

## SYLLABUS - PHYSICAL EDUCATION (2025-26)

### GRADE – XII

<b>TERM - 1</b>	1.Management of Sporting Events 2.Children and Women in Sports 3.Yoga as Preventive Measure for Lifestyle Disease 4.Physical Education and Sports For CWSN
<b>HALF YEARLY EXAM</b>	5.Sports and Nutrition 6.Test and Measurement in Sports 7.Physiology and Injuries in Sports 8.Biomechanics and Sports  • <u>Chapter 1 to 4 will also be part of Half Yearly Exam.</u>
<b>PRE- BOARD</b>  <b>ANNUAL EXAM</b>	9.Psychology and Sports 10.Training in Sports  • <u>All the chapters will also be part of Half Yearly Exam.</u>