

ARMY GOODWILL PUBLIC SCHOOL RAJOURI

SPLIT-UP SYLLABUS (PHYSICAL EDUCATION) SESSION: 2021-22

CLASS: XII

SR.NO	MONTH & ASESMENT	UNIT	DETAIL	NO. OF PERIODS ALLOTTED	PRACTICALS
1	APRIL	UNIT 1	<p>PLANNING IN SPORTS</p> <ul style="list-style-type: none"> • Meaning and objectives of planning • Various committees and its responsibilities • Tournament- Fixtures according to different methods. • Intramural and extramural • Specific sports programmes 	10	
2	MAY	UNIT 2	<p>SPORTS AND NUTRITION</p> <ul style="list-style-type: none"> • Balance diet & nutrition, micro and macro nutrients. • Nutritive and non-nutritive components of diet. • Eating for weight control • Pitfalls of dieting • Food intolerance and food myths 	11	
3	JUNE	UNIT 3	<p>YOGA AND LIFESTYLE</p> <ul style="list-style-type: none"> • Asanas as preventive measures • Obesity and asanas to remove obesity • Diabetes, procedure and benefits of asanas related to obesity • Asthma, procedure, benefits and contraindications of sukhasan and chakerasan • Hypertension, asanas related to hypertension • Backpain and their related asanas. 	12	

3	JULY	UNIT 4	<p>PHYSICAL EDUCATION AND SPORTS FOR CWSN</p> <ul style="list-style-type: none"> • Concept of disability and disorder • Types of disability, its causes and nature (cognitive disability, intellectual disability, physical disability 0 • Types of disorder, its causes and nature (ADHD, SPD, ASD, ODD, OCD) • Disability etiquettes • Advantage of physical activities for children with special needs 	10	
4		UNIT 5	<p>CHILDREN AND WOMEN IN SPORTS</p> <ul style="list-style-type: none"> • Motor development and factors affecting it • Exercise guidelines and different stages of growth and development • Common postural deformities • Sports participation of women in India • Special consideration • Female athlete triad 	12	
5	AUGUST	UNIT 6	<p>TEST AND MEASUREMENT IN SPORTS</p> <ul style="list-style-type: none"> • Motor fitness test • General motor fitness • Measurement of cardiovascular fitness 	12	
6		UNIT 7	<ul style="list-style-type: none"> • Rikli and Jones test (for senior citizen) <p>PHYSIOLOGY AND INJURIES IN SPORGTs</p> <ul style="list-style-type: none"> • Physiological factors determining component of physical fitness. • Effect of exercise on cardio respiratory system • Effect of exercise on muscular system • Physiological changes due to aging • Sports injuries • First aid- Aims and objectives 	11	
7		UNIT 8		12	

8	SEPTEMBER	UNIT 9	<p>BIOMECHANICS AND SPORTS</p> <ul style="list-style-type: none"> • Meaning and importance of biomechanics and sports • Types of movement • Newton’s laws of motion • Friction and sports 		
			<p>PSYCHOLOGY AND SPORTS</p> <ul style="list-style-type: none"> • Personality: its definition and types • Motivation, its types and techniques • Exercise adherence: reasons to exercise, benefits of exercise • Strategies for enhancing adherence to exercise. • Meaning, concept and types of aggression in sports 		
9	OCTOBER	UNIT10	<p>TRAINING IN SPORTS</p> <ul style="list-style-type: none"> • Strength- Definition, types and methods of improving strength • Endurance- Definition, types and methods to develop endurance • Speed- Definition, types and methods to develop speed. 		