

Roop vatika sen.sec.school

Session 2025-26

Class XI Arts

Punjabi syllabus :-

ਘੋੜੀਆਂ All

ਟੱਪੇ All

ਬੋਲੀਆਂ All

ਢੋਲਾ All

ਮਾਹੀਆ All

ਬੁਝਾਰਤਾਂ All

ਦੰਤ ਕਥਾਵਾਂ - ਰਾਜਾ ਰਸਾਲੂ

ਦੁੱਲਾ ਭੱਟੀ

ਪ੍ਰੀਤ ਕਥਾਵਾਂ- ਹੀਰ ਰਾਂਝਾ

ਮਿਰਜ਼ਾ ਸਾਹਿਬਾਂ

ਦਫਤਰੀ ਸ਼ਬਦਾਵਲੀ A to z

ਵੱਖ ਵੱਖ ਵਿਸ਼ਿਆਂ ਨਾਲ ਸਬੰਧਤ ਸ਼ਬਦਾਵਲੀ - A to z

ਬੈਂਕ, ਰੇਲਵੇ, ਡਾਕ, ਬੀਮਾ , ਕੰਪਿਊਟਰ ਨਾਲ ਸਬੰਧਤ ਵਾਕ

ਇਸਤਿਹਾਰ, ਸੱਦਾ ਪੱਤਰ

ਮੁਹਾਵਰੇ 1 to 81

ਅਖਬਾਰ ਦੇ ਸੰਪਾਦਕ ਨੂੰ ਪੱਤਰ

ਲੇਖ ਰਚਨਾ

Political science syllabus:-

April -May:- ch-1 Indian constitution

Chapter- 2 Rights in the Indian constitution

Chapter:-3 The legislature

Chapter 1 political Theory

Chapter 2 Liberty

July -August :-Chapter 3 Equality

Chapter 4 Justice

Chapter 4 Executive

Chapter 5 Judiciary

September :- First term Exams

October -November

Chapter 6 Election and Representation

Chapter 7 Rights

Chapter 5 citizenship

Chapter 6 local Government

Chapter 7 Federalism

SYLLABUS OF PHYSICAL EDUCATION

April

Unit -1 Changing Trends And Career In Physical Education

- Concept, Aims and Objectives of Physical Education
- Changing Trends in Sports - playing Surface, wearable gears and sports equipment, technological

Advancements

- Career Options in Physical Education
- Khelo-India and Fit-India

Unit -2 Olympism

- Ancient and Modern Olympics
- Olympism -Concept and Olympic Values (Excellence, Friendship and Respect)
- Olympics - Symbols, Motto, Flag, Oath and Anthem
- Olympic Movement Structure - IOC, NOC, IFCs, Other members

May

Unit -3 Yoga

- Meaning and Importance of Yoga
- Introduction to Ashtanga Yoga
- Introduction to Yogic Kriyas

(Shat karma)

Unit -4 Physical Education And Sports For CWSN(Children with Special Needs
- Divyang)

- Concept of Disability and Disorder
- Types of Disability, it's causes and nature (Intellectual disability, Physical disability)
- Aims and Objectives of Adaptive Physical Education
- Role of various professional for children with Special needs (Counsellor, Occupational Therapist,

Physiotherapist

July

Unit -5 Physical Fitness, Health And Wellness

- Meaning and Importance of wellness, Health and Physical Fitness
- Components/Dimensions of wellness, Health and Physical Fitness
- Traditional Spots and Regional Games for promoting wellness

August

Unit -6 Test, Measurements And Evaluation

- Concept of Test, Measurement and Evaluation in Physical Education and Sports
- Classification of Test in Physical Education and Sports
- Test administration guidelines in Physical Education and Sports

October

Unit-7 Fundamentals Of Anatomy And Physiology in Sports

- Definition and Importance of Anatomy And Physiology in exercise and sports
- Functions of Skeletal system, Classification of bones and types of joints
- Function and Structure of Respiratory system

Unit-8 Fundamentals Of Kinesiology And Biomechanics in sports

- Definition and Importance of Kinesiology and Biomechanics in Sports
- Principle of Biomechanics
- Types of Body Movements - Flexion, Extension, Abduction, Rotation, Circumduction, Supination &

Probation

- Axis and Plans - Concept and it's application in body movements

November

Unit- 9 Psychology And Sports

- Definition and Importance of Psychology in Education and Sports
- Team Cohesion and Sports

Unit -10 Training and Doping In Sports

- Concept and Principal of Sports Training
- Training Load : Over Load , Adaptations and Recovery
- Concept of Doping and its disadvantages

Subject- English core:-

Literature - (Book Hornbill) ch 1 The Portrait of a Lady

Ch 2 we aren't afraid to die

Ch 3 Discovering Tut

Ch 4 The Adventure

Ch 5 The Silk Road

Poem 1 A Photograph

2 The Laburnum Top

3 The Voice of Rain

4 Childhood

5 Father to Son

(Book Snapshots)

Ch 1 The Summer of Beautiful white Horse

Ch 2 The Address

Ch 3 Mother's Day

Ch 4 Birth

Ch 5 Tale of Melon city

Grammar - Gap filling

Re- arrange

Transformation of sentences

Writing- Advertisement, Designing Posters, Speech Writing, Article Writing ,
Debate

Reading- Note Making

Subject- Hindi

1st term

पाठ्य पुस्तक अंतरा, भाग 1

काव्य खंड

- कबीर:- अरे इन दोहुन राह न पाई, बालम आवो हमारे गेह रे
- सूरदास:- खेलन में को काको गुसैयाँ, मुरली तऊ गुपालंहि भावति
- संध्या के बाद
- जाग तुझको दूर जाना

गद्य खंड

- ईदगाह
- दोपहर का भोजन
- टार्च बेचने वाले
- गूंगे
- ज्योतिबा फुले
- उसकी माँ

अभिव्यक्ति और माध्यम पुस्तक पर आधारित

- इकाई एक- जनसंचार माध्यम और लेखन(पाठ 1,2) पर आधारित
- इकाई दो- सृजनात्मक लेखन(पाठ 9,10) पर आधारित

दी गई स्थिति और घटना पर आधारित दृश्य लेखन

- इकाई तीन- व्यवहारिक लेखन(पाठ 14, 15 ,16)

औपचारिक पत्र, स्ववृत्त लेखन ,रोजगार संबंधी आवेदन पत्र

पाठ्य पुस्तक अंतरा, भाग 2

काव्य खंड

- नींद उचट जाती है
- बादल को घिरते देखा है

गद्य खंड

- खानाबदोश

पाठ्य पुस्तक अंतराल, भाग 2

- हुसैन की कहानी अपनी जुबानी

अभिव्यक्ति और माध्यम पुस्तक पर आधारित

- प्रतिवेदन , प्रेस विज्ञप्ति, परिपत्र
- रोजगार संबंधी आवेदन पत्र

पाठ्य पुस्तक अंतरा, भाग 2

काव्य खंड

- हस्तक्षेप
- घर में वापसी

गद्य खंड

- भारतवर्ष की उन्नति कैसे हो सकती है?

पाठ्य पुस्तक अंतराल, भाग 2

- आवारा मसीहा: दिशाहारा

अभिव्यक्ति और माध्यम पुस्तक पर आधारित

- कार्यवृत्त से संबंधित, कार्यसूची