

ACADAMIC PLAN FOR CLASS XII FOR 2017-18(Physical Education)

Month/ Working days	No of Working Days	Content	Mode of Assessment	Home work /Assignment
APRIL 1st April to 15 April	8	<p align="center">UNIT 1 : Planning in sports Meaning and objectives of planning Various committees and its responsibilities Tournament - knock - Out,League or Round Robin and combination Procedure to draw fixtures -knock -out (bye and seeding) & league (staircase & cyclic) Intramural and extramural -meaning , objectives and its significance Specific sports program (sports day , health, run for fun , run for specific cause and run for unity)</p>	Oral Test	Basic concept
APRIL 16th April to 30th	12	<p>UNIT 2 :Adventure sports and leadership training Meaning and objectives of adventure sports Types of activites-camping , rock climbing , tracking , river rafting & mountaineering Material requiremen & safety measures Identification & use of natural resources Conservations of surroundings Creating leaders through physical education</p>	Class Test-I from campaning,riv er rafting	Question based on topic
May. 1st May to 15th May	9	<p>UNIT 3 :Sports and Nutrition Balanced diet and nutrition : macro and micro nutrients Nutritive & non nutritive compenents of diet Eating disorders- anoxeria nervosa and bulemia Effects of diet on performance Eating for weight control - a healthy weight , the pitfals of dieting , food intolerance & food myths Sports nutrition (fluid & meal intake , pre , during & post competition)</p>	Class Test-II from Balance diet	Numerical questions
July 1st July to 15th July	12	<p>UNIT 4 : POSTURES Concept of correct postures - standing & sitting Advantages of correct postures Causes of bad postures Common postural deformities - knock knee ; flat foot ; round shoulders; lordosis , kyphosis , bow legs & scolioses Physical activities as corrective measures</p>	Class Test-III from Knockout	Numerical questions
16th July to 31st July	13	<p>UNIT 5 : Children and sports Motor development in children Factors affecting motor development Physical & physiological benefits of exercise on children Advantages & disadvantages of weight training & food supplement for children Activities & quality of life</p>	Unit Test - I	

Aug 1st Aug to 15th Aug	10	UNIT 6 : WOMEN AND SPORTS Sports participation of women in India Special consideration (menarch , menstrual, disfunction , pregnancy , menopause) Female athelets triad (anemia , oestoperosis & amenoria) Psychological aspects of women athelete sociological aspects of sports participation Ideology	Assignment of 1 marks questions	CBSE Question
16th Aug to 31st Aug	14	UNIT 7: Test & Measurement In Sports Measurement of Muscular Strength - Kraus Weber Test. Motor Fitness Test - AAPHER. Measurement of Cardio Vascular Fitness - Harward Step Test/Rockfort Test. Measurement of Flexibility - Sit and Reach Test. Rikli & Jones - Senior Citizen Fitness Test.	Oral Test	Numerical questions
Sept 1st Sep to 15th Sep	11	UNIT 8: Physiology & Sports Gender differences in Physical and Physiological Parameters Physiological factor determining component of Physical Fitness. Effect of exercise on cardio vascular system. Effect of exercise on Respiratory System. Effect of exercise on Circulatory System. Physiological changes due to ageing Role of Physical activity maintating functional fitness in aged population	Class Test- IV	Basic concept
16th Sep to 30th Sep	10	UNIT 9 : SPORTS MEDICINE Concept & Definition Aims & Scope of Sports Medicine Impact Of Surface & Enviroment on Atheletes Sports Injuries : Classification , Causes & Prevention Management Of Injuries: Soft Tissue Injuries Bone & Joint Injuries	Examination	Numerical questions
1st Oct to 15th Oct 16th Oct to 31st Oct	20	UNIT 10 Biomechanics & Sports Projectile & factors affecting Projectile Trajectory. Angular & Linear Movements. Introduction of Work, Power & Energy. Friction Mechanical Analysis of Walking & Running.	Group discussion	Question based on topic
1st Nov to 15th Nov 16th Nov to 30 Nov	24	UNIT 11: Psychology & Sports Understanding stress, anxiety & its management. Coping Strategies - Problem Focussed & Emotional Focussed. Personality, its dimentions & types; Role of Sports in personality devlopement. Motivation, its type and technique. Self-esteem & Body Image. Psychological benefits of exercise	Class Test-V	Practical based questions

Dec 1st Dec to 15th Dec	11	UNIT 12: Training In Sports Strength - Definition, types & methods of improving Strength - Isometric, Isotonic & Isokinetic. Endurance - Definition, types & methods to develop Endurance - Cptinuous Training, Interval Traing and Fartlek Training. Speed - Definition, types & methods to develop Speed - Accelerate Run & Pace Run. Flexibility - Definition, types & methods to improve flexibility. Coordinative Abilities - Definition & types.	Class revision & Problem Solving	Practical based questions
16th Dec to 31st Dec	12		Class revision & Problem Solving	Practical based questions
Jan 1st Jan to 15th Jan				Practical based questions
16th Jan to 31st Jan	13		Class revision & Problem Solving	Practical based questions
Feb 1st Feb to 15th Feb	10		Class revision & Problem Solving	Practical based questions