**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 SportsEvents Management(Planning,Organising, Staffing,Directing &Controlling).2. Various Committees& theirResponsibilities (pre;during & post).3. Fixtures and theirProcedures – Knock-Out (Bye & Seeding)& League (Staircase,Cyclic, Tabularmethod) andCombinationtournaments.4. Intramural &Extramuraltournaments –Meaning, Objectives& Its Significance.5. Community sportsprogram (Sports Day,Health Run, Run forFun, Run for SpecificCause & Run forUnity). |  | **ASSIGNMENT - 1*** To make the students

understand the need andmeaning of planning insports, committees, andtheir responsibilities forconducting the sportsevent 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 ofWHO for different agegroups.2. Common posturaldeformities-knockknees, flat foot, roundshoulders, Lordosis,Kyphosis, Scoliosis,and bow legs andtheir respectivecorrective measures.3. Women’s 18 Physical Education Syllabus 2023-24participation in Sports– Physical,Psychological, andsocial benefits.4. Special consideration(menarche andmenstrualdysfunction).5. Female athlete triad(osteoporosis,amenorrhea, eatingdisorders. |  | **ASSIGNMENT - 1*** Differentiate exercise guidelines

for different stages of growthand development.* To make students aware

of the common posturaldeformities.* 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 forTadasana,Katichakrasana,Pavanmuktasana,Matsayasana,Halasana,Pachimottansana,Ardha –Matsyendrasana,Dhanurasana, Ushtrasana,Suryabedhanpranayama.2. Diabetes:Procedure, Benefits& Contraindicationsfor Katichakrasana,Pavanmuktasana,Bhujangasana,Shalabhasana,Dhanurasana, Supta-vajarasana,Paschimottanasan-a,Ardha-Mastendrasana,Mandukasana,Gomukasana,Yogmudra,Ushtrasana,Kapalabhati.3. Asthma: Procedure,Benefits &Contraindications forTadasana,Urdhwahastottansana, UttanMandukasan-a, Bhujangasana, Dhanurasana,Ushtrasana,Vakrasana,Kapalbhati,GomukhasanaMatsyaasana,Anuloma-Viloma.4. Hypertension:Procedure, Benefits& Contraindicationsfor Tadasana,Katichakransan,Uttanpadasana,Ardha Halasana,Sarala Matyasana,Gomukhasana,UttanMandukasan-a,Vakrasana,Bhujangasana,Makarasana,Shavasana, Nadi-shodhanapranayam,Sitlipranayam.5. Back Pain andArthritis: Procedure,Benefits &Contraindications of Tadasan,Urdhawahastootansana, Ardh-Chakrasana,Ushtrasana,Vakrasana, SaralaMaysyendrsana,Bhujandgasana,Gomukhasana,Bhadrasana,Makarasana, Nadi-Shodhanapranayama. |  | * 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 differentasanas.* 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. Organizationspromoting DisabilitySports (SpecialOlympics;Paralympics;Deaflympics).2. Concept ofClassification andDivisioning in Sports.3. Concept of Inclusion 22 Physical Education Syllabus 2023-24in sports, its need,and Implementation;4. Advantages ofPhysical Activities forchildren with specialneeds.5. Strategies to makePhysical Activitiesassessable forchildren with specialneeds. |  | * Value the advantages of

physical activities forchildren 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 balanceddiet and nutrition2. Macro and MicroNutrients: Foodsources & functions3. Nutritive & Non-NutritiveComponents of Diet4. Eating for Weightcontrol – A HealthyWeight, The Pitfallsof Dieting, FoodIntolerance, and Food Myths.5. Importance of Diet inSports-Pre, Duringand Post competitionRequirements. |  | * 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 – SAIKhelo India FitnessTest in school:Age group 5-8 years/class 1-3: BMI,Flamingo BalanceTest, Plate TappingTestAge group 9-18yrs/class 4-12: BMI,50mt Speed test,600mt Run/Walk, Sit& Reach flexibilitytest, Strength Test(Partial AbdominalCurl Up, Push-Upsfor boys, ModifiedPush-Ups for girls). 2. Measurement ofCardio-VascularFitness – HarvardStep Test – Durationof the Exercise inSeconds x100/5.5 XPulse count of 1-1.5Min after Exercise.3. Computing BasalMetabolic Rate(BMR)4. Rikli & Jones - SeniorCitizen Fitness Test• Chair Stand Test forlower body strength• Arm Curl Test forupper body strength• Chair Sit & ReachTest for lower bodyflexibility• Back Scratch Test forupper body flexibility• Eight Foot Up & GoTest for agility• Six-Minute Walk Testfor AerobicEndurance. 5. Johnsen – MethneyTest of MotorEducability (FrontRoll, Roll, JumpingHalf-Turn, Jumpingfull-turn |  | * Perform SAI Khelo India Fitness

Test in school [Age group 5-8years/ (class 1-3) and Agegroup 9-18yrs/ (class 4-12)* Compute Basal Metabolic Rate

(BMR)\* Describe the procedure of Rikliand Jones - Senior CitizenFitness 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 factorsdeterminingcomponents ofphysical fitness2. Effect of exercise onthe Muscular System3. Effect of exercise onthe Cardio-Respiratory System4. Physiologicalchanges due to aging5. Sports injuries:Classification (SoftTissue Injuries -Abrasion, Contusion,Laceration, Incision,Sprain & Strain; Bone & Joint Injuries- Dislocation,Fractures - GreenStick, Comminuted,Transverse Oblique& Impacted). |  | * Recognize the physiological

factors determining thecomponentsof physical fitness.* Comprehend the effects of

exercise on the Muscularsystem and cardiorespiratorysystems.* 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 ofMotion & itsapplication in sports2. Types of Levers andtheir application inSports.3. Equilibrium –Dynamic & Static andCentre of Gravity andits application insports4. Friction & Sports5. Projectile in Sports1. Personality; itsdefinition & types(Jung Classification& Big Five Theory).2. Motivation, its type &techniques.3. Exercise Adherence:Reasons, Benefits &Strategies forEnhancing it.4. Meaning, Concept &Types ofAggressions inSports.5. PsychologicalAttributes in Sports –Self-Esteem, MentalImagery, Self-Talk,Goal Setting. |  | * Understand Newton’s Law of

Motion and its application inSports.* Know about the Centre of

Gravity and will be able to applyit in sports\* Define Friction and applicationin sports.\* Understand the concept ofProjectile 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 theirrelationship with sportsperformance.* 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 TalentIdentification andTalent Developmentin Sports.2. Introduction to SportsTraining Cycle –Micro, Meso, MacroCycle.3. Types & Methods toDevelop – Strength,Endurance, andSpeed.4. Types & Methods toDevelop – Flexibilityand CoordinativeAbility.5. Circuit Training -Introduction & itsImportance. |  | * Making the students

understand the concept oftalent identification andmethods in sports.* Understand sports training and

the different cycle used in thetraining process.\* Understand different types &methods to develop -strength,endurance, and speed in sportstraining.\* Understand different types &methods to develop – flexibilityand coordinative ability.\* Understand Circuit training andits 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.