



D.A.V. PUBLIC SCHOOL, NEW PANVEL

Plot No. 267, 268, Sector-10, New Panvel,

Navi Mumbai-410206 (Maharashtra).

Phone 022-27468211, 27482276,

E-mail – davnewpanvel@gmail.com, www.davnewpanvel.com

PART 'A' SYLLABUS PLAN FOR 2018-19

SUBJECT: PHYSICAL EDUCATION

CLASS – XII

Month	No. of Working days	UNITS-(PART-A)	No. of periods	Weight age
MARCH	8	Chapter 1.Planning in Sports.	7	
APRIL	23	Chapter 1. Planning in Sports Chapter 2. Sports and Nutrition. Chapter 3. Yoga and Lifestyle.	2 8 9	
JUNE	20	Chapter 4. Phy.Edu. and Sports for Differently Abled. Chapter 5. Children and Sports. Revision & I Unit Test	8 5 5	
JULY	23	Chapter 5. Children and Sports. Chapter 6. Women and Sports. Chapter 7. Test and Measurement in Sports. I Unit Test	3 8 4 6	
AUGUST	23	Chapter 7. Test and Measurement in Sports. Chapter 8. Physiology and Sports Chapter 9. Sports Medicine Independence day practice	4 8 3 5	
SEPT.	19	Chapter 9. Sports Medicine Revision & I Terminal Examination	4 14	
OCT.	24	Chapter 10.Kinesiology, Biomechanics and Sports. Chapter 11. Psychology and Sports. Chapter 12. Training in Sports.	8 8 4	
NOV.	15	Chapter 12. Training in Sports. Revision & Preparatory Examination	4 3	
DEC.	19	Revision & Preparatory Examination.	19	
JAN.	23	Preparatory Examination Revision for Preliminary Exam.	23	
FEB.	24	Revision for Annual Exam.	24	
TOTAL				70 Mark



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PART 'C' SYLLABUS PLANNING (2018-2019)

SUB: PHYSICAL EDUCATION

Std: XII

Contents : - History, General Rules, Court/ Ground Specifications, Skills, Sports Gear, Specific Exercises, Injuries, Terminologies, Important Tournaments, Awards, Personalities.

Month	No. of Periods For Practical	Experiment/Topic
MARCH		VOLLEY BALL
APRIL		VOLLEY BALL
JUNE		BASKET BALL
JULY		FOOT BALL
AUGUST		HAND BALL
SEPTEMBER		RIFLE SHOOTING
OCTOBER		HOCKEY / KHO KHO
NOVEMBER		YOGA / ATHLETICS
DECEMBER		ATHLETICS
JANUARY		Revision
Total		

SUBJECT TEACHER

COORDINATOR

PRINCIPAL