

# DELHI PUBLIC SCHOOL SURAT

## SYLLABUS BREAK UP FOR PHYSICAL EDUCATION CLASS XII 2023-24

MONTH	UNITS	
MARCH	UNIT I	MANAGEMENT OF SPORTING EVENTS
APRIL	UNIT II	CHILDREN & WOMEN IN SPORTS
	UNIT III	YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE
MAY	UNIT III	YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE(Contd.)
JUNE	UNIT IV	PHYSICAL EDUCATION AND SPORTS FOR CWSN
JULY	UNIT V	SPORTS AND NUTRITION
	UNIT VI	TEST AND MEASUREMENT IN SPORTS
	UNIT VII	PHYSIOLOGY AND INJURIES IN SPORTS
AUGUST	UNIT VII	PHYSIOLOGY AND INJURIES IN SPORTS (CONTD)
	UNIT VIII	BIOMECHANICS AND SPORTS
SEPTEMBER	UNIT IX	PSYCHOLOGY AND SPORTS
OCTOBER	UNIT X	TRAINING IN SPORTS
NOVEMBER	UNIT X	TRAINING IN SPORTS (CONTD.)
DECEMBER	REVISION	