

BLOOM PUBLIC SCHOOL
Vasant Kunj, New Delhi
Syllabus: 2018-19
SUBJECT : Physical Education

Class : XII

MONTH	CONTENT CHAPTERS (SARASWATI TEXT BOOK)
MARCH	Unit.1 : Planning in Sports Unit.2 : Sports and Nutrition
April	Unit.3 : Yoga and Lifestyle Unit.4 : Physical Education and sports for differently Abled
May	Unit.5 : Children and Sports Unit.6 : Women and Sports
July	Unit.7 : Test and Measurement in sports Unit.8 : Physiology and sports
August	Unit.9 : sports Medicine
September	Unit.10 : Kinesiology, Biomechanics and sports
October	Unit.11 : Psychology and Sports
November	Unit.12 : Training in Sports
December	REVISION ALL UNIT
January	REVISION ALL UNIT
February	Yearly Assessment

Assessment Syllabus

1. **PERIODIC TEST- I (JULY)** : Chapters 1,2,3 and 4
2. **Half Yearly Exam (SEP)** : Chapters 1,2,3,4,5,6,7,8,
3. **PERIODIC TEST - 2 (NOV)** : Chapters 9, 10,11 and 12
4. **Yearly Exam (FEB)** : Chapters 1,2,3,4,5,6,7,8,9,10,11,12,