ACADEMIC PLANNER- PHYSICAL EDUCATION- XII 2025-26							
		Physical Education (048)- XII					
Date/Schedule		**Content**	**Learning outcomes**	**Teaching pedagogy**	**Interdisciplinary Aspect /SDG**	**Mode of Assessment**	**HW**
April (25Days) 1April to 15th April	**12**	**Unit - Management of Sporting Event** 1. Functions of Sports Event Management	• To make the students understand the meaning, need, and importance of planning in sports, committees, and their responsibilities for conducting sports events or tournaments.	• Lecture-based learning	• Recognize the functions of sports event management	Oral test	Prepare notes
		2. Various Committees & Their Responsibilities (Pre, During & Post)	• To teach students about different types of committees and their roles in organizing and executing sports events	• Individual learning	• Classify different committees and their responsibilities in sports event management		
		3. Fixtures and Their Procedures (Knock-Out, League, Combination Tournaments, Bye & Seeding, Staircase, Cyclic, Tabular Method)	• To teach students about different types of tournaments and the detailed procedure of drawing fixtures.	• Kinesthetic learning	• Differentiate various types of tournaments and their fixture-making procedures		
April 16 – April 30 (15 days)	**12**	**Unit - Sports & Nutrition** 1. Balanced Diet & Nutrition	• To help students understand the components of a balanced diet and its role in sports performance	• Lecture-based learning	• Identify the components of a balanced diet and its importance in sports	Practice Test	Project File

		2. Nutritional Deficiencies & Disorders	• To educate students about common nutritional deficiencies and their effects on athletes	• Inquiry-based learning	• Recognize various nutritional disorders and their prevention		
		3. Eating for Weight Control (Maintaining Healthy Weight, Pitfalls of Dieting, Food Intolerance & Food Myths)	• To explain the importance of maintaining a healthy weight, the risks of dieting, and misconceptions about food	• Discussionbased learning	• Analyze the effects of different dieting habits and food myths on health		
May 1 – May 15 (15 days	**11**	**Yoga & Lifestyle** 1. Asanas as Preventive Measures	• To help students understand how yoga can prevent lifestyle-related diseases.	• Lecture-based learning	• Explain the role of yoga in preventing diseases	Oral test	Project File
		2. Asanas for Different Diseases (Diabetes, Asthma, Hypertension, Back Pain	• To teach students specific asanas beneficial for managing diabetes, asthma, hypertension, and back pain	• Demonstrationbased learning	• Perform and explain the benefits of asanas for different diseases		
		3. Role of Yoga in Managing Stress and Enhancing Well-being	• To develop an understanding of how yoga helps in stress management and improving overall well-being.	• Activity-based learning	• Apply yoga techniques for relaxation and stress management		
July 1 – July 15 (15 days)	**12**	**Physical Education & Sports for CWSN** **1. Concept of Disability & Disorde**	• To help students understand the meaning, types, and differences between disability and disorder	• Lecture-based learning	• Define disability and disorder with their classifications	Case study based questions	Prepare Notes

		3. Disability Etiquettes	• To develop an understanding of proper etiquette while interacting with individuals with disabilities.	• Discussionbased learning	• Demonstrate appropriate behavior and communication with differently-abled individuals		
		4. Strategies to Make Physical Activities Inclusive for Children with Special Needs	• To introduce ways to modify sports and activities for inclusivity	• Activity-based learning	• Apply inclusive strategies in physical activities and sports		
		5. Role of Sports in Empowering CWSN	• To explain how sports contribute to the social and psychological development of children with special needs.	• Inquiry-based learning	• Analyze the role of sports in the empowerment of differently-abled individual		
July 16 – July 31 (15 days)	**14**	**Children & Women in Sports** 1. Motor Development & Factors Affecting It	• To help students understand motor development and the key factors influencing it.	• Lecture-based learning	• Explain motor development and its influencing factors	Practice test	Project File
		2. Common Postural Deformities (Knock Knees, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis, Bow Legs) & Their Corrective Measures	• To educate students about common postural deformities and exercises to correct them	• Demonstrationbased learning	• Identify postural deformities and suggest corrective measures		
		3. Women's Participation in Sports & Its Benefits	• To explain the significance of women's participation in sports and its physical, social, and psychological benefits	• Discussionbased learning	• Analyze the impact of sports participation on women's health and empowermen		

		4. Special Considerations (Menarche, Menstrual Dysfunction) in Female Athletes	• To develop awareness about the physiological challenges faced by female athletes.	• Inquiry-based learning	• Recognize the impact of menstrual health on sports performance		
		5. Female Athlete Triad (Osteoporosis, Amenorrhea, Eating Disorders)	• To educate students on the Female Athlete Triad and its effects on performance and health	• Case studybased learning	• Explain the causes, effects, and prevention of the Female Athlete Triad		
August 1 – August 15 (15 days)	**11**	**Test & Measurement in Sports** 1. Fitness Test – Rikli & Jones Test	• To help students understand the Rikli & Jones Senior Citizen Fitness Test and its significance.	• Demonstrationbased learning	• Conduct and interpret the Rikli & Jones Test for senior citizens	Case study based questions	Prepare Notes
		2. Measurement of Muscular Strength – Kraus-Weber Test	• To introduce students to the Kraus-Weber Test for assessing muscular strength and flexibility	• Practical-based learning	• Perform and analyze the Kraus-Weber Test results		
August 16 – August 31 (15 days)		3. General Motor Fitness – Barrow Three-Item Test	• To explain the components of motor fitness and how they can be assessed using the Barrow ThreeItem Test.	• Activity-based learning	• Evaluate general motor fitness through the Barrow Three-Item Test.	Oral test	Project File
	12	**Physiology & Injuries in Sports** 1. Physiological Factors Determining Components of Physical Fitness	• To explain how physiological factors such as strength, endurance, flexibility, and speed influence physical fitness.	• Lecture-based learning	• Identify and analyze the physiological components affecting physical fitness		
		2. Effect of Exercise on Body Systems	• To study how exercise impacts the cardiovascular, respiratory, and muscular systems	• Discussionbased learning	• Analyze the short-term and long-term effects of physical activity on different body systems.		

September 1 – September 15 (15 days)	**11**	3. Sports Injuries and Their Prevention	• To learn about common sports injuries, their causes, and methods of prevention.	• Case studybased learning	• Identify types of sports injuries and apply first-aid measures for prevention and treatment.	Case study based questions	Prepare notes
		Biomechanics & Sports 1. Newton's Laws of Motion & Their Application in Sports	• To understand how Newton's three laws influence movement in sports activities.	• Lecture-based learning	• Explain the application of Newton's laws in various sports movements.		
		2. Friction & Its Role in Sports	• To study how friction affects performance in different sports, such as running, skiing, and swimming.	• Discussionbased learning	• Analyze the impact of friction in enhancing or hindering sports performance.		
September 16 – September 30 (15 days)		3. Projectile & Factors Affecting It	• To explore how factors like angle, speed, and height affect projectile motion in sports (e.g., javelin throw, basketball)	• Demonstrationbased learning	• Apply knowledge of projectile motion to improve performance in sports activities.	Case study based questions	Project File
	12	**Psychology & Sports** 1. Personality & Its Effect on Sports Performance	• To understand different personality types and their influence on an athlete's performance.	• Lecture-based learning	• Explain how personality traits impact sports behavior and performance.		

		2. Motivation & Its Role in Sports	• To explore the types of motivation (intrinsic & extrinsic) and their significance in sports.	• Discussionbased learning	• Analyze the impact of motivation on an athlete's performance and goal achievement		
October 1 – October 15 (15 days)		3. Stress & Anxiety: Management Techniques in Sports	• To study the effects of stress and anxiety on athletes and ways to manage them	• Activity-based learning	• Apply relaxation techniques like deep breathing and visualization to reduce stress in sports.	Practice test	Prepare Notes
	08	**Training in Sports** 1. Strength, Endurance & Speed – Definition & Methods to Improve	• To understand the meaning of strength, endurance, and speed and explore training methods to enhance them	• Lecture-based learning	• Identify and apply different training techniques to improve strength, endurance, and speed.		
		2. Flexibility & Coordinative Abilities – Definition & Methods to Improve	• To study flexibility and coordination and their importance in sports performance.	• Practical-based learning	• Demonstrate exercises to improve flexibility and coordination in various sports		
October 16 – October 31(15 days)		3. Circuit Training – Introduction & Its Benefits	• To introduce circuit training as a method of improving overall fitness and sports performance.	• Activity-based learning	• Design and implement a basic circuit training program for different fitness goals	Oral test	Project File

1Nov-15Nov **16Nov-30Nov**	**11** **12**	**Revision** **Revision**	• Reinforce concepts, solve papers, clear doubts, practice mock tests • Reinforce concepts, solve papers, clear doubts, practice mock tests	Practice Practice	• Refine answer-writing for final preparation • Refine answer-writing for final preparation	Oral test	Prepare notes Project File
1Dec-30Dec	**25**	**Revision**	• Understand the benefit of physical fitness in daily life	CBSE sample paper practice	----------		Practical File