



D.A.V. PUBLIC SCHOOL, NEW PANVEL

Plot No. 267, 268, Sector-10, New Panvel,

Navi Mumbai-410206 (Maharashtra).

Phone 022-27468211, 27482276,

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PART 'A' SYLLABUS PLAN FOR 2017-18

SUBJECT: PHYSICAL EDUCATION

CLASS – XII

Month	No. of Working days	UNITS-(PART-A)	No. of periods	Weight age
MARCH	07	Chapter 1.Planning in Sports.	07	05
APRIL	22	Chapter 1. Planning in Sports	03	02
		Chapter 2. Adventure sports and leadership training.	10	05
		Chapter 3. Sports and Nutrition.	09	05
JUNE	24	Chapter 3. Sports and Nutrition.	01	==
		Chapter 4. Posture.	10	05
		Chapter 5. Children and Sports.	09	05
		Revision & I Unit Test	4	==
JULY	25	Chapter 5. Children and Sports.	01	==
		Chapter 6. Women and Sports.	10	06
		Chapter 7. Test and Measurement in Sports.	10	06
		Chapter 8. Physiology and Sports	04	02
AUGUST	17	Chapter 8. Physiology and Sports.	06	05
		Chapter 9. Sports Medicine	11	06
SEPT.	22	Chapter 10. Biomechanics and Sports.	07	04
		Revision & I Terminal Examination	15	==
OCT.	12	Chapter 10. Biomechanics and Sports.	03	02
		Chapter 11. Psychology and Sports.	09	06
NOV.	24	Chapter 11. Psychology and Sports.	01	==
		Chapter 12. Training in Sports.	10	06
		Revision & Preparatory Examination.	13	==
DEC.	23	Preparatory Examination Revision for Preliminary Exam.	23	==
JAN.	24	Revision for Preliminary Exam. & Annual Exam.	24	==
FEB.	12	Revision for Annual Exam.	12	==
TOTAL	212		212	70 Mark



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PART 'C' SYLLABUS PLANNING (2017-2018)

SUB: PHYSICAL EDUCATION

Std: XII

Month	No. of Periods For Practical	Experiment/Topic
MARCH	02	Athletics
APRIL	08	Athletics
JUNE	08	Volleyball
JULY	08	Football
AUGUST	06	Hockey
SEPTEMBER	06	Basketball
OCTOBER	04	Handball
NOVEMBER	08	Health & fitness Activity
DECEMBER	08	Revision
JANUARY	08	Revision
Total	66	30 Marks