



**Delhi Public School Guwahati**  
"Under the aegis of the Delhi Public School Society, Delhi"

## **LESSON PLAN FOR ACADEMIC YEAR 2021-22**

### **CYCLE 3**

(7th June – 25th June 2021)

**CLASS:** XI

**SUBJECT:** Physical Education

**NO. OF WORKING DAYS:** 19 Days

**CHAPTERS:**

- Physical fitness, Wellness and Lifestyle
- Physical education and sports for CWSN

**TOPICS:**

- Components of wellness
- Components of health related fitness
- Introduction of adapted physical education
- Aims and objectives of adapted physical education

**OBJECTIVES:**

- Aim to achieve and maintain those specific qualities which enhance the working efficiency of the individual and his standard of health.
- To realize that wellness is the pursuit of a healthy and balanced lifestyle.
- Aim to make students understand that we do very little in preventing danderous diseases that may strike us later.
- To achieve and maintain those soecific qualities which enhance the working efficiency of the individual.

- Special children have the right to develop their abilities in a democratic society through the process of education.
- It is the duty of all educational institute to provide the platform to the special abled people.
- Understand the meaning of adapted physical education.
- Objective to boost their moral and self esteem and also inbuilt the sportsman qualities through the programmes of APE.

**TEACHING METHODOLOGY:**

- Practice question papers
- Presentation and discussion methods.
- Photographs and videos

**SHORT QUESTIONS: 3 MARK**

- Explain any three objectives of adapted physical education.
- What do you mean by adapted physical education and what is its aim?
- Why adapted physical education is essential in educational programmes?
- Briefly write about health related physical fitness.
- Describe importance of healthy/positive lifestyle.
- Discuss about three components of wellness.

**LONG QUESTIONS: 5 MARKS**

- Elucidate why adapted physical education is required and what are the benefits of it?
- Discuss the objectives of adapted physical education in detail.
- Explain in detail components of health related physical fitness.
- What do you mean by physical fitness? Elucidate any two components of physical fitness.

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