

**SYLLABUS BREAK-UP (PERIODWISE)
PHYSICAL EDUCATION
CLASS- XII (2026-27)**

Unit No	Unit Name and Topic	Period	Month
1	Management of sporting Events		APRIL
	1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)		
	2. Various Committees & their Responsibilities (pre; during & post)		
	3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments.		
	4. Intramural & Extramural tournaments Meaning, Objectives & Significance		
	5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)		
2	Children & Women in Sports		MAY
	1. Exercise guidelines of WHO for different age groups.		
	2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, bow legs and their corrective measures.		
	Women's participation in Sports Physical, Psychological, and social benefits.		
	4. Special consideration (menarche and menstrual dysfunction)		
	5. Female athlete triad (osteoporosis, amenorrhea, eating disorders.		
FIRST WEEKLY TEST			
3	Yoga as Preventive measure for Lifestyle Disease		JULY
	1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan.		
	2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta - vajasana, Paschimottanasana -a, Ardha - Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.		
	3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasan, Bhujangasana, Dhanurasana, Ushtrasana, Kapalabhati, Gomukhasana Matsyaasana, Anulom-Viloma.		
	4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam.		
	5. Back Pain and Arthritis:		
	Ardh Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana,		
4	Physical Education and Sports for CWSN (Children with Special Needs Divyang)		JULY
	1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)		
	2. Concept of Classification and Divisioning in Sports.		
	3. Concept of Inclusion in sports, its need, and Implementation;		
	4. Advantages of Physical Activities for children with special needs.		
	Strategies to make Physical Activities assessable for children with special needs		
5	Sports & Nutrition		AUGUST
	1. Concept of balanced diet and nutrition		
	2. Macro and Micro Nutrients: Food sources & functions		
	3. Nutritive & Non Nutritive Components of Diet		
	4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and food myths		
	5. Importance of Diet in Sports-Pre, During and Post competition Requirements		

SECOND WEEKLY TEST

6	Test & Measurement in Sports		AUGUST
	1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test		
	Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).		
	2. Measurement of Cardio -Vascular Fitness – Harvard Step Test –		
	Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1 -1.5 Min.		
	3. Computing Basal Metabolic Rate (BMR)		
	4. Rikli & Jones - Senior Citizen Fitness Test		
	upper body strength, Chair Sit & Reach Test for lower body flexibility		
	Back Scratch Test for upper body flexibility		
	• Eight Foot Up & Go Test for agility • Six -Minute Walk Test for Endurance		
5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn			
7	Physiology & Injuries in Sport		SEPTEMBER
	1. Physiological factors determining components of physical fitness		
	2. Effect of exercise on the Muscular System		
	3. Effect of exercise on the Cardio Respiratory System		
	4. Physiological changes due to aging		
	5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)		
8	Biomechanics and Sports		SEPTEMBER
	1. Newton's Law of Motion & its application in sports		
	2. Types of Levers and their application in Sports.		
	Equilibrium Dynamic & Static and Centre of Gravity and its application in sports		
	4. Friction & Sports		
5. Projectile in Sports			
9	Psychology and Sports		OCTOBER
	1. Personality; its definition & types (Jung Classification & Big Five Theory)		
	2. Motivation, its type & techniques.		
	3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it		
	4. Meaning, Concept & Types of Aggressions in Sports		
5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting			
10	Training in Sports		OCTOBER
	1. Concept of Talent Identification and Talent Development in Sports		
	2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.		
	3. Types & Methods to Develop – Strength, Endurance, and Speed.		
	4. Types & Methods to Develop – Flexibility and Coordinative Ability.		
5. Circuit Training - Introduction & its importance			
FIRST AND SECOND PREBOARD			
	PRACTICAL		
	Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*		

Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)**
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Yogic Practices

Record File ***

Viva Voce (Health/ Games & Sports/ Yoga)
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