**ST. JAGAT GYAN SR SECONDARY PUBLIC SCHOOL,PISKA NAGARI, RANCHI**

**CLASS – XIITH**

**SUBJECT – PHYSICAL EDUCATION**

**SYLLABUS**

**SESSION – 2024-25**

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| **MONTHS** | **CHAPTER NAME** | **PERIODS** | **TOPIC** | **P.T** | **INTERNAL AND ASSESSMENT NOTE BOOK &SUBJECT ENRIGHMENT** | **MARKS** | | | | | | | | |
| **FIRST** | | | | **MID** | | **FINAL** | | |
| MAY | **Unit 1** **Management of**  **Sporting Events** | 15 | 1. Functions of Sports  Events Management  (Planning,  Organising, Staffing,  Directing &  Controlling).  2. Various Committees  & their  Responsibilities (pre;  during & post).  3. Fixtures and their  Procedures – Knock-  Out (Bye & Seeding)  & League (Staircase,  Cyclic, Tabular  method) and  Combination  tournaments.  4. Intramural &  Extramural  tournaments –  Meaning, Objectives  & Its Significance.  5. Community sports  program (Sports Day,  Health Run, Run for  Fun, Run for Specific  Cause & Run for  Unity). |  | **ASSIGNMENT - 1**   * To make the students   understand the need and  meaning of planning in  sports, committees, and  their responsibilities for  conducting the sports  event or tournament.   * Prepare fixtures of knockout,   league & combination.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy | **20** | | | |  | | **07** | | |
| **JUNE** | **UNIT 2**  **Children & Women in**  **Sports** | 12 | 1. Exercise guidelines of  WHO for different age  groups.  2. Common postural  deformities-knock  knees, flat foot, round  shoulders, Lordosis,  Kyphosis, Scoliosis,  and bow legs and  their respective  corrective measures.  3. Women’s 18 Physical Education Syllabus 2023-24  participation in Sports  – Physical,  Psychological, and  social benefits.  4. Special consideration  (menarche and  menstrual  dysfunction).  5. Female athlete triad  (osteoporosis,  amenorrhea, eating  disorders. |  | **ASSIGNMENT - 1**   * Differentiate exercise guidelines   for different stages of growth  and development.   * To make students aware   of the common postural  deformities.   * To make them understand   about female athlete triad.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy | **15** | |  | | | **06** | | | |
| **JULY** | **UNIT 3**  **Yoga as Preventive**  **measure for Lifestyle**  **Disease** | **12** | 1. Obesity: Procedure,  Benefits &  Contraindications for  Tadasana,  Katichakrasana,  Pavanmuktasana,  Matsayasana,  Halasana,  Pachimottansana,  Ardha –  Matsyendrasana,  Dhanurasana, Ushtrasana,  Suryabedhan  pranayama.  2. Diabetes:  Procedure, Benefits  & Contraindications  for Katichakrasana,  Pavanmuktasana,Bh  ujangasana,  Shalabhasana,  Dhanurasana, Supta-  vajarasana,  Paschimottanasan-a,  Ardha-  Mastendrasana,  Mandukasana,  Gomukasana,  Yogmudra,  Ushtrasana,  Kapalabhati.  3. Asthma: Procedure,  Benefits &  Contraindications for  Tadasana,  Urdhwahastottansan  a, UttanMandukasan-  a, Bhujangasana, Dhanurasana,  Ushtrasana,  Vakrasana,  Kapalbhati,  Gomukhasana  Matsyaasana,  Anuloma-Viloma.  4. Hypertension:  Procedure, Benefits  & Contraindications  for Tadasana,  Katichakransan,  Uttanpadasana,  Ardha Halasana,  Sarala Matyasana,  Gomukhasana,  UttanMandukasan-a,  Vakrasana,  Bhujangasana,  Makarasana,  Shavasana, Nadi-  shodhanapranayam,  Sitlipranayam.  5. Back Pain and  Arthritis: Procedure,  Benefits &  Contraindications of  Tadasan,  Urdhawahastootansa  na, Ardh-  Chakrasana,  Ushtrasana,  Vakrasana, Sarala  Maysyendrsana,  Bhujandgasana,  Gomukhasana,  Bhadrasana,  Makarasana, Nadi-  Shodhana  pranayama. |  | * Identify the asanas beneficial   for different ailments and health problems.   * Recognize importance of   various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis   * Distinguish the   contraindications associated with performing different  asanas.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy | **20** |  | | | | | | **O7** | |
| **AUGUST** | **UNIT 4**  **Physical Education**  **and Sports for CWSN**  **(Children with Special**  **Needs - Divyang)** | **13** | 1. Organizations  promoting Disability  Sports (Special  Olympics;  Paralympics;  Deaflympics).  2. Concept of  Classification and  Divisioning in Sports.  3. Concept of Inclusion 22 Physical Education Syllabus 2023-24  in sports, its need,  and Implementation;  4. Advantages of  Physical Activities for  children with special  needs.  5. Strategies to make  Physical Activities  assessable for  children with special  needs. |  | * Value the advantages of   physical activities for  children with special needs.   * Strategies physical activities   accessible for children with specialneeds.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy | **15** |  | | | | | | **05** | |
| **AUGUST** | **REVISION** |  | **UNIT – 1, 2,3 AND 4** |  | **\_** | **\_** | | | **\_** | | | | | **\_** |
| **SEPTEMBER** | **1ST TERM** |  | **EXAMINATION** | **\_** | **\_** | **\_** | | | **\_** | | | | | **\_** |
| **OCTOBER** | **UNIT 5**  **Sports & Nutrition** | **12** | 1. Concept of balanced  diet and nutrition  2. Macro and Micro  Nutrients: Food  sources & functions  3. Nutritive & Non-  Nutritive  Components of Diet  4. Eating for Weight  control – A Healthy  Weight, The Pitfalls  of Dieting, Food  Intolerance, and Food Myths.  5. Importance of Diet in  Sports-Pre, During  and Post competition  Requirements. |  | * To make the students understand the importance of a balanced diet * To clear the concept of   Nutrition – Micro & Macro nutrients, Nutritive & non-  Nutritive Components of Diet.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy |  | | | **10** | | | | | **06** |
| **OCTOBER** | **UNIT 6**  **Test & Measurement**  **in Sports** | **13** | 1. Fitness Test – SAI  Khelo India Fitness  Test in school:  Age group 5-8 years/  class 1-3: BMI,  Flamingo Balance  Test, Plate Tapping  Test  Age group 9-18yrs/  class 4-12: BMI,  50mt Speed test,  600mt Run/Walk, Sit  & Reach flexibility  test, Strength Test  (Partial Abdominal  Curl Up, Push-Ups  for boys, Modified  Push-Ups for girls). 2. Measurement of  Cardio-Vascular  Fitness – Harvard  Step Test – Duration  of the Exercise in  Seconds x100/5.5 X  Pulse count of 1-1.5  Min after Exercise.  3. Computing Basal  Metabolic Rate  (BMR)  4. Rikli & Jones - Senior  Citizen Fitness Test  • Chair Stand Test for  lower body strength  • Arm Curl Test for  upper body strength  • Chair Sit & Reach  Test for lower body  flexibility  • Back Scratch Test for  upper body flexibility  • Eight Foot Up & Go  Test for agility  • Six-Minute Walk Test  for Aerobic  Endurance.  5. Johnsen – Methney  Test of Motor  Educability (Front  Roll, Roll, Jumping  Half-Turn, Jumping  full-turn |  | * Perform SAI Khelo India Fitness   Test in school [Age group 5-8  years/ (class 1-3) and Age  group 9-18yrs/ (class 4-12)   * Compute Basal Metabolic Rate   (BMR)  \* Describe the procedure of Rikli  and Jones - Senior Citizen  Fitness TesT   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy |  | | | **15** | | | | | **09** |
| **NOVEMBER** | **UNIT 7**  **Physiology & Injuries**  **in Sport** | **13** | 1. Physiological factors  determining  components of  physical fitness  2. Effect of exercise on  the Muscular System  3. Effect of exercise on  the Cardio-  Respiratory System  4. Physiological  changes due to aging  5. Sports injuries:  Classification (Soft  Tissue Injuries -  Abrasion, Contusion,  Laceration, Incision,  Sprain & Strain; Bone & Joint Injuries  - Dislocation,  Fractures - Green  Stick, Comminuted,  Transverse Oblique  & Impacted). |  | * Recognize the physiological   factors determining the  components  of physical fitness.   * Comprehend the effects of   exercise on the Muscular  system and cardiorespiratory  systems.   * Understanding the Aims &   Objectives of First Aid   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy |  | | | **10** | | | | | **08** |
| **NOVEMBER**  **DECEMBER** | **UNIT 8**  **Biomechanics and**  **Sports**  **UNIT 9**  **Psychology and**  **Sports** | **18**  **12** | 1. Newton’s Law of  Motion & its  application in sports  2. Types of Levers and  their application in  Sports.  3. Equilibrium –  Dynamic & Static and  Centre of Gravity and  its application in  sports  4. Friction & Sports  5. Projectile in Sports  1. Personality; its  definition & types  (Jung Classification  & Big Five Theory).  2. Motivation, its type &  techniques.  3. Exercise Adherence:  Reasons, Benefits &  Strategies for  Enhancing it.  4. Meaning, Concept &  Types of  Aggressions in  Sports.  5. Psychological  Attributes in Sports –  Self-Esteem, Mental  Imagery, Self-Talk,  Goal Setting. |  | * Understand Newton’s Law of   Motion and its application in  Sports.   * Know about the Centre of   Gravity and will be able to apply  it in sports  \* Define Friction and application  in sports.  \* Understand the concept of  Projectile in sports.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy * To make students   understand motivation and its techniques.   * Classify different types of   personality and their  relationship with sports  performance.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy |  | | | **15**  **10** | | | | | **09**  **06** |
| **DECEMBER** | **UNIT 10**  **Training in Sports** | **15** | 1. Concept of Talent  Identification and  Talent Development  in Sports.  2. Introduction to Sports  Training Cycle –  Micro, Meso, Macro  Cycle.  3. Types & Methods to  Develop – Strength,  Endurance, and  Speed.  4. Types & Methods to  Develop – Flexibility  and Coordinative  Ability.  5. Circuit Training -  Introduction & its  Importance. |  | * Making the students   understand the concept of  talent identification and  methods in sports.   * Understand sports training and   the different cycle used in the  training process.  \* Understand different types &  methods to develop -strength,  endurance, and speed in sports  training.  \* Understand different types &  methods to develop – flexibility  and coordinative ability.  \* Understand Circuit training and  its importance.   * Black board test * Oral test * Group discussion * Submission of neat and clean covered copy |  | | | **10** | | | | | **07** |

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**PRACTICAL/ PROJECTS ETC.**

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| **PRACTICAL** | **(Max. Marks 30)** |
| Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT) | **6** |
| Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice) | **7** |
| Yogic Practices | **7** |
| Record File | **5** |
| Viva Voce (Health/ Games & Sports/ Yoga) | **5** |

**Record File:**

➢ **Practical-1**: Fitness tests administration. (SAI Khelo India Test)

➢ **Practical-2**: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

➢ **Practical-3**: Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field &

Equipment. Also, mention its Rules, Terminologies & Skills.