

AN OUTLINE SYLLABUS FOR GRADE XII
SESSION 2023-24
SUBJECT: PHYSICAL EDUCATION

MONTH	TOPIC
MARCH	Yoga as Preventive measures
APRIL	Children and Women in Sports
MAY	Management of Sporting Events, Biomechanics and Sports
JULY	Sports and Nutrition Psychology and Sports
AUGUST	Test and Measurement in Sports
SEPTEMBER	Test and Measurement And Revision
OCTOBER	Physiology and Injuries in Sports
	Physical Education and Sports for CWSN
NOVEMBER	Training in Sports
December - January - February	Syllabus Revision
SYLLABUS FOR ASSESSMENT	
PERIODIC TEST I: 08 - 15 JULY 2023	Children and Women in Sports Yoga as Preventive measures Management of Sporting Events Biomechanics and Sports
HALF YEARLY: 9 – 22 SEPTEMBER 2023	Children and women in Sports Yoga as Preventive measures Management of Sporting Events Sports and Nutrition Biomechanics and Sports Psychology and Sports
PRE-BOARD I : 2 TO 9 DECEMBER 2023	Complete (100%) syllabus
PRE-BOARD II: 6 JANUARY TO 20 JANUARY 2024	Complete (100%) syllabus
ANNUAL BOARD EXAMINATION (MARCH/AS PER THE NOTIFICATION OF CBSE) – COMPLETE (100%) SYLLABUS	