



BHARTIYA SHIKSHA BOARD
SUBJECT – PHYSICAL EDUCATION
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.

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24/07/2026

- 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

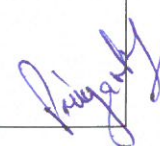
Content	Periods	Marks
CHAPTER 1: PHYSICAL EDUCATION AS A DISCIPLINE AND PHILOSOPHICAL FOUNDATIONS • Concept and nature of Physical Education as an academic discipline • Role of Physical Education in holistic development and society • Interdisciplinary nature of Physical Education • Philosophical Foundations of Physical Education • Indian knowledge system in physical education • Physical literacy and its significance in lifelong engagement	12	14
CHAPTER 2: SCIENTIFIC BASIS OF PHYSICAL FITNESS AND EXERCISE • Meaning, Components of physical fitness and their interrelationship • Principles of Exercise and Training • Types of Physical Activities and Exercise Methods • Physiological Basis of Fitness Development • Planning Exercise Routines	16	
CHAPTER 3: FUNCTIONAL ANATOMY, EXERCISE PHYSIOLOGY • Introduction to Anatomy and Exercise Physiology	16	16

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• Structure and function of skeletal and muscular systems in movement • Physiological responses to physical activity (heart rate, respiration, fatigue) • Introduction to energy systems in physical activity • Application of anatomical and physiological knowledge in Physical Education		
CHAPTER 4: MENTAL HEALTH, WELL-BEING AND LONGEVITY • Holistic Well-being and Panchakosha • Mental Health and Emotional Well-being • Stress - Types, Stressors and Effects • Stress Management through Physical Activity, Yoga and healthy lifestyle • Healthy Lifestyle Practices and Digital Well-being	13	
CHAPTER -5 NUTRITION AND HEALTHY LIVING • Nutrition and Health • Balanced Diet and Food Groups • Nutrition during Adolescence • Healthy Eating and Smart Food Choices • Food Literacy, Hydration and Safety	15	
CHAPTER 6: YOGA AS A CLASSICAL DISCIPLINE • Historical development of yoga • Meaning, aim, and relevance of yoga • Ashtanga yoga (eightfold path) as a framework for disciplined living • Guidelines for safe yoga practice • Yoga for self-management in student life	13	14

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CHAPTER 7: ACTIVE LEISURE, TRADITIONAL GAMES AND ADVENTURE ACTIVITIES • Introduction to Leisure, Play, Games and Sports • Active and Passive Leisure • Traditional Games as Physical Culture • Adventure Activities and Outdoor Learning • Lifelong Participation and Community Recreation	13	14
CHAPTER 8: SPORTS GOVERNANCE, ETHICS AND POLICY • Governance • Sports Organisations • Olympism, Olympic Values and Olympic value education program (OVEP) • Ethical Conduct and Safe Sport • Sports Policies and Development Programmes in Bharat	13	
CHAPTER 9: PHYSICAL EDUCATION, SOCIETY AND INCLUSION • Physical Education as a Socialising Agency • Role of Physical Education in Holistic Development and Society • Participation, Diversity and Barriers in Physical Education • Inclusion and Equity in Physical Education • Physical Education, Community Development and Leadership	13	12
CHAPTER 10: PHYSICAL EDUCATION AS A PROFESSION AND CAREER PATHWAYS • Profession, Professional and Professionalism in Physical Education • Professional Attributes, Ethical Responsibilities and Competencies • Professional Qualifications and Career Opportunities in Physical Education, Health, Fitness and Sports • Entrepreneurship, Technology and Emerging Trends in Sports	8	



• Preparing for the Future: Career Planning and Professional Growth		
Total	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 (NEP) 2020 and the National Curriculum Framework for School Education (NCF-SE) 2023. The assessment emphasises continuous skill development, application of knowledge, participation, healthy lifestyle practices and reflective learning.

The practical assessment shall be conducted throughout the academic year through continuous observation, practical demonstrations, project work and portfolio, rather than relying solely on a single end-term practical examination. The practical demonstration conducted at the end of the academic year shall form one component of the overall continuous assessment.

Assessment Scheme

S. No.	Component	Portfolio Documentation	Practical Demonstration*	Marks
1.	Physical Fitness and Activity Performance	4	6	10
2.	Yoga Practice and Application	4	6	10
3.	Project Work	3	2 (Viva-Voce)	5
4.	Participation in Games, Sports and Physical Activity Events	5	—	5
	Total	16	14	30

* Practical demonstration shall be conducted during the practical examination as part of the overall continuous assessment.

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Practical Portfolio

Each student shall maintain one Practical Portfolio throughout the academic year. The portfolio shall serve as documentary evidence of learning, participation, performance and reflection. It may include records related to physical fitness, Yoga, project work and participation in sports and physical activity events.

Where feasible, the portfolio may also include photographs, certificates, observation records or other documented evidence verified by the Physical Education teacher.

Component Description

1. Physical Fitness and Activity Performance (10 Marks)

This component assesses the student's physical competence, understanding of fitness development and application of fitness principles. Students shall undergo appropriate school fitness assessments based on nationally accepted school fitness assessment norms (e.g., Fit India protocols, wherever applicable) and demonstrate performance in selected physical activities, games or sports.

Schools may select suitable physical activities, games, sports or fitness tasks according to available facilities, local context and students' needs.

Portfolio / Documentation (4 Marks)

The portfolio may include:

- Record of physical fitness assessments and progress
- Personal physical activity log
- Self-reflection on fitness improvement

Practical Demonstration (6 Marks)

Assessment shall focus on:

- Physical fitness and motor abilities
- Correct technique and skill execution
- Performance in selected physical activities, games or sports
- Individual improvement and application of fitness principles

2. Yoga Practice and Application (10 Marks)



This component focuses on the practice, understanding and application of Yoga as a holistic discipline. Students shall demonstrate selected asanas, pranayama and other yogic practices with proper technique, safety and awareness.

Portfolio / Documentation (4 Marks)

The portfolio may include:

- Yoga practice record
- Reflection on the benefits of Yoga
- Personal observations on physical and mental well-being

Practical Demonstration (6 Marks)

Assessment shall focus on:

- Correct performance of yogic practices
- Technique, posture and breathing
- Safety, discipline and body awareness
- Understanding and application of Yoga for physical, mental and emotional well-being

3. Project Work (5 Marks)

This component promotes application-based learning, critical thinking and reflective practice.

Students shall undertake one project from the suggested areas and maintain appropriate documentation in the portfolio.

Suggested Project Areas

- Design and implementation of a personal fitness plan
- Nutritional analysis of daily diet and healthy modifications
- Study and documentation of an indigenous or 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

Portfolio (3 Marks)

Assessment shall be based on:

- Planning and organisation
- Accuracy and quality of work
- Documentation and presentation

Viva-Voce (2 Marks)



Assessment shall focus on:

- Understanding of the project
- Application of concepts
- Reflection on learning
- Ability to respond to questions related to the project

4. Participation in Games, Sports and Physical Activity Events (5 Marks)

This component recognises students' active participation in sports and physical activity programmes organised during the academic year.

Participation may include:

- Intramural competitions
- Inter-school competitions
- Sports meets and athletic events
- Yoga competitions or demonstrations
- Fitness and wellness programmes
- Adventure activities
- Other school-approved physical activity programmes

Participation shall be verified through school records, attendance registers, event reports, certificates (where available) or other documentary evidence maintained by the Physical Education teacher.

Schools should ensure that every student is provided adequate opportunities to participate in school-based physical activities during the academic year.

Assessment Approach

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

- Physical performance, skill development and individual improvement
- Application of knowledge in real-life situations
- Participation, discipline, teamwork and leadership
- Safety, fair play and ethical behaviour
- Respect for diversity, inclusion and cooperation
- Reflection, self-assessment and healthy lifestyle practices



Note

1. The practical assessment shall be conducted throughout the academic year and shall not be based solely on a one-day practical examination.
2. Teachers should adopt an inclusive approach and provide every student with appropriate opportunities to participate according to their interests, abilities and the facilities available in the school.
3. The 5 marks allotted for participation form an integral part of the prescribed 30 marks and shall not be awarded as additional marks.
4. Schools may develop detailed assessment rubrics to ensure fairness, transparency and uniformity in evaluation.

Annexure

Overall Assessment Format

1. Suggested Practical Portfolio Format

Cover Page

- Student Name
- Class & Section
- Roll Number
- Admission Number
- School Name
- Academic Session
- Photograph (optional)

Index

S. No.	Section	Page No.
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Section A – Physical Fitness and Activity Performance (4 Marks)

A 1. Student Fitness Profile

Parameter	Beginning of Year	Mid-Year	End of Year
Height			
Weight			
BMI			
Fitness Test Scores			

A2. Physical Fitness Assessment Record

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Date	Test	Score	Teacher Remarks

A 3. Personal Physical Activity Log

Date	Test	Score	Teacher Remarks

A 4. Student Reflection

- What improvements have I noticed?
- What is my next fitness goal?

Section B – Yoga Practice (4 Marks)

B1. Yoga Practice Record

Date	Asanas Practised	Duration

B2. Pranayama Record

Practice	Frequency	Benefits Experienced

B 3. Self Reflection

- Which Yoga practice helped me most?
- How has Yoga benefited my daily life?

Section C – Project Work (3 Marks)

Project Information

Prigyanth

Title
Objective
Method
Findings
Conclusion
Photographs (if any)
Teacher Remarks

Section D – Participation Record (5 Marks)

Date	Event	Level	Role	Verified by

Examples

- ✓ Intramural
- ✓ Inter-school
- ✓ Sports Day
- ✓ Yoga Day
- ✓ Fitness Run
- ✓ Adventure Camp
- ✓ Community Programme

Section E – Certificates / Evidence

Attach

- Certificates
- Photos
- Attendance
- School verification

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(Optional)

Section F – Student Reflection

Answer briefly.

1. What new skill did I learn this year?
2. Which activity did I enjoy most?
3. How has Physical Education improved my health?
4. What will I continue next year?

2. Assessment Format

Portfolio Assessment Sheet

Component	Max	Marks
Physical Fitness Portfolio	4	
Yoga Portfolio	4	
Project	3	
Participation	5	
Total Portfolio	16	

Teacher Signature

Verified by -HoD/Principal

Date

Practical Demonstration Sheet

Component	Max	Marks
Physical Fitness Performance	6	
Yoga Performance	6	
Viva	2	
Total	14	

Final Practical Marks

Portfolio	Practical	Total
16	14	30

Teacher Signature

External Examiner

