

CLASS XII (2026-27)
PHYSICAL EDUCATION (048)

PERIODIC TEST – I	
CHAPTER	TITLE OF THE CHAPTER
Chapter 1.	Management of Sporting Events
Chapter 2.	Children and Women in Sports
Chapter 3.	Yoga as Preventive measures for lifestyle disease
MID-TERM EXAMINATION	
CHAPTER	TITLE OF THE CHAPTER
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
PRE BOARD I & II	
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Chapter 9.	Psychology and Sports
Chapter 10.	Training in Sports