



RAMKALI BUDDHILAL SAHU SHIKSHAN SANSTHAN

SYLLABUS (SESSION - 2023-24)

CLASS:-12

SUBJECT:- Physical Education

APRIL

UNIT -1 MANAGEMENT OF SPORTING EVENTS

MAY

Unit - 2 CHILDREN AND WOMEN IN SPORTS

JUNE

Yoga Practice

JULY

UNIT 4 Yoga AS A PREVENTIVE MEASURE FOR LIFESTYLE DISEASE, UNIT -4 PHYSICAL EDUCATION FOR CWSN

AUGUST

Unit -5 SPORTS AND NUTRITION , UNIT 6-TEST AND MEASUREMENT IN SPORTS

SEPTEMBER

Unit -7 UNIT -7 PHYSIOLOGY AND INJURIES IN SPORTS

OCTOBER

Unit - 8 UNIT -8 BIOMECHANICS AND SPORTS

NOVEMBER

Unit -9 PSYCHOLOGY AND SPORTS ,UNIT 10-TRAINING IN SPORTS

DECEMBER

Practical Preparation & Revision ,PRE-BOARD 1

JANUARY

Practical Preparation & Revision , PRE-BOARD 2

FEBRUARY

Annual Exam

PERIODIC ASSESMENT-I

Ch- 1 & 2

HALF YEARLY EXAM

Ch- 1 To 5

PERIODIC ASSESMENT-II

Ch- 6 & 7

ANNAUL EXAM

Ch - 1 to 10