

Cambridge International School Mohal, Kullu
Curriculum: 2020-21
Subject: Physical Education (Code: 48)
Class: XII
First Quarter (March to June)

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)</p>	<p>Power Point Presentation Lecture</p>	Paper Pen Test
Children & Women in Sports	<p>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)</p>	Lecture and class discussion	Paper Pen Test
Psychology & Sports	<p>Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory Motivation, its type & techniques Exercise Adherence; Reasons to Exercise, Benefits of Exercise Strategies for Enhancing Adherence to Exercise Meaning, Concept & Types of Aggressions in Sports</p>	Lecture	Paper Pen Test
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 Lecture</p>	Paper Pen Test
Biomechanics & Sports	<p>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</p>	<p>Power Point Presentation Lecture</p>	Paper Pen Test

Second Quarter (July to September)

Yoga & Lifestyle	<p>Asanas as preventive measures Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavanuktasana, Ardh Matsyendrasana Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana Hypertension: Tadasana, Vajrasana, Pavanuktasana, Ardh Chakrasana, Bhujangasana, Sharasana Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana</p>	Class discussion and Demonstration Lecture	Paper Pen Test
Physical Education & Sports for CWSN (Children With Special Needs - Divyang)	<p>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.</p>	Class discussion and Lecture	Paper Pen Test
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 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) 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 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</p>	Power Point Presentation Lecture Demonstration	Paper Pen Test

Third Quarter (October To December)

Physiology & Injuries in Sports	<p>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,</p>	Power Point Presentation Lecture	Paper Pen Test
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	Commutated, Transverse Oblique & Impacted) Causes, Prevention& treatment First Aid – Aims & Objectives		
Training in Sport	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	Power Point Presentation Lecture	Paper Pen Test

Practical Max. Marks 30

01. Physical Fitness Test - 6 Marks
02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*) - 7 Marks
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).