

**SYLLABUS (2023-2024)**

**CLASS – XII**

**PHYSICAL EDUCATION (048)**

**GENERAL OBJECTIVES:**

The students should be able to:

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The students should be able to:

- 1) Develop physically, mentally, socially & emotionally.
- 2) Develop neuromuscular coordination.
- 3) Explore, discover, understand, acquire knowledge & make accurate decisions.
- 4) Develop all body organs properly & efficiently.
- 5) Lead to promotive & provide sound health & fitness.
- 6) Develop social quality i.e. corporation, understanding, tolerance, discipline etc.
- 7) Learn to adjust & understand themselves better.
- 8) Learn to control their emotions & temperament.
- 9) Learn to accept both success & failure gracefully.

**Prescribed book:**

**Physical Education & Health- Rajiv Publication(Mr.MD Sharma)**

**Practical Lab Manual – Rajiv Publication**

**TERM-1**

**(MONTH - APRIL)**

**Chapter 1 – Management of sporting events**

**Chapter 2- Children and women in sports**

**(MONTH- MAY)**

**Chapter 3 – Yoga as preventive measure for lifestyle disease**

**Chapter 4 – Physical education and sports for children with special needs**

**CLASS TEST-1**

1. Management of sporting event.
2. Children and women in sports.

**MONTH- JULY**

**Chapter 5 – Sports and Nutrition.**

**PRACTICAL – SAI Physical fitness test**

**PERIODIC TEST- 1**

1. Yoga as preventive measure for lifestyle disease
2. Physical Education & Sports For Child with Special Needs

**PRACTICAL – Yogic Exercises**

**MONTH- AUGUST**

**Chapter 6 – Test and Measurement in sports**

**Chapter 7 - Physiology and Injuries in sports**

**MONTH- SEPTEMBER**

**PRACTICAL- Any one specialised team game**

**Revision for Mid – Term Examination**

**MID TERM EXAMINATION**

Syllabus covered till date and as per CBSE guidelines

**TERM- 2**

**MONTH- OCTOBER**

**Chapter 8 – Biomechanics and sports**

**Chapter 9 – Psychology and sports**

**Chapter 10- Training and sports**

**MONTH- NOVEMBER**

**CLASS TEST- 2**

1. Biomechanics and sports
2. Psychology and sports
3. Training and sports

**Revision- Complete Syllabus**

**MONTH- DECEMBER**

**First Pre Board Examination ( Complete Syllabus)**

**MONTH- JANUARY**

**Second Pre Board Examination ( Complete Syllabus)**