Cambridge International School, Mohal, Kullu
Physical Education (XII)
Subject code (48)
Session- 2022-23

	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	-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)	Common Postural Deformities - Knock Knee, Bow Legs,Flat Foot; Round Shoulders; Lordosis, Kyphosis and Scoliosis and their corrective measures Special consideration (Menarche & Menstrual Dysfunction) Female Athletes Triad (Osteoporosis, Amenorrhea, Eating disorders) **Physical Education & Sports for CWSN (Children with Special Needs- Divyang**) Organization promoting disability sports (Special Olympics; Paralympics, Deaflympics) Advantages of physical activities for children with special needs. Strategies to make physical activities accessible for children with special needs.	Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayam, Sitlipranayam.a **Biomechanics & Sports** 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
Activities/ Methodology	Students will create various committees for tournament Students will make fixtures for the tournament. -Power Point Presentation Lecture	Lecture and class discussion Practical Work Students will keep a record of the fitness test of the class. PowerPoint Presentation	Demonstration Powerpoint Presentation Group Discussion. Practical Work. Students will write Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
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**	
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	**Revision of the syllabus**
Activities/ Methodology	PowerPoint Presentation Lecture Discussion.	PowerPoint Presentation Lecture Demonstration. Practical Work.	Powerpoint Presentation Students will make charts of different types of exercises.	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**			