

DELHI PUBLIC SCHOOL JAMMU
SYLLABUS BIFURCATION
SESSION- (2024-25)

CLASS-XII

SUB: Physical Education (048)

OBJECTIVES OF PHYSICAL EDUCATION

Health and physical education are concerned with the total health of the learner and the community besides physical health, it includes the mental, social, and emotional health of the learners. WHO defines health as a state of physical, mental, and social well-being and not merely the absence of diseases or infirmity. Health and physical education aim to enable the students to attain such a state of health that, it becomes an education for total human wellbeing.

OBJECTIVES OF THE THEORY OF PHYSICAL EDUCATION

The teaching of physical education at the Senior School stage intends to help the students:

1. To bring the overall awareness of values and inculcate among students the desired habits and attitudes towards health and raise their health status.
2. To make the pupil physically, mentally, and emotionally fit and develop their personal and social qualities that will help them to be good human beings.

OBJECTIVES OF PRACTICAL OF PHYSICAL EDUCATION

1. To develop an interest in exercise, sports, and games for self-satisfaction and make it a part of life;
2. To enable an individual to enhance inner qualities - self-mastery, discipline, courage, confidence and efficiency.
3. To develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.

April 2024 to March 2025

S.NO.	MONTH	NAME OF THE UNITS
1	APRIL	Unit-1: Management of Sporting Events Unit-2 Children and Women in Sports Foundation worksheet Activity 1 : . Prepare an art integrated chart on various fixtures
2	MAY	Unit-2 Children and Women in Sports Unit-3 Yoga as a preventive measure for Lifestyle Diseases Assignment 1: Based on Children and Women in Sports Yoga as a preventive measure for Lifestyle Diseases
3	JUNE	Project Work : Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice) Project Discussion on Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice)
4	JULY	Unit-4: Physical Education and Sports for Children with Special Needs (CWSN) Unit-5: Sports and Nutrition Diagnostic Assessment -1 : Based on CWSN Activity 2: Lab Manual (Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.)
5	AUGUST	Unit-6: Test and Measurement in Sports Unit-7: Physiology and injuries in sports Assignment 2: Based on Sports and Nutrition Activity 3: Lab Manual Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*
6	SEPTEMBER	Unit-8: Biomechanics in Sports Revision, sample paper and Kahoot Quiz Diagnostic Assessment -2
7	OCTOBER	Unit-9 Psychology and Sports Diagnostic Assessment -3

S.NO.	MONTH	NAME OF THE UNITS
		Activity 4: Experiential Learning PPT on Newton's law and its application in sports.
8	NOVEMBER	Unit- 10 Training in Sports Assignment -3 : Based on Psychology and sports Activity 5: PPT on Big Five Theory /Aggression in sports
9	DECEMBER	Unit- 10 Training in Sports Assignment -4: Based on Training in Sports Sample paper, Revision sheets and Kahoot Quiz
10	JANUARY	Project Checking & Practical of students Revision of the Syllabus
11	FEBRUARY	Practical Checking & Doubt clearing sessions.
12	MARCH	Revision Unit 1 to 10 syllabus

Practical

Practical-1: Fitness tests administration. (SAI Khelo India Test)

Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Project Work : Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.

SYLLABUS FOR CYCLE TEST -I

Unit-1 Management of Sporting Events

SYLLABUS FOR (HALF-YEARLY EXAMINATION)

Unit-1 Management of Sporting Events

Unit-2 Children and Women in Sports

Unit-3 Yoga as a preventive measure for Lifestyle Diseases

Unit-4 Physical Education and Sports for CWNS (Children with special needs -Divyang)

Unit-5 Sports and Nutrition

SYLLABUS FOR PRE-BOARD -1

Unit-1: Management of Sporting Events

Unit-2: Children and Women in Sports

Unit-3: Yoga as a preventive measure for Lifestyle Diseases

Unit-4: Physical Education and Sports for CWNS (Children with special needs -Divyang)

Unit-5: Sports and Nutrition

Unit-6: Test and Measurement in Sports

Unit-7: Physiology and injuries in sports

Unit-8: Biomechanics in Sports

SYLLABUS FOR PRE-BOARD -2

Unit-1: Management of Sporting Events

Unit-2: Children and Women in Sports

Unit-3: Yoga as a preventive measure for Lifestyle Diseases

Unit-4: Physical Education and Sports for CWNS (Children with special needs -Divyang)

Unit-5: Sports and Nutrition

Unit-6: Test and Measurement in Sports

Unit-7: Physiology and injuries in sports

Unit-8: Biomechanics in Sports

Unit-9 Psychology and Sports

Unit- 10 Training in Sports

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