

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 |

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| | | <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 | 6 |
| 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 | 6 |

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