



NORTH POINT SENIOR SECONDARY BOARDING SCHOOL
(Under North Point Education Trust)
SYLLABUS: 2025-26
CLASS- XI (ARTS, SCIENCE & COMMERCE)

ENGLISH

PRE MID TERM

- Ch 1 : The Portrait of a lady
- Ch 2 : A Photograph
- Ch 3 : The summer of the beautiful white horse
- Ch 4 : Grammar
- Ch 5: Comprehension
- Ch 6 : Advertisement (Situation vacant and wanted)

MID TERM

- 1. THE SUMMER OF THE BEAUTIFUL WHITE HORSE
- 2. THE ADDRESS
- 3. THE PORTRAIT OF A LADY
- 4. A PHOTOGRAPH
- 5. WE'RE NOT AFRAID TO DIE...
- 6. THE LABURNUM TOP
- 7. THE VOICE OF THE RAIN
- 8. COMPREHENSION
- 9. NOTE MAKING
- 10. ADVERTISEMENT (ALL)
- 11. POSTER Making
- 12. SPEECH WRITING
- 13. DEBATE
- 14. GRAMMAR

ANNUAL

- 1. THE SUMMER OF THE BEAUTIFUL WHITE HORSE
- 2. THE ADDRESS
- 3. MOTHER'S DAY
- 4. BIRTH
- 5. THE PORTRAIT OF A LADY
- 6. A PHOTOGRAPH
- 7. WE'RE NOT AFRAID TO DIE...
- 8. DISCOVERING TUT
- 9. THE LABURNUM TOP
- 10. THE VOICE OF THE RAIN
- 11. CHILDHOOD
- 12. COMPREHENSION
- 13. NOTE MAKING
- 14. ADVERTISEMENT (ALL)
- 15. POSTER MAKING
- 16. SPEECH WRITING

17. DEBATE WRITING

18. GRAMMAR

BENGALI

PRE MID TERM

- ১) ব্যাকরণ – 1. বাচ্য পরিবর্তন
- ২) গদ্যাংশ - 1. তেলেনাপোতা আবিষ্কার
- ৩) পদ্যাংশ – 1. নুন
2. আজব শহর

MID TERM

- ১) ব্যাকরণ - বাচ্য পরিবর্তন, উক্তি পরিবর্তন
- ২) গদ্য - তেলেনাপোতা আবিষ্কার, বিড়াল
- ৩) পদ্য - নুন, লালন শাহ ফকিরের গান, সাম্যবাদী।
- ৪) নাটক - আশুত (প্রথম ও দ্বিতীয় অধ্যায়) ।
- ৫) সহায়ক গ্রন্থ - আজব শহর কলকেতা, বই কেনা।
- ৬) সংলাপ লিখন
- ৭) বোধ পরীক্ষণ

POST MID

- ১) গদ্য - পুঁই মাচা
- ২) পদ্য - চারণ কবি
- ৩) নাটক - আশুত (তৃতীয় অধ্যায়)
- ৪) সহায়ক গ্রন্থ - আড্ডা
- ৫) ব্যাকরণ - শব্দভাণ্ডার (তৎসম,তদ্ভব ও দেশি-বিদেশী)

ANNUAL

- ১) গদ্য - তেলেনাপোতা আবিষ্কার, বিড়াল, পুঁই মাচা ।
- ২) পদ্য - নুন, লালন শাহ ফকিরের গান, চারণ কবি, সাম্যবাদী
- ৩) নাটক - আশুত (সম্পূর্ণ নাটক)
- ৪) সহায়ক গ্রন্থ - বই কেনা, আজব শহর কলকেতা, আড্ডা।
- ৫) ব্যাকরণ - উক্তি পরিবর্তন, বাচ্য পরিবর্তন,বাংলা শব্দ ভাণ্ডার (তৎসম,তদ্ভব,দেশী-বিদেশী)
- ৬) সংলাপ লিখন ও গদ্যের সারাংশ লিখন।
- ৭) বোধ পরীক্ষণ।

HINDI

Pre mid term

- কবীর
- মীরা
- नमक का दरोगा
- मियां नसीरुद्दीन
- भारतीय गायिकाओं में बेजोड़ लता मंगेशकर

अभिव्यक्ति और मध्यम-

- जनसंचार माध्यम

Mid term

- अप्पू के साथ ढाई साल
- विदाई संभाषण
- गलता लोहा
- घर की याद
- चंपा काले काले अच्छर नहीं चीन्हती
- राजस्थान की रजत बूंदे
- पत्रकारिता के विविध आयाम
- डायरी लिखने की कला
- कथा पटकथा

(Pre Mid-term syllabus included)

POST MID TERM

- रजनी
- जामुन का पेड़
- हे भूख मत मचल
- हे मेरे जूही के फूल जैसे ईश्वर
- कार्यालयी लेखन और प्रक्रिया

Annual

- आलो आंधारि
- स्ववृत्त लेखन और रोजगार संबंधी आवेदनपत्र

[Pre mid term +Mid term +Post Mid term syllabus is included]

ACCOUNTANCY

PRE MID TERM

- Ch - 1. Meaning, Objectives, Scope and Nature of Accounting
- Ch - 2. Basic Accounting Terms
- Ch - 3. Accounting Principles
- Ch - 4. Process and Bases of Accounting
- Ch - 5. Accounting Standards
- Ch - 6. Accounting Equations
- Ch - 7. Double Entry System
- Ch - 8. Origin of Transactions: Source Documents of Accountancy

MID TERM

- Ch 1. Meaning, Objectives, Scope and Nature of Accounting
- Ch 2. Basic Accounting Terms
- Ch 3. Accounting Principles
- Ch 4. Process and Bases of Accounting
- Ch 5. Accounting Standards
- Ch 6. Accounting Equations
- Ch 7. Double Entry System
- Ch 8. Origin of Transactions: Source Documents of Accountancy
- Ch 9. Books of Original Entry Journal

- Ch 10. Accounting for Goods & Services Tax (GST)
- Ch 11. Books of Original Entry Cash Book
- Ch 12. Books of Original Entry Special Purpose Subsidiary Books
- Ch 13. Ledger
- Ch 14. Trial Balance and Errors
- Ch 15. Bank Reconciliation Statement
- Ch 16. Depreciation
- Ch 17. Provisions and Reserves

POST MID TERM

- Ch 20. Financial statements
- Ch 21. Financial statements with adjustment

ANNUAL EXAM

- Ch 1. Meaning, Objectives, Scope and Nature of Accounting
- Ch 2. Basic Accounting Terms
- Ch 3. Accounting Principles
- Ch 4. Process and Bases of Accounting
- Ch 5. Accounting Standards
- Ch 6. Accounting Equations
- Ch 7. Double Entry System
- Ch 8. Origin of Transactions: Source Documents of Accountancy
- Ch 9. Books of Original Entry Journal
- Ch 10. Accounting for Goods & Services Tax (GST)
- Ch 11. Books of Original Entry Cash Book
- Ch 12. Books of Original Entry Special Purpose Subsidiary Books
- Ch 13. Ledger
- Ch 14. Trial Balance and Errors
- Ch 15. Bank Reconciliation Statement
- Ch 16. Depreciation
- Ch 17. Provisions and Reserves
- Ch 18. Rectification of Errors
- Ch 19. Capital and Revenue
- Ch 20. Financial Statements
- Ch 21. Financial Statements With Adjustments
- Ch 22. Accounts from Incomplete Records

BUSINESS STUDIES

PRE MID TERM

- Ch-1 : Nature of purpose of business
- Ch-2 : Forms of Business organization

MID TERM

- Ch-1 : Nature of purpose of business
- Ch-2 : Forms of Business organization
- Ch-3 : Public, Private and global enterprises
- Ch-4 : Business services
- Ch-5 : Emerging mode of Business
- Ch-6 : Social responsibility of business and business ethics

POST MID TERM

- Ch - 7 : Small Businesses
- Ch - 8 : Sources of Business Finance

ANNUAL EXAM

- Ch-1 : Nature of purpose of business
- Ch-2 : Forms of Business organization
- Ch-3 : Public, Private and global enterprises
- Ch-4 : Business services
- Ch-5 : Emerging mode of Business
- Ch-6 : Social responsibility of business and business ethics
- Ch - 7 : Small Businesses
- Ch - 8 : Sources of Business Finance
- Ch - 9 Internal Trade
- Ch - 10 International – Business

COST ACCOUNTING

PRE MID TERM

- Employability skills
- Ch-1 : Communication skills
- Ch-2 : Self management

Subject specific

- Ch-1 : General Principles
- Ch-2 : Direct materials

MID TERM

- Employability skills
- Ch-1 : Communication skills
- Ch-2 : Self management
- Ch-3 : ICT skills

Subject specific

- Ch-1 : General Principles
- Ch-2 : Direct materials
- Ch-3 : Direct labour and direct expenses

POST MID TERM

- Subject specific
- Ch-4. Overheads General, classification, distribution and control.

ANNUAL EXAM

- Subject specific
- Ch 1. General principles
- Ch 2. Direct material
- Ch 3. Direct labour and direct expenses
- Ch 4. Overheads General, classification, distribution and control.
- Ch 5. Overhead distribution

Employability skills

- Ch 1. Communication skills
- Ch 2. Self management skills
- Ch 3. ICT skills
- Ch 4. Entrepreneurship skill
- Ch 5. Green skill

ECONOMICS

PRE MID TERM

Part A - Statistics

1. Concept of Economics and significance of Statistics in Economics

Part B - Micro-Economics

1. Introduction and the Production Possibility Curve

MID TERM

Statistics

sl no	TOPICS
2	Collection of data
3	Census and Sample methods
4	Organisation of data
5	Presentation of Data: Textual and Tabular Presentation
6	Diagrammatic presentation of data: Bar and Pie diagrams
7	Measures of Central Tendency: Arithmetic Mean

Part B - Micro-Economics

sl no	
2	Utility
3	Indifference curves
4	Theory of Demand
5	Elasticity of demand
6	Production

POST MID TERM

Statistics

8	Measures of Central Tendency: Median and Mode
9	Index Numbers

Microeconomics

7	Cost
8	Revenue
9	Supply

ANNUAL EXAM

Statistics

10	Correlation
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Microeconomics

10	Perfect Competition
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+ Pre Mid+ Mid+ Post Mid syllabus

PHYSICS

PRE MID TERM

Ch-2: Units and measurements

Ch-3: Motion in a straight line

Ch-4 : Motion in a plane

Ch-5: Laws of motion

MID TERM

Ch-2 : Units and measurements

Ch-3: Motion in a straight line

Ch-4 : Motion in a plane

Ch-5 : Laws of motion

Ch-6: Work, energy and power

Ch-7: System of particles and rotational motion

Ch-8 : Gravitation

Ch-9 : Mechanical properties of solids

POST MID TERM

Ch-10. MECHANICAL PROPERTIES OF FLUIDS

Ch-11. THERMAL PROPERTIES OF MATTER

Ch-12. THERMODYNAMICS

ANNUAL EXAM

Ch-2: UNITS AND MEASUREMENTS

Ch-3: MOTION IN A STRAIGHT LINE

Ch-4 MOTION IN A PLANE

Ch -5 LAWS OF MOTION

Ch-6 WORK, ENERGY AND POWER

Ch-7 SYSTEM OF PARTICLES AND ROTATIONAL MOTION

Ch-8 GRAVITATION

Ch-9 MECHANICAL PROPERTIES OF SOLIDS

Ch-10 MECHANICAL PROPERTIES OF FLUIDS

Ch-11 THERMAL PROPERTIES OF MATTER

Ch-12 THERMODYNAMICS

Ch-13 KINETIC THEORY

Ch-14 OSCILLATIONS

Ch- 15 WAVES

CHEMISTRY

PRE MID TERM

Ch-1 : SOME BASIC CONCEPTS OF CHEMISTRY

Ch-2 : STRUCTURE OF ATOM

The gaseous state(Reading material available in cbse website -Curriculum 2025-26)

MID TERM

Ch-1 : Some basic concepts of chemistry

Ch-2 : Structure of atom

Ch-3 : Classification of elements and periodicity in properties

Ch-4 : Chemical Bonding

Ch-8: Organic Chemistry- Some basic principles and Techniques

POST MID TERM

Ch-5: Thermodynamics

Ch- 7: Redox Reactions

S & p Block elements(Reading material available in cbse

ANNUAL EXAM

1. Some Basic concepts of chemistry

2. Structure of Atom

3. Classification of elements and Periodicity in properties

4. Chemical bonding

5. Thermodynamics

6. Equilibrium

7. Redox reactions

8. Organic chemistry- Some basic principles and techniques

9. Hydrocarbons

MATHEMATICS

PRE MID TERM

- Chapter-1: Sets.
- Chapter-2: Relations And Functions.
- Chapter-5: Linear Inequalities

MID TERM

- Chapter-1: Sets.
- Chapter-2: Relations And Functions.
- Chapter-3: Trigonometric Functions.
- Chapter-4: Complex Numbers And Quadratic Equations.
- Chapter-5: Linear Inequalities.
- Chapter-8: Sequences And Series.
- Chapter-9: Straight Lines.

Post Mid Term

Chapter-6: Permutations And Combinations.

- Chapter-7: Binomial Theorem.

ANNUAL EXAMINATION

- Chapter-1: Sets.
- Chapter-2: Relations And Functions.
- Chapter-3: Trigonometric Functions.
- Chapter-4: Complex Numbers And Quadratic Equations.
- Chapter-5: Linear Inequalities.
- Chapter-6: Permutations And Combinations.
- Chapter-7: Binomial Theorem.
- Chapter-8: Sequences And Series.
- Chapter-9: Straight Lines.
- Chapter-10: Conic Sections.
- Chapter-11: Introduction To Three-Dimensional Geometry.
- Chapter-12: Limits And Derivatives.
- Chapter-13: Statistics.
- Chapter-14: Probability.

BIOLOGY

PRE MID TERM

Ch-1: The living world

Ch-2: Biological classification

Ch-3 : Plant kingdom

Ch-4 : Animal kingdom

Ch-5 : Morphology of flowering plants

MID TERM

Ch-1: The living world

Ch-2: Biological classification

Ch-3 : Plant kingdom

Ch-4 : Animal kingdom

Ch-5 : Morphology of flowering plants

Ch-6: Anatomy of Flowering Plants

Ch-7: Structural Organisation in Animals

Ch-8: Cell-The Unit of Life

Ch-9 : Biomolecules

Ch-10: Cell Cycle and Cell Division
Ch-12: Respiration in Plants
Ch-14 : Breathing and Exchange of gases

POST MID TERM

Ch-11: Photosynthesis in Higher Plants
Ch-15: Body fluids and circulation
Ch-16: Excretory Products and their Elimination

ANNUAL

Ch 1 : The living world
Ch 2 : Biological Classification
Ch- 3 : Plant kingdom
Ch-4 : Animal kingdom
Ch-5 : morphology of flowering plant
Ch-6: Anatomy of Flowering Plants
Ch-7: Structural Organisation in Animals
Ch-8: Cell-The Unit of Life
Ch-9: Biomolecules
Ch-10: Cell Cycle and Cell Division
Ch-11: Photosynthesis in Higher Plants
Ch-12: Respiration in Plants
Ch-13: Plant - Growth and Development
Ch-14: Breathing and Exchange of gases
Ch-15: Body fluids and circulation
Ch-16: Excretory Products and their Elimination
CH- 17 LOCOMOTION AND MOVEMENT
CH-18: NEURAL CONTROL AND COORDINATION
CH- 19: CHEMICAL COORDINATION AND INTEGRATION

COMPUTER SCIENCE

PRE MID TERM

Ch-1 : Computer system overview
Ch-2: Data representation

MID TERM

Ch-3 : Boolean Logic
Ch-5: Getting started with Python.
Ch-6 : Python Fundamentals
Ch-7: Data Handling
Ch 9 : Flow of control

POST MID TERM

CHAPTER-9: FLOW OF CONTROL
CHAPTER-10: STRING MANIPULATION
CHAPTER-11 : LIST MANIPULATION

ANNUAL EXAM

CHAPTER-9 : FLOW OF CONTROL
CHAPTER -10: STRING MANIPULATION
CHAPTER-11 : LIST MANIPULATION
CHAPTER-12 : TUPLES
CHAPTER-13 : DICTIONARIES
CHAPTER-14 : CYBER SAFETY
CHAPTER-15 : SOCIETY, LAW AND ETHICS

HISTORY

PRE MID TERM

Theme-II – writing & city life

MID TERM

Writing & city life (unit-I)

An empire Across Three Continents (Unit-II)

Nomadic Empire (Unit-III)

POST MID-TERM:

5. UNIT V - CHANGING CULTURAL TRADITIONS

ANNUAL EXAMINATION :

1. UNIT I - WRITING AND CITY LIFE

2. UNIT II - AN EMPIRE ACROSS THREE CONTINENTS

3. UNIT III - NOMADIC EMPIRES

4. UNIT IV - THE THREE ORDERS

5. UNIT V - CHANGING CULTURAL TRADITIONS

6. UNIT VI - DISPLACING INDIGENOUS PEOPLES

7. UNIT VII - PATHS TO MODERNIZATION

GEOGRAPHY

PRE MID TERM

FUNDAMENTAL OF PHYSICAL GEOGRAPHY

Chapter-1 : Geography as a discipline

Chapter-2 : The origin and evolution of the Earth

INDIA : PHYSICAL ENVIRONMENT

Chapter-1 : India : Location

Chapter-2 : Structure and Physiographic (till Mountains)

MID TERM

FUNDAMENTAL OF PHYSICAL GEOGRAPHY

Chapter-2 : The origin and evolution of the Earth

Chapter-3 : Interior of the Earth

Chapter-4 : Distribution of Oceans and Continents

Chapter-5 : Geomorphic Process

Chapter-6 : Landforms and their evolution

Chapter-7 : Composition and Structure of atmosphere

INDIA : PHYSICAL ENVIRONMENT

Chapter-1 : India : Location

Chapter-2 : Structure and Physiographic (full)

Chapter-3 : Drainage System

Chapter-4 : Climate

Mapwork : India Map (physiography, rivers, rainfall, monsoon wind)

POST MID TERM

FUNDAMENTALS OF PHYSICAL GEOGRAPHY

CHAPTER 8

SOLAR RADIATION, HEAT BALANCE AND TEMPERATURE

CHAPTER 9

ATMOSPHERIC CIRCULATION AND WEATHER SYSTEM

INDIA PHYSICAL ENVIRONMENT

CHAPTER 9

NATURAL VEGETATION

ANNUAL EXAM

FUNDAMENTALS OF PHYSICAL GEOGRAPHY

CHAPTER 1-GEOGRAPHY AS A DISCIPLINE

CHAPTER 2-THE ORIGIN AND EVOLUTION OF EARTH

CHAPTER 3-INTERIOR OF EARTH

CHAPTER 4- DISTRIBUTION OF OCEANS AND CONTINENTS

CHAPTER 5-GEOMORPHIC PROCESSES

CHAPTER 6- LANDFORMS AND THEIR EVOLUTION

CHAPTER 7- COMPOSITION AND STRUCTURE OF ATMOSPHERE

CHAPTER 8- SOLAR RADIATION, HEAT BALANCE AND TEMPERATURE

CHAPTER 9 - ATMOSPHERIC CIRCULATION AND WEATHER SYSTEMS

CHAPTER 10- WATER IN THE ATMOSPHERE

CHAPTER 11- WATER OCEANS(ONLY MAJOR AND MINOR RELIEF FEATURES)

CHAPTER 13- MOVEMENTS OF OCEAN WATER (ONLY WAVES AND TIDES)

CHAPTER 14- BIODIVERSITY AND CONSERVATION

INDIA PHYSICAL ENVIRONMENT

CHAPTER 1- INDIA LOCATION

CHAPTER 2-STRUCTURE AND PHYSIOGRAPHY

CHAPTER 3-DRAINAGE SYSTEM

CHAPTER 4-CLIMATE

CHAPTER 5-NATURAL VEGETATION

MAP WORK

FUNDAMENTALS OF PHYSICAL GEOGRAPHY (CHAPTER 4,9,12,13,14)

INDIA PHYSICAL ENVIRONMENT (CHAPTER 1,2,3,4,5)

GEOGRAPHY PRACTICAL

CHAPTER 1 - INTRODUCTION TO MAPS

CHAPTER 2- MAP SCALE

CHAPTER 3-LATITUDE, LONGITUDE AND TIME

CHAPTER 4-MAP PROJECTION

CHAPTER 5-TOPOGRAPHICAL MAPS

CHAPTER 6-INTRODUCTION TO REMOTE SENSING

POLITICAL SCIENCE

PRE MID TERM

BOOK-1 : INDIAN CONSTITUTION AT WORK

Chapter-1 : Constitution : Why and How?

BOOK-2 : POLITICAL THEORY

Chapter-1 : Political Theory : An Introduction

MID TERM

BOOK-1 : INDIAN CONSTITUTION AT WORK

Chapter-2 : Rights in the Indian Constitution

Chapter-3 : Election and Representation

Chapter-4 : Executive

Chapter-5 : Legislature

BOOK-2 : POLITICAL THEORY

Chapter-2 : Freedom

Chapter-3 : Equality

Chapter-4 : Social Justice

POST MID TERM

Book 1: Indian Constitution at Work

Ch 6- Judiciary

Book 2: Political Theory

Ch 5- Rights

ANNUAL EXAM

Book 1: Indian Constitution at Work

Ch 7- Federalism

Ch 8- Local Governments

Ch 9- Constitution as a Living Document

Ch 10- The Philosophy of the Constitution

Book 2: Political Theory

Ch 6- Citizenship

Ch 7- Nationalism

Ch 8- Secularism

SOCIOLOGY

PRE MID TERM

INTRODUCING SOCIOLOGY

Chapter-1 : Sociology, Society and its relationship with other social science discipline.

MID TERM

INTRODUCING SOCIOLOGY

Chapter-2 : Terms, concepts and their use in Sociology

Chapter - 1: Sociology, Society and it's relationship with other social science discipline

UNDERSTANDING SOCIOLOGY

Chapter-7 : Social Change and Social Order in Rural and Urban Society

POST MID TERM

INTRODUCING SOCIOLOGY

Chapter 3: Understanding Social Institutions

UNDERSTANDING SOCIOLOGY

Chapter 2: Introducing Western Sociologists

ANNUAL

INTRODUCING SOCIOLOGY

Chapter 4: Culture and socialisation

Chapter 3: Understanding social institutions

UNDERSTANDING SOCIOLOGY

Chapter 3: Indian Sociologists

Chapter 2: Introducing Western Sociologist

PSYCHOLOGY

PRE MID TERM

Ch-1 : What is psychology?

Ch-2: Methods of enquiring

MID TERM

Ch-1 : What is psychology?

Ch-2: Methods of enquiring
Ch-3: Human development
Ch-4: Sensation, attention and perceptual processes
Ch-5: Learning

POST MID TERM

6. Human Memory
7. Thinking

ANNUAL EXAM

1. WHAT IS PSYCHOLOGY?
2. METHODS OF ENQUIRY IN PSYCHOLOGY
3. HUMAN DEVELOPMENT
4. SENSORY, PERCEPTUAL & ATTENTIONAL PROCESSES
5. LEARNING
6. HUMAN MEMORY
7. THINKING
8. MOTIVATION AND EMOTION

HOME SCIENCE

PRE MID TERM

Ch -1 Introduction to Home Science
Ch-2 Understanding the Self
Ch-3 Food Nutrition Health & Fitness

MID TERM

Ch -1 Introduction to Home Science
Ch-2 Understanding the Self
Ch-3 Food Nutrition Health & Fitness
Ch-4 Management of Resources
Ch-5 Fabric Around Us
Ch-6 Media and Communication Technologies
Ch-9 Concerns and Needs in Diverse Contexts
Ch-10 Survival Growth and Development
Ch-11 Nutrition Health and Well being

POST MID TERM

Ch-13 : our apparel
Ch-14 : health and wellness

ANNUAL EXAM

Ch - 1 Introduction TO HOME SCIENCE
CH-2 UNDERSTANDING THE SELF
CH- 3 FOOD NUTRITION HEALTH & FITNESS
CH 4 management of resources
Ch5 FABRIC AROUND US
CH - 6 MEDIA and communication technologies
Ch9 concerns and needs in diverse contexts
Ch 10 survival growth and development
Ch 11 nutrition health and well being
Ch-13 : our apparel
Ch-14 : health and wellness
Ch- 15 : Financial management and Planning
CH-16 : Care and maintenance of fabrics

PHYSICAL EDUCATION

PRE MID TERM

Ch-1. Changing trends & career in physical education

Ch-2. Olympism

MID TERM

Ch-1. Changing trends & career in physical education

Ch-2. Olympism

Ch-3. Yoga

Ch-4. Physical education and sports for CSWN

Ch-5. Physical fitness, health and wellness

Post Mid Term

6. Test, measurements and evaluation

7. Fundamental of anatomy, physiology in sports

Annual Exam

1. Changing trends & careers in physical education

2. Olympism

3. Yoga

4. Physical education and sports for CSWN

5. Physical fitness, health and wellness

6. Test, measurements and evaluation

7. Fundamental of anatomy, physiology in sports

8. Fundamentals of kinesiology and biomechanics in sports

9. Psychology and sports

10. Training and doping in sports

YOGA

PRE MID TERM

I. Part A

Unit 1 Communication skills

II. Part B

Unit 1 Yoga Etymology, definition, aim, objectives, misconceptions text.

MID TERM

I. Part A

Unit 2 Self management skills

Unit 3 Basic ICT skills

II. Part B

Unit 1 Etymology, definition, aim, objectives, misconceptions text

Unit 2 Introduction to yoga texts

POST MID TERM

Part A

Unit 4 Entrepreneurial skills

Part B

Unit 3 Yoga for health promotions

ANNUAL EXAM

PART A (EMPLOYBLISKILLS (10MARKS)

UNIT 1 Communication skills

UNIT 2 Self Management skills

UNIT 3 ICT Skills

UNIT 4 Entrepreneur skills

Unit 5 Green skills

Part B (yoga theory)

Unit 1 Introduction of yoga

Unit 2 Introduction of text

Unit 3 Yoga for health promotions

Practical

1. Project 10 MARKS

2. Viva 5 marks

3. Practical file 15 marks

4. Demonstration of skills 20 marks