

ACADAMIC PLAN FOR PHYSICAL EDUCATION CLASS XII FOR 2019-20

Month/ Working days	No of Working Days	Content	Mode of Assessm ent	Home work /Assignment
MARCH (8 Days) 23rd March to 31st March (8)	8	Unit I Planning in Sports □ Meaning & Objectives Of Planning □ Various Committees & its Responsibilities (pre; during & post) □ Tournament – Knock-Out, League Or Round Robin & Combination □ Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic) □ Intramural & Extramural – Meaning, Objectives & Its Significance □ Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)		Assignment
APRIL (8). 1st April To 15th April	8	Unit II Sports & Nutrition □ Balanced Diet & Nutrition: Macro & Micro Nutrients □ Nutritive & Non-Nutritive Components Of Diet □ Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths	Class Test-I	
APRIL- 16 th April To 30th April (12)	12	Unit III Yoga & Lifestyle □ Asanas as preventive measures □ Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana □ Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana	Class Test- II	
May(9 Days). 1st May to 15th May (9 days)	9	□ Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana □ Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana □ Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana	Unit Test-I	
16th May to 30th June.		SUMMER VACATION		Complete Practical File
July (25 Days) 1st July to 15th July (12)	12	Unit IV Physical Education & Sports for CWSN (Children With Special Needs - Divyang) □ Concept of Disability & Disorder □ Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability) □ Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD) □ Disability Etiquettes □ Advantage of Physical Activities for children with special needs □ Strategies to make Physical Activities assessable for children with special need.	Class Test- III	

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16th July to 31st July (13)	13	Unit V Children & Women in Sports □ Motor development & factors affecting it □ Exercise Guidelines at different stages of growth & Development □ Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures □ Sports participation of women in India □ Special consideration (Menarch & Menstrual Disfunction) □ Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)	Unit Test-II	
1st Aug to 15th Aug (10 Days)	10	Unit VI Test & Measurement in Sports o Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run o General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)		Basic concept
16th Aug to 31st Aug(14)	14	Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index: Duration of the Exercise in Seconds x 100 5.5 x Pulse count of 1-1.5 Min after Exercise o Rikli & Jones - Senior Citizen Fitness Test 1. Chair Stand Test for lower body strength 2. Arm Curl Test for upper body strength 3. Chair Sit & Reach Test for lower body flexibility 4. Back Scratch Test for upper body flexibility 5. Eight Foot Up & Go Test for agility 6. Six Minute Walk Test for Aerobic Endurance	Class Test-IV	
Sept (21 Days) 1st Sep to 15th Sep (11)	11	Half Yearly Examination		

16th Sep to 30th Sep(10 Days)	10	Unit VII Physiology & Injuries in Sports □ Physiological factor determining component of Physical Fitness □ Effect of exercise on Cardio Respiratory System □ Effect of exercise on Muscular System □ Physiological changes due to ageing □ Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention& treatment □ First Aid – Aims & Objectives		Assignment
Oct (20 Days) 1st Oct to 15th Oct(9 Days)	9	Unit VIII Biomechanics & Sports □ Meaning and Importance of Biomechanics in Sports □ Types of movements (Flexion, Extension, Abduction & Adduction) □ Newton’s Law of Motion & its application in sports □ Friction & Sports		Question based on topic
16th Oct to 31st Oct (11 Days)	11	Unit IX Psychology & Sports □ Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory □ Motivation, its type & techniques	Class Test-V	Value based questions
Nov(24 Days) 1st Nov to 15th Nov(11 Days)	11	□ Exercise Adherence; Reasons to Exercise, Benefits of Exercise □ Strategies for Enhancing Adherence to Exercise □ Meaning, Concept & Types of Aggressions in Sports	Oral Test	Question based on topic

16th Nov to 30th Nov (13 Days)	13	Unit X Training in Sports □ Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic □ Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training □ Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run □ Flexibility – Definition, types & methods to improve flexibility □ Coordinative Abilities – Definition & types □ Circuit Training - Introduction & its importance	Class Test-VI	
Dec (23 Days) 1st Dec to 15th Dec (11 Days)	11	Assessment Test		\
16th Dec to 31st Dec (12 Days)	12	REVISION		Practices Paper
Jan(14 days) 1st Jan to 15th Jan (1 day)	1	PRE-BOARD EXAMINATIONS	Pre-Board Examination	CBSE Sample Paper