ Situation Vacant -Ad ➢ Note Making ➢ COMM SKILLS-INTERVIEW
3	June'24	Literature, Language & Comm. Skills	➢ We're not afraid to die… ➢ The Laburnum Top ➢ For Sale & To let -Ad ➢ COMM SKILLS-DEBATE
4	July'24	Literature, Language & Comm. Skills	➢ Discovering Tut ➢ The Voice of the rain ➢ Clause ➢ Re ordering of sentences ➢ Comm. Skills-DEBATE
5	Aug'24	Literature, Language & Comm. Skills	➢ The Adventure ➢ The Address ➢ Childhood ➢ Situation Wanted ➢ Speech/Debate Writing ➢ Comm Skills-PRODUCT REVIEW
6	Sept'24	Literature, Language	**FIRST TERM EXAM** ➢ Silk Road ➢ Comm Skills-EXTEMPORE
7	Oct'24	Literature, Language & Comm. Skills	➢ The Tale of melon City ➢ Tense Forms ➢ Father to son ➢ Comm Skills-SPEECH
8	Nov'24	Literature, Language & Comm. Skills	➢ Mother's Day ➢ Lost & Found ad ➢ Speech writing ➢ Comm Skills-DEBATE
9	Dec'24	Literature, Language &	➢ Birth ➢ Poster Drafting

10	Jan'25	Literature, Language & Comm. Skills	➤ Article Writing ➤ Comm Skills-REPORTING ➤ Report Writing ➤ ALS PRACTICALS
11	Feb'25	Literature, Language & Comm. Skills	➤ For Sale & To Let Ads(Revision) ➤ Debate writing(Revision) ➤ The Adventure (Revision)
12	Mar'25		**SECOND TERM EXAMINATION**

SUBJECT:-MATHEMATICS

Sl. No.	Month	Chapter /Unit No.	Topics and sub topics
1	April'24	**Unit-III: Coordinate Geometry 1.Straight Lines**	Few basic concepts required to link maths with other subjects (e,g PMI, logarithms ,trigonometry **,Binomial theorem**. **Limits and Derivatives.**etc) **1. Straight Lines**: Brief recall of two-dimensional geometry from earlier classes. Slope of a line and angle between two lines. Various forms of equations of a line: parallel to axis, point -slope form, slope-intercept form, two-point form, intercept form, Distance of a point from a line.
2	May'24	**Unit-III: Coordinate Geometry 1.Straight Lines 2.Conic Sections**	**1. Straight Lines**: Various forms of equations of a line: parallel to axis, point -slope form, slope-intercept form, two-point form, intercept form, Distance of a point from a line. **2. Conic Sections**: Sections of a cone: circles, ellipse, parabola, hyperbola, a point, a straight line and a pair of intersecting lines as a degenerated case of a conic section. Standard equations and simple properties of parabola, ellipse and hyperbola. Standard equation of a circle. **ACTIVITY:1) To construct different types of conic sections. ACTIVITY:2) To construct an ellipse when two fixed points are given practically.**
3	June'24	**Unit-III: 3.**	**3. Introduction to Three-dimensional Geometry:** Coordinate axes and coordinate

			planes in three dimensions. Coordinates of a point. Distance between two points. **[section formula and related problems]**
		Introduction to Three-dimensional Geometry **Unit-I:1 Sets and Functions**	1. **Sets**: Sets and their representations, Empty set, Finite and Infinite sets, Equal sets, Subsets, Subsets of a set of real numbers especially intervals (with notations). Universal set. Venn diagrams. Union and Intersection of sets. Difference of sets. Complement of a set. Properties of Complement. 2. **Relations &Functions**: Ordered pairs. Cartesian product of sets. Number of elements in the Cartesian product of two finite sets. Cartesian product of the set of reals with itself (up to R x R x R) **ACTIVITY:3) To represent set theoretic operations using Venn diagrams ,ACTIVITY: 4) To verify distributive law for three given non-empty. sets A, B and C.**
4	July'24	**Unit-I:** **2. Relations & Functions**	2. **Relations &Functions**: Definition of relation, pictorial diagrams, domain, co-domain and range of a relation. Function as a special type of relation. Pictorial representation of a function, domain, co-domain and range of a function. Real valued functions, domain and range of these functions, constant, identity, polynomial, rational, modulus, signum, exponential, logarithmic and greatest integer functions, with their graphs. Sum, difference, product and quotients of functions.
5	Aug'24	**3. Trigonometric Functions** **Unit-IV: Calculus**	3. **Trigonometric Functions**: Positive and negative angles. Measuring angles in radians and in degrees and conversion from one measure to another. Definition of trigonometric functions with the help of unit circle. Truth of the identity $\sin^2x + \cos^2x = 1$, for all x. Signs of trigonometric functions. Domain and range of trigonometric functions and their graphs. Expressing sin (x±y) and cos (x±y) in terms of sinx, siny, cosx& cosy and their simple applications. Deducing identities like the following: $\tan(x \pm y)$, $\cot(x \pm y)$

		1. Limits and Derivatives	Identities of sinα ± sinβ , cosα±cosβ , Identities related to sin2x, cos2x, tan2x, sin3x, cos3x and tan3x. **(Trigonometric equation and General solutions)ACTIVITY:5) To prepare a model to illustrate the values of sine function and cosine function for different angles which are multiples of Π and Π/2.** **1. Limits and Derivatives**: Derivative introduced as rate of change both as that of distance function and geometrically. Intuitive idea of limit. Limits of polynomials and rational functions trigonometric, exponential and logarithmic functions. Definition of derivative relate it to scope of tangent of the curve, derivative of sum, difference, product and quotient of functions. Derivatives of polynomial and trigonometric functions.
6	Sept'24	Unit-II: Algebra 1. **Complex Numbers and Quadratic Equations** 2. **Linear inequalities** **5.Sequence and Series**	1. **Complex Numbers and Quadratic Equations**: Need for complex numbers, especially √−1, to be motivated by inability to solve some of the quadratic equations. Algebraic properties of complex numbers. Argand plane**(Polar form)** 2. **Linear inequalities**. Algebraic solutions of linear inequalities in one variable and their representation on the number line.**(Graph of linear inequalities)** <u>FIRST TERM EXAMINATION</u> 5. **Sequence and Series**:(Introduction)
7	Oct'24	Unit-II: **5.Sequence and Series**	5. **Sequence and Series**: Arithmetic Mean (A.M.) Geometric Progression (G.P.), general term of a G.P., sum of n terms of a G.P., infinite G.P. and its sum, geometric mean (G.M.), relation between A.M. and G.M.**[A.P. and related questions]** **ACTIVITY:6) To obtain formula for the sum of squares of first n-natural numbers.** **ACTIVITY:7) An alternative approach to obtain formula for the sum of squares of first n natural numbers.**
8	Nov'24	Unit-II: **3. Permutation**	3. **Permutations and Combinations**: Fundamental principle of counting. Factorial n. (n!) Permutations and combinations, derivation

		s and Combinations	of Formulae for ^nP_r and ^nC_r and their connections, simple applications. : Historical perspective, statement and proof of the binomial theorem for positive
		4. Binomial Theorem	integral indices. Pascal's triangle, simple applications. **4. Binomial Theorem**: Historical perspective, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications.**(questions based on general term,middle term ,independent term etc. may be asked in exam)**
9	**Dec'24**	**Unit-II: 4. Binomial Theorem Unit-IV: Calculus 1. Limits and Derivatives** Unit-V Statistics and Probability **1. Statistics**	**4. Binomial Theorem**: Historical perspective, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, simple applications.**(questions based on general term,middle term ,independent term etc. may be asked in exam)** **ACTIVITY: 8)To construct a Pascal's Triangle and to write binomial expansion for a given positive integral exponent** 1**. Statistics**: Measures of Dispersion: Range, Mean deviation, variance and standard deviation of ungrouped/grouped data.
10	**Jan'25**	Unit-V Statistics and Probability 1**. Statistics 2. Probability**	1**. Statistics**: Measures of Dispersion: Range, Mean deviation, variance and standard deviation of ungrouped/grouped data. 2**. Probability**: Events; occurrence of events, 'not', 'and' and 'or' events, exhaustive events, mutually exclusive events, Axiomatic (set theoretic) probability, connections with other theories of earlier classes. Probability of an event, probability of 'not', 'and' and 'or' events
11	**Feb'25**		**REVISION FOR SECOND TERM EXAMINATION**
12	**Mar'25**		**SECOND TERM EXAMINATION**

SUBJECT:-ACCOUNTANCY

Sl. No.	Months	Unit / Chapter	Topic / Sub. Topic
1	April'24	**Unit-2 : Accounting**	●Introduction of Accounting, ●Transaction and Sources of documents

		Process	●Meaning and Rules of Debit and Credit ●Recording of Transactions-Journal ●Basic Accounting Theory ●Recording of Transactions-Journal
2	May'24	**Unit-2 : Accounting Process**	● Rules of Debit and Credit ●Recording of Transactions-Journal ● Accounting Equation ● Recording of Transactions-from journal to Ledger ● Recording of Transactions in Special Purpose Books :- →Cash Book :- Simple Cash Book
3	June'23	**Unit-2 : Accounting Process**	● Recording of Transactions in Special Purpose Books :- →Cash Book :- Cash and Bank Column Cash Book and Petty Cash Book PROJECT -1 – COMPREHENSIVE PROJECT SUMMER VACATION
4	July'23	**Unit-2 : Accounting Process**	SUMMER VACATION ● Recording of Transactions in Special Purpose Books :- → Purchase Book → Sales Book → Purchase Return Book →Sales Return Book → Journal Proper (including Trade Discount, freight and cartage for simple GST calculation) ● Posting from Subsidiary books to ledger and balancing the accounts.
5	August'23	**Unit-2 : Accounting Process**	●Bank Reconciliation Statement (BRS) → Meaning and Reasons for preparing BRS → Preparation of BRS ● Depreciation, Provision and Reserves → Depreciation: Meaning, features, Need and causes → Methods of Depreciation :- 1. Straight Line Method
6	Sept'23	**Unit-2 : Accounting**	● Depreciation, Provision and Reserves → Methods of Depreciation :- 1. Straight Line Method

		Process	**FIRST TERM EXAMINATION**
			● Depreciation, Provision and Reserves
			→ Methods of Depreciation :-
			1. Straight Line Method
			2. Written Down Value Method
7	Oct'23	**Unit-2 : Accounting Process**	● Depreciation, Provision and Reserves
			→ Methods of Depreciation :-
			2. Written Down Value Method
			(including Provision for depreciation and
			treatment of Assets Disposal Account) ● Provision
			and Reserves
			→ Meaning and Difference
			→ Types of Reserve (theory)
			→ Difference between Capital and Revenue
			Reserve
8	Nov'23	**Unit-2 : Accounting Process**	● Trial Balance and Rectification of Errors
			→Trial Balance :- Meaning and Objectives
			→Errors :- Classifications – Errors of Omission,
			Error of Commission, Errors of Principal and Error
			of Compensating
			→ Rectification of Error
			Detecting Errors
			(i) Errors which do not affect trial balance
			(ii) Errors which affect trial balance
			● Trial Balance and Rectification of Errors
			→ Pass Rectification entries
			→ Suspense Account
			● Fundamental Accounting Assumption
		Unit – 1 : Theory Base Accounting	GAAP : Concept
			● Basic Accounting Concepts
			● Accounting Standards
			● Goods and Service Tax (GST) : Concept
9	Dec' 23		● Financial Statement
			Theory – Meaning, Objectives, Importance
			Various Terms used in Financial Statement
		Unit – 3 : Financial Statement of Sole Proprietorship	●Preparation of Financial Statements
			(without Adjustment)
			→Trading Accounts
			→ Profit and Loss Accounts
			→ Balance Sheet

10	Jan'24	Unit – 3 : Financial Statement of Sole Proprietorship Unit – 4 : Financial Statement of Incomplete Record of Transactions	●Preparation of Financial Statements (with Adjustment) As per CBSE Curriculum --- PROJECT No.- --- ●Preparation of Financial Statements Incomplete Record of Transactions →Theory of Incomplete Transactions →Statement of Affairs →Statement of Profit and Loss
11	Feb' 23	Unit – 4 : Financial Statement of Incomplete Record of Transactions	●Preparation of Financial Statements Incomplete Record of Transactions →Theory of Incomplete Transactions →Statement of Affairs →Statement of Profit and Loss Revision for SECOND TERM EXAM
12	Mar'25		**SECOND TERM EXAMINATION**

SUBJECT:-ECONOMICS

Sl. No.	Months	Chapter /Unit No.	Topics and sub topics
1	April'24	Unit 1	What is Economics? Meaning, scope, functions, and importance of statistics in Economics.
2	May'24	Unit 2 Unit 4	What is an economy? Central problems of an economy: what, how and for whom to produce; concepts of production possibility frontier and opportunity cost.Organisation of Data: Meaning and types of variables; Frequency Distribution. Presentation of Data: Tabular Presentation and Diagrammatic Presentation of Data:
3	June'24	Unit 2 Unit 5	(i) Geometric forms (bar diagrams and pie diagrams), (ii) Frequency diagrams (histogram, polygon, and Ogive) and (iii) Arithmetic line graphs (time series graph).Consumer's equilibrium - meaning of utility, marginal utility, law of diminishing marginal utility, conditions of consumer's equilibrium using marginal utility analysis.
4	July'24	Unit 3 Unit 5	Measures of Central Tendency- Arithmetic mean, median and mode.Indifference curve analysis of

			consumer's equilibrium-the consumer's budget (budget set and budget line), preferences of the consumer (indifference curve, indifference map) and conditions of consumer's equilibrium.Demand, market demand, determinants of demand, demand schedule, demand curve and its slope, movement along and shifts in the demand curve;
5	Aug'24	Unit 3	Price elasticity of demand - factors affecting price elasticity of demand; measurement of price elasticity of demand – percentage-change method and total expenditure method. Meaning of Production Function – Short-Run and Long-Run.Total Product, Average Product and Marginal Product.Returns to a Factor. Cost: Short run costs - total cost, total fixed cost, total variable cost; Average cost; Average fixed cost, average variable cost and marginal cost-meaning and their relationships.
6	Sept'24	Unit6	**FIRST TERM EXAMINATION** Correlation – meaning and properties, scatter diagram; Measures of correlation – Karl Pearson's method (two variables ungrouped data) Spearman's rank correlation.
7	Oct'24	Unit 6 Project Work	Introduction to Index Numbers - meaning, types - wholesale price index. Revenue - total, average, and marginal revenue - meaning and their relationship. Producer's equilibrium-meaning and its conditions in terms of marginal revenue marginal cost. Introduction of Project Work.
8	Nov'24	Unit 7	Supply, market supply, determinants of supply, supply schedule, supply curve and its slope, movements along and shifts in supply curve, price elasticity of supply; measurement of price elasticity of supply - percentage-change method.
9	Dec'24	Unit-7	Forms of Market and Price Determination under Perfect Competition with simple applications. Perfect competition - Features; Project Work. Price floor.
1	April'25	Unit-8	Index Numbers-Consumer price index and index of industrial production, uses of index numbers; Inflation and index numbers. Determination of market equilibrium and effects of shifts in demand and supply.

			Simple Applications of Demand and Supply: Price ceiling.
11	Feb'25	Project Work	Project Work and Revision.
12	Mar'25		**SECOND TERM EXAMINATION**

SUBJECT:-BUSINESS STUDIES

Sl. No	Months	Chapter /Unit No.	Topics and sub topics
1	Apr'24	1	**Evolution and Fundamental of Business.** ● Concept and characteristics of business.● Business, Profession and Service.
2	May'24	1	**Evolution and Fundamental of Business** ● Objectives of business – economic & social. ● Business activities – Industry & Commerce● Business Risk – nature and causes.
3	Jun'24	2	**Forms of Business Organisation** ● Sole Proprietorship – meaning, features, merits & limitations ● Partnership- meaning, features, merits & limitations, types.● Partnership Deed – meaning and contents.● Registration of partnership firm.● Types of partners. ● Hindu Undivided Family Business – meaning and features. ● **Co-operative Societies -** meaning, features, types, merits & limitations ● **Company – Public company & Private Company --**
4	Jul'24		meaning, features, merits & limitations. Differences● Formation of a company ● **Company Documents** ➜Memorandum of Association➜Article of Association➜Prospectus➜Other documents ● Starting of business- basic factors
5	Aug'24	3	**Private, Public and Global Enterprises** ● Private and Public Sector enterprises ● Forms of public sector enterprises:- ➜Departmental Undertaking ➜Public Corporation➜Government Company
		4	● Global enterprises and Joint Venture **Business Services**
		5	● Banking ● Insurance ● Postal

			Emerging mode of business ● E- business ● **Business Process** Outsourcing (BPO) ●**KPO** **PROJECT WORK** :- Project No.1
6	**Sep'24**		**REVISION AND <u>FIRST TERM EXAMINATION</u>**
7	**Oct'24**	6	**Social responsibilities of business.** ● Concept of Social Responsibilities● Responsibilities towards various parties● Environmental Protection and business● Business ethics.
		7	**Sources of business finance** ● Concept of business finance ● Owner's Fund ➜ Equity shares➜ Preference Shares
8	**Nov'24**	7	**Sources of business finance** ➜ Retain Earnings➜ GDR, ADR and IDR ● **Borrowed Funds-** ➜ Debentures and Bond➜ Loan from financial institutions➜ Loan from commercial banks➜ Public Deposit➜ Trade Credit
		8	**Small Business** ● Small scale enterprises :- concepts –➜micro, small and medium- ● Role of small business in India ● Government schemes agencies for SSI
9	**Dec'24**	9	**Internal Trade** ● Services by wholesaler and retailer.● Types of Retail Trade ● Chamber of Commerce and Industry ● Documents use in internal trade ● Terms of trade
10	**Jan'25**	10	**International Trade** ● Concept and problem of international trade ● Export import procedure and documents ● Role of WTO **PROJECT WORK** :- Project No.2
11	**Feb'25**		**REVISION FOR SECOND TERM EXAMINATION**
12	**Mar'25**		**<u>SECOND TERM EXAMINATION</u>**

SUBJECT:-ENTREPRENEURSHIP

Sl. No.	Months	Unit / Chapter	Topic / Sub. Topic
1	April'23	Unit-1 : Entrepreneurship : Concept and Function	● Entrepreneurship – Concept, Function, Need ● Why Entrepreneurship for you ● Myths about Entrepreneurship
2	May'23	Unit-1 : Entrepreneurship : Concept and Function ------------------------ Unit-2 : An Entrepreneur	● Advantage and Limitation of Entrepreneurship ● Process of Entrepreneurship ● Entrepreneurship- The Indian Scenario ---------------------------------- ●Why be an Entrepreneur ●Types of Entrepreneur ●Competencies and characteristics
3	June'23	Unit-2 : An Entrepreneur ------------------------ Unit- 3 : Entrepreneurship Journey	●Entrepreneurial Values ●Entrepreneur' Attitudes ●Entrepreneurial Motivation ●Intrapreneur : Meaning and Importance -- ●Self Assessment Quality ●Idea generation ●Feasibility Study
4	July'23	Unit- 3 : Entrepreneurship Journey	●Opportunity assessment ●Business Plan : Meaning, purpose and element ●Execution of Plan --- ● PROJECT No.-1
5	August'23	Unit-5 : Understanding the Market	●Market :- Concept, Types ●Micro and Macro Market Environment ●Market Research – Concept, Importance and Process ●Research Instruments ●Types of Market Research ●Marketing Mix. --- Revision for FIRST TERM EXAM.
6	Sept'23	Unit-4 : Entrepreneurship as Innovation and	FIRST TERM EXAMINATION ● Entrepreneurship as problem solvers

		Problem	
7	Oct'23	Unit-4 : Entrepreneurship as Innovation and Problem	●Innovation and Entrepreneurial Ventures – Global and Indian ●Role of Technology – E-commerce and Social Media ●Social Entrepreneurship - Concept
8	Nov'23	Unit-6 : Business Finance and Arithmetic	● Unit of Sale, Unit Price and Unit Cost – for single product or service ●Types of Costs – Start up, Variable Cost and Fixed Cost ●Break Even Analysis – for single product or service ●Break Even Analysis – with Diagram
9	Dec' 23	Unit – 7 : Resource Mobilization	Meaning Types of Resources – Physical, Human, Financial and Intangible Selection of Human Resource Utilization of Human Resource and Professional like Accountants, Lawyers, Auditors, Board Members, etc. --- PROJECT No.- 2
10	Jan'24		Revision for SECOND TERM EXAM
11	Feb' 23		**SECOND TERM EXAMINATION**

SUBJECT:-PHYSICAL EDUCATION

Sl. No.	Months	Chapter /Unit No.	Topics and sub topics
1	April'24	1	(Unit-1) Changing Trends and Careers in Physical Education 1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 4. Career options in Physical Education 5. Khelo-India Program and Fit – India Program
2	May'24	2	(Unit-2)Olympism Value Education 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) 2. Olympic Value Education – Joy of Effort,

			Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind (Unit-2)3. Ancient and Modern Olympics 4. Olympics - Symbols, Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure - IOC, NOC, IFS, Other members. Practical-1: Fitness tests administration. (SAI Khelo India Test)
3	June'24	3	(Unit–3) Yoga 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga
			Practical-2: Procedure for Asanas, Benefits¬& Contraindication for any two Asanas for each lifestyle disease.
4	July'24	4	(Unit – 4) Physical Education and Sports for Children with Special Needs 1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).
5	Aug'24	4,5	(Unit – 4)3. Disability Etiquette Aim and objectives of Adaptive Physical Education. 5. Role of various professionals for children with special 4. needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator) (Unit – 5) Physical Fitness, Wellness, and Lifestyle 1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE
6	Sept'24		REVISION **FIRST TERM EXAMINATION**
7	Oct'24	6	Unit–6) Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. (Unit–6) 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy) 5. Measurements of health-related fitness
8	Nov'24	7	(Unit–7) Fundamentals of Anatomy, Physiology in

			Sports 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints.
			(Unit–7) 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System
9	Dec'24	8	(Unit – 8) Fundamentals Of Kinesiology And Biomechanics in Sports 1. Definition and Importance of Kinesiology and Biomechanics in Sports. 2. Principles of Biomechanics (Unit – 8) Fundamentals Of Kinesiology And Biomechanics in Sports 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements
10	Jan'25	9	(Unit-9) Psychology and Sports 1. Definition & Importance of Psychology in Physical Education & Sports; 2. Developmental Characteristics at Different Stages of Development; (Unit-9) Psychology and Sports 3. Adolescent Problems & their Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness Practical-3Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field¬& Equipment. Also mention its Rules, Terminologies & Skills
11	Feb'25	10	(Unit-10) Training & Doping in Sports 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery (Unit-10) Training & Doping in Sports 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies 5. Concept of Doping and its disadvantages.
12	Mar'25		REVISION **SECOND TERM EXAMINATION**