



# SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA



## YEARLY SYLLABUS OF PHYSICAL EDUCATION SESSION – 2025-2026

### STD-XII

MONTH	WORKING 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"><li><b>Management of Sporting Events</b></li><li>Functions of sports events management (planning, organising, staffing, directing &amp; controlling)</li><li>Various Committees &amp; its Responsibilities (pre; during &amp; post)</li><li>Fixtures and their Procedures – Knock- Out (Bye &amp; Seeding) &amp; League (Staircase, Cyclic, Tabular method) and Combination Tournaments.</li><li>Intramural &amp; Extramural tournaments –Meaning, Objectives &amp; Its Significance.</li><li>Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity.</li></ul>	Concept clear through lecture & notes  Practically children will prepare the fixture national and international level tournament	<p>Describe the functions of Sports Event management</p> <p>Classify the committees and their responsibilities in the sports event</p> <p>Differentiate the different types of tournaments.</p> <p>Prepare fixtures of knockout, League &amp; combination.</p> <p>Distinguish between intramural and extramural sports events</p> <p>Design and prepare different Types of community.</p>	<p>They came to know about the importance of plan and it is required to achieve the largest smoothly</p>	<p>Project work</p> <p>Long answer type question</p> <p>Short answer type question</p> <p>MCQ question</p>
May	09	01	08	<ul style="list-style-type: none"><li><b>Children &amp; Women in Sports</b></li><li>Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures</li></ul>		<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>

				<ul style="list-style-type: none"> <li>Special consideration (Menarche &amp; Menstrual Dysfunction)</li> <li>Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)</li> </ul> <p>Exercise guidelines of WHO for different age Groups.</p> <p>Women participation in Sports – Physical, Psychological, and social benefits</p>		<p>Deformities.</p> <p>To make students aware of women's sports participation in India and about the special Conditions of women.</p>		MCQ question
<b>June</b>	11	02	13	<ul style="list-style-type: none"> <li><b>Yoga as Preventive measure for Lifestyle Disease</b></li> <li><b>Obesity:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</li> <li><b>Diabetes:</b> Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Suptavajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</li> <li><b>Asthma:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma</li> <li><b>Hypertension:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana,</li> </ul>	Perform Asana.	<p><b>After completing the unit, the students will be able to:</b></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>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>

				Makarasana, Shavasana, Nadishodhanapranayam, Sitlpranayam.  • <b>Back Pain and Arthritis:</b> Procedure, Benefits & Contraindications of Tadasan, Urdhawahastootansana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujanggasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.		management for various health benefits and Preventive measures.		
July	26	03	21	<ul style="list-style-type: none"> <li>• <b>Physical Education &amp; Sports for CWSN (Children with Special Needs - Divyang)</b></li> <li>• Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li> <li>• Advantages of Physical Activities for children with special needs.</li> <li>• Strategies to make Physical Activities assessable for children with special needs.</li> <li>• Concept of Inclusion in sports, its need, and Implementation;</li> <li>• Concept of Classification and Divisioning in Sports.</li> </ul>	General Race, jogging, motor ability etc.	<p><b>After completing the unit, the students will be able to:</b> 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><b>Sports &amp; Nutrition</b></p> <ul style="list-style-type: none"> <li>• Concept of balance diet and nutrition</li> <li>▪ Macro and Micro Nutrients: Food sources &amp; functions</li> <li>• Nutritive &amp; Non-Nutritive Components of Diet.</li> </ul> <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 &amp; Macro nutrients, Nutritive &amp; 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>

September	21	03	20	<ul style="list-style-type: none"> <li>▪ <b>Test &amp; Measurement in Sports</b></li> <li>▪ <b>Fitness Test – SAI Khelo India</b> <ul style="list-style-type: none"> <li>Fitness Test in school:</li> <li>▪ Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test.</li> <li>▪ Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> </ul> </li> </ul>	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> <ul style="list-style-type: none"> <li>* Compute Basal Metabolic Rate (BMR)</li> <li>* Describe the procedure of Rikli and Jones - Senior Citizen Fitness Test</li> </ul> <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>
				<p>Measurement of Cardio- Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds <math>\times 100 / 5.5 \times</math> Pulse count of 1-1.5 Min after Exercise.</p>				
				Computing Basal Metabolic Rate (BMR)				
				<ul style="list-style-type: none"> <li>• <b>Rikli &amp; Jones - Senior Citizen Fitness Test</b></li> <li>• I. Chair Stand Test for lower body strength.</li> <li>• II. Arm Curl Test for upper body strength.</li> <li>• III. Chair Sit &amp; Reach Test for lower body flexibility.</li> <li>• IV. Back Scratch Test for upper body flexibility.</li> <li>• V. Eight Foot Up &amp; Go Test for agility.</li> <li>• VI. Six Minute Walk Test for Aerobic Endurance.</li> </ul> <p><b>Revision</b></p> <p><b>HALF-YEARLY EXAM</b></p>				
October				<b>Physiology &amp; Injuries in Sports</b>	Physical fitness is the reflection of an individual &		Understanding the physiological factors	Project work

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

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

**H.O.D Physical Education**

**Principal**