Mount Litera Zee School MHOW

ACADEMIC YEAR: 2025-26

ANNUAL SYLLABUS

GRADE: XI SCIENCE & COMMERCE

S.NO.	SUBJECT	SYLLABUS
1.	ENGLISH CORE	**Hornbill-** Ls-1 The Portrait of a Lady Ls-2 "We're Not Afraid to Die... if we can be together Ls-3 Discovering Tut: The Saga Continues Ls -4 The Adventure Ls-5 Silk Road **Snapshots –** Ls-1 The Summer of the Beautiful White Horse (Prose) Ls-2 The Address (Prose) Ls -3 Mother's Day (Play) Ls -4 Birth Ls-5 The Tale of Melon City **Poetry -** P-1 A Photograph P-2 The Laburnum Top P-3 The Voice of the Rain P-4 Childhood P-5 Father to Son **Writing Skills-** Classified Advertisements Poster Speech Debate **Reading Skills** Unseen Passages Note-making Summary **Grammar-** Gap filling (Tenses, Clauses) Re-ordering /transformation of sentences.

2.	**MATH (CORE)**	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 Permutation and Combinations Chapter 7 Binomial Theorem Chapter 8 Sequence and Series Chapter 9 Straight Lines Chapter 10 Conic sections Chapter 11 introduction to 3-D **Geometry** Chapter 12 limits and derivatives Chapter 13 Statistics Chapter 14 Probability
3.	**PHYSICS**	Chapter 1 to Chapter 12

4.	**CHEMISTRY**	Chapter 1: Some basic concepts of chemistry Chapter 2: Structure of atom Chapter 3: Classification of elements and periodicity in properties Chapter4: Chemical Bonding and Molecular structure Chapter 6: Equilibrium Chapter 7: Redox reactions Chapter 8: Organic Chemistry- Some Basic Principles and Techniques Chapter 9: Hydrocarbons
5.	**BIOLOGY**	Chapter 5: Morphology of flowering plants Chapter 8: Cell: The unit of life Chapter 9: Biomolecules Chapter 10: Cell cycle and cell division Chapter 11: Photosynthesis in higher plants Chapter 12: Respiration in plants Chapter 13: Plant growth and development Chapter 14: Breathing and exchange of gases Chapter 15: Body fluids and circulation Chapter 16: Excretory products and their elimination Chapter 17: Locomotion and Movement Chapter18: Neural Control and Coordination Chapter19: Chemical Coordination and Integration

6.	**ACCOUNTANCY**	Chap 1 Introduction Chap 2 Basic accounting terms Chap 3 Theory base of accounting Chap 5 Accounting Equation Chap 6 Rules of debit and credit Chap 8 Journal Chap 9 Ledger Chap 10 Cashbook Chap 11Other book Chap 12 GST Chap 13 Bank reconciliation statement Chap 14 Trial balance Chap 15 Depreciation Chap 16 Provision and reserves Chap 17 Rectification of errors Chap 19 Adjustment in financial statements Chap 20 Single entry system
7.	**BUSINESS STUDIES**	Chapter1 to Chapter 10
8.	**ENTREPRENEUR-SHIP**	Chapter1 to Chapter 7
9.	**ECONOMICS**	**MicroEcono** **mic s Unit 1** 1. Introduction **Unit2** 2. Consumer's Equilibrium 3. Demand 4. Elasticity of Demand **Unit3** 5. Production function 6. Cost 7. Revenue 8. Producer's Equilibrium 9. Supplier **Unit 4** 10. Main form of Market 11. Price determination and simple applications **Statistics** **Unit 1** 11. Economics: An Introduction 12. Meaning, Scope and importance of Statistics **Unit2** 13. Collection of Data

		14. Organization of data 15. Tabular presentation 16. Diagrammatic presentation 17. Graphic presentation **Unit3** 18. Measures of Central Tendency: Arithmetic Mean 19. Measures of Central Tendency: Median 20. Measures of correlation 21. Index numbers

10.	**PHYSICAL EDUCATION**	**Unit I**: Changing Trends & Careers in Physical Education Concept, Aims & Objectives of Physical Education Development of Physical Education in India – Post Independence Changing Trends in Sports – playing surface, wearable gear and sports equipment, technological advancements Career options in Physical Education Khelo - India Program and Fit India Program **Unit II:** Olympic Value Education Olympism – Concept and Olympic Values (Excellence, Friendship & Respect) Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind Ancient and Modern Olympics Olympics – Symbols, Motto, Flag, Oath, and Anthem Olympic Movement Structure – IOC, NOC, IFS, Other members **Unit III:** Yoga Meaning and importance of Yoga Introduction to Astanga Yoga Yogic Kriyas (Shat Karma) Pranayama and its types Active Lifestyle and stress management through Yoga **Unit IV:** Physical Education & Sports for CWSN (Children with Special Needs — Divyang) Concept of Disability and Disorder Types of Disability, its causes & nature (Intellectual disability, Physical disability) Disability Etiquettes Aim and objectives of Adaptive Physical Education Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special Educator)

		Unit V: Physical Fitness, Health and Wellness Meaning & importance of Wellness, Health, and Physical Fitness Components/Dimensions of Wellness, Health, and Physical Fitness Traditional Sports & Regional Games for promoting wellness Leadership through Physical Activity and Sports Introduction to First Aid – PRICE **Unit VI:** Test, Measurement & Evaluation
		Define Test, Measurements and Evaluation Importance of Test, Measurements and Evaluation in Sports Calculation of BMI, Waist–Hip Ratio, Skin fold measurement (3-site) Somato Types (Endomorphy, Mesomorphy & Ectomorphy) Measurements of health-related fitness **Unit VII:** Fundamentals of Anatomy, 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 Properties and Functions of Muscles Structure and Functions of Circulatory System and Heart Structure and Functions of Respiratory System **Unit VIII:** Fundamentals of Kinesiology and Biomechanics in Sports Definition and Importance of Kinesiology and Biomechanics in Sports Principles of Biomechanics Kinetics and Kinematics in Sports Types of Body Movements – Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation Axis and Planes – Concept and its application in body movements **Unit IX:** Psychology & Sports Definition & Importance of Psychology in Physical Education & Sports Developmental Characteristics at Different Stages of Development Adolescent Problems & their Management Team Cohesion and Sports Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness **Unit X:** Training and Doping in Sports Concept and Principles of Sports Training Training Load: Over Load, Adaptation, and Recovery Warming-up & Limbering Down – Types, Method & Importance

		Concept of Skill, Technique, Tactics & Strategies Concept of Doping and its disadvantages
	YOGA	**Unit 1: Introduction to Yoga and Yogic Practices** 1.1 Yoga etymology, definition, aim, objective and misconception text 1.2 Yoga origin, history and development 1.3 Rules and regulations to be followed by yoga practitioners 1.4 Introduction to major schools of Yoga (Janan-Yoga, Bhakti-Yoga, Karma, Patanjali, Hatha) 1.5 Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas) **Unit 2: Introduction to Yoga Texts (Conduct the Basic Yoga Sessions – I)** 2.1 Introduction and study of Patanjali Yoga Sutra including memorisation of selected Sutra 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas 2.3 Introduction of Hatha Pradipika 2.4 Introduction and study of Gheranda Samhita **Unit 3: Yoga for Health Promotion (Maintain Health Safety at Work Place)** 3.1 Brief introduction to human body 3.2 Role of yoga for health promotion 3.3 Yogic attitudes and practices 3.4 Holistic approach of yoga towards health and diseases 3.5 Introduction to yoga diet and its relevance and importance in yoga Sadhana 3.6 Dincharya and Ritucharya with respect of yogic lifestyle