



MONTH WISE SYLLABUS AND SYLLABUS FOR ASSESSMENT

SESSION: 2024- 25

CLASS: XII, SUBJECT: PHYSICAL EDUCATION

MONTH	TOPICS
March	Yoga as Preventive measures for Lifestyle Disease
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	Revision Programme+ Model Exams
SYLLABUS FOR ASSESSMENT	
First Periodic Test (08 July to 16 July 2024)	<ul style="list-style-type: none">• Children and Women in Sports• Yoga as Preventive measures• Management of Sporting Events• Biomechanics and Sports
First Term Examination /Half yearly (23 September to 5 October 2024)	<ul style="list-style-type: none">• Children and women in Sports• Yoga as Preventive measures• Management of Sporting Events• Sports and Nutrition• Biomechanics and Sports• Psychology and Sports
Pre-board Test (02 January to 18 January 2025)	Complete (100%) syllabus
ANNUAL BOARD EXAMINATION (MARCH/AS PER THE NOTIFICATION OF CBSE)	