

**Subject : Physical Education**  
**Class - XII**

**April / May 2018**

Unit I Planning in Sports

Unit II Sports & Nutrition

**July 2018**

Unit III Yoga and Lifestyle

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

**August 2018**

Unit V Children & Sports

Unit VI Women & Sports

**September 2018**

Unit VII Test & Measurement in sports

Unit VIII Physiology & Sports

**October 2018**

Unit IX Sports Medicine

Unit X Kinesiology, Biomechanics and Sports

**November 2018**

Unit XI Psychology & Sports

**December 2018**

Unit XII Training in Sports

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

\* **I<sup>st</sup> Test** – Unit 1 to 3,

\* **Half Yearly** – Unit 4 to 8 including Unit 1, 2, 3 of I<sup>st</sup> Test also

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