

**O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR**  
**Annual Syllabus Break-up for the session 2024-25**

**Subject :- Physical Education**

**Class:- XII**

Sl.	Month	No. of Instructional days	No. of Periods	Chapters to be Taught	Subject Enrichment activities	Values to be Imparted	Extra content to be Taught
1	APRIL	09	09	<b>Unit 1</b> Management of Sporting Events	Lecture-based instruction, Technology-based learning, Group learning	Grow and learn in a way that would develop team work and understanding for the students in ground & classroom	*Best management of mega sports events
2	MAY	00	00	----Summer Vacation----	-----	-----	-----
3	JUNE	06	06	<b>Unit 2</b> Children & Women in Sports	Technology-based learning, Group learning, Individual learning Inquiry-based learning,	Encouraging one another can help build up each other's confidence.	*Base of starting of Sporting events
4	JULY	12	12	<b>Unit 3</b> Yoga as Preventive measure for Lifestyle Disease  <b>Unit 4</b> Physical Education and Sports for CWSN (Children with Special Needs - Divyang)	Explanation of Topic, Written on Board Lecture-based instruction, Technology-based learning, Group learning, Individual learning	Value for health & spirituality. Outline the role of yogic management for various health benefits and Preventive measures. Create advantages for Children With Special Needs through Physical Activities	*Present condition of Yoga on International standards
5	AUGUST	20	20	<b>Unit 5</b> Sports & Nutrition  <b>Unit 6</b> Test & Measurement in Sports	Technology-based learning, Inquiry-based learning, Expeditionary learning.	Understand the concept of a balanced diet and Nutrition. Development of sports depends upon diet & Nutrition.  Progress and improvement can be asses by test & Measurement.	*Differentiate norm and criterion referenced standards,
6	SEPTEMBER	04	04	<b>Unit 7</b> Physiology & Injuries in Sport	Writing Topic on the board and explanation with discussion method	*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	Benefits of exercise and physical activity on human body and their impact on developing of physical ability.

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7	OCTOBER	12	12	<p><b>Unit 8</b> Biomechanics and Sports</p> <p><b>Unit 9</b> Psychology and Sports</p>	Kinaesthetic learning, Game - based learning and Expeditionary learning.	<p>*Understand Newton's Law of Motion and its application in sports</p> <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>* Recognise the concept of motivation and identify various types of motivation.</p> <p>*Identify various reasons to exercise, its associated benefits and strategies to promote exercise adherence.</p>	<p>*To make the students learn the principles of biomechanics.</p> <p>*To make the students understand the concept of Kinetics and Kinematics in Sports</p> <p>*Students will distinguish different Psychological attributes like attention, resilience, and mental toughness</p>
8	NOVEMBER	17	17	<b>Unit 10</b> Training in Sports	Lecture-based instruction, Technology-based learning, Game-based learning and Expeditionary Learning	*understand the concept of talent identification and methods used for talent development in sport	*Preparation for different duration events can be managed.

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