



AUROBINDO INTERNATIONAL SCHOOL

(An English Medium Co-Educational Senior Secondary School, Affiliated to CBSE)

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PHYSICAL EDUCATION (048) DISTRIBUTION OF SYLLABUS – CLASS XII – 2023-2024

Subject : Physical Education							
Ch.No.	Ch. Name	Month	PA I 20 Marks	Half Yearly (70)	Pre- Board I (70)	Pre- Board II (70)	Pre- Board III (70)
Unit 1	Management of Sporting Events	April	√	√	√	√	√
Unit 2	Children & women in sports	April/May	√	√	√	√	√
Unit 3	Yoga as Preventive measure for lifestyle/disease	July		√	√	√	√
Unit 4	Physical Education and sports for CWSN	May	√	√	√	√	√
Unit 5	Sports and Nutrition	July		√	√	√	√
Unit 6	Test and Measurement in Sports	August/September			√	√	√
Unit 7	Physiology and injuries in sports	September			√	√	√
Unit 8	Biomechanics & Sports	October			√	√	√
Unit 9	Psychology & Sports	October/November			√	√	√
Unit 10	Training in Sports	November			√	√	√