

# DELHI PUBLIC SCHOOL SURAT

## SYLLABUS BREAK UP FOR PHYSICAL EDUCATION CLASS XII 2023-24

<b>MONTH</b>	<b>UNITS</b>	
<b>MARCH</b>	<b>UNIT I</b>	<b>MANAGEMENT OF SPORTING EVENTS</b>
<b>APRIL</b>	<b>UNIT II</b>	<b>CHILDREN &amp; WOMEN IN SPORTS</b>
	<b>UNIT III</b>	<b>YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE</b>
<b>MAY</b>	<b>UNIT III</b>	<b>YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE(Contd.)</b>
<b>JUNE</b>	<b>UNIT IV</b>	<b>PHYSICAL EDUCATION AND SPORTS FOR CWSN</b>
<b>JULY</b>	<b>UNIT V</b>	<b>SPORTS AND NUTRITION</b>
	<b>UNIT VI</b>	<b>TEST AND MEASUREMENT IN SPORTS</b>
	<b>UNIT VII</b>	<b>PHYSIOLOGY AND INJURIES IN SPORTS</b>
<b>AUGUST</b>	<b>UNIT VII</b>	<b>PHYSIOLOGY AND INJURIES IN SPORTS (CONTD)</b>
	<b>UNIT VIII</b>	<b>BIOMECHANICS AND SPORTS</b>
<b>SEPTEMBER</b>	<b>UNIT IX</b>	<b>PSYCHOLOGY AND SPORTS</b>
<b>OCTOBER</b>	<b>UNIT X</b>	<b>TRAINING IN SPORTS</b>
<b>NOVEMBER</b>	<b>UNIT X</b>	<b>TRAINING IN SPORTS (CONTD.)</b>
<b>DECEMBER</b>	<b>REVISION</b>	