

CLASS-XII
PHYSICAL EDUCATION-048
SPLIT-UP SYLLABUS 2025-26

EXAM	TOPIC/CHAPTER	Activity/Project	WEIGHTAGE
PT-I APRIL To JUNE	Unit I: Management of sporting Events Unit II: Children and Women in Sports Unit III: Yoga and preventive Measure for Lifestyle Disease	1. Event Management in Sports: How to organize sports or tournament (planning, organizing and Fixture). 2. Drawing and Classification: Draw and identify different kinds of Posture. 3. Yoga Demonstration: Presentation on Asanas	9 7 7
HALF – YEARLY JULY To SEPTEMBER	Unit IV: Physical Education & Sports for CWSN (Children with Special Needs) Unit V: Test & measurement in sports. Unit VI: Physiology & injuries in sports. Unit VII: Biomechanics & sports.	4. Fixture Drawing and Format Design: Draw a Fixture- Knock out tournament and league tournament. 5. Game Design: Design an Inclusive Sports/Game 6. Practical Test: Calculate your own Harvard Step Test and evaluate it using the Fitness Index Score.	8 8 8 10
PT-II OCTOBER To DECEMBER	Unit VIII: Sports and Nutrition Unit IX: Psychology & sports. Unit X: Training in sports	7. Awareness Peer Campaign: To sensitize students about the needs of CWSN. 8. Concept Mapping: Write the concept of talent identification in sports on a chart paper.	7 7 9
YEARLY JANUARY To MARCH	REVISION		
	TOTAL MARKS		80