

DELHI PUBLIC SCHOOL, JAMMU**Syllabus Bifurcation**

Session(2021-22)

Class XII**Subject: Physical Education(048)**

MONTH	NAME OF THE LESSON /TOPIC
APRIL	Unit I Planning in Sports
MAY	Unit II Sports & Nutrition
JULY	Unit III Yoga & Lifestyle
AUGUST	Unit IV Physical Education & Sports for CWSN (Children With Special Needs - Divyang)
	Unit V Children & Women in Sports
SEPTEMBER	Unit VI Test & Measurement in Sports
OCTOBER	Unit VII Physiology & Injuries in Sports
NOVEMBER	Unit VIII Biomechanics & Sports
	Unit IX Psychology & Sports
DECEMBER	Unit X Training in Sports
JANUARY	Practical Record File & Project File Revision of Unit 1 to 10
FEBRUARY	<ul style="list-style-type: none">• Revision of whole syllabus• Doubt clearing sessions.