SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA

YEARLY SYLLABUS OF PHYSICAL EDUCATION
SESSION – 2026-27

STD-XII

MONTH	WORKING DAY	WEEKS	NUMBER OF PERIODS	TOPIC TO BE TAUGHT	ACTIVITY	LEARNING OUTCOME	VALUES & SKILLS IMPARTED	ASSESSMENT
April	**23**	**03**	**21**	• **Management of Sporting Events** • Functions of sports events management (planning, organising, staffing, directing & controlling) • Various Committees & its Responsibilities (pre; during & post) Fixtures and their Procedures – Knock- Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination Tournaments. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity.	Concept clear through lecture & notes Practically children will prepare the fixture national and international level tournament	Describe the functions of Sports Event management Classify the committees and their responsibilities in the sports event Differentiate the different types of tournaments. Prepare fixtures of knockout, League & combination. Distinguish between intramural and extramural sports events Design and prepare different Types of community.	They came to know about the importance of plan and it is required to achieve the largest smoothly	Project work Long answer type question Short answer type question MCQ question
May	**08**	**01**	**08**	• **Children & Women in Sports** • Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures • Special consideration (Menarche & Menstrual Dysfunction) • Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders) Exercise guidelines of		To make students understand the exercise guidelines of WHO for Different age groups. To make students aware of the common postural Deformities. To make students aware of women's sports		Project work Long answer type question Short answer type question MCQ question

				WHO for different age Groups. Women participation in Sports – Physical, Psychological, and social benefits		participation in India and about the special Conditions of women.		
June	11	**02**	**13**	• **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, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma • **Hypertension:** Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.	Perform Asana.	**After completing the unit, the students will be able to:** Identify the asanas beneficial for different ailments and health Problems. Recognize importance of various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis Describe the procedure for performing a variety of asanas for maximal Benefits. Distinguish the contraindications associated with performing different asanas.	Perfection through practices. Importance of physical activity to save /function our non-voluntary organs through common phenomena. Students able to perform yoga asana.	Project work Long answer type question Short answer type question MCQ question

				• **Back Pain and Arthritis:** Procedure, Benefits & Contraindications of Tadasan, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.		Outline the role of yogic management for various health benefits and Preventive measures.		
July	**26**	**03**	**21**	• **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.	**After completing the unit, the students will be able to:** Value the advantages of physical activities for children with special needs. Create advantages for Children with Special Needs through Physical Activities. Strategies physical activities accessible for children with special needs.	To make them aware of Disability Etiquette. To make the students Understand the advantage of physical activity for CWSN. To make the students aware of different strategies for making physical activity accessible for Children With Special Needs.	Project work Long answer type question Short answer type question MCQ question
August	23	03	21	**Sports & Nutrition** • Concept of balance diet and nutrition ▪ Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet. Eating for Weight control A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths.	By performing activities shown the difference. Motor Development	Understand the concept of a balanced diet and Nutrition. Classify Nutritive and Non-Nutritive components of the Diet Identify the ways to Maintain a healthy weight. Know about foods commonly causing food	To make the students understand the importance of a balanced Diet. To clear the concept of Nutrition – Micro & Macro	Project work Long answer type question Short answer type question MCQ question

				Importance of Diet in Sports-Pre, During and Post competition Requirements.		Intolerance.	nutrients, Nutritive & non-Nutritive Components of Diet.	
September	23	03	20	▪ **Test & Measurement in Sports** ▪ **Fitness Test** – SAI Khelo India Fitness Test in school: ▪ Age group 5-8 yrs/ 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 & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls).	Children can evaluate him/herself through test & measurement.	Perform SAI Khelo India Fitness Test in school [Age group 5-8 years/ (class 1-3) and Age group. 9-18yrs/ (class 4-12) Determine physical fitness Index through Harvard Step Test/Rock-port Test * Compute Basal Metabolic Rate (BMR) * Describe the procedure of Rikli and Jones - Senior Citizen Fitness Tes Students understand about Cardio Vascular Fitness Harvard Step test.	To make students Understand and conduct SAI KHELO INDIA Fitness Test and to make students Understand and conduct General Motor Fitness Test. To make students to determine physical fitness Index through Harvard Step Test/Rockport Test. How to measurement senior citizen fitness test.	Project work Long answer type question Short answer type question MCQ question
				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)				
				• **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.				
October	16	02	15	**Physiology & Injuries in Sports**	Physical fitness is the reflection of an individual & components that determine strength, speed, endurance	**After completing the unit, the students will be able to:** Recognize the physiological factors determining the	Understanding the physiological factors determining the Components of physical fitness.	Project work Long answer type question Short answer type question
				• 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)	through lecturer & notes.	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	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.	MCQ question
				• Effect of exercise on Cardio-Respiratory System. Physiological changes Due to aging.				
November	19		21	• Biomechanics & Sports	Shown the technique & skills of shot put, Javelin & Sprint race. Motor development	Understand Newton's Law of Motion and its application in sports Recognize the concept of Equilibrium and its Application in sports. Know about the Centre of Gravity and will be able to apply it in sports Define Friction and application in sports	Imparted and implement of newton law in the field of games & sports as wells sportsman sprit. Students understand how to apply biomechanics in sports	Project work Long answer type question Short answer type question MCQ question
				• Newton's Law of Motion & its application in sports				
		03		• 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.				
December	19	02	17	**Psychology & Sports** • Personality; its definition & types (Jung Classification & Big Five Theory)	Motor development	Recognise the concept of motivation and identify various types of Motivation.	To make students about Exercise Adherence and	Project work Long answer type question

				• Meaning, Concept & Types of Aggressions in Sports. • Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self-Talk, Goal Setting • Motivation, its type & techniques. • Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it		Identify various reasons To exercise, its associated benefits and strategies to promote exercise adherence. Differentiate between different types of Aggression in sports.	Strategies for enhancing Adherence to Exercise. To make them aware of Aggression in sports and types	Short answer type question MCQ question
January	**20**	03	**21**	**Training in Sports** • Concept of Talent Identification and Talent Development in Sports. • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Circuit Training - Introduction & its importance. • Types & Method to Develop – Strength, Endurance and Speed. • Types & Method to Develop – Flexibility and Coordinative Ability.	Lecture and notes.	Understand sports training and the different cycle used in the training process. Understand different types & methods to develop -strength, endurance, and speed in sports training. Understand different types & methods to develop – flexibility and coordinative ability. Understand Circuit training and its importance.	Making the students Understand different types & methods of strengths. Making the students Understand different types & methods of flexibility and coordinative ability.	Project work Long answer type question Short answer type question MCQ question

H.O.D Physical Education **Principal**