



MAHARAJA AGARSAIN PUBLIC SCHOOL

ASHOK VIHAR

SESSION 2017-18

SUBJECT – PHYSICAL EDUCATION TERM – I (APRIL TO SEPTEMBER)

TERM – I		Unit test – I (Max .Marks – 25) (Topics Tested (Through Unit Test) Chapter 1,2
DURATION	TOPICS COVERED	
APRIL – MAY	Chapter 1 Planning in sports. Chapter 2 Adventure sports and leadership training. Chapter 3 Sports and Nutrition. Chapter 4 Postures. chapter 5 Children and sports. Chapter 6 Women & Sports.	FIRST TERM EXAMINATION (Topic covered till MAY) Chapter 1,2,3,4,5,6.
JULY	Chapter 7 Test and Measurement in sports. Chapter 8 Physiology and sports.	
AUG- SEPT.	Chapter 9 Sports Medicine. Chapter 10 Biomechanics and sports.	Unit test – II (Max .Marks – 25) (Topics Tested (Through Unit Test) Chapter 7,8
		Half Yearly (Total Syllabus covered during the TERM - I) Chapter 1,2,3,4,5,6,7,8,9,10.

TERM –II (OCTOBER TO MARCH)

TERM – II		II TERMINAL/PREBOARD EXAMS (Total Syllabus covered during the Year).
DURATION	TOPICS COVERED	
OCT. – NOV.	Chapter 11 Psychology and sports. Chapter 12 Training in sports.	