

ST. JOSEPH'S CONVENT HIGH SCHOOL, CBSE – CHITTARANJAN

Syllabus Details

Session– 2024-25

Subject – PHYSICAL EDUCATION

Class - XII

For Exam - Unit Test 1

Books Recommended: 1. Health and Physical Education For Class XII

MONTH	BOOKS / SECTION	LESSON(S) / TOPIC(S)	SUGGESTED ACTIVITIES & PROJECTS
APRIL	Saraswati Health and Physical Education DR V K Sharma	Unit I :- Management of sporting events * Functions of sports events management (Planning, Organising, Staffing, Directing and Controlling) * Various committees and their responsibilities (pre, during & post) * Fixtures and their procedures - knock-out (Bye and Seeding) and league (Staircase and Cyclic) and combination tournaments. * Intramural & Extramural tournaments meaning, objectives and its significance. * Community sports program (Sports day, Health run, Run for fun, Run for specific cause & Run for unity)	Class Test



MAY

Saraswati Health and
Physical Education
DR V K Sharma

Unit II :- Children and
women in sports
* Exercise guideline
of WHO for different
age groups.
* Common postural
deformities - knock
knees, flat foot, round
shoulders, lordosis,
kyphosis, scoliosis,
and bow legs and
their respective
corrective measures.
* Women's
participation in sports
- physical,
psychological and
social benefits.
* Special
consideration
(menarche and
menstrual
dysfunction)
* Female athlete triad
(osteoporosis,
amenorrhea, eating
disorders)

Class Test

