

Annual & Weekly Syllabus Split-Up - 2026-27

Grade XI

Subject: PSYCHOLOGY

| S.No | Month | No. of Working Days | No. of Days | Topic | Sub Topic | Teaching Aids/Resources | Classroom teaching Video Link | Activities | Art Integrated project | Pedagogy Process/Teaching Strategy | Chapterwise Notes link | Assessment | | | |
|--------|-----------|--|-------------|----------------------|--|---|-------------------------------|---|---|--|--|------------|---|---|---|
| 2 | JUNE | 20 | Week 1 | 0 | (Chapter - 1) What is Psychology? | Introduction, What is Psychology? Psychology as a Discipline, Psychology as a Natural Science, Psychology as a Social Science | NCERT | https://www.youtube.com/live/y3WhZ12yVlw?si=FJKZ-Bbe0VH5oYTD | Discussion | | Discussion | | | | |
| | | | Week 2 | 6 | | | NCERT | | Debate | | Debate | | | | |
| | | | Week 3 | 6 | | Understanding Mind and Behaviour, Popular Notions about the Discipline of Psychology, Evolution of Psychology | NCERT | | Timeline | | Group discussion | | | | |
| | | | Week 4 | 6 | | Development of Psychology in India, Branches of Psychology, Psychology and Other Disciplines, Psychology in Everyday Life | NCERT | | Research discussions | | Flip Teaching | | Class Test | | |
| | | | Week 5 | 2 | | Introduction, Goals of Psychological Enquiry, Steps in Conducting Scientific Research, Alternative Paradigms of Research | NCERT | | Comparison, Mini Experiment, Sorting | | Group discussion | | | | |
| 3 | JULY | 27 | Week 1 | 4 | (Chapter - 2) Methods of Enquiry in Psychology | Nature of Psychological Data, Some Important Methods in Psychology, Observational Method, Experimental Method, Correlational Research, Survey Research | NCERT | https://www.youtube.com/live/K334cQGtXY?si=D-flFgD1J1072pHq | Presentation, Survey, Role Play | Understanding about Developmental stages and comparative study of the theories | Project | | | | |
| | | | Week 2 | 6 | | Psychological Testing, Case Study, Analysis of Data, Quantitative Method, Qualitative Method, Limitations of Psychological Enquiry, Ethical Issues | NCERT | | Group discussion | | Flip Teaching | | Class Test | | |
| | | | Week 3 | 6 | (Chapter - 3) Human Development | Introduction, Meaning of Development, Life-Span Perspective on Development | NCERT | | https://youtu.be/EUqb1FNMDho?si=CuceeRBTjvIQovJ7 | | Discussion / Brainstorming | | Group discussion | Audio visual learning | |
| | | | Week 4 | 6 | | Factors Influencing Development, Context of Development, Context of Development | NCERT | | | | Group discussion | | Flip Teaching | Class Test | |
| | | | Week 5 | 5 | | Overview of Developmental Stages, Prenatal Stage, Infancy, Childhood, Challenges of Adolescence, Adulthood and Old Age | NCERT | | | | Timeline / Diagram | | | | |
| 4 | AUGUST | 24 | Week 1 | 1 | (Chapter - 4) Sensory, Attentional and Perceptual Processes | Introduction, Knowing the world, Nature and varieties of Stimulus, Sense Modalities, Functional limitation of sense organs, Attentional Processes, Selective Attention, Sustained Attention | NCERT | https://youtu.be/SqdYTiPqFWg?si=OZo3f2PtKNngoV0i | Attention Exercises | | Experiential learning through activities | | | | |
| | | | Week 2 | 6 | | Perceptual Processes, Processing Approaches in Perception, The Perceiver, Principles of Perceptual Organisation | NCERT | | Perception Activities | | Activity/demonstration | | | | |
| | | | Week 3 | 5 | | Perception of Space, Depth and Distance, Monocular Cues and Binocular Cues, Perceptual Constancies, Illusions, Socio-Cultural Influences on Perception | NCERT | | Visual Aids / Models | | Flip Teaching | | Class Test | | |
| | | | Week 4 | 6 | REVISION | | | | | | | | | https://drive.google.com/drive/folders/1kmnNaY19FeaA15tAV0u5xMycnzqrhb2C?usp=drive_link | |
| | | | Week 5 | 5+1 | | | | | | | | | | | |
| 5 | SEPTEMBER | 23 | Week 1 | 5 | Term 1 | | | | | | | | | | |
| | | | Week 2 | 6 | | | | | | | | | | | |
| | | | Week 3 | 5 | (Chapter - 5) Learning | Introduction, Nature of Learning, Paradigms of Learning, Classical Conditioning | NCERT | https://youtu.be/U9UZL7lx0pY?si=ulu-z5XA4QkacXS3 | Demonstration | Make a chart/poster on theories of learning, thinking and memory | Experiential learning through activities | | | | |
| | | | Week 4 | 5 | | Determinants of Classical Conditioning, Operant/Instrumental Conditioning | NCERT | | Observation Task | | Audio visual learning | | | | |
| | | | Week 5 | 3 | | Determinants of Operant Conditioning, Key Learning Processes | NCERT | | Cognitive Exercises | | Audio visual learning | | | | |
| Week 1 | 2 | Observational Learning, Cognitive Learning, Verbal Learning | NCERT | Visual Aids / Models | | Reflective | | | | | | | | | |
| Week 2 | 6 | Skill Learning, Factors Facilitating Learning, Learning Disabilities | NCERT | Group discussion | | Flip Teaching | Class Test | | | | | | | | |
| 6 | OCTOBER | 25 | Week 3 | 6 | (Chapter - 6) Human Memory | Introduction, Nature of memory, Information Processing Approach : The Stage Model | NCERT | https://youtu.be/avNssadZsXw?si=qVJW0DRlpZoMdlmX | Memory Tests | | Experiential learning through activities | | | | |
| | | | Week 4 | 5 | | Memory Systems : Sensory, Short-term and Longterm Memories | NCERT | | Recall Games | | Audio visual learning | | | | |
| | | | Week 5 | 5 | | Levels of Processing, Types of Long-term Memory, Declarative and Procedural, Episodic and Semantic memory | NCERT | | Mnemonics Practice | | Audio visual learning | | | | |
| | | | Week 1 | 0 | | Nature and Causes of Forgetting, Forgetting due to Trace Decay, Interference and Retrieval Failure | NCERT | | Discussion / Reflection | | Reflective | | | | |
| | | | Week 2 | 0 | | Enhancing Memory, Mnemonics using Images and Organisation | NCERT | | Discussion / Reflection | | Flip Teaching | | Class Test | | |
| 7 | NOVEMBER | 12 | Week 3 | 0 | (Chapter - 7) Thinking | Introduction, Nature of Thinking, Building Blocks of Thought | NCERT | https://youtu.be/IS1EhwzVh3M?si=8OxXkknwOyBmZau6M | Problem-Solving Tasks | Make a chart/poster on theories of learning, thinking and memory | Problem-Solving Tasks | | | | |
| | | | Week 4 | 6 | | The Processes of Thinking, Problem Solving, Reasoning, Decision-making, | NCERT | | Decision-Making Exercises | | Decision-Making Exercises | | | | |
| | | | Week 5 | 5+1 | | Nature and Process of Creative Thinking, Nature of Creative Thinking | NCERT | | Creative Thinking Activities | | Creative Thinking Activities | | | | |
| | | | Week 1 | 5 | | Process of Creative Thinking, Thought and Language, Development of Language and Language Use | NCERT | | Thought-Language Connection | | Flip Teaching | | Class Test | | |
| | | | 8 | DECEMBER | | 21 | Week 2 | | 6 | | (Chapter - 8) Motivation and | | Introduction, Nature of Motivation, Types of Motives, Biological Motive | NCERT | https://youtu.be/JZFSA1zwtmM?si=810 |
| Week 3 | 6 | Psychosocial Motives Maslow's Hierarchy of Needs, Nature of Emotions | | | NCERT | | Maslow Activity | Maslow Activity | | | | | | | |

