Curriculum
Subject: Physical Education (048)
Class XII
Session- 2024-25

	April	May	June/July
Content	**Management of Sporting Events** **Children & Women in Sports**	**Physical Education & Sports for CWSN (Children with Special Needs- Divyang)** **Biomechanics & Sports**	**Yoga as a preventive measure for lifestyle disease.** **Test & Measurement in Sports**
Learning Outcomes	**Management of Sporting Events** 1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) 2. Various Committees & their Responsibilities (pre; during & post) 3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments. 4. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance 5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity) **Children & Women in Sports** 1. Exercise guidelines of WHO for different age groups. 2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. 3. Women's participation in Sports – Physical, Psychological, and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amenorrhea, eating disorders.	**Physical Education & Sports for CWSN (Children with Special Needs- Divyang**) 1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) 2. Concept of Classification and divisioning in Sports. 3. Concept of Inclusion in sports, its need, and Implementation; 4. Advantages of Physical Activities for children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs. **Biomechanics & Sports** 1. Newton's Law of Motion & its application in sports 2. Types of Levers and their application in Sports. 3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports	1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pawanmuktasana, Matsyasana, Halasana, Paschimottanasana, Ardha –Matsyendrasana, Dhanurasana, Ustrasana, Suryabhan pranayama. 2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pawanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta vajrasana,Paschimottanasana Ardha-Mastendrasana, Mandukasana, Gomukhasana, Yoga Mudra, Ushtrasana, Kapalabhati. 3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ustrasana, Vakrasana, Kapalbhati, Gomukhasana, Matsyasana,Anuloma-Viloma. 4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhan pranayam, Siti Pranayam. 5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootansaa, Ardha- Chakrasana, Ustrasana, Vakrasana, Sarala matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama. **Test & Measurement in Sports** 1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI,50mt Speed test,600mt Run/Walk, Sit & Reach flexibility test, Strength Test(Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls). 2. Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds X100/5.5 X Pulse count of 1-1.5Min after Exercise. 3. Computing Basal Metabolic Rate(BMR) 4. Rikli & Jones- Senior Citizen Fitness Test • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up & Go Test for agility • Six -Minute Walk Test for Aerobic Endurance 5. Johnsen– Methney Test of Motor

Activity/Methodology	Lecture and class discussion -Power Point Presentation Lecture **Art Integration** – Create various committees for tournament make fixtures for the tournament for your choice game **Integrated with Commerce and Biology.**	Lecture and class discussion Practical Work PowerPoint Presentation **Art Integration**: Students will keep a record of the fitness test of the class. **Art Integration** Make activity cum learning cards and write the following details in the table given below: S. No., Game ,fundamental skill Name, The Law of Motion, **Integrated with Biology and Physics**	Demonstration Powerpoint Presentation Group Discussion. Practical Work. **Art Integration:** Try to find the Sanskrit meaning of poses, asanas, kriya or pranayama. Students will write Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease. Students will note down the results of the test **Integrated with Sanskrit and Mathematics**
Assessment	**Pen Paper Test and demonstration of practical work.**		

	August/ September	**October/November**	**December to February**
Content	**Physiology & Injuries in Sports** **Psychology & Sports**	**Sports & Nutrition** **Training in Sports**	
Learning Outcomes	**Physiology & Injuries in Sports** 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the Cardio-Respiratory System 4. Physiological changes due to aging 5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminute, Transverse Oblique & Impacted) **Psychology & Sports** 1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggressions in Sports 5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting	**Sports & Nutrition** 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & Non- Nutritive Components of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths 5. Importance of Diet in Sports-Pre, During and Post competition Requirements **Training in Sports** 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance	**Revision of the syllabus**
Activities/ Methodology	PowerPoint Presentation Lecture Discussion. **Art Integration** – Get information from newspapers regarding current injury to an International player. **Integrated with Biology and Psychology**	PowerPoint Presentation Lecture, Demonstration. Students will classify Nutritive and Non- Nutritive components of the Diet Practical Work. **Art Integration:** Online survey on sports person's diet. Online survey on the training schedule of Neeraj Chopra **Integrated with Biology and Physics**	Chapters will be divided into student groups and they have to present their own chapter and other students will ask questions from them.
Assessment	**Pen Paper Test and practical work** **Main Books: Practical File of Physical Education by SP** **Text Book of Physical Education by SP**		