

DELHI PUBLIC SCHOOL JAMMU
SYLLABUS BIFURCATION
SESSION- (2022-23)

CLASS-XII

SUB: Physical Education (048)

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 wellbeing 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.

The objectives of Physical and Health Education: -

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.

April 2022 to March 2023

S.NO.	MONTH	NAME OF THE UNITS
1	APRIL	Unit-1: Planning in sports
2	MAY	Unit-2 Children and Women in Sports Unit-3 Yoga as a preventive measure for Lifestyle Diseases
3.	JULY	Unit-4: Physical Education and Sports for Children with special needs (CWNS)
4.	AUGUST	Unit-5: Sports and Nutrition Unit-6: Test and Measurement in Sports
5	SEPTEMBER	Unit-7: Physiology and injuries in sports
6	OCTOBER	Unit-8: Biomechanics in Sports
7	NOVEMBER	Unit-9 Psychology and Sports
8	DECEMBER	Unit- 10 Training in Sports
9	JANUARY	Project Checking & Practical of students Revision of the Syllabus
10	FEBRUARY	Practical Checking & Doubt clearing sessions.
11	MARCH	Revision Unit 1 to 10 syllabus

EXAM SCHEDULE

SYLLABUS FOR FORMATIVE ASSESSMENT -I

Unit-1 Planning in Sports

Unit-2 Children and Women in Sports

Unit-3 Yoga as a preventive measure for Lifestyle Diseases

SYLLABUS FOR (HALF-YEARLY EXAMINATION)

Unit-1 Planning in Sports

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: Planning in Sports

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

SYLLABUS FOR PRE-BOARD -2

Unit-1: Planning in Sports

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

SUBJECT COORDINATOR