

**DON BOSCO SCHOOL, ALAKNANDA****SYLLABUS 2017–18****CLASS: XII****SUBJECT: PHYSICAL EDUCATION**

TERM I

PERIODIC TEST I / QUARTERLY EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-1	PLANNING IN SPORTS.
CH-2	SPORTS AND NUTRITION.
CH-3	YOGA AND LIFESTYLE.
CH-4	PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.

PERIODIC TEST II / HALF YEARLY EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-1	PLANNING IN SPORTS.
CH-2	SPORTS AND NUTRITION.
CH-3	YOGA AND LIFESTYLE.
CH-4	PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.
CH-5	CHILDREN AND SPORTS.
CH-6	WOMEN AND SPORTS.
CH-7	TEST AND MEASUREMENTS IN SPORTS.
CH-8	PHYSIOLOGY AND SPORTS.
ACTIVITY	
	PRACTICE EXAM

TERM II

PERIODIC TEST III / PRE-ANNUAL EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-9	SPORTS MEDICINE.
CH-10	KINESIOLOGY, BIOMECHANICS AND SPORTS.
CH-11	PSYCHOLOGY AND SPORTS.
CH-12	TRAINING IN SPORTS.

ANNUAL EXAMS	
CHAPTER NO.	TITLE OF THE CHAPTER
CH-1	PLANNING IN SPORTS.
CH-2	SPORTS AND NUTRITION.
CH-3	YOGA AND LIFESTYLE.
CH-4	PHYSICAL EDUCATION AND SPORTS FOR DIFFERENTLY ABLED.
CH-5	CHILDREN AND SPORTS.
CH-6	WOMEN AND SPORTS.
CH-7	TEST AND MEASUREMENTS IN SPORTS.
CH-8	PHYSIOLOGY AND SPORTS.
CH-9	SPORTS MEDICINE.
CH-10	KINESIOLOGY, BIOMECHANICS AND SPORTS.
CH-11	PSYCHOLOGY AND SPORTS.
CH-12	TRAINING IN SPORTS.
ACTIVITY	
	PRACTICE EXAM.