



विनय कौशलाभिव्यक्तिः  
Humility Enhances Excellence

**JAYPEE PUBLIC SCHOOL**  
**WEEK WISE SYLLABUS**  
**SESSION-(2022-23)**  
**CLASS XII**

## 0480- Physical Education Session (2022-23)

### MONTH: MARCH/APRIL

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> and 5 <sup>th</sup> Week
<b>Unit I Management of Sporting Events</b>	Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)	Various Committees & their Responsibilities (pre; during & post) Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)	<b>Unit II</b> <ul style="list-style-type: none"> <li>Nutritive &amp; Non- Nutritive Components of Diet</li> <li>Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients.</li> <li>Eating for Weight Control – A Healthy Weight, The Pitfalls of Dieting</li> </ul>	<b>Unit II</b> <ul style="list-style-type: none"> <li>Components of Diet</li> <li>Food Intolerance &amp; Food Myths</li> <li>Class Test</li> </ul>
<b>Practical work</b>	Make Diet chart of teen age sports person			
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To create awareness for Nutrition insports</li> </ul>			
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Students will be able to get familiar with nutrition, supplement and importance of weightcontrol</li> <li>Case Study</li> </ul>			
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Online, Vidio&amp; Visuals, Handouts</li> <li>Discussion Method, Dictation Method, Reading Method, PPT</li> </ul>			
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective Questions, Quiz</li> </ul>			

### MONTH: MAY

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
<b>Unit III: Yoga &amp; Lifestyle</b>	<b>Unit III</b> Asana as preventivemeasures Obesity: Procedure, Benefits& contraindication Vajrasana, Hastasana, Trikonasana, Ardhmatsyendrasana	Diabetes: Procedure, Benefits & contraindication Bhujangasana, paschimottanasana, pawanmuktasan. Ardhmatsyendrasana, Asthma: Procedure, Benefits & contraindication for sukhasana, chakrasana, goumukhasana, paschimottanasana, Parvat asana, matsyasana	Hypertension: Procedure, Benefits & contraindication for Tada, Vajra, Pawanmukta, Ardhchakra, Bhujang, shavasana	Backpain: Procedure, Benefits & contraindication Tada, ardhmatsyendr, vakr, Salabh, Bhujangasana
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To know the Lifestyle Disease and their correctiveasana.</li> <li>Motor development &amp; common posturaldeformities</li> </ul>			
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Students will be able to understand about Lifestyle Disease and their correctiveasana.</li> <li>Motor development &amp; common postural deformitiesunderstanding.</li> </ul>			
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Online, Vidio&amp; Visuals, Handouts, Kinsethetic</li> <li>Discussion Method, Dictation Method, PPT, Practical (one skill of the game of their choice)</li> </ul>			
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective Questions, Quiz, Exam</li> </ul>			

**MONTH: JULY**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
<p><b>Unit IV: physical education &amp; sports for CWSN</b></p> <p>Unit VIII: Biomechanics &amp; Sports</p>	<p><b>Revision</b></p>	<p><b>Unit IV</b></p> <ul style="list-style-type: none"> <li>• Concept of disability &amp; Disorder</li> <li>• Type of Disability</li> <li>• Types of Disorder</li> </ul>	<p><b>Unit IV</b></p> <ul style="list-style-type: none"> <li>• Disability Etiquettes</li> <li>• Advantages of physical activities for CWSN</li> <li>• Strategies to make physical activities assessable for CWSN</li> </ul>	<p><b>Unit VIII</b></p> <p>Meaning of <b>Biomechanics</b></p> <p><b>Need &amp; Importance of Biomechanics.</b></p> <p>Newton's Law of Motion and its application in Sports</p>	<p><b>Unit VIII</b></p> <ul style="list-style-type: none"> <li>• Types of Movements Friction and Sports</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Student is able to recap all the work done in online classes</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>• Student is ready to learn further</li> <li>• Recognize the movements in Skeleto-muscle system</li> <li>• Define the basics of the term Kinematic</li> <li>• Describe the kinetic concepts including inertia, force, torque, and impulse. Demonstrate the cause and effect relationship between force and movement. Determine the factors of fluid <b>mechanics</b> affecting flotation, drag and movement of a body in medium</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>• Discussion Method, Dictation Method, Reading Method</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Reflective Questions, Quiz, Exam, practical</li> </ul>				

**MONTH: AUGUST**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> W and 5 <sup>th</sup> eek
<p><b>Unit VI : Test &amp; Measurement in Sports</b></p> <p>Unit X: Training in Sports</p>	<p><b>Unit VI</b></p> <ul style="list-style-type: none"> <li>• Motor Fitness Test: 50 M standing start, 600M</li> <li>• run/walk , sit &amp; Reach , Partial curl up, Push-ups(Boys), modified pushups(Girls), standing broad jump, Agility-4x10m shuttle Run</li> </ul>	<p><b>Unit VI</b></p> <p>General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg &amp; For Girls: 01 Kg)</p> <p>Measurement of cardio vascular fitness – Harvard Step Test /Rockport Test</p> <p><b>Revision test</b></p>	<p><b>Unit X</b></p> <ul style="list-style-type: none"> <li>• Strength – Definition, types &amp; methods of</li> <li>• improving Strength – Isometric, Isotonic &amp; Isokinetic</li> <li>• Rikli &amp; Jones - Senior Citizen Fitness Test</li> <li>• Computation of Fitness Index</li> <li>• Endurance - Definition, types &amp; methods to develop</li> <li>• Endurance – Continuous Training, Interval Training &amp; Fartlek</li> </ul>	<p><b>Unit X</b></p> <p>Speed – Definition, types &amp; methods to develop Speed –</p> <ul style="list-style-type: none"> <li>• Acceleration Run &amp; Pace Run</li> </ul> <p>Flexibility – Definition, types &amp; methods to improve flexibility</p> <ul style="list-style-type: none"> <li>• Coordinative Abilities –</li> <li>• Definition &amp; types Circuit Training</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Fitness Test-administration for all items.</li> </ul>			

<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Students will be able to judge their capability in an event through Test and measurement. Awareness of effects of exercises on various systems and ageing</li> </ul>
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion method, dictation method, reading method</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective Questions, Quiz, pen-paper test, practical</li> </ul>

**MONTH: SEPTEMBER**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
<b>Unit VII : Physiology &amp; Injuries in Sports</b>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Physiological factors determining components of Physical fitness</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Effects of exercise on Cardio-respiratory system</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Effects of Exercise on muscular system</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Physiological changes due to ageing</li> <li>Sports injuries classification</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>First-Aid - aim &amp; objectives</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To know about systems of the body and physiological changes</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Demonstrate knowledge of general overall physiological principles associated with metabolic processes; musculoskeletal system; cardiovascular system; aerobic and anaerobic program design.</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion method, dictation method, reading method, practical method</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective questions, Quiz, Exam, practical</li> </ul>				

**MONTH: OCTOBER**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week & 5 <sup>th</sup> Week
<b>Unit V: Children &amp; Women in Sports</b>  <b>Unit I: Planning in Sports</b>	<b>Unit V</b> <ul style="list-style-type: none"> <li>Common postural deformities &amp; their Corrective Measures (Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis)</li> </ul> <b>Unit I</b> <ul style="list-style-type: none"> <li>Meaning &amp; Objectives of planning</li> <li>Various Committees &amp; Its Responsibilities (Pre, Post &amp; During)</li> <li>Tournament – Knock-Out, League or Round Robin &amp; Combination</li> </ul>	<b>Unit V</b> <ul style="list-style-type: none"> <li>Motor development in children</li> <li>Factors affecting motor development</li> <li>Exercise guidelines at different stages of growth and development</li> </ul> <b>Unit I</b> <ul style="list-style-type: none"> <li>Procedure To Draw Fixtures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> <li>Intramural &amp; Extramural - Meaning, Objectives &amp; Its Significance</li> </ul>	<b>Unit I</b> <ul style="list-style-type: none"> <li>Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause &amp; Run For Unity)</li> </ul>	Practical

<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To know biomechanics of the joints and psychology of sportsmen ,different typesof training</li> </ul> To know about the ways to develop positive sports environment throughplanning	
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Awareness of biomechanical function of the joints and importance of psychology during training &amp; How training can develop various components of the sportsmenand their effects onsports person</li> </ul> Awareness about sports, Tournaments, significance of positive sportsenvironment	
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion method, dictation method, reading method, practicalmethod</li> </ul> Group Activity, Case Study, Team Activity	
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective questions, Quiz, Exam ,practical methods,practical</li> </ul>	

**MONTH:NOVEMBER**

<b>Content/Topic</b>	<b>1<sup>st</sup>Week</b>	<b>2<sup>nd</sup>Week</b>	<b>3<sup>rd</sup>Week</b>	<b>4<sup>th</sup> and 5<sup>th</sup> Week</b>
	Revision	Revision	<b>Pre-Board -I</b>	<b>Pre-Board -I</b>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>Tthough with all the topics</li> </ul>			
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion</li> </ul>			
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective questions, Quiz, Exam, practicaldemonstration</li> </ul>			

**MONTH:DECEMBER**

<b>Content/Topic</b>	<b>1<sup>st</sup>Week</b>	<b>2<sup>nd</sup>Week</b>	<b>3<sup>rd</sup>Week</b>	<b>4<sup>th</sup>Week</b>	<b>5<sup>th</sup>Week</b>
	Revision	Pre Board 2	Pre Board 2	Revision	<b>Revision</b>
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective questions, Quiz, Exam, practical</li> </ul>				

**MONTH: JANUARY**

<b>Content/Topic</b>	<b>1<sup>st</sup>Week</b>	<b>2<sup>nd</sup>Week</b>	<b>3<sup>rd</sup>Week</b>	<b>4<sup>th</sup> and 5<sup>th</sup> Week</b>
	<b>Winter Break</b> <b>Common Pre-Board</b>	<b>Winter Break</b> <b>Common Pre-Board</b>	Revision	Revision