



**THE LEXICON SCHOOLS**  
 (Wagholi • Hadapsar • Kalyani Nagar)  
**Curriculum 2023-24**

Class XI

Subject: Health & Wellness

Subject Code: 807

Term	Month	Portion to be covered
Term I	June	<p><b><u>Physical Education</u></b>                      1. FOOTBALL - Header, Throw in, Through pass                      2. LAGORI - Intro and game                      3. CHESS - Intro and game</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Introduction to Yoga [meaning, definition, benefits, etc. and one sitting Asana (sukhasana)]</p> <p><b><u>Nutrition:</u></b>                      Balanced diet</p>
	July	<p><b><u>Physical Education</u></b>                      1. CHESS - Game and Skills                      2. TABLE TENNIS - Intro, Service, Chop-shot                      3. YOGA - Surya namaskar, Asana and Pranayama</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Surya namaskar (intro, demonstration and practice)</p> <p><b><u>Nutrition:</u></b>                      Importance of water</p>
	August	<p><b><u>Physical Education</u></b>                      1. YOGA - Surya namaskaar, Asana and Pranayama                      2. AEROBICS - Intro, Steps, with Music                      3. BASKETBALL - Chest pass, Dribbling, Free throw</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Benefits and contraindications of Surya namaskar</p> <p><b><u>Nutrition:</u></b>                      Importance of protein and it's role.</p> <p>Preparation for 15th Aug :-                      March past, display, drills</p>
	September	<p><b><u>Physical Education</u></b>                      1. BASKETBALL - Chest pass, Dribbling, Free throw                      2. Kho-Kho - Chain kho, back kho, dodging                      3. FITNESS- CV endurance, Muscular strength, Power</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Introduction to yogic asanas (set 1 - standing)                      Tadasana, vrikshasana, trikonasana, etc.</p> <p><b><u>Nutrition:-</u></b>                      Importance of carbohydrates and it's role</p> <p>Event for national sports day:-</p>

		One tournament for each section
Term II	October	<p><b><u>Physical Education</u></b>                      1. FITNESS-CV endurance, Muscular strength, Power                      2. KABADDI- Hand touch, chain attack, toe touch                      3. VOLLEYBALL- service, under hand pass, overhead pass</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Practicing yogic asanas (set 2 - sitting)                      Padmasana, vajrasana, paschimottanasana, etc.</p> <p><b><u>Nutrition:</u></b>                      Difference between good and bad fat and their role.</p>
	November	<p><b><u>Physical Education</u></b>                      1. VOLLEYBALL-service, under hand pass, overhead pass                      2. HANDBALL- Chest pass, chain pass, defence                      3. CRICKET- Bowling, Batting, Fielding</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Importance of yogic asanas (set 3 - sleeping)                      Shavasana, makarasana, cobra pose, etc.</p> <p><b><u>Nutrition:</u></b>                      Difference between supplements and steroids.</p>
	December	<p><b><u>Physical Education</u></b>                      1. CRICKET- bowling, batting, fielding                      2. TAEKWONDO - intro, kicks, defense                      3. BADMINTON - service, smash, defense</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Practicing yogic asanas (set 4 - advance level)                      Shirshasana, gomukhasana, chakrasana, etc.</p> <p><b><u>Nutrition:</u></b>                      Role of supplements and how they help in body building</p>
	January	<p><b><u>Physical Education</u></b>                      1. BADMINTON- service, smash, defense                      2. ATHLETICS- running event, throwing event, jumping event</p> <p><b><u>Yoga and Mindfulness:</u></b>                      Introduction and practicing Pranayama.                      (anulom-vilom, bhramari, kapalbhati)</p> <p><b><u>Nutrition:</u></b>                      Different types of vitamins and their source.                      (vitamin A,B,C,D,E,K)</p> <p>Preparation for 26 jan:-                      March past, display, drills</p>



**THE LEXICON SCHOOLS**  
**(Wagholi • Hadapsar • Kalyani Nagar)**  
**Curriculum 2023-24**

Class XI

Subject: GST

Subject Code: 503

Term	Month	Portion to be covered
Term I	June	UNIT I: SCIENCE AND TECHNOLOGY Introduction
	July	UNIT I: SCIENCE AND TECHNOLOGY I Application of Science in everyday life II Emerging technologies III Science and Technology in the social context
	August	Revision of the Portion done so far
	September	UNIT II: UNDERSTANDING SOCIAL STRUCTURE
Term II	October	UNIT III: PROTECTION OF ENVIRONMENT I. Natural resources Renewable and Non-renewable II. Factors causing environmental pollution and degradation III. Understanding sustainable development
	November	UNIT III: PROTECTION OF ENVIRONMENT IV. Strategies for environmental conservation V. Lifestyle changes for environmental protection generating less waste and environment-friendly transportation Recycle - Reduce - Reuse - Refuse - Renew - Recover
	December	UNIT IV: NATIONAL UNITY I. Understanding the meaning and importance of national integration II. Role of the national movement in national integration III. Challenges to national integration Promoting national integration IV. Secularism
	January	UNIT V: INTERNATIONAL UNDERSTANDING I. Understanding. Perspective on global citizenship II. Need, scope, dimensions, and basic principles of international understanding III. International organizations and forums working for cooperation and international understanding IV. Place and role of human rights in international understanding V. Peace conventions, international cooperation on environment and climate change