



Loreto Convent Intermediate College

Lucknow

PHYSICAL EDUCATION

CLASS-12 (2025-26)

QUARTERLY EXAMINATION SYLLABUS

- Sociological Aspects Of Physical Education
- Training Methods
- Badminton
- Basketball
- Cricket
- Football

PRE-BOARDS I EXAMINATION SYLLABUS

- Training Methods
- Career Aspects In Physical Education
- Competitions And Tournaments
- Badminton
- Basketball
- Football
- Cricket
- Practical/Project Files

PRE-BOARDS II EXAMINATION SYLLABUS

- Training Methods
- Career Aspects In Physical Education
- Competitions And Tournaments
- Health Education And Health Problems
- Sport Injuries And First Aid
- Badminton
- Basketball
- Football
- Volleyball
- Cricket
- Practical/Project Files

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