

SYLLABUS 2021-2022

Class : XII

Subject : PHYSICAL EDUCATION

Book : SARASWATI PHYSICAL EDUCATION

Publisher : NEW SARASWATI HOUSE (INDIA) PVT. LIMITED

Term 1

SECTION A

1. Sociological Aspects of Physical Education
 - (i) Games and sports as man's cultural heritage.
 - (ii) Development of the individual through games and sports.
 - (iii) Role of Physical Education in promoting national integration.
 - (iv) Physical Education and personality development.
2. Training Methods
 - (i) Meaning and importance of Sports Training.
 - (ii) Methods of training.
 - (iii) Warming up, conditioning and cooling / limbering exercises.
 - (iv) Isometric and Isotonic exercises.
 - (v) Circuit Training.
 - (vi) Weight Training.

SECTION B

Rules and regulation of football, cricket, badminton, swimming, Tennis and their interpretation.

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Term 2

SECTION A

1. Career Aspects in Physical Education
 - (i) Career Options in Physical Education
 - (ii) Important institutions of Physical Education in India.
2. Competitions and Tournaments
 - (i) Tournaments and Types of Tournaments.
 - (ii) Difference between Professional and Amateur Player.
3. Health Education and Health Problems
 - (i) Meaning and definition of 'Health' and 'Health Education'.
 - (ii) Principles and importance of Health Education. Health problems and role of Health Education in solving them.
 - (iii) Disability and Rehabilitation
 - (iv) Posture
 - (v) Personal hygiene and sleep requirements.
 - (vi) Substance Abuse

SECTION B

Rules and regulation of football, cricket, badminton, swimming, Tennis and their interpretation.

Term 3

SECTION A

1. (i) Sports Injuries and First Aid (i) Sports related injuries.
 - (ii) Role of individual in prevention of sports related accidents.
 - (iii) First Aid.

SECTION B

Rules and regulation of football, cricket, badminton, swimming,

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Tennis and their interpretation.

Term 4

Revision of all the topics

Contact Us

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