

CARMEL CONVENT SR. SEC. SCHOOL, B.H.E.L., BHOPAL

SYLLABUS 2016 – 17

SUBJECT : PHYSICAL EDUCATION

CLASS – XII

TERM I

- 1 PLANNING IN SPORTS
- 2 ADVENTURE SPORTS AND LEADERSHIP TRAINING
- 3 SPORTS AND NUTRITION
- 4 POSTURES
- 5 WOMEN IN SPORTS
- 6 TRAINING IN SPORTS

PRACTICAL

1. PHYSICAL FITNESS - AAPER
2. ATHELETICS – 800mt RUN AND LONG JUMP / SHOT PUT
3. HEALTH AND FITNESS ACTIVITY – ASANAS/AEROBICS (ANY ONE)
4. SKILL OF ANY ONE TEAM GAME OF CHOICE
(BASKETBALL, KHO-KHO, VOLEYBALL)
5. VIVA

TERM II / PRE-BOARD

- 1 CHILDREN AND SPORTS
- 2 TEST AND MEASUREMENT IN SPORTS
- 3 PHYSIOLOGY AND SPORTS
- 4 SPORTS MEDICINE
- 5 BIOMECHANICS AND SPORTS
- 6 PSYCHOLOGY AND SPORTS

PRACTICAL

1. PHYSICAL FITNESS – AAHPER
2. ATHELETIC – MIDDLE AND LONG DISTANCE RACES AND THROWS
3. HEALTH AND PHYSICAL ACTIVITIES – ASANA / AEROBICS(ANY ONE)
4. SKILL OF ANY ONE TEAM GAME OF CHOICE
(BASKETBALL, KHO-KHO, VOLEYBALL)

Pre-board - Complete Syllabus according to CBSE

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