

O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR
Annual Syllabus Break-up for the session 2026-27

Subject :- Physical Education

Class:- XII

Sl.	Month	No. of Instructional days	No. of Periods	Chapters to be Taught	Subject Enrichment activities	Values to be Imparted	Extra content to be Taught
1	March	06	04	Unit 1 Management of Sporting Events	Lecture-based instruction, Technology-based learning, Group learning	Grow and learn in a way that would develop team work and understanding for the students in ground&classroom	*Best management of mega sports events
2	April	24	15	Continue..... "	"	"	"
3	MAY	00	00	----Summer Vacation----	-----	-----	-----
4	JUNE	12	08	Unit 2 Children & Women in Sports	Technology-based learning, Group learning, Individual learning Inquiry-based learning,	Encouraging one another can help build up each other's confidence.	*Base of starting of Sporting events
5	JULY	22	13	Unit 3 Yoga as Preventive measure for Lifestyle Disease Unit 4 Physical Education and Sports for CWSN (Children with Special Needs - Divyang)	Explanation of Topic, Written on Board Lecture-based instruction, Technology-based learning, Group learning, Individual learning	Value for health&spirituality. Outline the role of yogic management for various health benefits and Preventive measures. Create advantages for Children With Special Needs through Physical Activities	*Present condition of Yoga on International standards
6	AUGUST	22		Unit 5 Sports & Nutrition Unit 6 Test & Measurement in Sports	Technology-based learning, Inquiry-based learning, Expeditionary learning.	Understand the concept of a balanced diet and Nutrition. Development of sports depends upon diet&Nutrition. Progress and improvement can be asses by test&Measurement.	*Differentiate norm and criterion referenced standards,

