

ARMY PUBLIC SCHOOL, BANGALORE
SPLIT UP SYLLABUS 2023-24

CLASS - 12
SUBJECT- PHYSICAL EDUCATION

SL. NO.	MONTH & WORKING DAYS	CONTENT
1.	MARCH, 13 DAYS	<p>UNIT 1:- MANAGEMENT OF SPORTING EVENTS</p> <p>1.1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing and Controlling)</p> <p>1.2. Various Committees and its Responsibilities (Pre, During and Post)</p> <p>1.3. Fixture and its Procedures - Knock-out (Bye and Seeding) and League (Staircase and Cyclic)</p> <p>1.4. Intramural and Extramural - Meaning, Objectives and its Significance</p> <p>1.5. Community Sports - Purpose and Benefits</p>
2.	APRIL, 14 DAYS	<p>UNIT 2:- CHILDREN AND WOMEN IN SPORTS</p> <p>2.1. Exercise Guidelines of WHO for Different Age Groups</p> <p>2.2. Common Postural Deformities (Knock-knee, Flat foot, Round shoulders, Bow legs, Kyphosis, Lordosis and Scoliosis) and their Corrective Measures</p> <p>2.3. Women Participation in Sports - Physical, Psychological and Social Benefits</p> <p>2.4. Special Consideration (Menarche and Menstrual Dysfunction)</p> <p>2.5. Female Athlete Traid (Osteoporosis, Amenorrhea and Eating Disorders)</p>
3.	JUNE, 24 DAYS	<p>UNIT 3:- YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE</p> <p>3.1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan</p> <p>3.2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana,</p> <p>3.3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma-Viloma.</p> <p>3.4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- shodhanapranayam, Sitlipranayam</p> <p>3.5. Back Pain and Arthritis: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala-Matsyendrasana, Bhujangasana, Gomukhasana</p>

4.	JULY, 23 DAYS	<p>Unit 4:- Physical Education & Sports for CWSN (Children with Special Needs - Divyang)</p> <p>4.1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</p> <p>4.2. Concept of Classification and Divisioning in Sports</p> <p>4.3. Concept of Inclusion in Sports, its need and Implementation</p> <p>4.4. Advantages of Physical Activities for children with special needs.</p> <p>4.5. Strategies to make physical activities assessable for children with special needs</p>
5.	AUG, 24 DAYS	<p>Unit 5:- Sports & Nutrition</p> <p>5.1. Concept of balance diet and nutrition</p> <p>5.2. Macro and Micro Nutrients: Food sources & functions</p> <p>5.3. Nutritive & Non-Nutritive Components of Diet</p> <p>5.4. Eating For Weight Control- A Healthy Weight, The Pit falls of Dieting, Food Intolerance & Food Myths</p> <p>5.5. Importance of Diet in Sports and Pre, During and Post requirement</p>
6.	SEPT, 22 DAYS	<p>Unit 6:- Test & Measurement in Sports</p> <p>6.1. Fitness Test – SAI Khelo India Fitness Test in school:</p> <ul style="list-style-type: none"> o Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test o Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls) <p>6.2. Measurement of Cardio-Vascular Fitness - Harvard Step Test- Duration of the Exercise in seconds x100/5.5 X Pluse count of 1-1.5 Min after Exercise</p> <p>6.3. Computing Basal Metabolic Rate (BMR)</p> <p>6.4. Rikli & Jones - Senior Citizen Fitness Test</p> <ul style="list-style-type: none"> I. Chair Stand Test for lower body strength II. Arm Curl Test for upper body strength III. Chair Sit & Reach Test for lower body flexibility IV. Back Scratch Test for upper body flexibility V. Eight Foot Up & Go Test for agility VI. Six Minute Walk Test for Aerobic Endurance <p>6.5. Johnsen - Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full- turn)</p>

	SEPT, 22 DAYS	Unit 7:- Physiology & Injuries in Sports 7.1. Physiological factors determining components of physical fitness 7.2. Effect of exercise on Muscular System 7.3. Effect of exercise on Cardio-Respiratory System 7.4. Physiological changes due to aging 7.5. Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)
7.	OCT, 16 DAYS	Unit 8:- Biomechanics & Sports 8.1. Newton's Law of Motion & its application in sports 8.2. Types of Lever and its application in Sports 8.3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 8.4. Friction & Sports 8.5. Projectile in Sports Unit 9:- Psychology & Sports 9.1. Personality; its definition & types (Jung Classification & Big Five Theory) 9.2. Motivation; its type & techniques 9.3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 9.4. Meaning, Concept & Types of Aggressions in Sports 9.5. Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting
8.	NOV, 21 DAYS	Unit 10:- Training in Sports 10.1. Concept of Talent Identification and Talent Development in Sports 10.2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle 10.3. Types & Method to Develop – Strength, Endurance and Speed 10.4. Types & Method to Develop – Flexibility and Coordinative Ability 10.5. Circuit Training - Introduction & its importance
9.	DEC, 18 DAYS	Revision/ Preboard I

10.	JAN, 23 DAYS	Revision/ Preboard II
11.	FEB, 24 DAYS	
12.	MARCH, 21 DAYS	

BOOKS: Vishwas Publication, Saraswati Publication, NCERT