

Maharshi Patanjali Vidya Mandir, Prayagraj
Syllabus Breakup : 2019 - 20
Subject : Physical Education
Class - XII

April / May 2019

Unit I Planning in Sports

Unit II Sports & Nutrition

July 2019

Unit III Yoga and Lifestyle

Unit IV Physical education and Sports for CWSN (Children With Special Needs-Divyang)

August 2019

Unit V Children & Women in Sports

September 2019

Unit VI Test & Measurement in sports

Unit VII Physiology & Injuries in Sports

October 2019

Unit VIII Biomechanics and Sports

November 2019

Unit IX Psychology & Sports

December

Unit X Training in Sports

Practical : All the practical topics given in the theory book.

* **Ist Test** – Unit 1 to 2

* **Half Yearly** – Unit 3 to 6 including Unit 1, 2 of Ist Test also

* **Pre Board** Full Syllabus (Unit 1 To Unit X) According to CBSE Curriculum