

# BAL BHARATI PUBLIC SCHOOL NAVI MUMBAI

## SYLLABUS (2021-22)

CLASS: 12

SUBJECT: Physical Education

**First Term:** April 2021 to September 2021

**Second Term:** October 2021 to February 2022

Term	Month	Chapters/Topics
1 <sup>st</sup> Term	APRIL	<ul style="list-style-type: none"><li>• Planning in sports</li></ul>
	MAY	Summer Break
	JUNE	<ul style="list-style-type: none"><li>• Planning in sports(continue)</li><li>• Sports &amp; Nutrition</li></ul>
	JULY	<ul style="list-style-type: none"><li>• Biomechanics &amp; Sports</li><li>• Training in sports</li></ul>
	AUGUST	<ul style="list-style-type: none"><li>• Children &amp; women in sports</li><li>• Test &amp; Measurement in sports</li></ul>
	SEPTEMBER	<b>Mid-term Examination 2021-2022</b> <ul style="list-style-type: none"><li>• Physical Education &amp; sports for CWSN</li></ul>
2 <sup>nd</sup> Term	OCTOBER	<ul style="list-style-type: none"><li>• Yoga &amp; Lifestyle</li><li>• Psychology &amp; Sports</li></ul>
	NOVEMBER	<ul style="list-style-type: none"><li>• Physiology &amp; Injuries in sports</li></ul>
	DECEMBER	<b>Pre- Board I Exams</b>
	JANUARY	<b>Pre-Board II Exams</b>
	FEBRUARY	<b>AISSCE Board Practical Examination</b> <b>Preparation for AISSCE Examination</b>