

Curriculum
Subject: Physical Education (48)
Session- 2023-24
Class XII

	March/April	May	June
Content	Planning in Sports	Children & Women in Sports Physical Education & Sports for CWSN (Children with Special Needs- Divyang)	Yoga as a preventive measure for lifestyle disease. Biomechanics & Sports
Learning Outcomes	<p>-Meaning & Objectives Of Planning</p> <p>Various Committees & its Responsibilities (pre; during & post)</p> <p>Tournament – Knock-Out, League Or Round Robin & Combination</p> <p>Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)</p>	<p>Common Postural Deformities - Knock Knee, Bow Legs, Flat Foot; Round Shoulders; Lordosis, Kyphosis and Scoliosis and their corrective measures</p> <p>Special consideration (Menarche & Menstrual Dysfunction)</p> <p>Female Athletes Triad (Osteoporosis, Amenorrhea, Eating disorders)</p> <p>Physical Education & Sports for CWSN (Children with Special Needs- Divyang)</p> <p>Organization promoting disability sports (Special Olympics; Paralympics, Deaflympics)</p> <p>Advantages of physical activities for children with special needs.</p> <p>Strategies to make physical activities accessible for children with special needs.</p>	<p>Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Paschimottanasana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Surya Bhedana pranayama.</p> <p>Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukhasana, Yoga Mudra, Ushtrasana, Kapalabhati. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma-Viloma.</p> <p>Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhan Pranayam, Sati Pranayam.</p> <p>Biomechanics & Sports</p> <p>Newton's Law of Motion & its application in sports • Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports • Friction & Sports • Projectile in Sports</p>
Activities/ Methodology	<p>Students will create various committees for tournament</p> <p>Students will make fixtures for the tournament.</p> <p>-Power Point Presentation</p> <p>Lecture</p>	<p>Lecture and class discussion</p> <p>Practical Work</p> <p>Students will keep a record of the fitness test of the class.</p> <p>PowerPoint Presentation</p>	<p>Demonstration</p> <p>Powerpoint Presentation</p> <p>Group Discussion.</p> <p>Practical Work.</p> <p>Students will write Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.</p>
Assessment	Pen Paper Test and demonstration of practical work.		

	July/August	September/ October	November	December to March
Content	Physiology & Injuries in Sports Psychology & Sports	Test & Measurement in Sports Sports & Nutrition	Training in Sports	Revision of the syllabus
Learning Outcomes	Physiological factors determining components of physical fitness • Effect of exercise on Muscular System • Effect of exercise on Cardio-Respiratory System • Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - GreenStick, Comminuted, Transverse Oblique & Impacted) Psychology & Sports • Personality; its definition & types (Jung Classification & Big Five Theory) • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting	Fitness Test – SAI Khelo India Fitness Test in school: o Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test o Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls). • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test I. Chair Stand Test for lower body strength II. Arm Curl Test for upper body strength III. Chair Sit & Reach Test for lower body flexibility IV. Back Scratch Test for upper body flexibility V. Eight Foot Up & Go Test for agility VI. Six Minute Walk Test for Aerobic Endurance Sports & Nutrition Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet	Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Types & Method to Develop – Strength, Endurance and Speed • Types & Method to Develop – Flexibility and Coordinative Ability	
Activities/ Methodology	PowerPoint Presentation Lecture Discussion.	PowerPoint Presentation Lecture Demonstration. Practical Work.	Powerpoint Presentation Students will make charts of different types of exercises.	
Assessment	Pen Paper Test and practical work			