



SOM LALIT SCHOOL

ANNUAL PLANNER 2026-27

CLASS : XI

SUBJECT : PHYSICAL EDUCATION

BOOK : SARASWATI

Months	Chapter Number & Name
June	Chapter 1: Changing Trends & Career in Physical Education Chapter 2: Olympic Value Education
July	Chapter 2: Olympic Value Education Chapter 3: Yoga Chapter 4: Physical Education and Sports for CWSN (Children with Special Needs - Divyang)
August	Chapter 4: Physical Education and Sports for CWSN (Children with Special Needs - Divyang) Chapter 5: Physical Fitness, Wellness and Lifestyle
September	Chapter 6: Test, Measurement and Evaluation Chapter 7: Fundamentals of Anatomy and Physiology in Sports
October	Chapter 7: Fundamentals of Anatomy and Physiology in Sports Chapter 8: Fundamentals of Kinesiology and Biomechanics in Sports
November	Chapter 9: Psychology and Sports
December	Chapter 10: Training and Doping in Sports
January	Revision
February	Revision
March	Exams