



SUBJECT - PHYSICAL EDUCATION

SYLLABUS - 2021-22

CLASS - 12

WEEKLY TEST 1:

UNIT - I : PLANNING IN SPORTS

UNIT - II :SPORTS AND NUTRITION

UNIT - III : YOGA AND LIFRSTYLE

WEEKLY TEST 2:

UNIT - IV : PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDTEN WITH SPECIAL NEEDS - DIVYANG)

UNIT - V : CHILDREN AND WOMEN IN SPORTS

MID TERM EXAMINATION :

Theory

UNIT - I : PLANNING IN SPORTS

UNIT - II :SPORTS AND NUTRITION

UNIT - III : YOGA AND LIFRSTYLE

UNIT - IV : PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDTEN WITH SPECIAL NEEDS - DIVYANG)

UNIT - V : CHILDREN AND WOMEN IN SPORTS

UNIT - VI : TEST AND MEASUREMENT IN SPORTS

UNIT - VII : PHYSIOLOGY AND INJURIES IN SPORTS

Practical

01. Physical Fitness Test - 6 Marks

02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)- 7

Marks

03. Yogic Practices - 7 Marks

04. Record File ** - 5 Marks

05. Viva Voce (Health/ Games & Sports/ Yoga) - 5 Marks

* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce
& Unified Basketball [CWSN (Children With Special Needs - Divyang)]

****Record File shall include:**

Practical-1: Fitness tests administration for all items.

Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-3: Procedure for administering Senior Citizen Fitness Test for 5 elderly family

members. Practical-4: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).

ANNUAL EXAMINATION

UNIT - I : PLANNING IN SPORTS

UNIT - II :SPORTS AND NUTRITION

UNIT - III : YOGA AND LIFRSTYLE

UNIT - IV : PHYSICAL EDUCATION AND SPORTS FOR CWSN (CHILDTEN WITH SPECIAL NEEDS - DIVYANG)

UNIT - V : CHILDREN AND WOMEN IN SPORTS

UNIT - VI : TEST AND MEASUREMENT IN SPORTS

UNIT - VII : PHYSIOLOGY AND INJURIES IN SPORTS

UNIT - VIII : BIOMECHANICS AND SPORTS

UNIT IX : PSYCHOLOGY AND SPORTS

UNIT X : TRAINING IN SPORTS

