

THE WISDOM GLOBAL SCHOOL, HARIDWAR

SYLLABUS BIFURCATION FOR CLASS:- 12th

SUBJECT:- PHYSICAL EDUCATION (SARSWATI)

SESSION:- 2025-2026

NAME OF TEACHER:- Mr. SANDEEP SINGH

S. No.	BOOK NAME	MONTH	CHAP. NO.	CHAPTER NAME	SUB TOPICS	DAYS REQUIRED	ACTIVITY /PROPS	SMART BOARD (PPT/VIDEO)	CHART
1	Saraswati	APRIL	1	Management of Sporting Events	# Management of Sporting Events. # Fixtures. # Various Committees. # Sports Program # Intramural and Extramural	16	NO	YES	NO
2	Saraswati	MAY	2	Children and Women in Sports	# Exercise Guideline of WHO. # Common Postural Deformities. # Special Consideration # Women's Participation in Sports	12	NO	YES	NO
3	Saraswati	MAY	3	Yoga as Preventive Measure for Lifestyle Disease	# Obesity. # Diabetes. # Back Pain # Asthma # Hypertension (Procedure and Benefits)	12	NO	YES	NO
4	Saraswati	JULY	4	Physical Education and Sports for CWSN	# Disability Sports. # Classification in Sports. # Advantages of Physical Activities for CWSN. # Strategies of Physical Activities for CWSN.	16	NO	YES	NO
5	Saraswati	AUGUST	5	Sports and Nutrition	# Balanced Diet and Nutrition. # Macro and Micro Nutrients. # Eating for Weight control.	14	NO	YES	NO
6	Saraswati	AUGUST	6	Test and Measurement in Sports	# SAI Khelo Fitness Test. # Harvard Step Test. # Rikli and Jones Test.	12	YES	YES	NO
7	Saraswati	SEPTEMBER	7	Physiology and Injuries in Sports	# Components of Physical Fitness. # Sports Injuries # Effect of Exercise on the Muscular and Respiratory System. # Changes due to Aging.	15	NO	YES	NO
8	Saraswati	OCTOBER	8	Biomechanics and Sports	# Newton's Law of Motion. # Types of Levers. # Equilibrium. # Friction and Sports. # Projectile.	12	NO	YES	NO
9	Saraswati	OCTOBER	9	Psychology and Sports	# Personality. # Motivation # Exercise Adherence. # Types of Aggressions.	14	NO	YES	NO
10	Saraswati	NOVEMBER	10	Training in Sports	# Talent Identification and Development. # Sports Training Cycle. # Circuit Training. # Method to Develop of Physical Fitness.	16	YES	YES	NO