

**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XI / ACCOUNTANCY / SYLLABUS (2024-25)**

MONTHS	CHAPTERS
APRIL	PART- A : FINANCIAL ACCOUNTING-I UNIT-1 : THEORETICAL FRAMEWORK INTRODUCTION TO ACCOUNTING Accounting- concept, meaning, as a source of information, objectives, advantages and limitations, types of accounting information; users of accounting information and their needs. Qualitative Characteristics of Accounting Information. Role of Accounting in Business. BASIC ACCOUNTING TERMS Basic Accounting Terms- Entity, Business Transaction, Capital, Drawings. Liabilities (Non- Current and Current). Assets (Non- Current, Current); Expenditure (Capital and Revenue), Expense, Revenue, Income, Profit, Gain, Loss, Purchase, Sales, Goods, Stock, Debtor, Creditor, Voucher, Discount (Trade discount and Cash Discount)
MAY	PART – B : FINANCIAL ACCOUNTING – II UNIT – 3 : FINANCIAL STATEMENTS OF SOLE PROPRIETORSHIP FINANCIAL STATEMENTS <ul style="list-style-type: none"> <li>➤ Meaning, objectives and importance</li> <li>➤ Revenue and Capital Receipts</li> <li>➤ Revenue and Capital Expenditure</li> <li>➤ Deferred Revenue expenditure</li> </ul>
JUNE	PART - A : FINANCIAL ACCOUNTING-I UNIT-1 : THEORETICAL FRAMEWORK THEORY BASE OF ACCOUNTING Fundamental accounting assumptions: GAAP: Concept, Basic accounting concept: Business Entity, Money Measurement, Going Concern, Accounting Period, Cost Concept, Dual Aspect, Revenue Recognition, Matching, Full Disclosure, Consistency, Conservatism, Materiality and Objectivity, System of Accounting. Basis of Accounting: cash basis and accrual basis, Accounting Standards: Applicability of Accounting Standards and Indian Accounting Standards (Inds-AS), Goods and Services Tax (GST): Characteristics and Advantages.
JULY	PART - A : FINANCIAL ACCOUNTING-I UNIT - 2 : ACCOUNTING PROCESS RECORDING OF BUSINESS TRANSACTIONS Voucher and Transactions: Source documents and Vouchers, Preparation of Vouchers, Accounting Equation Approach: Meaning and Analysis, Rules of Debit and Credit. RECORDING OF TRANSACTIONS: BOOKS OF ORIGINAL ENTRY- JOURNAL Special Purpose books:, Cash Book: Simple, cash book with bank column and petty cashbook, Purchases book, Sales book, Purchases return book, Sales return book, Journal proper Note: Including trade discount, freight and cartage expenses for simple GST calculation. LEDGER Format, Posting from journal and subsidiary books, Balancing of accounts.
AUGUST	PART- A : FINANCIAL ACCOUNTING-I UNIT 2 : ACCOUNTING PROCESS BANK RECONCILIATION STATEMENT Need and preparation, Bank Reconciliation Statement PART – B : FINANCIAL ACCOUNTING - II UNIT 3 : FINANCIAL STATEMENTS OF SOLE PROPRIETORSHIP FINANCIAL STATEMENTS Opening journal entry. Trading and Profit and Loss Account: Gross Profit, Operating profit and Net profit. Preparation. Balance Sheet: need, grouping and marshalling of assets and liabilities. Preparation.

SEPTEMBER	REVISION
OCTOBER	<p>PART- A : FINANCIAL ACCOUNTING-I UNIT 2 : ACCOUNTING PROCESS</p> <p>DEPRECIATION, PROVISIONS AND RESERVES</p> <p>Depreciation: Meaning, Features, Need, Causes, factors</p> <ul style="list-style-type: none"> <li>➤ Other similar terms: Depletion and Amortisation</li> <li>➤ Methods of Depreciation: <ul style="list-style-type: none"> <li>• Straight Line Method (SLM)</li> <li>• Written Down Value Method (WDV)</li> </ul> </li> </ul> <p>NOTE: EXCLUDING CHANGE OF METHOD</p> <ul style="list-style-type: none"> <li>➤ Difference between SLM and WDV; Advantages of SLM and WDV</li> <li>➤ Method of recording depreciation <ul style="list-style-type: none"> <li>• Charging to asset account</li> <li>• Creating provision for depreciation /accumulated depreciation account</li> </ul> </li> <li>➤ Treatment of disposal of asset</li> <li>➤ Provisions, Reserves, Difference Between Provisions and Reserves.</li> <li>➤ Types of Reserves: <ul style="list-style-type: none"> <li>• Revenue reserve</li> <li>• Capital reserve</li> <li>• General reserve</li> <li>• Specific reserve</li> <li>• Secret Reserve</li> </ul> </li> </ul> <p>Difference between capital and revenue reserve</p>
NOVEMBER	<p>PART- A : FINANCIAL ACCOUNTING-I UNIT 2 : ACCOUNTING PROCESS</p> <p>TRIAL BALANCE AND RECTIFICATION OF ERRORS</p> <p>Trial balance: Objectives, meaning and preparation (Scope : Trial balance with balance method only)</p> <p>Errors : Classification-errors of omission, commission, principles, and compensating; their effect on Trial Balance.</p> <p>Detection and rectification of errors; (i) Errors which do not affect trial balance (ii) Errors which affect trial balance Preparation of suspense account</p>
DECEMBER	<p>PART – B : FINANCIAL ACCOUNTING - II UNIT 3 : FINANCIAL STATEMENTS OF SOLE PROPRIETORSHIP</p> <p>FINANCIAL STATEMENTS</p> <p>Adjustments in preparation of financial statements with respect to: closing stock, outstanding expenses, prepaid expenses, accrued income, income received in advance, depreciation, bad debts, provision for doubtful debts, provision for discount on debtors, Abnormal loss, Goods taken for personal use/staff welfare, interest on capital; managers commission.</p> <p>Preparation of Trading and Profit and Loss account and Balance Sheet of a sole proprietorship with adjustments.</p> <p>INCOMPLETE RECORDS</p> <p>Features, Reasons &amp; Limitations, Ascertainment of profit &amp; loss by Statement of Affairs methods (excluding conversion method)</p>
JANUARY	REVISION
FEBRUARY - MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XI / BUSINESS STUDIES / SYLLABUS (2024-25)**

MONTHS	CHAPTERS
APRIL	<p>PART A : FOUNDATION OF BUSINESS</p> <p>UNIT 1: EVOLUTION AND FUNDAMENTALS OF BUSINESS</p> <p>History of Trade and Commerce in India: Indigenous Banking System, Rise of Intermediaries, Transport, Trading, Communities: Merchant Corporations, Major Trade Centres, Major Imports and, Exports, Position of Indian Sub-Continent in the World Economy.</p> <p>Business – meaning and characteristics</p> <p>Business, profession and employment- Concept, Objectives of business, Classification of business activities -Industry and Commerce, Industry-types: primary, secondary, tertiary</p> <p>Meaning and subgroups, Commerce-trade: (types-internal, external; wholesale and retail) and auxiliaries to trade; (banking, insurance, transportation, warehousing, communication, and advertising) – meaning, Business risk-Concept</p>
MAY	<p>PART B: FINANCE AND TRADE</p> <p>UNIT 7: SOURCES OF BUSINESS FINANCE</p> <p>Concept of business finance, Owners' funds- equity shares, preferences share, retained earnings, Borrowed funds: debentures and bonds, loan from financial institution and commercial banks, public deposits, trade credit, Inter Corporate Deposits (ICD).</p>
JUNE	<p>PART A : FOUNDATION OF BUSINESS</p> <p>UNIT 2: FORMS OF BUSINESS ORGANIZATIONS</p> <p>Sole Proprietorship-Concept, merits and limitations. Partnership-Concept, types, merits and limitation of partnership, registration of a partnership firm, partnership deed. Types of partners, Hindu Undivided Family Business: Concept, Cooperative Societies-Concept, Company - Concept, merits and limitations;</p> <p>Types: Private, Public and One Person Company – Concept, Formation of company - stages, important documents to be used in formation of a company, Choice of form of business organization.</p>
JULY	<p>PART A : FOUNDATION OF BUSINESS</p> <p>UNIT 3: PUBLIC, PRIVATE AND GLOBAL ENTERPRISES</p> <p>Public sector and private sector enterprises – Concept, Forms of public sector enterprises: Departmental Undertakings, Statutory, Corporations and Government Company. Global Enterprises – Feature. Joint Venture Public private partnership – concept</p>
AUGUST	<p>PART A : FOUNDATIONS OF BUSINESS</p> <p>UNIT 4 : BUSINESS SERVICES</p> <p>Business services – meaning and types. Banking: Types of bank accounts - savings, current, recurring, fixed deposit and multiple option deposit account, Banking services with particular reference to Bank Draft, Bank Overdraft, Cash credit.</p> <p>E-Banking meaning, Types of digital payments, Insurance – Principles. Types – life, health, fire and marine insurance – concept, Postal Service - Mail, Registered Post, Parcel, Speed Post, Courier – meaning</p>

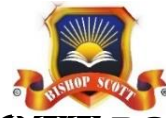
SEPTEMBER	REVISION
OCTOBER	<p>PART B : FINANCE AND TRADE  UNIT 8 : SMALL BUSINESS AND ENTERPRISES  Entrepreneurship Development (ED): Concept, Characteristics and Need.  Process of Entrepreneurship Development: Start-up India Scheme, ways to fund start-up. Intellectual Property Rights and Entrepreneurship, Small scale enterprise as defined by MSMED Act 2006 (Micro, Small and Medium Enterprise Development Act), Role of small business in India with special reference to rural areas, Government schemes and agencies for small scale industries: National Small Industries Corporation (NSIC) and District Industrial Centre (DIC) with special reference to rural, backward areas.</p>
NOVEMBER	<p>PART A : FOUNDATION OF BUSINESS  UNIT 5: EMERGING MODES OF BUSINESS  E - business: concept, scope and benefits</p> <p>PART B : FINANCE AND TRADE  UNIT 9: INTERNAL TRADE  Internal trade - meaning and types services rendered by a wholesaler and a retailer, Types of retail-trade-Itinerant and small scale fixed shops retailers, Large scale retailers- Departmental stores, chain stores – concept, GST (Goods and Services Tax): Concept and key-features.</p>
DECEMBER	<p>PART A : FOUNDATIONS OF BUSINESS  UNIT 6: SOCIAL RESPONSIBILITY OF BUSINESS AND BUSINESS ETHICS  Concept of social responsibility, Case of social responsibility, Responsibility towards owners, investors, consumers, employees, government and community. Role of business in environment protection, Business Ethics - Concept and Elements.</p>
JANUARY	<p>PART B : FINANCE AND TRADE  UNIT 10: INTERNATIONAL BUSINESS  International trade: concept and benefits, Export trade – Meaning and procedure, Import Trade - Meaning and procedure, Documents involved in International Trade; indent, letter of credit, shipping order, shipping bills, mate's receipt (DA/DP), World Trade Organization (WTO) meaning and objectives.</p>
FEBRUARY - MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XI / ECONOMICS/ SYLLABUS (2024-25)**

MONTH	NAME OF THE UNIT
APRIL	<p>PART – A : STATISTICS FOR ECONOMICS</p> <p><b>UNIT 1 : INTRODUCTION</b></p> <p>What is Economics? Meaning, scope, functions and importance of statistics in Economics</p> <p>PART-B: INTRODUCTORY MICROECONOMICS</p> <p><b>UNIT 4 : INTRODUCTION</b></p> <p>Meaning of microeconomics and macroeconomics; positive and normative economics            What is an economy? Central problems of an economy: what, how and for whom to produce; concepts of Production Possibility Frontier and Opportunity Cost</p>
MAY	<p>PART – A : STATISTICS FOR ECONOMICS</p> <p><b>UNIT-2: COLLECTION, ORGANISATION AND PRESENTATION OF DATA</b></p> <p><b>COLLECTION OF DATA:</b> - sources of data - primary and secondary; how basic data is collected with concepts of Sampling; methods of collecting data; some important sources of secondary data: Census of India and National Sample Survey Organisation</p> <p><b>ORGANISATION OF DATA:</b> Meaning and types of variables; Frequency Distribution</p>
JUNE	<p>PART – A : STATISTICS FOR ECONOMICS</p> <p><b>UNIT-2: COLLECTION, ORGANISATION AND PRESENTATION OF DATA</b></p> <p><b>PRESENTATION OF DATA:</b> Tabular Presentation and Diagrammatic Presentation of Data :</p> <p>(i) Geometric forms (bar diagrams and pie diagrams)</p> <p>(ii) Frequency diagrams (histogram, polygon and ogive) and</p> <p>(iii) Arithmetic line graphs (time series graph)</p>
JULY	<p>PART-B : INTRODUCTORY MICROECONOMICS</p> <p><b>UNIT-5 CONSUMER'S EQUILIBRIUM AND DEMAND</b></p> <p>Consumer's equilibrium - meaning of utility, Marginal Utility, Law of Diminishing Marginal Utility, conditions of consumer's equilibrium using marginal utility analysis</p> <p>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</p>
AUGUST	<p>PART-B : INTRODUCTORY MICROECONOMICS</p> <p><b>UNIT-5 CONSUMER'S EQUILIBRIUM AND DEMAND</b></p> <p>Demand, market demand, determinants of demand, demand schedule, demand curve and its slope, movement along and shifts in the demand curve; price elasticity of demand – factors affecting price elasticity of demand; measurement of price elasticity of demand – percentage-change method and total expenditure method</p>

SEPTEMBER	REVISION
OCTOBER	<p>PART – A : STATISTICS FOR ECONOMICS</p> <p><b>UNIT-3 STATISTICAL TOOLS AND INTERPRETATION</b></p> <p>For all the numerical problems and solutions, the appropriate economic interpretations may be attempted. This means, the students need to solve the problems and provide interpretation for the results derived.</p> <p><b>Measures of Central Tendency-</b> Arithmetic mean, Median and Mode</p> <p><b>Correlation</b> – meaning and properties, scatter diagram; Measures of correlation - Karl Pearson's method (two variables ungrouped data) Spearman's rank correlation ( Non-Repeated Ranks and Repeated ranks)</p> <p><b>Introduction to Index Numbers</b> - meaning, types - Wholesale Price Index, Consumer Price Index and index of industrial production, uses of index numbers; Inflation and Index numbers. Simple Aggregative Method</p> <p>PART-B: INTRODUCTORY MICROECONOMICS</p> <p><b>UNIT-6 PRODUCER BEHAVIOUR AND SUPPLY</b></p> <p>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</p>
NOVEMBER	<p>PART-B: INTRODUCTORY MICROECONOMICS</p> <p><b>UNIT-6 PRODUCER BEHAVIOUR AND SUPPLY</b></p> <p>Revenue – Total Revenue, Average Revenue and Marginal Revenue - meaning and their relationship Producer's equilibrium-meaning and its conditions in terms of Marginal Revenue- Marginal Cost 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.</p>
DECEMBER	<p>PART-B: INTRODUCTORY MICROECONOMICS</p> <p><b>UNIT-7 PERFECT COMPETITION – PRICE DETERMINATION AND SIMPLE APPLICATIONS</b></p> <p>Perfect competition - Features; Determination of market equilibrium and effects of shifts in demand and supply.( Short Run Only)</p> <p>Simple Applications of Demand and Supply: Price ceiling, Price floor</p>
JANUARY	REVISION
FEBRUARY- MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XI / ENGLISH/ SYLLABUS (2024-25)**

MONTH	HORNBILL	SNAPSHOTS	GRAMMAR/WRITING/READING COMPREHENSION
APRIL	LESSON 1 : THE PORTRAIT OF A LADY	LESSON 1: THE SUMMER OF THE BEAUTIFUL WHITE HORSE	<ul style="list-style-type: none"> <li>➤ TENSES</li> <li>➤ READING COMPREHENSION</li> </ul>
MAY	POEM 1 : A PHOTOGRAPH	LESSON 2 : THE ADDRESS	<ul style="list-style-type: none"> <li>➤ NOTE MAKING BASED ON A PASSAGE</li> <li>➤ READING COMPREHENSION</li> </ul>
JUNE	LESSON 2 : WE'RE NOT AFRAID TO DIE...	LESSON 3 : MOTHER'S DAY	<ul style="list-style-type: none"> <li>➤ POSTER MAKING</li> <li>➤ REORDERING OF SENTENCES</li> <li>➤ READING COMPREHENSION</li> </ul>
JULY	POEM 2 : THE LABURNUM TOP LESSON 3 : DISCOVERING TUT	LESSON 3 : MOTHER'S DAY (Contd.)	<ul style="list-style-type: none"> <li>➤ CLAUSES</li> <li>➤ PASSAGE SUMMARIZATION</li> <li>➤ READING COMPREHENSION</li> </ul>
AUGUST	POEM 3 : THE VOICE OF THE RAIN	LESSON 4 : BIRTH	<ul style="list-style-type: none"> <li>➤ CLASSIFIED ADS</li> <li>➤ SPEECH WRITING</li> <li>➤ TRANSFORMATION OF SENTENCES</li> <li>➤ READING COMPREHENSION</li> </ul>
SEPTEMBER	REVISION		
OCTOBER	LESSON 4 : THE ADVENTURE POEM 4 : CHILDHOOD	LESSON 5 : THE TALE OF MELON CITY  LESSON 1: THE SUMMER OF THE BEAUTIFUL WHITE HORSE (REVISION)	<ul style="list-style-type: none"> <li>➤ DEBATE WRITING</li> <li>➤ TENSES (REVISION)</li> <li>➤ REORDERING OF SENTENCES (REVISION)</li> </ul>
NOVEMBER	LESSON 5 : SILK ROAD	LESSON 2 : THE ADDRESS (REVISION) LESSON 3 : MOTHER'S DAY (REVISION) LESSON 4 : BIRTH (REVISION)	<ul style="list-style-type: none"> <li>➤ CLAUSES (REVISION)</li> <li>➤ TRANSFORMATION OF SENTENCES (REVISION)</li> </ul>
DECEMBER	POEM 5 : FATHER TO SON	LESSON 5 : THE TALE OF MELON CITY (REVISION)	<ul style="list-style-type: none"> <li>➤ NOTE MAKING BASED ON PASSAGE (REVISION)</li> <li>➤ PASSAGE SUMMARIZATION (REVISION)</li> </ul>
JANUARY	ASL PRACTICE		
FEBRUARY-MARCH	REVISION		



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XI/INFORMATICS PRACTICES/ SYLLABUS (2024-25)**

MONTH	CHAPTERS
APRIL	<b>LESSON 1 : COMPUTER SYSTEM</b> <ul style="list-style-type: none"><li>• Introduction to computer and computing: evolution of computing devices</li><li>• Components of a computer system and their interconnections</li><li>• Input/output devices</li><li>• Computer Memory: Units of memory, types of memory – primary and secondary</li><li>• Data deletion, its recovery and related security concerns</li><li>• Software: purpose and types – system and application software, generic and specific purpose software</li></ul>
MAY	<b>LESSON 2 : GETTING STARTED WITH PYTHON</b> <ul style="list-style-type: none"><li>• Basics of Python programming</li><li>• Execution modes: - interactive and script mode, the structure of a program, indentation</li><li>• Identifiers, keywords, constants, variables</li></ul>
JUNE	<b>LESSON 3 : PYTHON PROGRAMMING FUNDAMENTALS</b> <ul style="list-style-type: none"><li>• Types of operators, precedence of operators</li><li>• Data types, mutable and immutable data types</li><li>• Statements, expressions, evaluation and comments, input and output statements</li><li>• Data type conversion</li><li>• Debugging</li></ul>
JULY	<b>LESSON 4 : CONDITIONAL AND LOOPING CONSTRUCTS</b> <ul style="list-style-type: none"><li>• Control Statements: if-else, if-elif-else, while loop, for loop</li></ul> <b>LESSON 5 : LISTS IN PYTHON</b> <ul style="list-style-type: none"><li>• Lists: list operations - creating, initializing, traversing and manipulating lists, list methods and built-in functions – len(),list(),append(),insert(), count(),index(),remove(), pop(), reverse(), sort(), min(),max(),sum()</li></ul>
AUGUST	<b>LESSON 6 : DICTIONARY</b> <ul style="list-style-type: none"><li>• Dictionary: concept of key-value pair, creating, initializing, traversing, updating and deleting elements, dictionary methods and built-in functions – dict(), len(), keys(), values(), items(), update(), del, clear()</li></ul>
SEPTEMBER	Revision
OCTOBER	<b>LESSON 7 : DATABASE CONCEPTS</b> <ul style="list-style-type: none"><li>• Database Concepts: Introduction to database concepts and its need, Database Management System</li><li>• Relational data model: Concept of domain, tuple, relation, candidate key, primary key, alternate key</li></ul>



<b>NOVEMBER</b>	<b>LESSON 8 : STRUCTURED QUERY LANGUAGE (SQL)</b> <ul style="list-style-type: none"> <li>• Advantages of using Structured Query Language</li> <li>• Data Definition Language, Data Query Language and Data Manipulation Language</li> <li>• Introduction to MySQL</li> <li>• Creating a database using MySQL, Data Types</li> <li>• Data Definition: CREATE DATABASE, CREATE TABLE, DROP, ALTER</li> <li>• Data Query: SELECT, FROM, WHERE with relational operators, BETWEEN,</li> <li>• Logical operators, IS NULL, IS NOT NULL</li> <li>• Data Manipulation: INSERT, DELETE, UPDATE</li> </ul>
<b>DECEMBER</b>	<b>LESSON 9 : INTRODUCTION TO THE EMERGING TRENDS</b> <ul style="list-style-type: none"> <li>• Artificial Intelligence, Machine Learning, Natural Language Processing, Immersive experience (AR, VR), Robotics</li> <li>• Big data and its characteristics</li> <li>• Internet of Things (IoT), Sensors, Smart cities</li> <li>• Cloud Computing and Cloud Services (SaaS, IaaS, PaaS)</li> <li>• Grid Computing</li> <li>• Block chain technology</li> </ul>
<b>JANUARY</b>	Revision
<b>FEBRUARY - MARCH</b>	Revision



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XI / PHYSICAL EDUCATION / SYLLABUS (2024-25)**

MONTH	CHAPTER
APRIL	<p>Unit I : Changing Trends &amp; Career in Physical Education</p> <ol style="list-style-type: none"><li>1. Concept, Aims &amp; Objectives of Physical Education</li><li>2. Development of Physical Education in India – Post Independence</li><li>3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements</li><li>4. Career options in Physical Education</li><li>5. Khelo-India Program and Fit – India Program</li></ol>
MAY	<p>Unit II : Olympic Value Education</p> <ol style="list-style-type: none"><li>1. Olympism – Concept and Olympics Values (Excellence, Friendship &amp; Respect)</li><li>2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will &amp; Mind</li><li>3. Ancient and Modern Olympics</li><li>4. Olympics - Symbols, Motto, Flag, Oath, and Anthem</li><li>5. Olympic Movement Structure - IOC, NOC, IFS, Other members</li></ol> <p>Unit III : Yoga</p> <ol style="list-style-type: none"><li>1. Meaning and importance of Yoga</li><li>2. Introduction to Astanga Yoga</li><li>3. Yogic Kriyas (Shat Karma)</li><li>4. Pranayama and its types</li><li>5. Active Lifestyle and stress management through Yoga</li></ol>
JUNE	<p>Unit IV : Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</p> <ol style="list-style-type: none"><li>1. Concept of Disability and Disorder</li><li>2. Types of Disability, its causes &amp; nature (Intellectual disability, Physical disability)</li><li>3. Disability Etiquette</li><li>4. Aim and objectives of Adaptive Physical Education</li><li>5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)</li></ol>

JULY	<p>Unit V : Physical Fitness, Wellness, and Lifestyle</p> <ol style="list-style-type: none"> <li>1. Meaning &amp; importance of Wellness, Health, and Physical Fitness</li> <li>2. Components/Dimensions of Wellness, Health, and Physical Fitness</li> <li>3. Traditional Sports &amp; Regional Games for promoting wellness</li> <li>4. Leadership through Physical Activity and Sports</li> <li>5. Introduction to First Aid – PRICE</li> </ol> <p>UNIT VI : Test, Measurements &amp; Evaluation</p> <ol style="list-style-type: none"> <li>1. Define Test, Measurements and Evaluation.</li> <li>2. Importance of Test, Measurements and Evaluation in Sports</li> <li>3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)</li> </ol>
AUGUST	<p>UNIT VI : Test, Measurements &amp; Evaluation</p> <ol style="list-style-type: none"> <li>4. Somato Types (Endomorphy, Mesomorphy &amp; Ectomorphy)</li> <li>5. Measurements of health-related fitness</li> </ol> <p>Unit VII : Fundamentals of Anatomy and Physiology in Sports</p> <ol style="list-style-type: none"> <li>1. Definition and importance of Anatomy and Physiology in Exercise and Sports</li> <li>2. Functions of Skeletal System, Classification of Bones, and Types of Joints</li> <li>3. Properties and Functions of Muscles</li> <li>4. Structure and Functions of Circulatory System and Heart</li> <li>5. Structure and Functions of Respiratory System</li> </ol>
SEPTEMBER	REVISION
OCTOBER	<p>Unit VIII : Fundamentals of Kinesiology and Biomechanics in Sports</p> <ol style="list-style-type: none"> <li>1. Definition and Importance of Kinesiology and Biomechanics in Sports</li> <li>2. Principles of Biomechanics</li> <li>3. Kinetics and Kinematics in Sports</li> <li>4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>5. Axis and Planes – Concept and its application in body movements</li> </ol>
NOVEMBER	<p>Unit IX : Psychology &amp; Sports</p> <ol style="list-style-type: none"> <li>1. Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>2. Developmental Characteristics at Different Stages of Development</li> <li>3. Adolescent Problems &amp; their Management</li> <li>4. Team Cohesion and Sports</li> <li>5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</li> </ol>
DECEMBER	<p>Unit X : Training and Doping in Sports</p> <ol style="list-style-type: none"> <li>1. Concept and Principles of Sports Training</li> <li>2. Training Load: Over Load, Adaptation, and Recovery</li> <li>3. Warming-up &amp; Limbering Down – Types, Method &amp; Importance</li> <li>4. Concept of Skill, Technique, Tactics &amp; Strategies</li> <li>5. Concept of Doping and its disadvantages</li> </ol>
JANUARY	REVISION
FEBRUARY - MARCH	REVISION