

**CLASS XII (2025-26)**  
**PHYSICAL EDUCATION (048)**

<b>PERIODIC TEST – I</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 1.	Management of Sporting Events
Chapter 2.	Children and Women in Sports
Chapter 3.	Yoga as Preventive measures for lifestyle disease
<b>MID-TERM EXAMINATION</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 1.	Management of Sporting Events
Chapter 2.	Children and Women in Sports
Chapter 3.	Yoga as Preventive measures for lifestyle disease
Chapter 4.	Physical Education and Sports for CWSN
Chapter 5.	Sports and Nutrition
Chapter 6.	Test and Management in Sports
Chapter 7.	Physiology and Injuries in Sports
Chapter 8.	Biomechanics and Sports
<b>PRE BOARD I &amp; II</b>	
<b>CHAPTER</b>	<b>TITLE OF THE CHAPTER</b>
Chapter 1.	Management of Sporting Events
Chapter 2.	Children and Women in Sports
Chapter 3.	Yoga as Preventive measures for lifestyle disease
Chapter 4.	Physical Education and Sports for CWSN
Chapter 5.	Sports and Nutrition
Chapter 6.	Test and Management in Sports
Chapter 7.	Physiology and Injuries in Sports
Chapter 8.	Biomechanics and Sports
Chapter 9.	Psychology and Sports
Chapter 10.	Training in Sports