

BAGARIA BAL VIDYA NIKITAN**LAXMANGARH-SIKAR****SYLLABUS & LESSON PLANNER-2023-24**

Class:-	XII
Subject:-	Physical Education
Teacher Name:-	Vimal Pareek

SYLLABUS

Ch.No	Name of Chapter	working day	Period	Topic	Month	Week
Ch.01 & 02	Management of sports Event Children & Women in Sports	22	33	Functions of sports Events & Management, Various committees & their Responsibilities Common postural Deformities and scoliosis and their corrective measures, Special consideration and Female Athletes Triad	April	1
						2
						3
Ch.03	Yoga as Preventive Measures for lifestyle Disease	11	16	Obesity: Procedure, Benefits Diabetes: Procedure, Benefits & Contraindications Asthma: Procedure, Benefits & Contraindications Hypertension: Procedure, Benefits & Contraindication	May	1
						2
						3
Ch. 04	Physical Education and sports for CWSN	13	19	Organisations promoting disability sports Advantage of Physical Education Strategies to make Physical Activities assessable for children with special needs	June	1

Ch. 05 & Ch. 06	Sports & Nutrition Test & Measurement in Sports	25	37	Concept of Balance Diet and nutrition Macro and Micro Nutritions Nutritive & non-nutritive components of Diet Fitness test-SAIkhelo India Fitness Test in School Rikil & Jones-Senior citizen fitness test Computing Basal Metabolic rate	July	1
						2
Ch. 07 & Ch. 08	Physiology and injuries in Sports Biomechanics and Sports	26	38	Physiological Factors determining components of Physical Fitness Effect of Exercise of Muscular System Effect of exercise on Cardio-Respiratory System Sports Injuries Newton's Law of Motion & its application in sports Equilibrium- Dynamic & Static and centre of Gravity and its application Friction & Sports Projectile in Sports	August	1
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CH.9 & CH.10	Psychology and sports Training in sports	24	36	Personality, its definition & types, Meaning, concept & types of Aggressions in sports. Psychological Attributes in sports. Concept of Talent Identification and talent Development in sports. Introduction to sports Training Cycle. Types & Method to Develop to Develop- Strength Flexibility And Endurance and Speed and coordinative Ability.	September	1
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						4