

SYLLABUS 2022-23

SUBJECT-PHYSICAL EDUCATION		CLASS -XII	
TERM I			
MONTH	TEXT BOOK - TOPIC	E LIBRARY TOPIC	PROJECT/READING/ASL
APRIL	Sports and nutrition	Sports and nutrition	Discuss on Balance diet And Draw The Diet plan on chart paper.
MAY	planing in sports	planing in sports	How to make planning in Tournament
JULY	Yoga and life style	Yoga and life style	How to correct posture and cure life style diseases in daly life.
AUGUST	Training in sports and Education and sports for CWSN	Training in sports and Education and sports for CWSN	PROJECT FILE - Hockey, Football and Viva Questions
SEPTEMBER	Childern and woman in sp	Childern and woman in sp	Prevention asana for Obesity and Hypertension
TERM II			
OCTOBER	Test and measurement in sports and Physiology & injuries in sports	Test and measurement in sports and Physiology & injuries in sports	Discuss Senior citizen test and motor fitness related test
NOVEMBER	Biomechanics & Sports and Psychology & Sports	Biomechanics & Sports and Psychology & Sports	PROJECT FILE-Kho-Kho, Kabaddi Badminton, Volleyball
DECEMBER	Revision	Revision	PROJECT FILE -Handball, Cricket
JANUARY	Revision	Revision	Submit Project file to Final practical
FEBRUARY	Revision	Revision	