

<b><u>1<sup>st</sup> Term : 18 August 2015-27 December 2015 (80 Working days)</u></b>			
<b>Week No</b>	<b>Duration/ Dates</b>	<b>No of W. Days</b>	<b>Contents</b>
1	18 Aug 2015 To 21 Aug 2015	04	<b><u>Chapter 1:</u></b> Definition of health & physical education and importance of physical education <b><u>Chapter 2:</u></b> Aims and objectives of physical education
2	24 Aug 2015 To 28 Aug 2015	05	<b><u>Chapter 3:</u></b> Educational Gymnastic (a) Definition and benefits of educational gymnastics (b) Different Exercises of educational gymnastics
3	31 Aug 2015 To 04 Sep 2015	05	<b><u>Chapter 3:</u></b> Educational Gymnastic (c) Leisure time and its division, Recreation types and aims
4	07 Sep 2015 To 11 Sep 2015	05	<b><u>Chapter4:</u></b> (a) Football for boys rules and regulations of the game.
5	14 Sep 2015 To 18 Sep 2015	05	<b><u>Chapter4:</u></b> (b) net ball for girls rules and regulations of the game.
6	21 Sep 2015 To 25 Sep 2015 [EidulAzha]	02	<b><u>Chapter4:</u></b> (C) volley ball for boys and girls Rules and Regulations of the game - Part I
7	28 Sep 2015 To 02 Oct 2015	05	<b><u>1<sup>st</sup> Bimonthly Test</u></b>
8	05 Oct 2015 To 09 Oct 2015	05	<b><u>Chapter4:</u></b> (C) volley ball for boys and girls Rules and Regulations of the game – Part II
9	12 Oct 2015 To 16 Oct 2015	05	<b><u>Chapter 5:</u></b> Athletics Events (a) Shot put sector and rules (b) Tripple jump sector and rules
10	19 Oct 2015 To 23 Oct 2015 [Ashura]	03	<b><u>Chapter 5:</u></b> Athletics Events (a) 4 x100m Relay Race Rules.
11	26 Oct 2015 To 30 Oct 2015	05	<b><u>Chapter 5:</u></b> Athletics Events (b) Shot put,
12	02 Nov 2015 To 06 Nov 2015	05	<b><u>Chapter 5:</u></b> (c) Discus throws and Relay for girls.

<b>Part-2 Health Education</b>			
<b>Week No</b>	<b>Duration/ Dates</b>	<b>No of W. Days</b>	<b>Contents</b>
13	09 Nov 2015 To 13 Nov 2015 [Iqbal Day]	04	<b>Chapter1:</b> Definition of Health education and its relationship with physical education.
14	16 Nov 2015 To 20 Nov 2015	05	<b>Chapter2:</b> Human body and its efficiency (a) Circulatory system.
15	23 Nov 2015 To 27 Nov 2015	05	<b>Chapter2:</b> (b) Respiratory system.
16	30 Nov 2015 To 04 Dec 2015	05	<b>Chapter3:</b> (a) Posture, Postural defects and its Remedial exercises.
17	07 Dec 2015 To 11 Dec 2015	05	<b><u>1<sup>st</sup> Term Exams (Send – Up Exams)</u></b>
18	14 Dec 2015 To 18 Dec 2015	02	<b><u>1<sup>st</sup> Term Exams (Send – Up Exams)/All Pakistan Prize Distribution Ceremony of Co-curricular Activities</u></b>
19	21 Dec 2015 To 25 Dec 2015	-	<b><u>Winter Vacation</u></b>
<b><u>2<sup>nd</sup> Term: 28 December 2015-12 April 2016 ( 75 Working Days)</u></b>			
20	28 Dec 2015 To 01 Jan 2016	05	<b>Chapter4:</b> (a) First Aid, Reasons for injuries and
21	04 Jan 2016 To 08 Jan 2016	05	(b) Symptoms of Injuries and Remedial exercises
22	11 Jan 2016 To 15 Jan 2016	05	(c) Athletics injuries Types, Symptoms and Treatments ,Hard Tissue injuries.
23	18 Jan 2016 To 22 Jan 2016	05	(d) Fracture Definition, Types of fracture and Treatments.
24	25 Jan 2016 To 29 Jan 2016	05	<b>Chapter 5:</b> Infectious diseases Part I Modes of Transmission and treatments.

## Health and Physical Education XI

<b>Week No</b>	<b>Duration/ Dates</b>	<b>No of W. Days</b>	<b>Contents</b>
25	01 Feb 2016 To 05 Feb 2016 [Kashmir Day]	04	<b>Chapter 5:</b> Infectious diseases Part II Modes of Transmission and treatments.
26	08 Feb 2016 To 12 Feb 2016	05	<b><u>2<sup>nd</sup> Bimonthly Test</u></b>
27	15 Feb 2016 To 19 Feb 2016	05	Revision of Chapter 4 and 5
28	22 Feb 2016 To 26 Feb 2016	05	Revision and Test Series
29	29 Feb 2016 To 04 Mar 2016	05	Revision and Test Series
30	07 Mar 2016 To 11 Mar 2016	05	Revision and Test Series
31	14 Mar 2016 To 18 Mar 2016	05	Revision and Test Series
32	21 Mar 2016 To 25 Mar 2016 [Pakistan Day]	04	Revision and Test Series
33	28 Mar 2016 To 01 Apr 2016	05	<b><u>Pre-Board Examination</u></b>
34	04 Apr 2016 To 08 Apr 2016	05	<b><u>Pre-Board Examination</u></b>
35	11 Apr 2016 To 15 Apr 2016	02	<b><u>Pre-Board Examination/ Prep Leave</u></b>