

GREEN VIEW PUBLIC SCHOOL
SYLLABUS PLANNER SESSION (2021-22)

SUBJECT: ENGLISH

CLASS XIIA+B+C+D

TEACHER: POOJA SAINI

S N O	MONTH (DURATI ON)	TEST /EXAM DATE	SYLLABUS TO BE COVERED	SYLLABUS TO BE ASSESSED (CHAPTER NO& NAME)
1	April –May July 01/04/21- 12/07/21	PT –1 17/07/21	LITERATURE: THE LAST LESSON, LOST SPRING, DEEP WATER, MY MOTHER AT 66, AN ELEMENTARY SCHOOL CLASSROOM IN A SLUM, KEEPING QUIET, THE THIRD LEVEL, JOURNEY TO THE END OF THE EARTH. WRITING: NOTICE, ADVERTISEMENT, LETTER WRITING.	THE LAST LESSON, LOST SPRING, THE THIRD LEVEL, MY MOTHER AT 66, NOTICE AND ADVERTISEMENT.
2	August- September 18/07/21- 03/09/21	(HALF YEARLY) AS PER SCHEDULE	LITERATURE: THE RATTRAP, INDIGO, A THING OF BEAUTY, THE ENEMY, SHOULD WIZARD HIT MOMMY, POETS AND PANCAKES, A ROADSIDE STAND. WRITING: ARTICLE, INVITATION AND REPLIES, JOB APPLICATION, SPEECH WRITING. READING: UNSEEN PASSAGES AND NOTE-MAKING.	LITERATURE: THE RATTRAP, INDIGO, A THING OF BEAUTY, THE ENEMY, SHOULD WIZARD HIT MOMMY, POETS AND PANCAKES, A ROADSIDE STAND. WRITING: ARTICLE, INVITATION AND REPLIES, JOB APPLICATION, SPEECH WRITING. READING: UNSEEN PASSAGES AND NOTE-MAKING. THE LAST LESSON. LOST SPRING, THE THIRD LEVEL, MY MOTHER AT 66, NOTICE AND ADVERTISEMENT.
3	October November December 01/10/21- 22/11/21	PT – 2 27/11/21	LITERATURE: ON THE FACE IT, AUNT JENNIFER'S TIGERS, THE INTERVIEW, GOING PLACES, MEMORIES OF CHILDHOOD, EVANS TRIES AN O-LEVEL. WRITING: REPORT WRITING, POSTER DRAFTING, DEBATE WRITING.	ON THE FACE OF IT, AUNT JENNIFER'S TIGERS, THE INTERVIEW, GOING PLACES, POSTER DRAFTING, REPORT WRITING.
4	January- February PRE BOARD EXAMS	AS PER SCHEDULE	COMPLETE SYLLABUS	COMPLETE SYLLABUS

HINDI

	MONTH	TEST /EXAM DATE	SYLLABUS TO BE COVERED	SYLLABUSTO BE ASSESSED (CHAPTER NO&NAME)
1	April –May	PT – 1	1 . 2 . , - 3 . ,	1 . 2 . , - 3 . 4 . ,
	July		1 . 2 . 3 . ४ .	1 . 2 . 3 . ४ .
			1 . 2 .	ल 1 . 2 .
			-3 , - 4 ,	-3 , - 4 ,
			- 5 , - 6 ,	- 5 , - 6 ,
			-	-
2	August-September	PT –2 (Half yearly)	5 . ,ए ककम 6 . , 7 .भरत - ,पद 8 .	1 . 2 . , - 3 . , 4 . , 5 . ,एककम 6 . , 7 .भरत - ,पद 8 .
			5 . , 6 . , , 7 . 8 .	1 . 2 . 3 . ४ . 5 . ,

			<div>3 .</div> <div>4 . - -</div> <div><div>- 7 ,</div><div>- 8 ,</div><div>- 11</div><div>.</div><div>- 12 .</div><div>- 13</div><div>.</div></div>	<div>6 . , , ,</div> <div>7 .</div> <div>8 .</div> <div><div>1 .</div><div>2 .</div><div>3 .</div><div>4 . - -</div></div> <div><div>- 3 ,</div><div>- 4</div><div>,</div><div><div>- 5 ,</div><div>- 6 ,</div><div>- 7 ,</div><div>- 8 ,</div><div>- 11</div><div>.</div><div>- 12 .</div><div>- 13</div><div>.</div></div></div>
3	October November December	PT – 3	<div>9 .पद</div> <div>10 . ,</div> <div><div>9 .</div><div>10 .</div></div>	<div>1 .</div> <div>2 . , , -</div> <div>3 . ,</div> <div>4 . ,</div> <div>5 . , एककम</div> <div>6 . ,</div> <div>7 .भरत - , पद</div> <div>8 .</div> <div>9 .पद</div> <div>10 . ,</div> <div>1 .</div>

				<div>2 .</div> <div>3 .</div> <div>8 .</div> <div>5 .</div> <div>6 .</div> <div>7 .</div> <div>8 .</div> <div>9 .</div> <div>10 .</div> <div>1 .</div> <div>2 .</div> <div>3 .</div> <div>4 .</div> <div>-3 ,</div> <div>- 4</div> <div>,</div> <div>- 5 ,</div> <div>- 6 ,</div> <div>- 7 ,</div> <div>- 8 ,</div> <div>- 11</div> <div>.</div> <div>- 12 .</div> <div>- 13</div> <div>.</div>
4	January-February	PT – 4(Annual Exam) Tentative	REVISION	ALL SYLLABUS

SUBJECT : GEOGRAPHY

CLASS & SEC : XII D

TEACHER : _DINESH SHARMA

SNO	MONTH	TEST /EXAM DATE	SYLLABUS TO BE COVERED	SYLLABUS TO BE ASSESSED (CHAPTER NO. & NAME)
1	April –May July	PT – 1 22/07/21	Part – A Ch- 1 Human geography : Nature and Scope Ch-2 The World Population : Distribution, Density and growth. Part – B India : People And Economy Ch- 1 Population : Distribution, Density, Growth & Composition. Ch- 2 Migration : Types , Causes and Composition	Part – A Ch- 1 Human geography : Nature and Scope Ch-2 The World Population : Distribution, Density and growth. Part – B India : People And Economy Ch- 1 Population : Distribution, Density, Growth & Composition. Ch- 2 Migration : Types , Causes and Composition
2	August- September	PT – 2 (Half yearly) 13/09/21	Part –A Fundamentals Of Human Geography Ch -1 Human Geography : Nature And Scope Ch - 2 The World Population : Distribution, Density and growth. CH- 3 Population Composition Ch- 4 Human Development Part – B India : People And Economy Ch- 1 Population : Distribution, Density, Growth & Composition. Ch- 2 Migration : Types , Causes and Composition Ch-3 Human Development Ch – 4 Human Settlements	Part –A Fundamentals Of Human Geography Ch -1 Human Geography : Nature And Scope Ch - 2 The World Population : Distribution, Density and growth. CH- 3 Population Composition Ch- 4 Human Development Part – B India : People And Economy Ch- 1 Population : Distribution, Density, Growth & Composition. Ch- 2 Migration : Types , Causes and Composition Ch-3 Human Development Ch – 4 Human Settlement

3	October November December	PT – 2 1 st October 2021 To 23 rd November 2021	Part –A Fundamentals Of Human Geography Ch-5 Primary Activities Ch-6 Secondary Activities CH-7 Tertiary and Quaternary Activities Part- B India : People And Economy Ch- 5 Land Resources and Agriculture Ch-6 Water Resources Ch- 7 Mineral and Energy Resources	Part –A Fundamentals Of Human Geography Ch-5 Primary Activities Ch-6 Secondary Activities CH-7 Tertiary and Quaternary Activities Part- B India : People And Economy Ch- 5 Land Resources and Agriculture Ch-6 Water Resources Ch- 7 Mineral and Energy Resources
4	January- February	Annual Exam Tentative (February-March 2022)	Part –A Fundamentals Of Human Geography Ch- 1 Human geography : Nature and Scope Ch-2 The World Population : Distribution, Density and growth. CH- 3 Population Composition Ch- 4 Human Development Ch-5 Primary Activities Ch-6 Secondary Activities Ch-7 Tertiary and Quaternary Activities Ch-8 Transport and Communication CH -9 international Trade CH- 10 Human Settlement Part- B India : People And Economy Ch- 1 Population : Distribution, Density, Growth & Composition. Ch- 2 Migration : Types , Causes and Composition Ch-3 Human Development Ch – 4 Human Settlement Ch- 5 Land Resources and Agriculture Ch-6 Water Resources Ch- 7 Mineral and Energy Resources Ch- 8 Manufacture Industries Ch-9 Planning and sustainable Development in Indian Context . Ch- 10 Transport and Communication Ch- 11 international Trade Ch-12 Geographical perspective on Selected Issues	Part –A Fundamentals Of Human Geography Ch- 1 Human geography : Nature and Scope Ch-2 The World Population : Distribution, Density and growth. CH- 3 Population Composition Ch- 4 Human Development Ch-5 Primary Activities Ch-6 Secondary Activities Ch-7 Tertiary and Quaternary Activities Ch-8 Transport and Communication CH -9 international Trade CH- 10 Human Settlement Part- B India : People And Economy Ch- 1 Population : Distribution, Density, Growth & Composition. Ch- 2 Migration : Types , Causes and Composition Ch-3 Human Development Ch – 4 Human Settlement Ch- 5 Land Resources and Agriculture Ch-6 Water Resources Ch- 7 Mineral and Energy Resources Ch- 8 Manufacture Industries Ch-9 Planning and sustainable Development in Indian Context . Ch- 10 Transport and Communication Ch- 11 international Trade Ch-12 Geographical perspective on Selected Issues

			and Problems	and Problems
--	--	--	--------------	--------------

SUBJECT : HISTORY

CLASS & SEC : XII D

TEACHER : DINESH SHARMA

SN O	MONTH	TEST /EXAM DATE	SYLLABUS TO BE COVERED	SYLLABUS TO BE ASSESSED (CHAPTER NO. & NAME)
1	April –May July	PT – 1 1 ST April To 12 th July 2021	THEMES IN INDIAN HISTORY PART -1 CHAPTER 1 –THE STORY OF THE FIRST CITIES :HARAPPAN ARCHAEOLOGY. CHAPTER-2 –POLITICAL AND ECONOMIC HISTORY :HOW INSCRIPTIONS TELL A STORY. CHAPTER-3 SOCIAL HISTORIES: USING THE MAHABHARATA CHAPTER -4 A HISTORY OF BUDDHISM : SANCHI STUPA BROAD OVERVIEW	THEMES IN INDIAN HISTORY PART -1 CHAPTER 1 –THE STORY OF THE FIRST CITIES :HARAPPAN ARCHAEOLOGY. CHAPTER-2 –POLITICAL AND ECONOMIC HISTORY :HOW INSCRIPTIONS TELL A STORY. CHAPTER-3 SOCIAL HISTORIES: USING THE MAHABHARATA CHAPTER -4 A HISTORY OF BUDDHISM : SANCHI STUPA BROAD OVERVIEW
2	August- September	Half yearly (September) 13 July 2021 To 11 September 2021	CHAPTER 1 –THE STORY OF THE FIRST CITIES :HARAPPAN ARCHAEOLOGY. CHAPTER-2 –POLITICAL AND ECONOMIC HISTORY :HOW INSCRIPTIONS TELL A STORY. CHAPTER-3 SOCIAL HISTORIES: USING THE MAHABHARATA CHAPTER -4 A HISTORY OF BUDDHISM : SANCHI STUPA BROAD OVERVIEW CHAPTER-5 AGRARIAN RELATIONS: THE AIN – I – AKBARI BROAD OVERVIEW CHAPTER-6 THE MUGHAL COURT :RECONSTRUCTING HISTORIES THROUGH CHRONICLES CHAPTER-7 NEW ARCHITECTURE :HAMPI BROAD OVERVIEW	CHAPTER 1 –THE STORY OF THE FIRST CITIES :HARAPPAN ARCHAEOLOGY. CHAPTER-2 –POLITICAL AND ECONOMIC HISTORY :HOW INSCRIPTIONS TELL A STORY. CHAPTER-3 SOCIAL HISTORIES: USING THE MAHABHARATA CHAPTER -4 A HISTORY OF BUDDHISM : SANCHI STUPA BROAD OVERVIEW CHAPTER-5 AGRARIAN RELATIONS: THE AIN – I – AKBARI BROAD OVERVIEW CHAPTER-6 THE MUGHAL COURT :RECONSTRUCTING HISTORIES THROUGH CHRONICLES CHAPTER-7 NEW ARCHITECTURE :HAMPI BROAD OVERVIEW

3	October November December	PT – 2 1 st October 2021 To 23 November 2021	CHAPTER-8 RELIGIOUS HISTORIES :THE BHAKTI – SUFİ TRADITION CHAPTER-9 MEDİEVAL SOCIETY THROUGH TRAVELERS ACCOUNTS THEMES IN INDIAN HISTORY PART-3 CHAPTER-10 COLONIALISM AND RURAL SOCIETY :EVIDENCE FROM OFFICIAL REPORTS CHAPTER-11 REPRESENTATIONS OF 1857	CHAPTER-8 RELIGIOUS HISTORIES :THE BHAKTI – SUFİ TRADITION CHAPTER-9 MEDİEVAL SOCIETY THROUGH TRAVELERS ACCOUNTS THEMES IN INDIAN HISTORY PART-3 CHAPTER-10 COLONIALISM AND RURAL SOCIETY :EVIDENCE FROM OFFICIAL REPORTS CHAPTER-11 REPRESENTATIONS OF 1857
4	January- February	Annual Exam Tentative (February-March)	*THEMES IN INDIAN HISTORY PART -1 *THEMES IN INDIAN HISTORY PART -2 *THEMES IN INDIAN HISTORY PART -3	*THEMES IN INDIAN HISTORY PART -1 *THEMES IN INDIAN HISTORY PART -2 *THEMES IN INDIAN HISTORY PART -3

SUBJECT : POLITICAL SCIENCE CLASS & SEC :XII D TEACHER : POONAM BHATIA

SNO	MONTH	SYLLABUS COVERED (DURATION)	SYLLABUS TO BE COVERED	SYLLABUS TO BE ASSESSED (CHAPTER NO& NAME)
1	April –May July	PT 1 23/7/21	<u>POLITICS IN INDIA SINCE INDEPENDENCE</u> CHAPTER 1 CHALLENGES OF NATION BUILDINGS CHAPTER 2 ERA OF ONE-PARTY DOMINANCE CHAPTER 3 POLITICS OF PLANNED DEVELOPMENT CHAPTER 4 INDIA'S EXTERNAL RELATIONS CHAPTER 5 CHALLENGES TO AND RESTORATION OF THE CONGRESS SYSTEM CHAPTER 6 THE CRISES OF DEMOCRATIC ORDER	<u>POLITICS IN INDIA SINCE INDEPENDENCE</u> CHAPTER 1 CHALLENGES OF NATION BUILDINGS CHAPTER 2 ERA OF ONE-PARTY DOMINANCE CHAPTER 3 POLITICS OF PLANNED DEVELOPMENT
2	August-September	(HALF YEARLY) AS PER SCHEDULE	CHAPTER 7 RISE OF POPULAR MOVEMENTS CHAPTER 8 REGIONAL ASPIRATIONS CHAPTER 9 RECENT DEVELOPMENTS IN INDIAN POLITICS <u>CONTEMPORARY WORLD POLITICS</u> CHAPTER 1 THE COLD WAR ERA CHAPTER 2 THE END OF BIPOLARITY	CHAPTER 1 TO CHAPTER 8

			CHAPTER 3 US HEGENOMY IN WORLD POLITICS CHAPTER 4 ALTERNATIVE CENTERS OF POWERS CHAPTER 5 CONTEMPORARY SOUTH ASIA	
3	October November December	PT 2 3/12/21	CHAPTER 6 INTERNATIONAL ORGANISATIONS CHAPTER 7 SECURITY IN CONTEMPORY WORLD CHAPTER 8 ENVIRONMENT AND NATURAL RESORCES CHAPTER 9 GLOBALISATION	CHAPTER 6 INTERNATIONAL ORGANISATIONS CHAPTER 7 SECURITY IN CONTEMPORY WORLD CHAPTER 8 ENVIRONMENT AND NATURAL RESORCES CHAPTER 9 GLOBALISATION
4	January- February	AS PER SCHEDULE		NA

Subject: ECONOMICS

Class &Section: XII- D

Teacher: GAURAV VERMA

SNO	MONTH	TEST /EXAM DATE	Syllabus to be covered (CHAPTER NO& NAME)		SYLLABUSTO BE ASSESSED
1	April –May July	PT-1 14-07-2021 (weightage 25)	Macro : Ch- 1 Circular flow of income Ch-2 National income and related concepts Ch -3 Basics concept of national income Ch-4 National income Indian Eco : Ch-1 eve of independence Ch -2 1950-1990		Macro:- unit -1 National income Indian Economics:- Chapter-1 Chapter-2
2	August- September	Half yearly, PT -2 16/09/21 – 28/09/21 (weight age 80)	Macro : Eco Chapter-5 Money Chapter-6 Banking Chapter-10 Govt budget Chapter-11 Foreign Exchange Chapter -12 BOP	Indian CH-3,4,5,6,7	<u>Macro : CH-5,6,7,10,11,12</u> <u>Indian Eco: CH - 3,4,5,6,7</u>
3	October November	PT – 3 25/11/21 – 30/11/21 (Weightage 50)	Macro Chapter-7 ADand related concept Chapter-8 Income determination and K Chpater -9 Excess demand plus unit -1 Indian Eco-: Ch-8,9,10,11		Macro Chapter-7 ADand related concept Chapter-8 Income determination and K Chpater -9 Excess demand plus unit -1 Indian Eco-: Ch-8,9,10,11
4	December January- February 21-22	Final term exams PRE- Board exam 1,2	Macro- full book Indian eco- full book		Macro- full book Indian eco- full book

XII – A , B , C , D TEACHER : MS URVASHI

S N O	MONTH	TEST /EXAM DATE	SYLLABUS TO BE COVERED	SYLLABUS TO BE ASSESSED (CHAPTER NO& NAME)
1	APRIL– MAY JULY 01/04/21 – 12/07/21	PT- 1 12/07/21	<p style="text-align: center;">Unit III: Database Management</p> <p>Relational databases: Idea of a database and the need for it, relations, keys, primary key, foreign key; use SQL commands to create a table, keys, foreign keys; insert/delete an entry, delete a table.</p> <ul style="list-style-type: none"> • SQL commands: select , project and join; • Aggregate functions • Interface of Python with anSQL database <p><u>Programming and Computational Thinking-2</u></p> <ul style="list-style-type: none"> • Data file handling • Python libraries <p>Recursion</p>	<p style="text-align: center;">Unit III: Database Management</p> <ul style="list-style-type: none"> • Data file handling
2	AUGUST - SEPTEMBER 18/07/21 – 30/09/21	HALF – YEARLY 13/07/21 – 30/09/21	<p>Programming and Computational Thinking-2</p> <ul style="list-style-type: none"> • Functions of Python • programming, Idea of efficiency <p>Data-structures : Stack and Queue</p> <p>Network Security Concepts:</p> <ul style="list-style-type: none"> • Computer Networks • Structure of a network • Network Devices • Network Stack • Network Topologies • Security Concepts • E-commerce 	DATABASE MANAGEMENT FILE HANDLING FUNCTIONS
3	OCTOBER - NOVEMBER DECEMBER	PT – 2 NOVEMBER 22/11/21	Revision + Practical Project Work	NETWORKING
4	JANUARY - FEBRUARY	PRE BOARD – AND 2	REVISION OF PREVIOUS YEAR PAPERS AND SAMPLE PAPER BY CBSE	FULL SYLLABUS

SNO	MONTH	SYLLABUS COVERED(DURATION)	TEST /EXAM DATE	SYLLABUSTO BE ASSESSED (CHAPTER NO& NAME)
1	April –May July	PT – 1 01/04/21 – 12/07/21	17-07-21	UNIT -I Work, Livelihood and career Ch-1 Work, Livelihood and career UNIT -II Nutrition , Food Science and Technology Ch-2 Clinical Nutrition and Dietetics CH-3 Public Nutrition and Health Ch-4 Catering and Food Service Management Ch-5 Food Processing and Technology Ch-6 Food Quality and Food Safety
2	August- September	Half yearly 18/07/21- 03/09/21	AS PER SCHEDULE	UNIT -III Human Development and Family Studies Ch-7 Early Childhood Care and Education Ch-8 Special Education and Support Services Ch-9 Management of Support Services,Institutions ans Programmes For Children,Youth and Elderly UNIT - IV Fabric and Apparel Ch-10 Design for Fabric and Apparel Ch-11 Fashion Design and Merchandising Ch-12 Production and Quality Control in the Garment Industry Ch-13 Care and Maintenance of Fabrics in Institutions
3	October November December	PT – 2 01/10/21 - 22/11/21	27-11-21	UNIT –V Resource Management Ch-14 Human Resource Management Ch -15 Hospitality Management Ch-16 Consumer Education and Protection UNIT –VI Communication and Extension Ch-17 Development Communication and Journalism Ch- 18 Media Management Design and Production
4	January- February	Annual Exam Tentative	NA	

SUBJECT :PAINTING**CLASS & SEC : XII****TEACHER :SHARU GOEL**

SNO	MONTH		TEST /EXAM DATE	SYLLABUSTO BE ASSESSED (CHAPTER NO& NAME)
1	April –May July	PT – 1 01/04/21 – 08/07/21	13/07/2021	THEORY: Introduction of Miniature painting Ch.1- The Rajasthani School of Miniature Painting Ch. 2-The Pahari school of Miniature Painting. Ch.3- The Mughal school of miniature Painting. Ch.4- The Deccan School of Miniature Painting . PRACTICAL: Still LIFE
2	August- September	Half yearly 14/07/21- 04/09/2021	AS PER SCHEDULE	THEORY: Ch.6 –Introduction of Bengal School Ch.7- paintings of Bengal school Ch.8-Evolution of Indian National Flag Ch.9- Contribution of Indian Artist in the struggle for National Freedom Movement PRATICAL: Still life
3	October November December	PT – 2 01/10/21 - 18/11/2021	23/11/2021	THEORY: Ch-10- Modern Trends in Indian Artist Ch-11- Graphic Prints of the Cotemporary (Modern) Indian Artist Ch-12- Sculpture of the Cotemporary Indian Artist. PRACTICAL – Composition
4	January- February	Annual Exam Tentative	NA	NA

PHYSICAL EDUCATION (048)
CLASS XII (2020–21)

Theory

Max. Marks 70

Unit I Planning in Sports

- Meaning & Objectives of Planning
- Various Committees & its Responsibilities (pre; during & post)
- Tournament – Knock-Out, League Or Round Robin & Combination
- Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
- Intramural & Extramural – Meaning, Objectives & Its Significance
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

Unit II Sports & Nutrition

- Balanced Diet & Nutrition: Macro & Micro Nutrients
- Nutritive & Non-Nutritive Components Of Diet
- Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths

Unit III Yoga & Lifestyle

- Asanas as preventive measures
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavanuktasana, Ardh Matsyendrasana
- Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- Hypertension: Tadasana, Vajrasana, Pavanuktasana, Ardha Chakrasana, Bhujangasana, Shavasana
- Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

Unit IV Physical Education & Sports for CWSN (Children With Special Needs - Divyang)

- Concept of Disability & Disorder
- Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- Disability Etiquettes
- Advantage of Physical Activities for children with special needs
- Strategies to make Physical Activities assessable for children with special need.

Unit V Children & Women in Sports

- Motor development & factors affecting it
- Exercise Guidelines at different stages of growth & Development
- Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures
- Sports participation of women in India
- Special consideration (Menarch & Menstrual Disfunction)
- Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)

Unit VI Test & Measurement in Sports

- Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run
- General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)
- Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index: Duration of the Exercise in Seconds x 100

$$5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}$$
- Rikli & Jones - Senior Citizen Fitness Test
 1. Chair Stand Test for lower body strength
 2. Arm Curl Test for upper body strength
 3. Chair Sit & Reach Test for lower body flexibility
 4. Back Scratch Test for upper body flexibility
 5. Eight Foot Up & Go Test for agility
 6. Six Minute Walk Test for Aerobic Endurance

Unit VII Physiology & Injuries in Sports

- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Respiratory System
- Effect of exercise on Muscular System
- Physiological changes due to ageing
- Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision, Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention& treatment
- First Aid – Aims & Objectives

Unit VIII Biomechanics & Sports

- Meaning and Importance of Biomechanics in Sports
- Types of movements (Flexion, Extension, Abduction & Adduction)
- Newton's Law of Motion & its application in sports
- Friction & Sports

Unit IX Psychology & Sports

- Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- Motivation, its type & techniques
- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise
- Meaning, Concept & Types of Aggressions in Sports

Unit X Training in Sports

- Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic
- Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training
- Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run
- Flexibility – Definition, types & methods to improve flexibility

- Coordinative Abilities – Definition & types
- Circuit Training - Introduction & its importance

Practical

Max. Marks 30

- | | | |
|-----|--|-----------|
| 01. | Physical Fitness Test | - 6 Marks |
| 02. | Proficiency in Games and Sports (Skill of any one Game of choice from the given list*) | - 7 Marks |
| 03. | Yogic Practices | - 7 Marks |
| 04. | Record File ** | - 5 Marks |
| 05. | Viva Voce (Health/ Games & Sports/ Yoga) | - 5 Marks |

* Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

****Record File shall include:**

Practical-1: Fitness tests administration for all items.

Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-3: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members. Practical-4: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).

DELETED TOPICS (2020-21)

PHYSICAL EDUCATION (048)

Class XII

Unit I Planning in Sports

- Intramural & Extramural – Meaning, Objectives & Its Significance\
- Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)

Unit III Yoga & Lifestyle

- Back Pain: Tadasana, Ardha Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

Unit IV Physical Education & Sports for CWSN (Children With Special Needs - Divyang)

- Advantage of Physical Activities for children with special needs

Unit V Children & Women in Sports

- Special consideration (Menarche & Menstrual Dysfunction)
- Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)

Unit VI Test & Measurement in Sports

- General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01Kg)

Unit VII Physiology & Injuries in Sports

- Physiological changes due to ageing

Unit VIII Biomechanics & Sports

- Friction & Sports

Unit IX Psychology & Sports

- Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- Strategies for Enhancing Adherence to Exercise

Unit X Training in Sports

- Circuit Training - Introduction & its importance