



# BOKARO PUBLIC SCHOOL

SECTOR-III/C,B.S.CITY

## SYLLABUS SESSION 2025-26

Class- 12

Subject- PHYSICAL EDUCATION

Sl. No	MONTH S	W/D	W. D	CHAPTER'S NAME/TOPIC	PAGE NO.	ACTIVITY
1	April		22	<b>Unit 1 : Management of Sporting Events</b> <ul style="list-style-type: none"> <li>• Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li> <li>• Various Committees &amp; their Responsibilities (Pre,During &amp; Post)</li> <li>• Fixtures and their Procedures—Knockout (Bye &amp; Seeding) and League (Staircase, Cyclic, Tabular method) And Combination Tournaments</li> <li>• Intramural and Extramural Competitions — Meanings, Objectives and their Significance</li> <li>• Community Sports Programmes (Sports Day, Health Run, Run for Fun, Run for a Specific Cause &amp; Run for Unity)</li> </ul>		Procedure to draw a fixtures Knockout tournaments League tournament .
2	May		7	<b>Unit II : Children &amp; Women in Sports</b> <p>Exercise guidelines of WHO for different age Groups</p> <ul style="list-style-type: none"> <li>• Common postural deformities-knock knees, flat Foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective Corrective measures</li> <li>• Women's participation in Sports— Physical, Psychological, and Social benefits</li> <li>• Special Consideration (Menarche and Menstrual Dysfunction)</li> <li>• Female Athlete Triad (Osteoporosis, Amenorrhoea and Eating Disorders)</li> </ul>		Flow chart of Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures
3	June		15	<b>Unit III Yoga as Preventive measure for Lifestyle Disease</b> <ul style="list-style-type: none"> <li>• Obesity: for Vajrasana, Hastotansana, Trikonasana, Ardha - Matsyendrasana</li> <li>• Diabetes: Procedure, Benefits &amp; Contraindications for Bhujangasana, Paschimottanasana, Pavan muktasana, Ardha - Matsyendrasana, Kapalabhati</li> <li>• Asthma: Procedure, Benefits &amp; Contraindications for Sukhasana,</li> </ul>		Yoga / Asanas Procedure, Benefits & Contraindications

				<p>Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyaasana, Anulom-Vilom</p> <ul style="list-style-type: none"> <li>• Hypertension: Procedure, Benefits &amp; Contraindications for Tadasana, Vajrasana</li> <li>• Back Pain and Arthritis—Procedure, Benefits &amp; Contraindications</li> </ul>		
4	July	23		<p><b>Unit IV Physical Education &amp; Sports for CWSN</b></p> <ul style="list-style-type: none"> <li>• Organisations Promoting Disability Sports</li> <li>• Concept of inclusion in sports, Its Need and Implementation</li> <li>• Advantages of Physical Activities for Children With Special Needs</li> <li>• Strategies to Make Physical Activities Accessible For Children with Special Needs</li> </ul> <p><b>Unit V Sports &amp; Nutrition</b></p> <ul style="list-style-type: none"> <li>• Concept of Balance Diet and Nutrition</li> <li>• Macro and Micro Nutrients: Food Sources &amp; Functions</li> <li>• Nutritive and Non-nutritive Components of Diet</li> <li>• Eating for Weight Control—A Healthy Weight, the Pitfalls of Dieting, Food Intolerance and Food Myths</li> <li>• Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ul>		<p>Flow chart of balance diet and nutrition</p> <ul style="list-style-type: none"> <li>• Macro and Micro Nutrients: Food sources &amp; functions</li> </ul>
5	August	18		<p><b>Unit VI Test &amp; Measurement in Sports</b></p> <ul style="list-style-type: none"> <li>• Fitness Test — SAI Khelo India Fitness Test in School</li> <li>• Measurement of Cardio-Vascular Fitness — Harvard Step Test</li> <li>• Computing Basal Metabolic Rate</li> <li>• Rikli and Jones—Senior Citizen Fitness Test</li> <li>• Johnson — Methney Test of Motor Educabilit</li> </ul>		<p>Physical fitness Test : SAI Khelo India test, Brockport Physical Fitness Test (BPFT)</p>
6	Sep	9		<p>Revision for half yearly Examination <b>Half Yearly Examination : 2025 – 26</b></p>		
7	October	12		<p><b>Unit VII Physiology &amp; Injuries in Sports</b></p> <ul style="list-style-type: none"> <li>• Physiological Factors Determining Components of Physical Fitness</li> <li>• Effects of Exercise on Muscular System</li> <li>• Effects of Exercise on Cardio-Respiratory System</li> <li>• Physiological Changes due to Ageing</li> <li>• Sports Injuries—Classification, Causes,</li> </ul>		<p>Diagram of Sports Injuries.</p>

				Prevention and Treatment		
8	November	20		<b>Unit VIII Biomechanics &amp; Sports</b> <ul style="list-style-type: none"> <li>• Newton's Laws of Motion and its Application in Sports</li> <li>• Types of Levers and their application in Sports</li> <li>• Equilibrium—Dynamic and Static, Centre of Gravity and Their Application In Sports</li> <li>• Friction and Sports</li> <li>• Projectile in Sports</li> </ul>		Diagram of <ul style="list-style-type: none"> <li>• Friction &amp; Sports</li> <li>• Projectile in Sports</li> </ul>
9	December	19		<b>Unit IX Psychology &amp; Sports</b> <ul style="list-style-type: none"> <li>• Personality; its Definition and Types (Jung Classification &amp; Big Five Theory)</li> <li>• Motivation—its Types and Techniques</li> <li>• Exercise Adherence—Reasons Benefits &amp; Strategies for Enhancing it</li> <li>• Meaning, Concept &amp; Types of Aggressions in Sports</li> <li>• Psychological Attributes in Sports—Self Esteem, Mental Imagery, Self Talk, Goal Setting</li> </ul>		
10	January	17		<b>Unit X Training in Sports</b> <ul style="list-style-type: none"> <li>• Concept of Talent Identification and Talent Development in Sports</li> <li>• Introduction to Sports Training Cycle — Micro, Meso, Macro Cycle</li> <li>• Types &amp; Methods to Develop — Strength, Endurance and Speed</li> <li>• Types &amp; Methods to Develop - Flexibility and Coordinative Ability</li> <li>• Circuit Training—Introduction and its Importance</li> </ul> <b>PB – I Exam : 2024 – 25</b> Revision & Discussion of Sample Papers		Flow Chart of <ul style="list-style-type: none"> <li>• Types &amp; Method to Develop – Strength, Endurance and Speed</li> <li>• Types &amp; Method to Develop – Flexibility and Coordinative Ability</li> </ul>
11	Feb	15		<b>Revision</b> <b>PB – II Exam : 2024 – 25</b> Discussion of Board Papers of Previous years		

• **Note :-**

- **Book Name :- Health and Physical Education**
- **Publishers :- Saraswati Publication APC Books, Full Marks, B. R. International**

- **Teacher's Name:- BALRAM KUMAR**