

PHYSICAL EDUCATION

Month	Unit	Topic	Sub Topic
April	1	Planning in sports	Meaning & Objectives Of Planning
			Various Committees & its Responsibilities (pre; during & post)
			Tournament – Knock-Out, League Or Round Robin & Combination
			Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
			Intramural & Extramural – Meaning, Objectives & Its Significance
			Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause & Run For Unity)
May	2	Sports & Nutrition	Balanced Diet & Nutrition: Macro & Micro Nutrients
			Nutritive & Non-Nutritive Components Of Diet
			Eating For Weight Control – A Healthy Weight, The Pitfalls Of Dieting, Food Intolerance & Food Myths
Unit Test 1			
June	3	Yoga & Lifestyle	Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
			Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana
			Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
			Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana
			Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana
			Asanas as preventive measures
Unit Test 2			
July	4	Physical Education & Sports for CWSN (Children With Special Needs - Divyang)	Concept of Disability & Disorder
			Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
			Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
			Disability Etiquettes
			Advantage of Physical Activities for children with special needs
			Strategies to make Physical Activities assessable for children with special need.

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July	5	Children & WOMEN in Sports	Motor development & factors affecting it
			Exercise Guidelines at different stages of growth & Development
			“Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow
			Legs And Scoliosis And Their Corrective Measures”
	6		Sports participation of women in India
			Special consideration (Menarch & Menstrual Disfunction)
			Female Athletes Triad (Oestoperosis, Amenoria, Eating Disorders)
August	7	Test & Measurement in Sports	“Motor Fitness Test – 50 M Standing Start, 600 M Run/ Walk, Sit & Reach, Partial Curl Up,
			Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4X10 M Shuttle Run
			General Motor Fitness – Barrow Three Item General Motor Ability (Standing Broad Jump, Zig
			Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)
			Measurement Of Cardio Vascular Fitness – Harvard Step Test/Rockport Test -
			Computation Of Fitness Index: Duration Of The Exercise In Seconds X 100
			5 X Pulse Count Of 1-1.5 Min After Exercise
			Rikli & Jones - Senior Citizen Fitness Test 1. Chair Stand Test For Lower Body Strength
			Arm Curl Test For Upper Body Strength
			Chair Sit & Reach Test For Lower Body Flexibility
			Back Scratch Test For Upper Body Flexibility
			Eight Foot Up & Go Test For Agility
			Six Minute Walk”
BLOCK TEST			
Sptember	8	Physiology & injuries in Sports	Physiological factor determining component of Physical Fitness
			Effect of exercise on Cardio Respiratory System
			Effect of exercise on Muscular System
			Physiological changes due to ageing
			“Sports injuries: Classification (Soft Tissue Injuries:(Abrasion, Contusion, Laceration, Incision,

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Month	Unit	Topic	Sub Topic	
October - November			Sprain & Strain) Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick,	
			Communated, Transverse Oblique & Impacted) Causes, Prevention& Treatment”	
			First Aid – Aims & Objectives	
		9	Biomechanics & Sports	“Meaning and Importance of Biomechanics in Sports
				Types Of Movements (Flexion, Extension, Abduction & Adduction) Newton’s Law of Motion & Its Application In Sports
				Friction & Sports”
				Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
				Motivation, its type & techniques
				Exercise Adherence; Reasons to Exercise, Benefits of Exercise
				Strategies for Enhancing Adherence to Exercise
				Meaning, Concept & Types of Aggressions in Sports
		10	Training in Sports	Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic
				Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training
				Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run
				Flexibility – Definition, types & methods to improve flexibility
				Coordinative Abilities – Definition & types
				Circuit Training - Introduction & its importance
December	PRE BOARD			
January	PRACTICE TEST			

PHYSICAL EDUCATION

Practical Marks: 30 Marks

Exam	Topic/ Test	Marks
Block Test 1	Physical Fitness test	6
	Skill test	7
	Yogic practices	7
	Record files	5
	Viva	5
	Total	30
Pre- Board	Physical Fitness test	6
	Skill test	7
	Yogic practices	7
	Record files	5
	Viva	5
	Total	30