

DAV PUBLIC SCHOOLS,RANCHI ZONE

SYLLABUS PHYSICAL EDUCATION

CLASS XII 2016-17

SA -I

Units	Months	Chapters	Periods	Weightage (for SA-I)	Weightage (for final exam.)
1.	April 11 th to 26 th April	Planning in Sports	11 Periods	10	3 Marks
2.	April 27 th to 7 th May	Adventure Sports & Leadership Training	10 Periods	10	5 “
3.	June 13 th to 25 th June	Sports & Nutrition	12 Periods	8	4 “
4.	June 27 th to 16 th July	Postures	11 Periods	18	7 “
5.	July 18 th to 30 th July	Children And Sports	11 Periods	14	3 “
6.	Aug. 1 st to 20 th Aug.	Women And Sports	10 Periods	10	5 “

SA – II

Units	Months	Chapters	Periods	Weightage (for final exam.)
7.	Aug. 22 nd to 3 rd Sep.	Test And Measurements in Sports	12 Periods	7 Marks
8.	Sep. 6 th to 30 th Sep.	Physiology And Sports	10 Periods	8 “
9.	Oct. 1 st to 20 th Oct.	Sports Medicine	11 Periods	7 “
10.	Oct. 21 st to 29 th Oct.	Biomechanics and Sports	11 Periods	8 “
11.	Nov. 8 th to 30 th Nov.	Psychology and Sports	12 Periods	7 “
12.	Dec. 1 st to 13 th Dec.	Training in Sports	11 periods	6 “

Note : Physical Education Paper Carrying 26 Questions

All questions are compulsory

A - 11 Questions carrying 1 Mark

B - 8 Questions Carrying 3 Marks

C- 7 Questions Carrying 5 Marks

According to CBSE Question Typology