



# **S. D. JAIN MODERN SCHOOL**

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## **SYLLABUS : 2026-27**

**STANDARD : XII**

**SUBJECT : PHYSICAL EDUCATION**

<b>MONTH</b>	<b>NO. OF CH./UNIT</b>	<b>NAME OF CH./UNIT</b>
<b>MARCH</b>	<b>CHAPTER-1</b>	<b>MANAGEMENT OF SPORTING EVENTS</b>
<b>APRIL</b>	<b>CHAPTER-2 CHAPTER-3</b>	<b>CHILDREN &amp; WOMEN IN SPORTS, YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASES, PERIODIC TEST-1 (CHAPTER-1 &amp; 2)</b>
<b>MAY</b>	<b>SUMMER VACATION</b>	
<b>JUNE</b>	<b>CHAPTER-4</b>	<b>PHYSICAL EDUCATION &amp; SPORTS FOR CWSN</b>
<b>JULY</b>	<b>CHAPTER-5 CHAPTER-6</b>	<b>SPORTS &amp; NUTRITION, TEST &amp; MEASUREMENT IN SPORTS, PERIODIC TEST-2 (CHAPTER-3 &amp; 4)</b>
<b>AUGUST</b>	<b>CHAPTER-7, CHAPTER-8</b>	<b>PHYSIOLOGY &amp; INJURIES IN SPORTS, BIOMECHANICS AND SPORTS</b>
<b>SEPTEMBER</b>	<b>REVISION, MID TERM</b>	<b>REVISION CHAPTER-1,2,3,4,5,6, MIDTERM-1 EXAM (15 DAYS, CHAPTERS-1 TO 6)</b>
<b>OCTOBER</b>	<b>CHAPTER-9, CHAPTER-10</b>	<b>PSYCHOLOGY AND SPORTS, TRAINING IN SPORTS</b>
<b>NOVEMBER</b>	<b>CHAPTER-10 CONTINUE</b>	<b>TRAINING IN SPORTS</b>
<b>DECEMBER</b>	<b>REVISION PRE BOARD-1</b>	<b>REVISION CHAPTERS-1,2,3,4,5 PRE BOARD-1 (15 DAYS, CHAPTERS-1 TO 10)</b>
<b>JANUARY '27</b>	<b>REVISION PRE BOARD-2</b>	<b>REVISION CHAPTERS-6,7,8,9,10 PRE BOARD-2 (15 DAYS, CHAPTERS-1 TO 10)</b>
<b>FEBRUARY'27</b>	<b>BOARD EXAM</b>	