

**ARMY PUBLIC SCHOOL, BANGALORE**  
**SPLIT UP SYLLABUS 2024-25**

**CLASS - XII**  
**SUBJECT- PHYSICAL EDUCATION**

<b>SL. NO.</b>	<b>MONTH &amp; WORKING DAYS</b>	<b>CONTENT</b>
1.	<b>APRIL, 13 DAYS</b>	<ul style="list-style-type: none"><li>● Yoga as Preventive measure for Lifestyle Disease</li></ul>
2.	<b>JUNE, 16 DAYS</b>	<ul style="list-style-type: none"><li>● Management of Sporting Events</li><li>● Children and Women in Sports</li></ul>
3.	<b>JULY, 25 DAYS</b>	<ul style="list-style-type: none"><li>● Test and Measurement in Sports</li><li>● Physiology &amp; Injuries in Sport</li></ul>
4.	<b>AUG, 23 DAYS</b>	<ul style="list-style-type: none"><li>● Sports &amp; Nutrition</li><li>● Physiology &amp; Injuries in Sport</li></ul>
5.	<b>SEPT, 21 DAYS</b>	<ul style="list-style-type: none"><li>● Biomechanics and Sports</li><li>● Psychology and Sports</li></ul>
6.	<b>OCT, 15 DAYS</b>	<ul style="list-style-type: none"><li>● Physical Education &amp; Sports for (CWSN)</li><li>● Training in Sports</li></ul>

7.	<b>NOV, 21 DAYS</b>	
8.	<b>DEC, 17 DAYS</b>	
9.	<b>JAN, 24 DAYS</b>	
10.	<b>FEB, 22 DAYS</b>	
11.	<b>MARCH, 23 DAYS</b>	

**BOOKS: FULL MARKS**