**Subject: - Physical Education (12Th)**

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| **MONTH** | **W.D** | **PERIODS** | **CHAPTER** | **ASSIGNMENT** | **ACTIVITIES** |
| April |  22 |  09 02 09 02 | 1.Planning in SportsPractical5.Children and Women & SportsPractical | NCERT Questions Organize a small competition by the studentsNCERT Questions & WorksheetPrepare diet chart by the students | PPTSEWA project as per CBSERevision & TestWide knowledge through Doctor  |
|  May |  24 |  08 04 08 04  | 3. Yoga & LifestylePractical4.Physical Education & Sports for CWSN (Children With Special Needs)Practical | NCERT Questions & WorksheetLearn any 10 asana by every studentNCERT Questions & Worksheet | Make a ChartTesting of Fitness test project as per CBSERevision & TestObserve and collect data of disable people staying nearbyRevision & Test |
| July |  24 |  10 06  08 | 2. Sports and Nutrition | NCERT QuestionsCorrect any two persons of community | PPTMedical test of students as per CBSERevision & Test |
| August | 22 |  11 04 04 03 | 6.Test & Measurement in sports Practical7.Physiology and Injuries in SportsPractical | NCERT Questions & WorksheetNCERT Questions | To help the doctorPresentation on allotted topics by the studentsRevision & TestTo study about all systemsRevision & Test |
| Sept. | 23 | 1805 | Games TheoryPresentation  |  | Revision & TestPresentationon allotted topics by the students |
| October  | 19 |  09 02  06 02 | 8.Biomechanics & SportsPractical9.Psychology and SportsPractical  | NCERT Questions NCERT Questions & Worksheet | PPTRevision & TestSEWA project as per CBSEDiscussion with the expert PsychologistsPPTRevision & Test |
| Nov. | 22 |  10 04 08  | 10. Training & SportsPractical Games theory | NCERT Questions & WorksheetMake circuit training program by the students of their favorite sports / chosen sports | Fitness project as per CBSE |
| December  | 24 | **Project work and pre board exams.** |
| **Jan**  **Revision** |
| **Feb** **Term II Examination** |