



SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA
YEARLY SYLLABUS OF PHYSICAL EDUCATION
SESSION – 2025-2026



STD-XII

| MONTH | WORK ING DAY | WEEK S | NUMBER OF PERIODS | TOPIC TO BE TAUGHT | ACTIVITY | LEARNING OUTCOME | VALUES & SKILLS IMPARTED | ASSESSMENT |
|-------|--------------------|-----------|-------------------------|--|---|--|---|--|
| April | 21 | 03 | 21 | <ul style="list-style-type: none"> Management of Sporting Events Functions of sports events management (planning, organising, staffing, directing & controlling) | <p>Concept clear through lecture & notes</p> <p>Practically children will prepare the fixture national and international level tournament</p> | Describe the functions of Sports Event management | They came to know about the importance of plan and it is required to achieve the largest smoothly | <p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p> |
| | | | | <ul style="list-style-type: none"> Various Committees & its Responsibilities (pre; during & post) | | Classify the committees and their responsibilities in the sports event | | |
| | | | | Fixtures and their Procedures – Knock- Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination Tournaments. | | Differentiate the different types of tournaments. | | |
| | | | | Intramural & Extramural tournaments –Meaning, Objectives & Its Significance. | | Prepare fixtures of knockout, League & combination. | | |
| | | | | Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity. | | Distinguish between intramural and extramural sports events Design and prepare different Types of community. | | |
| May | 09 | 01 | 08 | <ul style="list-style-type: none"> Children & Women in Sports Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures | | <p>To make students understand the exercise guidelines of WHO for Different age groups.</p> <p>To make students aware of the common postural</p> | | <p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> |

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| | | | | <ul style="list-style-type: none"> Special consideration (Menarche & Menstrual Dysfunction) Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders) | | Deformities. To make students aware of women's sports participation in India and about the special Conditions of women. | | MCQ question |
| | | | | Exercise guidelines of WHO for different age Groups. | | | | |
| | | | | Women participation in Sports – Physical, Psychological, and social benefits | | | | |
| June | 11 | 02 | 13 | <ul style="list-style-type: none"> Yoga as Preventive measure for Lifestyle Disease Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, | Perform Asana. | <p>After completing the unit, the students will be able to:</p> <p>Identify the asanas beneficial for different ailments and health Problems.</p> <p>Recognize importance of various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis</p> <p>Describe the procedure for performing a variety of asanas for maximal Benefits.</p> <p>Distinguish the contraindications associated with performing different asanas.</p> <p>Outline the role of yogic</p> | <p>Perfection through practices.</p> <p>Importance of physical activity to save /function our non-voluntary organs through common phenomena.</p> <p>Students able to perform yoga asana.</p> | <p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p> |

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| | | | | <p>Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.</p> <ul style="list-style-type: none"> • Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootansana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama. | | management for various health benefits and Preventive measures. | | |
| July | 26 | 03 | 21 | <ul style="list-style-type: none"> • Physical Education & Sports for CWSN (Children with Special Needs - Divyang) • Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) • Advantages of Physical Activities for children with special needs. • Strategies to make Physical Activities assessable for children with special needs. • Concept of Inclusion in sports, its need, and Implementation; • Concept of Classification and Divisioning in Sports. | General Race, jogging, motor ability etc. | <p>After completing the unit, the students will be able to: Value the advantages of physical activities for children with special needs.</p> <p>Create advantages for Children with Special Needs through Physical Activities.</p> <p>Strategies physical activities accessible for children with special needs.</p> | <p>To make them aware of Disability Etiquette.</p> <p>To make the students Understand the advantage of physical activity for CWSN.</p> <p>To make the students aware of different strategies for making physical activity accessible for Children With Special Needs.</p> | <p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p> |
| August | 24 | 03 | 21 | <p>Sports & Nutrition</p> <ul style="list-style-type: none"> • Concept of balance diet and nutrition ▪ Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet. <p>Eating for Weight control A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths.</p> <p>Importance of Diet in Sports-Pre, During and Post competition Requirements.</p> | <p>By performing activities shown the difference.</p> <p>Motor Development</p> | <p>Understand the concept of a balanced diet and Nutrition. Classify Nutritive and Non-Nutritive components of the Diet</p> <p>Identify the ways to Maintain a healthy weight.</p> <p>Know about foods commonly causing food Intolerance.</p> | <p>To make the students understand the importance of a balanced Diet.</p> <p>To clear the concept of Nutrition – Micro & Macro nutrients, Nutritive & non-Nutritive Components of Diet.</p> | <p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p> |

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| September | 21 | 03 | 20 | <p>▪ Test & Measurement in Sports</p> <p>▪ Fitness Test – SAI Khelo India Fitness Test in school:</p> <p>▪ Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test.</p> <p>▪ Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</p> | Children can evaluate him/herself through test & measurement. | <p>Perform SAI Khelo India Fitness Test in school [Age group 5-8 years/ (class 1-3) and Age group. 9-18yrs/ (class 4-12)</p> <p>Determine physical fitness Index through Harvard Step Test/Rockport Test</p> <p>* Compute Basal Metabolic Rate (BMR)</p> <p>* Describe the procedure of Rikli and Jones - Senior Citizen Fitness Test</p> <p>Students understand about Cardio Vascular Fitness Harvard Step test.</p> | <p>To make students Understand and conduct SAI KHELO INDIA Fitness Test and to make students Understand and conduct General Motor Fitness Test.</p> <p>To make students to determine physical fitness Index through Harvard Step Test/Rockport Test.</p> <p>How to measurement senior citizen fitness test.</p> | <p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p> |
| | | | | 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 after Exercise. | | | | |
| | | | | Computing Basal Metabolic Rate (BMR) | | | | |
| | | | | <ul style="list-style-type: none"> • Rikli & Jones - Senior Citizen Fitness Test • I. Chair Stand Test for lower body strength. • II. Arm Curl Test for upper body strength. • III. Chair Sit & Reach Test for lower body flexibility. • IV. Back Scratch Test for upper body flexibility. • V. Eight Foot Up & Go Test for agility. • VI. Six Minute Walk Test for Aerobic Endurance. <p>Revision</p> <p>HALF-YEARLY EXAM</p> | HALF-YEARLY EXAM | HALF-YEARLY EXAM | HALF-YEARLY EXAM | HALF-YEARLY EXAM |
| October | | | | Physiology & Injuries in Sports | Physical fitness is the reflection of an individual & | | Understanding the physiological factors | Project work |

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| | 18 | 02 | 15 | <ul style="list-style-type: none"> Physiological factors determining components of physical fitness. Effect of exercise on Muscular System. Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) | components that determine strength, speed, endurance through lecturer & notes. | After completing the unit, the students will be able to: Recognize the physiological factors determining the components Of physical fitness. Comprehend the effects of exercise on the Muscular system and Cardiorespiratory systems. Figure out the physiological changes due to ageing Classify sports injuries with its Management | determining the Components of physical fitness. Learning the effects of exercises on the Muscular System. Learning the effects of exercises on Cardiovascular system. Learning the effects of exercises on the Respiratory system. Learning the changes Caused due to aging. | Long answer type question Short answer type question MCQ question |
| | | | | <ul style="list-style-type: none"> Effect of exercise on Cardio-Respiratory System. | | | | |
| | | | | Physiological changes Due to aging. | | | | |
| | Novemb er | 23 | 21 | <ul style="list-style-type: none"> Biomechanics & Sports Newton's Law of Motion & its application in sports | | | | |
| | | 03 | | <ul style="list-style-type: none"> Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports Friction & Sports Projectile in Sports Types of Levers and their application in Sports. | | | | |
| Decemb er | 19 | 02 | 17 | Psychology & Sports <ul style="list-style-type: none"> Personality; its definition & types (Jung Classification & Big Five Theory) | Motor development | Recognise the concept of motivation and identify various types of Motivation. Identify various reasons To exercise, its associated benefits and | To make students about Exercise Adherence and Strategies for enhancing Adherence to Exercise. | Project work Long answer type question Short answer type question |
| | | | | <ul style="list-style-type: none"> Meaning, Concept & Types of Aggressions in Sports. | | | | |

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| | | | | <ul style="list-style-type: none"> • Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self-Talk, Goal Setting • Motivation, its type & techniques. • Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it | | <p>strategies to promote exercise adherence.</p> <p>Differentiate between different types of Aggression in sports.</p> | To make them aware of Aggression in sports and types | MCQ question |
| January | 22 | 03 | 21 | Training in Sports | Lecture and notes. | Understand sports training and the different cycle used in the training process. | <p>Making the students Understand different types & methods of strengths.</p> <p>Making the students Understand different types & methods of flexibility and coordinative ability.</p> | Project work |
| | | | | <ul style="list-style-type: none"> • Concept of Talent Identification and Talent Development in Sports. | | Understand different types & methods to develop -strength, endurance, and speed in sports training. | | Long answer type question |
| | | | | <ul style="list-style-type: none"> • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Circuit Training - Introduction & its importance. | | Understand different types & methods to develop – flexibility and coordinative ability. | | Short answer type question |
| | | | | <ul style="list-style-type: none"> • Types & Method to Develop – Strength, Endurance and Speed. | | Understand Circuit training and its importance. | | MCQ question |
| | | | | <ul style="list-style-type: none"> • Types & Method to Develop – Flexibility and Coordinative Ability. | | | | |
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H.O.D Physical Education

Principal