

**DAV PUBLIC SCHOOL HEHAL, RANCHI-05**

**MONTHWISE SYLLABUS (2025-26)**

**SUBJECT: PHYSICAL EDUCATION**

**STD: XII**

SL. NO	MONTH	UNIT
1	April	<p><b>Unit 1:</b>  <b>Management of Sporting Events</b></p> <ol style="list-style-type: none"> <li>Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li> <li>Various Committees &amp; their 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> </ol>
2	May & June	<p><b>Unit 2:</b>  <b>Children &amp; Women in Sports</b></p> <ol style="list-style-type: none"> <li>Exercise guidelines of WHO for different age groups.</li> <li>Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</li> <li>Women’s participation in Sports-Physical, Psychological, and social benefits.</li> <li>Special consideration (menarche and menstrual dysfunction)</li> <li>Female athlete triad (osteoporosis, amenorrhea, eating disorders)</li> </ol> <p><b>Unit 3:</b>  <b>Yoga as Preventive measure for Lifestyle Disease</b></p> <ol style="list-style-type: none"> <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 Supta- vajarasana, Paschimottanasana, Ardha- Mastendrasana, Mandukasana, Yogmudra, Ushtrasana, Kapalabhati</li> <li><b>Asthma:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma</li> <li><b>Hypertension:</b> Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukan-a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi shodhanapranayam, Sitlipranayam</li> <li><b>Back Pain and Arthritis:</b> Procedure, Benefits &amp; Contraindications of Tadasan, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.</li> </ol>
3		<p><b>Unit 4:</b>  <b>Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</b></p> <ol style="list-style-type: none"> <li>Organizations promoting Disability Sports (Special Olympics;</li> </ol>

	<b>July</b>	<p>Paralympic; Deaflympics)</p> <ol style="list-style-type: none"> <li>2. Concept of Classification and Divisioning in Sports.</li> <li>3. Concept of Inclusion in sports, its need, and Implementation;</li> <li>4. Advantages of Physical Activities for children with special needs.</li> <li>5. Strategies to make Physical Activities assessable for children with special needs.</li> </ol>
4	<b>August</b>	<p><b>Unit 5:</b> <b>Sports &amp; Nutrition</b></p> <ol style="list-style-type: none"> <li>1. Concept of balanced diet and nutrition</li> <li>2. Macro and Micro Nutrients: Food sources &amp; functions</li> <li>3. Nutritive &amp; Non- Nutritive Components of Diet</li> <li>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths</li> <li>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ol>
5	<b>September</b>	<p><b>Unit 6:</b> <b>Test &amp; Measurement in Sports</b></p> <ol style="list-style-type: none"> <li>1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> <li>2. 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</li> <li>3. Computing Basal Metabolic Rate (BMR)</li> <li>4. Rikli &amp; Jones - Senior Citizen Fitness Test Chair Stand Test for lower body strength Arm Curl Test for upper body strength Chair Sit &amp; Reach Test for lower body flexibility Back Scratch Test for upper body flexibility Eight Foot Up &amp; Go Test for agility Six-Minute Walk Test for Aerobic Endurance</li> <li>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</li> </ol> <p><b>Unit 7:</b> <b>Physiology &amp; Injuries in Sport</b></p> <ol style="list-style-type: none"> <li>1. Physiological factors determining components of physical fitness</li> <li>2. Effect of exercise on the Muscular System</li> <li>3. Effect of exercise on the Cardio- Respiratory System</li> <li>4. Physiological changes due to aging</li> <li>5. 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> </ol>
6	<b>October</b>	<p><b>Unit 8:</b> <b>Biomechanics and Sports</b></p> <ol style="list-style-type: none"> <li>1. Newton's Law of Motion &amp; its application in sports</li> <li>2. Types of Levers and their application in Sports.</li> <li>3. Equilibrium – Dynamic &amp; Static and Centre of Gravity and its application in sports</li> <li>4. Friction &amp; Sports</li> <li>5. Projectile in Sports</li> </ol>
7		<p><b>Unit 9:</b> <b>Psychology and Sports</b></p> <ol style="list-style-type: none"> <li>1. Personality; its definition &amp; types (Jung Classification &amp; Big Five Theory)</li> <li>2. Motivation, its type &amp; techniques.</li> <li>3. Exercise Adherence: Reasons, Benefits &amp; Strategies for</li> </ol>

	<b>November</b>	<p>Enhancing it</p> <ol style="list-style-type: none"><li>4. Meaning, Concept &amp; Types of Aggressions in Sports</li><li>5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting</li></ol> <p><b>Unit 10:</b> <b>Training in Sports</b></p> <ol style="list-style-type: none"><li>1. Concept of Talent Identification and Talent Development in Sports</li><li>2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</li><li>3. Types &amp; Methods to Develop – Strength, Endurance, and Speed.</li><li>4. Types &amp; Methods to Develop – Flexibility and Coordinative Ability.</li><li>5. Circuit Training - Introduction &amp; its importance</li></ol>
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