

Maharshi Patanjali Vidya Mandir, Allahabad
Syllabus : 2017 - 2018
Subject : Physical Education
Class - XII

April /May 2017

- Unit I Planning in Sports
Unit II Sports & Nutrition

July 2017

- Unit III Yoga and Lifestyle
Unit IV Physical education and Sports for Differently - Abled

August 2017

- Unit V Children & Sports
Unit VI Women & Sports

September 2017

- Unit VII Test & Measurement in sports
Unit VIII Physiology & Sports

October 2017

- Unit IX Sports Medicine
Unit X Kinesiology, Biomechanics and Sports

November 2017

- Unit XI Psychology & Sports

December 2017

- Unit XII Training in Sports

Practical

- All the practical topics given in the theory book.
 - * Ist Test – Unit 1 to 3,
 - * Half Yearly – Unit 4 to 8 including Unit 1, 2, 3 of Ist Test also
 - * Pre Board Full Syllabus (Unit 1 To Unit XII) According to CBSE Curriculum