

SYLLABUS XII
SUBJECT – Physical Education

DURATION	SYLLABUS COVERED	SYLLABUS TESTED	PRACTICAL/PROJECT
PT -1(APR-MAY)	L- Planning in Sports. L-Sports and Nutrition. L-Yoga and Lifestyle.	L- Planning in Sports. L-Sports and Nutrition. L-Yoga and Lifestyle.	Standing long jump, Shuttle Run
I TERM (JULY)	L-Physical Education & Sports for CWSN. L-Children & Women in sports.	L- Planning in Sports. L-Sports and Nutrition. L-Yoga and Lifestyle. L-Physical Education & Sports for CWSN. L- Children & Women in Sports.	50 m. Dash Sprint.
PT –II (JULY-AUG)	L- Test & Measurement in sports. L-Physiology & injuries in Sports. L-Biomechanics & Sports.	L- Test & Measurement in Sports. L- Physiology & injuries in Sports. L- Biomechanics & Sports.	Sit and Reach test Partial curl up Push Ups – Boys Modified Push Ups – Girls
HALF YEARLY (SEP)	L- Psychology & Sports.	L- Planning in Sports. L-Sports and Nutrition. L-Yoga and Lifestyle. L-Physical Education & Sports for CWSN. L- Children & Women in Sports. L- Test & Measurement in Sports. L- Physiology & injuries in Sports. L- Biomechanics & Sports	600 m. Run./ walk
II TERM (DEC)	L- Training in Sports.	Full Syllabus covered during the year.	
PREBOARD (JAN)		Full Syllabus covered during the year.	