

CLASS:	12	SUBJECT:	PHYSICAL EDUCATION
BOOK:	ISC PHYSICAL EDUCATION by Rachhpal Singh Brar, Jagadish Bains, Anju Pathak		

FIRST TERM			
Month	Topic	Chapters	Periods
April (15)	SEC- A COMPETION AND TOURNAMENTS SEC-B PRACTICAL	4	9
May (10)	SEC-A COMPETION AND TOURNAMENTS SEC-B ATHLETICS (RULES AND TECHNIQUES) PRACTICAL	4 (Page -142-188)	6
June (10)	SEC-A TRAINING METHODS ATHLETICS (RULES AND TECHNIQUES) PRACTICAL	2 (Page -142-188)	6
July (24)	SEC-A TRAINING METHODS CAREER ASPECTS IN PHYSICAL EDUCATION SEC- B ATHLETICS (RULES AND TECHNIQUES) PRACTICAL	2 3 4 (Page -142-188)	15
August (22)	SEC- A SPORTS INJURIES AND FIRST AIDS SEC- B BADMINTON (RULES, REGULATIONS AND TECHNIQUES)	6 (Page – 92-116)	14
September (21)	REVISION		2
Project	Different Methods of developing of Endurance and Strength		
Revision Days			2
No. of classes			52

UNIT TEST - 1st Term		
Month	Topic	Chapters
August	SEC-A TRAINING METHODS CAREER ASPECTS IN PHYSICAL EDUCATION COMPETION AND TOURNAMENTS SEC-B ATHLETICS	2 3 4

N.A. – All subjects should have one activity per term.

EXAMINATION - 1st Term		
Month	Topic	Chapters
September	As per the first term syllabus	SEC-A 2,3, 4and 6 SEC-B CRICKET ,FOOTBALL ATHLETICS and BADMINTION

ACTIVITIES	
Physical Fitness	Physical Fitness efficiency Test. (AAPHER YOUTH FITNESS TEST)

SECOND TERM			
Month	Topic	Chapters	Periods
October (16)	SEC- A SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION HEALTH EDUCATION AND HEALTH PROBLEMS	1	10
November (19)	SEC-A HEALTH EDUCATION AND HEALTH PROBLEMS SPORTS INJURIES AND FIRST –AID LAS 5 YEARS QUESTONS AND ANSWERS REVISION SEC-B LAST 5 YEARS QUESTIONS AND ANSWERS REVISION	5 5 6	12
Project			
Revision Days			4
No. of classes			26