



**MAHARAJA AGARSAIN PUBLIC SCHOOL**  
**a Cambridge International School**  
**Ashok Vihar, Delhi**

**CLASS - XII**  
**SUBJECT- Physical Education**  
**SESSION-2023-2024**

DURATION	SYLLABUS COVERED	SYLLABUS TESTED	SUBJECT ENRICHMENT/PRACTICAL/ ENGLISH/ CONVERSATION/ VISUAL STIMULUS	LEARNING OUTCOMES	RESOURCES	SDG
PT1 (APR-MAY)	1- Management of Sporting Events.  2. -Children & Women in sports.  3- Yoga as Preventive measure for Lifestyle Disease.	*Management of Sporting Events. *Children & Women in sports. *Yoga as Preventive measure for Lifestyle Disease.	Standing long jump, Shuttle Run	<p>After completing the unit, the students will be able to: 1.* Describe the functions of Sports Event management * Classify the committees and their responsibilities in the sports event * Differentiate the different types of tournaments. * Prepare fixtures of knockout, league &amp; combination. * Distinguish between intramural and extramural sports events * extramural sports events *,Design and prepare different types of community sports programmes(Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</p> <p>2.Differentiate exercise guidelines for different stages of growth and development. * Classify common postural deformities and identify corrective measures. * Recognize the role and importance of sports participation of women in India. * Identify special considerations relate to menarche and menstrual dysfunction.Express female athlete triad according to eating disorders.</p>	<p><a href="https://www.learncbse.in/class-12-physical-education-notes-chapter-1/">https://www.learncbse.in/class-12-physical-education-notes-chapter-1/</a></p> <p><a href="https://www.slideshare.net/KirtiSharma253/physical-education-sports-and-nutrition-class-xiiunit-2-ppt">https://www.slideshare.net/KirtiSharma253/physical-education-sports-and-nutrition-class-xiiunit-2-ppt</a></p>	SDG-4 Quality Education   SDG-3 Good Health & well Being   SDG-3 Good Health & Wellness

3. Identify the asanas beneficial for different ailments and health problems. \* Recognize importance of various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis \* Describe the procedure for performing a variety of asanas for maximal benefits. \* Distinguish the contraindications associated with performing different \* Outline the role of yogic management for various health benefits and preventive measures.

<https://www.slideshare.net/RahulArya15/yoga->

					<a href="#">lifestyle-presentation#:~:t ext=from%20history%20to-present.-included%20a sht ang%20yoga</a>	
<p>TER M-I (JUN E- JULY )</p>	<p>4 -Physical Education &amp; Sports for CWSN. 5. Sports and Nutrition</p>	<p>*Management of sporting event , *children and woman in sports - *Yoga as Preventive measure for Lifestyle Disease.. *Physical Education &amp; Sports for CWSN.  *Sports and nutrition</p>	<p>50 m. Dash Sprint.</p>	<p>4* Value the advantages of physical activities for children with special needs * Differentiate between. methods of categorization in sports for CWSN * Understand concepts and the importance of inclusion in sports * Create advantages for Children with Special Needs through Physical Activities * Strategies physical activities accessible for children with special needs</p> <p>5* Understand the concept of a balanced diet and nutrition. Classify Nutritive and Non-Nutritive components of the Diet * Identify the ways to maintain a healthy weigh* Know about foods commonly causing food intolerance * Recognize the pitfalls of dieting and food myths</p>	<p><a href="https://www.lea mcbse.in/class-12-physical-education-notes-chapter-4/">https://www.lea mcbse.in/class-12-physical-education-notes-chapter-4/</a></p> <p><a href="https://www.slideshare.net/VijbhaChoudhary/lesson-6-women-and-sports#:~:text=students%20of%20Physical-Education.-of%20CBSE%20">https://www.slideshare.net/VijbhaChoudhary/lesson-6-women-and-sports#:~:text=students%20of%20Physical-Education.-of%20CBSE%20</a></p>	<p>SDG_10 Reduced Inequality</p> <p>SDG-5 Gender Equality.</p>

<a href="#">0Board</a>	
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	8. -Biomechanics & Sports.			8.* Understand Newton's Law of Motion and its application in sports * Recognize the concept of Equilibrium and its application in sports. * Know about the Centre of Gravity and will be able to apply it in sports * Define Friction and application in sports. * Understand the concept of Projectile in sports.	<a href="https://www.slideshare.net/VibhaChoudhary/biomechanics-and-sports-64833880#:~:text=XII%20students%20of-.Physical.-Education%20of%20CB%20SE">https://www.slideshare.net/VibhaChoudhary/biomechanics-and-sports-64833880#:~:text=XII%20students%20of-.Physical.-Education%20of%20CB%20SE</a>	SDG-4 Quality Education.
HALF YEARLY (SEP)	9- Psychology & Sports.	*Management of Sporting Events. *Children & Women in sports. *Yoga as Preventive measure for Lifestyle Disease. *Physical Education & Sports for CWSN. *Sports and nutrition * Test & Measurement in Sports. *Physiology & injuries in Sports. *Biomechanics & Sports.	600 m. Run./ walk	9.* Classify different types of personality and their relationship with sports performance. * Recognise the concept of motivation and identify various types of motivation. * Identify various reasons to exercise, its associated benefits and strategies to promote exercise adherence. * Differentiate between different types of aggression in sports. * Explain various psychological attributes in sports.	<a href="https://www.slideshare.net/VibhaChoudhary/psychology-and-sports">https://www.slideshare.net/VibhaChoudhary/psychology-and-sports</a>	SDG-4 Quality Education.
TERM II (NOV)	10- Training in Sports.	Full Syllabus covered during the year.		*10.understand the concept of talent identification and methods used for talent development in sports* Understand sports training and the different cycle used in the training process. * Understand different types & methods to develop -strength, endurance, and speed in sports training. * Understand different types & methods to develop – flexibility and coordinative ability. * Understand Circuit training and its importance.	<a href="https://www.slideshare.net/VibhaChoudhary/training-in-sports">https://www.slideshare.net/VibhaChoudhary/training-in-sports</a>	SDG-3 Good Health & Well Being.

PREBOARD (DEC)		Full Syllabus covered during the year.				
FINAL BOARD EXAM		Full Syllabus covered during the year.				