

Cambridge International School Mohal, Kullu
(On Line) Curriculum: 2020-21
Subject: Physical Education (Code: 48)
Class: XII

Topic	Learning Objectives	Methodology	Assessment
Planning in Sports	<p>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)]not in syllabus for examination</p>	<p>Power Point Presentation Video Lecture. Online slid share link Through Videos classes on Zoom app</p>	<p>Paper Pen Test And data is collected by Cyber School Manager and whatsapp.</p>
Sports & Nutrition	<p>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</p>	<p>Power Point Presentation Video Lecture Through Videos classes on Zoom app</p>	<p>Paper Pen Test Collected by Cyber School Manager and whatsapp.</p>
Yoga & Lifestyle	<p>Asanas as preventive measures Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardh Matsyendrasana Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardha Chakrasana, Bhujangasana, Sharasana [Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana] not in syllabus for examination</p>	<p>Online class discussion and Demonstration by teacher</p>	<p>Paper Pen Test Online presentation by students and recorded video sent by students.</p>
Training in Sport	<p>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] not in syllabus for examination</p>	<p>Power Point Presentation Video Lecture(Online)</p>	<p>Paper Pen Test Google form Live performance of students</p>
Test & Measurement in Sports	<p>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 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 Rikli & Jones - Senior Citizen Fitness Test 1. Chair Stand Test for lower body strength</p>	<p>Power Point Presentation Video Lecture Demonstration</p>	<p>Paper Pen Test Videos of students Google form</p>

	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		
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	Video Lecture and class discussion(Online)	Paper Pen Test Google form
Psychology & Sports	Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory Motivation, its type & techniques Meaning, Concept & Types of Aggressions in Sports	Video Lecture(Online) PPT	Paper Pen Test and Google form
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	Power Point Presentation Video Lecture	Paper Pen Test and Google form and videos of students

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 Strategies to make Physical Activities assessable for children with special need.	Class discussion and Video Lecture (Online)	Paper Pen Test and Google form
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Physiology & Injuries in Sports	Physiological factor determining component of Physical Fitness Effect of exercise on Cardio Respiratory System Effect of exercise on Muscular System Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Commutated, Transverse Oblique & Impacted) Causes, Prevention & treatment First Aid – Aims & Objectives	Power Point Presentation Video Lecture	Paper Pen Test and Google form
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Practical Max. Marks 30

01. Physical Fitness Test - 6 Marks
02. Proficiency in Games and Sports - 7
03. Yogic Practices - 7 Marks
04. Record File ** - 5 Marks
05. Viva Voce (Health/ Games & Sports/ Yoga) - 5 Marks

* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

**Record File shall include:

Practical-1: Fitness tests administration for all items.

Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-3: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.

Practical-4: Any one game of your choice out of the list above. Labeled diagram of field & equipment (Rules, Terminologies & Skills).