MODERN SCHOOL FARIDABAD

Syllabus - 2025 - 26

Class - XII

Subject - Physical Education

Book prescribed - premier text book of

Physical Education

Author - Shiv Rattan K Dahiya / Ahteram Ali khan

Month wise Syllabus

| Month | Chapter No. | Chapter Tittle |
| --- | --- | --- |
| April | 1 ,2 | Management of Sporting events.  Children and Women in sports. |
| May | 3 ,4 | Yoga as preventive measure for Lifestyle Disease  Physical Education and sports for CWSN(children with special needs - Divyang). |
| July | 5 , 6 | Sports and Nutrition  Test and measurement in sports. |
| August | 7 ,8 | Physiology and injuries in sports.  Biomechanics and sports. |
| September | Revision 1 to 8 units |  |
| October | Half yearly Exams |  |
| November | 9 , 10 | Psychology in sports.  Training in sports. |
| December | Pre Board exam - l |  |
| January | Pre Board exam - ll |  |