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

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| **MONTH** | **W.D** | **PERIODS** | **CHAPTER** | **ASSIGNMENT** | **ACTIVITIES** |
| April | 22 | 09  02  09  02 | 1.Planning in Sports  Practical  5.Children and Women & Sports  Practical | NCERT Questions  Organize a small competition by the students  NCERT Questions & Worksheet  Prepare diet chart by the students | PPT  SEWA project as per CBSE  Revision & Test  Wide knowledge through Doctor |
| May | 24 | 08  04  08  04 | 3. Yoga & Lifestyle  Practical  4.Physical Education & Sports for CWSN (Children With Special Needs)  Practical | NCERT Questions & Worksheet  Learn any 10 asana by every student  NCERT Questions & Worksheet | Make a Chart  Testing of Fitness test project as per CBSE  Revision & Test  Observe and collect data of disable people staying nearby  Revision & Test |
| July | 24 | 10  06    08 | 2. Sports and Nutrition | NCERT Questions  Correct any two persons of community | PPT  Medical test of students as per CBSE  Revision & Test |
| August | 22 | 11  04  04  03 | 6.Test & Measurement in sports  Practical  7.Physiology and Injuries in Sports  Practical | NCERT Questions & Worksheet  NCERT Questions | To help the doctor  Presentation on allotted topics by the students  Revision & Test  To study about all systems  Revision & Test |
| Sept. | 23 | 18  05 | Games Theory  Presentation |  | Revision & Test  Presentation  on allotted topics by the students |
| October | 19 | 09  02    06  02 | 8.Biomechanics & Sports  Practical  9.Psychology and Sports  Practical | NCERT Questions  NCERT Questions & Worksheet | PPT  Revision & Test  SEWA project as per CBSE  Discussion with the expert Psychologists  PPT  Revision & Test |
| Nov. | 22 | 10  04  08 | 10. Training & Sports  Practical  Games theory | NCERT Questions & Worksheet  Make 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** | | | | | |