

MONTHLY SYLLABUS
SESSION-2017-18
CLASS-XII
SUBJECT : PHYSICAL EDUCATION

MONTH	TOPIC	CONTENT
April 2017	Unit – I Planning Sports in	<ul style="list-style-type: none"> • Meaning and objectives of Planning • Various committees and its Responsibilities (Pre, during and post) • Tournament – Knock Out, League Or Round Robin & Combination. • Procedure to draw fixtures – Knock – out (Bye & Seeding) and League (Staircase & Cyclic) • Intramural & Extramural – Meaning. Objectives & Its Significance. • Specific Sports Programme (Sports Day, Health Run, Run for fun, Run for specific Cause & Run for Unity.
	Unit – II Sports and Nutrition	<ul style="list-style-type: none"> • Balanced Diet & Nutrition: Macro & Micro Nutrients. • Nutritive and Non Nutritive Components of Diet • Eating for Weight control – A Healthy weight, The pitfalls of Dieting, Food intolerance and food myths.

MONTH	TOPIC	CONTENT
		<ul style="list-style-type: none"> • Sports nutrition & its effect on performance (Fluid & meal intake, Pre, during and post competition) • Food Supplement for children.
	Practical Work	<ul style="list-style-type: none"> • AAHPER FITNESS TEST – Administration of all items and maintain it in Record File.
May 2017	Unit – III Yoga and Lifestyle	<ul style="list-style-type: none"> • Asanas as preventive measures. • Obesity: Procedure, Benefits & Contraindications for Vajrasana, Hastasana, Trikonasna, Ardh Matsyendrasana. • Diabetes: Procedure, Benefits and Contraindications for Bhujangasana, Paschimottasana, Pavan Musktasana, Ardh Matsyendrasana • Asthma: Procedure, Benefits & Contraindication for Sukhasana, Chakrasana, Gomukhasana Parvatasana, Bhujangasana, Paschimottanasana Matsasana. • Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana Sharvasana. • Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhuangasana. <p>Note: Unit-III may be taught by following the principle of learning by doing.</p>

MONTH	TOPIC	CONTENT
	Unit-IV Physical Education & Sports for Differently Abled	<ul style="list-style-type: none"> • Concept of Disability & Disorder. • Types of disability, its causes & nature (cognitive disability, intellectual disability and physical disability).
	Practical Work	<ul style="list-style-type: none"> • AAHPER FITNESS TEST – Administration of all items and maintain it in Record File. • Procedure for Asanas, Benefits & Contraindications for any two Asanas each lifestyle disease and maintain it in record file.
May – June		Summer Vacations
July 2017	Unit – IV Physical Education & Sports for Differently Abled	<ul style="list-style-type: none"> • Types of Disorder, its causes & nature (ADHD, SPD, ASD, ODD, OCD) • Disability Etiquettes • Advantages of Physical Activities for children with special needs. • Strategies to make Physical Activities assessable for children with special needs.

MONTH	TOPIC	CONTENT
	Unit – V Children and Sports	<ul style="list-style-type: none"> • Motor development & factors affecting it. • Exercise guidelines at different steps of Growth and Development. • Advantages and disadvantages of Weight training. • Concept & advantages of correct posture • Causes of Bad Posture • Common Postural Deformities – Knock Knee, Flat foot, Round Shoulders, Lordosis, Kyphosis, Bow Legs and Scolioses. • Corrective Measures for Postural Deformities
	Unit – VI Women & Sports	<ul style="list-style-type: none"> • Sports Participation of Woman in India. • Special Consideration (Menarch & Menstrual dysfunction) • Female Athletes Triad (Oestoporosis, Amenoria, Eating disorders)
		<ul style="list-style-type: none"> • Psychological aspects of women athlete. • Sociological aspects of sports Participation.
	Practical Work	<ul style="list-style-type: none"> • AAHPER FITNESS TEST – Administration of remaining items and maintain it in Record File. • Procedure for Asanas, Benefits & Contraindications for any two Asanas

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		each lifestyle disease and maintain it in record file.
August 2017	Unit-VII Test & Measurement in Sports	<ul style="list-style-type: none"> • Computation of fat percentage – Slaughter and Lohman Children Skinfold Formula : • Triceps & Calf skinfold formula : (Male 6-17 yrs- 20 body fat (0.735 x Sum of skinfold) + 1.0 (Female 6-17 yrs – 20 body fat (0.610 x Sum of Skinfold) + 5.0 • Measurement of Muscular Strength – Kraus Weber Test • Motor Fitness Test – AAHPER • General Motor Fitness – Barrow three items general motor ability (Standing Broad Jump, Zig- Zag Run, Medicine Ball Put- for Boys 03 kg & for Girls : 01 kg) • Measurement of Cardio Vascular Fitness- Harvard Step Test / Rockport Test • Computation of Fitness index : <u>Duration of exercise in seconds x 100</u> 5.5 x Pulse count of 1-15 min after exercise • Rikli & Jones –Senior Citizen Fitness Test.

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		<ol style="list-style-type: none"> 1. Chair stand Test for lower body strength 2. Arm Curl Test for upper body strength. 3. Chair Sit & Reach Test for lower body flexibility. 4. Back Scratch Test for upper body flexibility. 5. Eight foot up & Go Test for Agility. 6. Six minute Walk Test for Aerobic Endurane <p>Note: Unit VII may be taught by following the principle of learning by doing.</p>
	Unit – VIII Physiology and Sports	<ul style="list-style-type: none"> • Gender differences in Physical and Physiological Parameters • Physiological factors determining components of Physical fitness. • Effect of exercise on capital utter vascular system • Effect of exercise on Respiratory System. • Effect of exercise on Muscular System • Physiological changes due to ageing. • Role of Physical activity maintaining functional Fitness in aged population.

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	Practical Work	<ol style="list-style-type: none"> 1. Conduct Barrow 3 Items Motor Ability Test on 10 students and maintain it in Record File. 2. Administrate Senior Citizen Fitness Test for 5 elderly family member and maintain it in Record File.
September 2017		Revision of Unit I to VIII
		SA – I Examination
		Autumn Break
October 2017	Unit – IX Sports Medicine	<ul style="list-style-type: none"> • Concept Aims & Scope of Sports Medicine • Sports Injuries : Classification, Causes & Prevention • First Aid – Aims and Objectives. • Management of Injuries: <p>Soft Tissue Injuries :</p> <p>(Abrasion, Contusion, Laceration, Incision, Sprain & Strain)</p> <p>Bone & Joint Injuries :</p> <p>(Dislocation, Fractures : Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted)</p>

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	Unit – X Kinesiology, Biomechanics & Sports	<ul style="list-style-type: none"> • Projectile & Factors affecting Projectile Trajectory • Newton’s Law of motion & its application in Sports • Aerodynamics Principles. • Friction & Sports • Introduction to Axes and Planes. • Types of Movements (Flexion, Extension, Abduction & Adduction) • Major Muscles involved in Running, Jumping and Throwing.
	Practical Work	<ul style="list-style-type: none"> • Skills of any one team game of your choice : Labelled diagram of field & Equipment, Rules, Terminology & Skills and maintain it in Record File.

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November 2017	Unit – XI Psychology & Sports	<ul style="list-style-type: none"> • Understanding Stress & Coping Strategies (Problem Focussed & Emotional Focussed) • Personality: its definition & Types – Trait & Type (Sheldon and Jung Classification) & Big Five Theory. • Motivation, its type & techniques • Self Esteem & Body Image • Physiological Benefits of Exercise. • Meaning, Concept & Types of Aggression in Sports.
	Unit – XII Training in Sports	<ul style="list-style-type: none"> • Strength- Definition, Types & methods of improving Strength – Isometric, Isotonic, Isokinetic • Endurance – Definition, types & Methods of developing Endurance – Continuous Training Interval Training & Farlek Training. • Speed – Definition, types & methods to develop speed – Acceleration Run & Pace Run. • Flexibility – Definition, types & methods to improve Flexibility. • Coordinative Abilities – Definition & types • Circuit Training & High Altitude Training : Introduction & its impact

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	Practical Work	<ul style="list-style-type: none"> • Skills of any one team game of your choice: Labelled diagram of field & Equipment, Rules, Terminology & Skills and maintain it in Record File.
December 2017		<ul style="list-style-type: none"> • Revision of unit I to XII and CBSE Papers • Mock Test and Revision of Practicals
January 2018		<ul style="list-style-type: none"> • Winter Break / Revision • Pre-board Examination
February 2018		<ul style="list-style-type: none"> • Discussion on Pre-Board Question Paper • Revision of Unit I to XII • Preparation for CBSE Practicals and Examination.