



GURU NANAK PUBLIC SCHOOL, RAJOURI GARDEN

Session 2026-27

Annual Syllabus Class XII

Subject: Physical Education (Code: 048)

Theory

Unit I	Content
1 april 2026 To 30 april 2026 Chapter I Management of Sporting Events	• Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) • Various Committees & their Responsibilities (pre; during & post) • Fixtures and its Procedures Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular Method) and Combination tournaments • Intramural & Extramural tournaments – Meaning, Objectives & Its Significance • Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)
Chapter II Children & Women in Sports	• Exercise guidelines of WHO for different age groups • Common Postural Deformities- Knock Knee, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis, and Bow Legs and their corrective measures • Women's participation in Sports–Physical, Psychological, and social benefits. • Special consideration (Menarche & Menstrual Dysfunction)

	• Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)
UNIT II 01 may 2026 To 07 july 2026 Chapter III Yoga as Preventive measure for Lifestyle Disease	• Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha–Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama • Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati • Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana, Matsyaasana, Anuloma-Viloma • Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, ArdhaHalasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam • Back Pain and Arthritis: Procedure, Benefits & Contraindications for Tadasana, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama
Chapter IV Physical Education & Sports for CWSN	• Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) • Concept of Classification and Divisioning in Sports.

(Children with Special Needs - Divyang)	• Concept of Inclusion in sports, its need, and Implementation • Advantages of Physical Activities for children with special needs • Strategies to make Physical Activities assessable for children with special needs
unit III 08 july 2026 To 04 august 2026 Chapter V Sports & Nutrition	• Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet • Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, & Food Myths • Importance of Diet in Sports-Pre, During and Post competition Requirements
Chapter VI Test & Measurement in Sports	• Fitness Test- SAI Khelo India Fitness Test in school: - o Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test - o Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls)

	• Measurement of Cardio-Vascular Fitness: Harvard Step Test = $\frac{\text{Duration of the Exercise in Seconds}}{5.5 \times \text{Pulse count of 1-1.5 Min (after Exercise)}}$ • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test ○ Chair Stand Test for lower body strength ○ Arm Curl Test for upper body strength ○ Chair Sit & Reach Test for lower body flexibility ○ Back Scratch Test for upper body flexibility ○ Eight Foot Up & Go Test for agility ○ Six Minute Walk Test for Aerobic Endurance • Johnsen — Methney Test of Motor Educability: (Front Roll, Roll, Jumping Half-Turn, Jumping full turn)
Unit IV 05 august 2026 To 05 Sep 2026 Chapter VII Physiology & Injuries in Sports	• Physiological factors determining components of physical fitness • Effect of exercise on Muscular System • Effect of exercise on Cardio-Respiratory System • Physiological changes due to aging • Sports injuries: Classification (Soft Tissue Injuries: Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries: Dislocation: Fractures - Green Stick, Comminuted, Transverse, Oblique & Impacted)
Chapter VIII Biomechanics & Sports	• Newton's Law of Motion & its application in sports • Types of Levers and their application in Sports • Equilibrium — Dynamic & Static and Centre of Gravity and its application in sports

	• Friction & Sports • Projectile in Sports
Unit V 01 oct 2026 To 26 oct 2026 Chapter IX Psychology & Sports	• Personality; its definition & types (Jung Classification & Big Five Theory) • Motivation, its type & techniques. • Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports — Self Esteem, Mental Imagery, Self Talk, Goal Setting
Chapter X Training in Sports	• Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Types & Method to Develop- Strength, Endurance and Speed • Types & Method to Develop – Flexibility and Coordinative Ability • Circuit Training -Introduction & its importance
	• Project work (as per CBSE guidelines) • PRE-BOARD EXAM • Complete syllabus will be covered in Pre-Board/Annual Exam

Practical

Practical No.	Practical Content
Unit VI 28 oct 2026 To 21 nov 2026 Practical (I)	Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* * Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)
Practical (II)	Proficiency in Games and Sports(Skill of any one IOA recognised Sport/Game of Choice)** **CWSN (Children With Special Needs — Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.
Practical (III)	Yogic Practices* *Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'
Note:	- Record File shall include: ❖ Practical-1: Fitness tests administration. (SAI Khelo India test) ❖ Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease. ❖ Practical-3: Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.