

BLOOM PUBLIC SCHOOL
Vasant Kunj, New Delhi
Syllabus: 2019-20

SUBJECT :Physical Education.

Class : XII

MONTH	CONTENT CHAPTERS (SARASWATI TEXT BOOK)
MARCH	Unit.1 : Planning in Sports
April	Unit 11 : Psychology and Sports
May	Unit.4 Physical education and sports differently abled Unit-5 Children and Sports Unit.3 : Yoga and Lifestyle
July	Unit.6 Women and sports 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-2,sports and nutrition
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,