



**D.A.V. PUBLIC SCHOOL, NEW PANVEL**

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**PART 'A' SYLLABUS PLAN FOR 2019-20**

**SUBJECT: PHYSICAL EDUCATION**

**CLASS – XII**

Month	No. of Working days	UNITS-(PART-A)	No. of periods	Weight age
<b>MARCH</b>	8	Chapter 1.Planning in Sports.	6	
<b>APRIL</b>	22	Chapter 1. Planning in Sports Chapter 2. Sports and Nutrition. Chapter 3. Yoga and Lifestyle.	3 9 9	
<b>JUNE</b>	18	Chapter 4. Phy.Edu. and Sports for cwsn Chapter 5. Children & Women in Sports. <b>Revision &amp; I Unit Test</b>	9 3 4	
<b>JULY</b>	26	Chapter 5. Children & Women in Sports. Chapter 6. Test & Measurement in sports Chapter 7.Physiology & injuries in sports <b>I Unit Test</b>	6 9 3 6	
<b>AUGUST</b>	21	Chapter 7.Physiology & injuries in Sports Chapter 8. Biomechanics and Sports Independence day practice	7 10 --	
<b>SEPT.</b>	17	Revision & I Terminal Examination	17	
<b>OCT.</b>	18	Chapter 9. Psychology and Sports. Chapter 10. Training in Sports.	10 7	
<b>NOV.</b>	23	Chapter 10. Training in Sports. Revision & Preparatory Examination	5 6	
<b>DEC.</b>	18	Revision & Preparatory Examination.	18	
<b>JAN.</b>	24	Preparatory Examination Revision for Preliminary Exam.	24	
<b>FEB.</b>	12	Revision for Annual Exam.	12	
<b>TOTAL</b>				<b>70 Mark</b>

**PART 'C' SYLLABUS PLANNING (2019-20)**

**SUB: PHYSICAL EDUCATION**

**Std: XII**

Month	No. of Periods For Practical	Experiment/Topic
MARCH	2	VOLLEY BALL
APRIL	8	VOLLEY BALL / ATHLETICS
JUNE	6	BASKET BALL
JULY	6	FOOT BALL
AUGUST	6	HAND BALL
SEPTEMBER	-	-
OCTOBER	8	HOCKEY / KHO KHO
NOVEMBER	6	YOGA /RIFLE SHOOTING
DECEMBER	-	-
JANUARY	-	-