

THE WISDOM GLOBAL SCHOOL

SYLLABUS BIFURCATION

GRADE 12

SUBJECT:- PHYSICAL EDUCATION

NAME OF THE BOOK: HEALTH & PHYSICAL EDUCATION (Dr. V K SHARMA)

YEAR 2022-23

NAME OF THE TEACHER:- AMITA SINGH

S.NO	BOOK NAME	MONTH	CHAPTER NUMBER	CHAPTER NAME	SUB-TOPICS	NO. OF DAYS REQUIRED	ACTIVITY/PROPS	SMART BOARD(PPT/VIDEO)	CHARTS
1	HEALTH & PHYSICAL EDUCATION	APRIL	1	PLANNING IN SPORTS	Meaning & Objectives Of Planning	3	NO	YES	NO
					Various Committees & its Responsibilities (pre; during & post)	2	NO	YES	NO
					Tournament – Knock-Out, League Or Round Robin & Combination	2	NO	YES	NO
					Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)	4	NO	YES	NO
2	HEALTH & PHYSICAL EDUCATION	MAY	2	SPORTS & NUTRITION	Balanced Diet & Nutrition: Macro & Micro Nutrients	4	NO	NO	NO
					Nutritive & Non-Nutritive Components Of Diet	4	NO	NO	NO
					Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths	2	NO	NO	NO
PRE MID TERM ASSESSMENT									
3	HEALTH & PHYSICAL EDUCATION	JULY	5	CHILDREN & WOMEN IN SPORTS	Motor development & factors affecting it	2	NO	NO	NO
					Exercise Guidelines at different stages of growth & Development	3	NO	NO	NO
					Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures	4	YES	YES	NO
					Sports participation of women in India	2	NO	NO	NO

				DIVYANG)	Disability Etiquettes	2	NO	NO	NO
					Strategies to make Physical Activities assessable for children with special need	2	NO	NO	NO
8	HEALTH & PHYSICAL EDUCATION	DECEMBER	7	PHYSIOLOGY & INJURIES IN SPORTS	Physiological factor determining component of Physical Fitness	3	YES	NO	NO
					Effect of exercise on Cardio Respiratory System	2	YES	NO	NO
					Effect of exercise on Muscular System	2	NO	NO	NO
					Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention&	6	NO	PPT	NO
					First Aid – Aims & Objectives	2	NO	NO	NO
POST MID TERM ASSESSMENT									
9	HEALTH & PHYSICAL EDUCATION	JANUARY	9	PSYCHOLOGY & SPORTS	Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory	4	YES	PPT	NO
					Motivation, its type & techniques	2	NO	PPT	NO
					Meaning, Concept & Types of Aggressions in Sports	3	NO	PPT	NO
10	HEALTH & PHYSICAL EDUCATION	JANUARY	10	TRAINING IN SPORTS	Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic	3	YES	NO	NO
					Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training	3	YES	NO	NO
					Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run	3	YES	NO	NO
					Flexibility – Definition, types & methods to improve flexibility	3	YES	NO	NO
					Coordinative Abilities – Definition & types	3	YES	NO	NO
PRE BOARD ASSESSMENT									