

# SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-19

SYLLABUS DISTRIBUTION

Type of Assessment Cycle Test – 1 CLASS : XII

SUBJECT :PHYSICAL EDUCATION

PRESCRIBED TEXT BOOKS:CANDID PHYSICAL EDUCATION – EVERGREEN PUBLICATIONS

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
<ol style="list-style-type: none"> <li>1. Planning in sports.</li> <li>2. Sports and nutrients.</li> <li>3. Yoga and lifestyle.</li> <li>4. Physical education and sports for differently abled.</li> </ol>	Writing Board Reference Material	Yes CDs Related to skills of different games	Group discussion Means of phy. Fitness & inter-house competition.	Health management, adaptability, Time management, initiative, holistic development	Optimum growth and development, prevents health hazards, provide healthy competition The students know how to organize any sports event in and outside of school. To make students aware about the importance of nutrients in sports.

# SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-19

SYLLABUS DISTRIBUTION

Type of Assessment Mid Term Examination CLASS XII

SUBJECT :PHYSICAL EDUCATION

PRESCRIBED TEXT BOOKSCANDID PHYSICAL EDUCATION – EVERGREEN PUBLICATIONS

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
5.Children & Sports 6.Women and sports 7. Test & Measurement in Sports 8. Physiology & Sports	-do-	Yes	Group Discussion. Measurement of different sports fields	Perfection and Self-displine  Co-operation Team Spirit	Motivates to perform Better functioning of body systems,Selfpurification,Reduces postural deformities and Perfectin in skills

## SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-19

SYLLABUS DISTRIBUTION

Type of Assessment Cycle Test –2 CLASS : XII

SUBJECT :PHYSICAL EDUCATION

PRESCRIBED TEXT BOOKS:CANDID PHYSICAL EDUCATION – EVERGREEN PUBLICATIONS

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
9. Sports medicine 10. Kinsiology, Biomechanics and sports 11. Psychology and sports 12. Training in sports	-do-	Yes	Endurance & Training methods	Time management,Team co- operation,Professional ethics	Systematic Progression,Controls Behaviour during Competition better management of equipment

# SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-19

SYLLABUS DISTRIBUTION

Type of Assessment Pre-Board/Final CLASS : XII

SUBJECT :PHYSICAL EDUCATION

PRESCRIBED TEXT BOOKS:CANDID PHYSICAL EDUCATION – EVERGREEN PUBLICATIONS

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
Complete Syllabus					