

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

**SYLLABUS 2017 – 18**

**SUBJECT : PHYSICAL EDUCATION**

**CLASS – XII**

**TERM I**

- 1 Planning In Sports
- 2 Yoga and Lifestyle
- 3 Sports And Nutrition
- 4 Physical Education & Sports for differently Abled
- 5 Women In Sports
- 6 Training In Sports

**PRACTICAL**

Physical Fitness - Aapher

1. Athletics – 800mt Run And Long Jump / Shot Put
2. Health And Fitness Activity – Asanas/Aerobics (Any One)
3. Skill Of Any One Team Game Of Choice  
(Basketball, Kho-Kho, Volleyball)
4. Viva
5. Procedure for administering Senior Citizen fitness Test for 5 elderly family members

**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. Athletic – Middle 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, Volleyball)
5. viva

**Complete Syllabus according to CBSE**

**Note : Syllabus subject to change as per guidelines by the CBSE**