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

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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	ИО	YES	NO	
					Tournament – Knock-Out, League Or Round Robin & Combination	2	ИО	YES	NO	
					Procedure To Draw Fixtures – Knock- Out (Bye & Seeding) & League (Staircase & Cyclic)	4	МО	YES	NO	
	HEALTH & PHYSICAL EDUCATION	MAY	2	SPORTS & NUTRITION	Balanced Diet & Nutrition: Macro & Micro Nutrients	4	ИО	NO	NO	
2					Nutritive & Non-Nutritive Components Of Diet	4	МО	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									
	HEALTH & PHYSICAL EDUCATION	JULY	5	CHILDREN & WOMEN IN SPORTS	Motor development & factors affecting it	2	МО	NO	NO	
3					Exercise Guidelines at different stages of growth & Development	3	МО	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	ИО	ИО	NO	

4	HEALTH & PHYSICAL EDUCATION	AUGUST	6	TEST & MEASUREMENT IN SPORTS	Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4×10 M Shuttle Run	2	YES	YES	NO
					Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - D uration of the Exercise in Seconds x 100 5.5 x Pulse count of 1-1.5 Min after Exercise	2	YES	YES	МО
		SEPTEMBER	8	BIOMECHANICS & SPORTS	Rikli & Jones - Senior Citizen Fitness Test	2	YES	YES	NO
					Meaning and Importance of Biomechanics in Sports	2	YES	NO	NO
5	HEALTH & PHYSICAL EDUCATION				Types of movements (Flexion, Extension, Abduction & Adduction)	2	YES	РРТ	NO
					Newton's Law of Motion & its application in sports	3	YES	PPT	NO
					MID TERM ASSESSMENT				
					Asanas as preventive measures	2	NO	NO	NO
	HEALTH & PHYSICAL EDUCATION	OCTOBER	3	YOGA & LIFESTYLE	Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana	2	YES	РРТ	NO
6					Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana , Pavan Muktasana, Ardh Matsyendrasana	2	YES	РРТ	NO
					Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana	2	YES	РРТ	NO
					Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana	2	YES	ИО	NO
					Concept of Disability & Disorder	2	NO	NO	NO
				PHYSICAL EDUCATION	Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical	4	NO	NO	NO
7	HEALTH & PHYSICAL EDUCATION	NOVEMBER	4	& SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS-	Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)	4	NO	NO	NO

1 1				DIVYANG)	Disability Etiquettes	2	МО	NO	МО
					Strategies to make Physical Activities assessable for children with special need	2	ИО	NO	NO
	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	ИО	NO	NO
8					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 Preventions	6	NO	РРТ	NO
					First Aid – Aims & Objectives	2	МО	NO	NO
					POST MID TERM ASSESSMENT				
	HEALTH &				Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory	4	YES	РРТ	NO
9	PHYSICAL EDUCATION	JANUARY	9	PSYCHOLOGY & SPORTS	Motivation, its type & techniques	2	ио	PPT	МО
					Meaning, Concept & Types of Aggressions in Sports	3	МО	PPT	NO
	HEALTH & PHYSICAL EDUCATION	JANUARY	Y 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
10					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								