

Class- XII
Subject: Physical Education
Syllabus

मास	पुस्तक का नाम	विषय वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल		Part-A Unit I: Physical Fitness & Wellness : 1.1 Meaning & Definition of Physical Fitness. 1.2 Method of Fitness development. 1.3 Components of Physical Fitness. 1.4 Factor affecting Physical Fitness. 1.5 Means of Fitness development. Part-B: Practical Athletics :- History of Athletics - Track & Field (Sector) Measurements. Rules & Regulation of different track & Field Events.	8	2	6
मई		Part-A Unit II: Training Method: 2.1 Meaning & Concept of Training. 2.2 Different training methods. 2.2.1 Methods of strength development isometric, isotonic, iso kinetic exercise. 2.2.2 Methods of Endurance development- Continuous training, Fartlec training & Interval training method. 2.2.3 Methods of speed development- Acceleration & Pace Running. 2.3 Meaning of warming up & Limbering down. 2.4 Importance of warming up & Limbering down. 2.5 Types & Methods of warming up. Part-B: Practical-Foot Ball, KHO-KHO - History of Foot Ball & KHO-KHO/ - Ground Measurement of Foot Ball & KHO-KHO. - Rules & Regulations of Foot Ball & Kho-KHo.	8	2	6
ग्रीष्मकालीन अवकाश 1 जून से 30 जून तक					
जुलाई		Part-A Unit III: Health Education: 3.1 Meaning & Definition of Health Education. 3.2 Objectives of Health Education. 3.3 Meaning of School Health Programme. 3.4 Importance of School Health Programme. 3.5 Components of School Health Programme.	8	2	6

		<ul style="list-style-type: none"> - Healthful School living. - Health Services. - Health Instruction. <p>3.6 Role of teacher in school Health programme.</p> <p>Part-B : Practical-Hockey & Kabaddi</p> <ul style="list-style-type: none"> - History & Grounds Measurements of Hockey & Kabaddi. - Rule & Regulations of Hockey & Kabaddi. 			
अगस्त		<p>Part-A</p> <p>Unit IV: Athletic Care:</p> <p>4.1 Meaning of Athletic care.</p> <p>4.2 Meaning & Definition of first aid.</p> <p>4.3 Qualities & duties of a first aider.</p> <p>4.4 Common sports injuries- Causes, symptoms & their treatment- sprain, strain, fracture, Dislocation, confusion, Abrasion.</p> <p>Part-B: Practical- Cricket & Judo</p> <ul style="list-style-type: none"> - History of cricket & Judo. - Grounds Measurements of Cricket & Judo. - Rule & Regulation of Cricket & Judo. 	8	2	6
सितम्बर		<p>Part-A</p> <p>Unit V: Sociological Aspects of Physical Education:</p> <p>5.1 Meaning & Definition of Sociology.</p> <p>5.2 Importance of Sociology in Physical Education.</p> <p>5.3 Meaning of Sociolization.</p> <p>5.4 Role of Physical Education in Sociolization.</p> <p>5.5 Effects of Social institution on individual behavior.</p> <p>5.6 Game & sports as men cultural Heritage.</p> <p>Part-B: Practical-Hand Ball, Basket Ball.</p> <ul style="list-style-type: none"> - History of Hand ball & Basket Ball. - Grounds Measurements of Hand Ball & Basket Ball. - Rules & Regulation of Hand Ball & Basket Ball. 	8	2	
अक्तूबर		<p>Part-A</p> <p>Unit VI: Family life Education.</p> <p>6.1 Meaning of Family.</p> <p>6.2 Types of Family.</p> <p>6.3 Importance of Family as social institution.</p> <p>6.4 Role of parents in child care.</p> <p>6.5 Preparation of Marriage.</p> <p>6.6 Meaning of Adolsence.</p> <p>6.7 Problem & Management of adolsence Problem.</p> <p>Part-B: Practical- Volley Ball & Wrestling.</p>	8	2	

		<ul style="list-style-type: none"> - History of Volley Ball & Wrestling. - Grounds Measurements & Volley Ball & Wrestling. - Rules & Regulation of Volley Ball & Wrestling. 			
नवम्बर		<p>Part-A</p> <p>Unit VII: Yoga Education.</p> <p>7.1 Meaning & Definition of Yoga.</p> <p>7.2 Importance of Yoga.</p> <p>7.3 Elements of Yoga (Asthang Yog).</p> <p>7.4 Meaning & Types of Pranayam.</p> <p>Part-B: Practical-Yogic Exercise.</p> <ul style="list-style-type: none"> - History of Yoga. - Deferent Assanas. 	8	2	
दिसम्बर		<p>Part-A</p> <p>Unit VIII: Olympic Movements.</p> <p>8.1 History of Ancient & Modern Olympic Games.</p> <p>8.2 Rules of Participations in Modern Olympic game.</p> <p>8.3 Objectives of Modern Olympic game.</p> <p>8.4 Short Notes on-</p> <p>Olympic oath, Olympic flag, Olympic Motto, Olympic Prize.</p> <p>8.5 Meaning of Olympic movement.</p> <p>Part-B: Practical-Badminton & Table Tennis.</p> <ul style="list-style-type: none"> - History of Badminton & Table Tennis. - Grounds Measurements of Badminton & Table Tennis. - Rules & Regulation of Badminton & Table Tennis. 	8	2	6
जनवरी		<p>Part-A</p> <p>Unit IX: National Sports Awards.</p> <p>9.1 Meaning of National sports awards.</p> <p>9.2 Explain following on detail :</p> <ul style="list-style-type: none"> - Rajiv Gandhi Khel Rattan award. - Arjun award, Dronacharya award, Bhim award. <p>Part-B: Practical- Boxing, Judo.</p> <ul style="list-style-type: none"> - History of Boxing & Judo. - Ground Measurements of Boxing & Judo. <p>Rules & Regulation of Boxing & Judo.</p>	8	2	
फरवरी		Revision			
मार्च		Exam			