

CLASS – XII (COMMERCE)
SUBJECT – PHYSICAL EDUCATION

MONTH	CHAPTER	ACTIVITY/ASSIGNMENT
APRIL-MAY	1. Planning in Sports 2. Sports and Nutrition	<ul style="list-style-type: none"> • Questions/Answers • Compiling tournament fixtures
JUNE	3. Yoga and Lifestyle	<ul style="list-style-type: none"> • Questions/Answers • Practical
JULY	4. Physical Education and sports for CWSN 5. Children and Women in Sports	<ul style="list-style-type: none"> • Questions/Answers
AUGUST	6. Test and Measurement in Sports	<ul style="list-style-type: none"> • Questions/Answers • Practical
SEPTEMBER	REVISION	Sample Papers
OCTOBER	7. Physiology and Injuries in Sports 8. Biomechanics and Sports	<ul style="list-style-type: none"> • Questions/Answers
NOVEMBER	9. Psychology and Sports 10. Training in Sports	<ul style="list-style-type: none"> • Questions/Answers • Practical
DECEMBER	REVISION	
JANUARY	REVISION	
FEBRUARY	REVISION	