

KOTHARI INTERNATIONAL SCHOOL

GRADE - 12 ANNUAL ACADEMIC PLAN

SUBJECT: PHYSICAL EDUCATION SESSION: 2022-23

NAME OF THE TEACHER: ABHISHEK UPADHYAY

THEORY – 70 MARKS PRACTICAL – 30 MARKS

MONTH	TOPIC	CONTENT (SUB-TOPICS)
MARCH (9 DAYS)	Test & Measurement in Sports	<p>Fitness Test – SAI Khelo India Fitness Test in school:</p> <ul style="list-style-type: none">o Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test o Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, Modified Push-Ups for girls). <ul style="list-style-type: none">• Computing Basal Metabolic Rate (BMR)• Rikli & Jones - Senior Citizen Fitness Test
APRIL (18 DAYS)	Management of Sporting Events	<ul style="list-style-type: none">• Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)• Various Committees & their Responsibilities (pre; during & post)• Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
MAY (13 DAYS)	Physical Education & Sports for CWSN (Children with Special Needs - Divyang)	<ul style="list-style-type: none">• Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)

		<ul style="list-style-type: none"> • Advantages of Physical Activities for children with special needs. • Strategies to make Physical Activities assessable for children with special needs.
MAY (13 DAYS)	Children & Women in Sports	<ul style="list-style-type: none"> • Common Postural Deformities - Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures • Special consideration (Menarche & Menstrual Dysfunction) • Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)
APRIL – MAY UNIT TEST – 1 (COMMENCING 29 APRIL & ENDING 20 MAY 2022)		
JUNE	SUMMER VACATION	
JULY (20 DAYS)	Yoga as Preventive measure for Lifestyle Disease	<ul style="list-style-type: none"> • Obesity: Procedure, Benefits & Contraindications for Vajrasana, Hastotansana, Trikonasana, Ardha - Matsyendrasana • Diabetes: Procedure, Benefits & Contraindications for Bhujangasana, Paschimottanasana, Pavan muktasana, Ardha - Matsyendrasana, Kapalabhati • Asthma: Procedure, Benefits & Contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottanasana, Matsyaasana, Anulom-Vilom • Hypertension: Procedure, Benefits & Contraindications for Chakrasana, Bhujangasana, Shavasana,

		Tadasana, Vajrasana, Pavan Muktasana, Ardha
JULY (20 DAYS)	Sports & Nutrition	<ul style="list-style-type: none"> • Concept of balance diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet
AUGUST (19 DAYS)	Physiology & Injuries in Sports UNIT TEST 02	<ul style="list-style-type: none"> • Physiological factors determining components of physical fitness • Effect of exercise on Muscular System • Effect of exercise on Cardio-Respiratory System • Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)
SEPTEMBER (22 DAYS)	<ul style="list-style-type: none"> • Revision Half Yearly Examination • Syllabus For Half Yearly Examination Is 75% • Half Yearly Examination Commences 16 September & Ends 28 September 2022 	
OCTOBER (13 DAYS)	Biomechanics & Sports	<ul style="list-style-type: none"> • Newton's Law of Motion & its application in sports • Equilibrium – Dynamic & Static • Centre of Gravity and its application in sports • Friction & Sports • Projectile in Sports
OCTOBER (13 DAYS)	Psychology & Sports	<ul style="list-style-type: none"> • Personality; its definition & types (Jung Classification & Big Five Theory) • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self-Talk, Goal Setting

NOVEMBER (21 DAYS)	Training in Sports	<ul style="list-style-type: none"> • Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Types & Method to Develop – Strength, Endurance and Speed • Types & Method to Develop – Flexibility and Coordinative Ability
	<ul style="list-style-type: none"> • Syllabus for Pre-Board Examination - 01 is 85% • Pre-Board Examination - 01 commences on 18 November and ends on 30 November • Completion of the project 	
DECEMBER (21 DAYS)	<ul style="list-style-type: none"> • Syllabus for Pre-Board Examination - 02 is 100% • Pre-Board Examination - 02 commences on 16 December and ends on 30 December 2022 	
JANUARY (15 DAYS)	Practice Tests and Board Practical Commence	
FEBRUARY (20 DAYS)	Board Practical	Physical Fitness Test :SAI Khelo India test, Brockport Physical Fitness Test (BPFT)*6 Marks <ul style="list-style-type: none"> • Yogic Practices** • Record File *** • Viva Voce (Health/ Games & Sports/ Yoga)
AWAIT CBSE ANNOUNCEMENT OF BOARD EXAMINATION DATES		

*****Practical/Project work will run simultaneously with academic transaction.**