

The New Green Field Public Academy

Syllabus Division (2018 – 19)

Class XII

Subject – Physical Education

<b>Month</b>	<b>Chapter</b>	<b>Name of Chapter</b>
<b>July</b>	<b>1</b>	➤ Planning in sports
	<b>2</b>	➤ Adventure sports and leadership training
<b>August</b>	<b>3</b>	➤ Sports and nutrition
	<b>4</b>	➤ Postures
<b>September</b>	<b>5</b>	➤ Children and sports
	<b>6</b>	➤ Women and sports
<b>October</b>	<b>7</b>	➤ Test and measurement in sports
	<b>8</b>	➤ Physiology and sports
<b>November</b>	<b>9</b>	➤ Sports medicine
	<b>10</b>	➤ Biomechanics and sports
<b>December</b>	<b>11</b>	➤ Psychology and sports
	<b>12</b>	➤ Training in sports
<b>January</b>	<b>Revision</b>	<b>Revision + Pre – Board Exam</b>
<b>February</b>	<b>Revision</b>	<b>Revision + Practical Exam</b>
<b>March</b>	-----	<b>Annual Examination</b>

**Book Name :- Sanjay Kundra ( Chandid Publication)**