BISHOP SCOTT BOYS' SCHOOL

STUDENT CURRICULUM MANUAL

Subject : PHYSICAL EDUCATION **Class : XII** **Academic Plan : 2025 -26**

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
April	CHAPTER 1: MANAGEMENT OF SPORTING EVENTS • Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) • Various Committees their Responsibilities (pre; during & post) • Fixtures and their Procedures-Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournament • Intramural & Extramural - Meaning, Objectives & Its Significance	1. Understanding the Functions of Sports Event Management: Students will learn the essential functions involved in managing sports events, such as planning, organizing, staffing, directing, and controlling. 2. Formation and Responsibilities of Committees: Students will gain insights into the various committees involved in sports event management and their specific responsibilities, ensuring a collaborative approach to organizing events. 3. Procedures for Organizing Tournaments: The chapter will guide students through the steps required to organize different types of tournaments, including drawing fixtures and understanding tournament formats. 4. Significance of Intramural and Extramural Activities: Students will explore the importance of intramural (within the institution) and extramural (between institutions) sports activities in promoting physical	Formation of Committees: Students learn to establish various committees responsible for specific aspects of event management, such as publicity, transportation, and logistics. This activity teaches delegation, organization, and the importance of collaborative effort in successfully managing sporting events.	10 - 12	PT 1 Chapter – 1, 2, 3 and 4

	• Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)	fitness and fostering community engagement. 5. Community Sports Programs: The chapter will highlight the role of community sports programs in encouraging widespread participation and nurturing talent at the grassroots level.			

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
May	CHAPTER 2 : CHILDREN & WOMEN IN SPORTS • Exercise Guidelines of WHO for different age groups • Common postural deformities - knock knee; flat foot; round shoulders; Lordosis, Kyphosis, Scoliosis and bow legs; their respective corrective measures • Women's participation in Sports - Physical, Psychological and social benefits	1. Understanding Developmental Stages and Exercise Guidelines: Students will learn about the various stages of growth and development in children—infancy, early childhood, later childhood, and adolescence—and the appropriate exercise guidelines for each stage. This knowledge is crucial for promoting safe and effective physical activity among young athletes. 2. Recognizing Common Postural Deformities: The chapter covers common postural deformities such as kyphosis, lordosis, and scoliosis. Students will learn to identify these conditions and understand the importance of early detection and corrective measures to prevent long-term health issues. 3. Promoting Women's Participation in Sports: Students will explore the historical context, challenges, and advancements related to women's involvement in sports. This includes understanding societal barriers, the impact of Title IX, and the	Activity: Designing an Inclusive Sports Event Objective: To plan a sports event that specifically caters to the needs of children and women, ensuring safety, inclusivity, and engagement.	10 - 12	

	• Special consideration (menarche & menstrual dysfunction); Female athletes triad (osteoporosis, amenorrhea, eating disorders)	ongoing efforts to achieve gender equality in athletics. 4. Addressing Special Considerations for Female Athletes: The chapter discusses specific considerations for female athletes, such as the Female Athlete Triad, menstrual health, and the need for appropriate training programs. Students will gain insights into how to support and optimize the health and performance of women in sports. 5. Implementing Strategies to Encourage Participation: Students will learn about various strategies to promote and sustain the involvement of children and women in sports. This includes creating inclusive environments, providing access to resources, and developing programs that address the unique needs of these groups.			
	CHAPTER 3 : YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE • Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha Matsyendrasana,	1. Understanding Lifestyle Diseases: • Recognize the impact of modern sedentary lifestyles on health, including the rise of conditions such as hypertension, diabetes, obesity, and cardiovascular diseases. • Learn the risk factors and common causes of lifestyle diseases. 2. Introduction to Yoga Principles: • Gain an understanding of the fundamental principles of yoga, including its history, philosophy, and holistic approach to well-	Chapter 3 of the Class 12 Physical Education curriculum, titled "Yoga as a Preventive Measure for Lifestyle Diseases," emphasizes the role of yoga in preventing and managing common lifestyle-related ailments. The chapter includes various activities designed to deepen students' understanding and practical application of yoga practices. Suggested Activities: 1. Asana Identification and	12-15	

	Dhanurasana, Ushtrasana, Suryabedhan pranayama • Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati • Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana , Uttan Mandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana,	being. • Identify how yoga integrates physical postures (asanas), breathing techniques (pranayama), and meditation to promote health. 3. Benefits of Yoga in Disease Prevention: • Explore how regular yoga practice can improve cardiovascular health, enhance respiratory function, and aid in stress management. • Understand the role of yoga in improving flexibility, strength, balance, and mental well-being, which contribute to the prevention of lifestyle diseases. 4. Scientific Basis of Yoga Practices: • Learn about the physiological and psychological effects of yoga on the body. • Examine research findings that support the use of yoga as a non-pharmacological intervention in managing and preventing lifestyle diseases. 5. Practical Application: • Develop the ability to design and implement basic yoga routines tailored to prevent and	Benefits: Activity: Analyze images of different yoga asanas (postures) and identify the lifestyle diseases they help prevent. Objective: Enhance knowledge of specific asanas and their preventive benefits against diseases like obesity, diabetes, asthma, and hypertension. 2. Research and Presentation: Activity: Investigate the impact of specific asanas on preventing a chosen lifestyle disease and present findings. Objective: Encourage independent research, critical thinking, and effective communication skills.		

	Kapalbhati, Gomukhasana. Matsyaasana, Anuloma-Viloma • Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, Uttan Mandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam • Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastottansana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana,	manage lifestyle diseases. • Gain practical skills in performing selected asanas and breathing exercises that are particularly beneficial for overall health. 6. Lifestyle Modification and Holistic Health: • Appreciate the role of yoga in promoting a balanced lifestyle, emphasizing the importance of a holistic approach to health that includes physical, mental, and emotional well-being. • Reflect on how integrating yoga into daily routines can lead to long-term health benefits and improved quality of life.			

	Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayam				

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
June	CHAPTER 4 : PHYSICAL EDUCATION & SPORTS FOR CWSN (CHILDREN WITH SPECIAL NEEDS – DIVYANG) • Organizations promoting Disability Sports (Special Olympics: Paralympics; Deaflympics); Concept of Classification and Divisioning in Sports • Concept of Inclusion in sports, its need, and Implementation • Advantages of Physical Activities for children with special needs • Strategies to make	1. Understanding Disabilities and Disorders: • Define disability and disorder, and differentiate between the two. • Identify various types of disabilities such as physical, intellectual, visual, auditory, and learning disabilities. • Understand the causes and characteristics of different disabilities. 2. Awareness and Inclusion in Sports: • Learn the importance of inclusive physical education and sports for CWSN. • Recognize the role of sports in promoting self-confidence, social interaction, and mental well-being. • Understand the importance of accessibility and equity in physical activities. 3. Adapted Physical Education and Training Methods:	1. Role-Playing Exercises: Activity: Engage in role-playing to simulate various disabilities, participating in modified physical activities. Objective: Foster empathy and a deeper understanding of the challenges faced by individuals with disabilities. 2. Research Project on Disability Sports Organizations: Activity: Investigate organizations such as the Special Olympics, Paralympics, and Deaflympics, and present their roles in promoting sports among CWSN.	10 - 12	

	Physical Activities assessable for children with special needs	• Learn how to modify sports and exercises to suit children with special needs. • Understand the role of assistive devices and support systems in inclusive sports. • Develop skills to create inclusive physical education programs in schools. 4. Role of Organizations and Policies in Disability Sports: • Gain knowledge about organizations like the Special Olympics, Paralympics, and Deaflympics. • Understand national and international policies promoting sports for CWSN. 5. Health and Fitness Benefits for CWSN: • Learn how physical activity enhances motor skills, coordination, strength, and overall health in children with disabilities. • Understand how sports improve mental well-being and reduce stress and anxiety in CWSN.	Objective: Highlight the significance of these organizations in providing platforms for athletes with special needs.		

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
July	CHAPTER 5 : SPORTS & NUTRITION • Concept of balance diet and nutrition • Macro and Micro	1. Understanding Balanced Diet and Nutrition: • Conceptual Clarity: Define and explain the concepts of a balanced diet and nutrition, emphasizing their importance in maintaining health and enhancing sports performance. • Nutrient Classification: Differentiate between	1. Dietary Analysis Project: Activity: Students will maintain a detailed food diary for one week, recording all meals and snacks consumed. They will then analyze their nutrient intake, comparing	10 - 12	

	Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet • Eating For Weight Control-A Healthy Weight, The Pit falls of Dieting, Food Intolerance, and Food Myths • Importance of Diet in Sports-Pre, During and Post competition Requirement	macro-nutrients (carbohydrates, proteins, fats) and micro-nutrients (vitamins, minerals), and understand their specific roles and sources. 2. Identifying Nutritive and Non-Nutritive Components of Diet: • Nutritive Components: Recognize components that provide energy and are essential for growth and maintenance, such as proteins, carbohydrates, fats, vitamins, and minerals. • Non-Nutritive Components: Identify components that do not provide energy but influence health, like dietary fiber, water, antioxidants, and phytochemicals. 3. Strategies for Healthy Weight Management: • Achieving a Healthy Weight: Learn methods to attain and maintain an optimal weight through balanced nutrition and regular physical activity. • Pitfalls of Dieting: Understand the negative effects of fad diets, including nutritional deficiencies and metabolic imbalances. • Food Intolerance Awareness: Identify common food intolerances (e.g., lactose, gluten) and their symptoms, and learn strategies to manage them. • Debunking Food Myths: Critically evaluate prevalent food myths and misconceptions, fostering informed dietary choices. 4. Applying Nutritional Knowledge to Sports:	it to recommended dietary guidelines. Objective: This activity aims to help students assess their eating habits, identify nutritional deficiencies or excesses, and understand the importance of a balanced diet in supporting both daily activities and sports performance. 2. Pre- and Post-Workout Nutrition Planning: Activity: Students will research and design meal plans suitable for consumption before and after different types of workouts (e.g., endurance training, strength training). They will present their plans, explaining the choice of foods and their expected impact on performance and recovery. Objective: This task encourages students to apply nutritional knowledge to real-life scenarios, emphasizing the timing and composition of meals to optimize athletic outcomes.		

		• Pre-Competition Nutrition: Understand the significance of nutrient timing and composition before athletic events to optimize performance. • Nutrition During Competition: Learn about maintaining energy levels and hydration during events to sustain performance. • Post-Competition Recovery: Recognize the importance of post-event nutrition in muscle recovery and glycogen replenishment.			

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
August	CHAPTER 6 : TEST & MEASUREMENT IN SPORTS • Fitness Test - SAI Khelo India Fitness Test in school (Age group 5-8 years/ class1-3: BMI, Flamingo Balance Test, Plate Tapping Test; Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys,	1. Understanding the Importance of Test and Measurement: • Conceptual Clarity: Define and explain the significance of test and measurement in sports, recognizing their role in evaluating athletic abilities and guiding training programs. • Application in Sports: Understand how systematic assessment aids in identifying strengths and weaknesses, setting performance goals, and monitoring progress. 2. Familiarity with Various Fitness Tests: • Motor Fitness Tests: Gain knowledge of tests designed to evaluate components such as speed, agility, flexibility, and endurance.	1. Body Mass Index (BMI) Calculation: Activity: Students will measure their height and weight to calculate their BMI and interpret the results based on standard health categories. Objective: Promote awareness of healthy body weight and its implications for physical fitness. 2. Flexibility Assessment – Sit and Reach Test: Activity: Conduct the sit and	10-12	First Term – end – 1, 2, 3, 4, 5, 6 and 7

	Modified Push-Ups for girls) • Measurement of Cardio-Vascular Fitness - Harvard Step Test - Duration of the Exercise in Seconds x 100 / 5.5 x Pulse count of 1-1.5 Min after Exercise • Computing Basal Metabolic Rate (BMR) • Rikli & Jones - Senior Citizen Fitness Test 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 Test for Aerobic Endurance • Johnsen-Methney Test of Motor Educability (Front Roll, Back Roll, Jumping Half-Turn, Jumping full-tum)	• Specific Test Protocols: Learn the procedures and objectives of standardized tests like the 50-meter dash, 600-meter run/walk, sit and reach test, and push-up test. 3. Proficiency in Conducting and Interpreting Fitness Assessments: • Practical Skills: Develop the ability to administer various fitness tests accurately, ensuring standardized conditions and reliable results. • Data Analysis: Interpret test outcomes to assess physical fitness levels, identify areas for improvement, and design appropriate training interventions. 4. Awareness of National Fitness Initiatives: • SAI Khelo India Fitness Test: Understand the objectives and components of the Sports Authority of India's Khelo India Fitness Test, aimed at promoting physical fitness among school students. • Implementation Strategies: Learn how to effectively implement such fitness assessment programs within educational institutions to foster a culture of health and fitness.	reach test to measure the flexibility of the lower back and hamstring muscles. Objective: Highlight the importance of flexibility in overall fitness and injury prevention. 3. Motor Fitness Evaluation – AAHPERD Test: Activity: Administer the AAHPERD (American Alliance for Health, Physical Education, Recreation, and Dance) Youth Fitness Test, which includes activities like pull-ups, sit-ups, and the shuttle run. Objective: Assess various components of motor fitness, including strength, endurance, and agility. 4. Cardiovascular Endurance Measurement – Harvard Step Test: Activity: Perform the Harvard Step Test by stepping up and down on a platform for a set duration and subsequently measuring heart rate recovery. Objective: Evaluate		

			cardiovascular fitness and understand the relationship between heart rate and endurance.		
			5.		
	CHAPTER 7 : PHYSIOLOGY & INJURIES IN SPORTS • Physiological factors determining components of physical fitness • Effect of exercise on the Muscular System • Effect of exercise on the Cardio-Respiratory System • Physiological changes due to ageing • Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone &	1. Understanding Physiological Factors Affecting Performance: • Strength: Comprehend the role of muscle strength in sports and how it contributes to overall performance. • Speed: Understand the significance of speed and the physiological mechanisms that enhance rapid movements. • Flexibility: Recognize the importance of flexibility in preventing injuries and improving athletic efficiency. 2. Effects of Exercise on Body Systems: • Cardiovascular System: Analyze how regular physical activity influences heart function, blood circulation, and overall cardiovascular health. • Respiratory System: Examine the impact of exercise on lung capacity, oxygen exchange, and	1. Simulated First Aid Response Drill: Activity: Students participate in role-playing scenarios where they must assess and administer first aid for various simulated sports injuries, such as sprains, fractures, or dislocations. Objective: Develop practical first aid skills and the ability to respond promptly and effectively to sports-related injuries. 2. Flexibility and Strength Assessment Workshop: Activity: Conduct assessments to measure individual flexibility and muscle strength, followed by	12-15	

	Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)	respiratory efficiency. 3. Physiological Changes Due to Aging: • Aging Process: Identify the natural physiological changes that occur with aging and their effects on physical performance. • Exercise Benefits: Discuss how regular physical activity can mitigate age-related declines and promote healthy aging. 4. Classification and Management of Sports Injuries: • Soft Tissue Injuries: Understand various soft tissue injuries such as abrasions, contusions, lacerations, incisions, sprains, and strains, including their causes and treatment methods. • Bone and Joint Injuries: Learn about dislocations and different types of fractures (stress, greenstick, comminuted, transverse, oblique, and impacted), along with their prevention and management strategies. 5. Principles of First Aid: • Aims and Objectives: Grasp the fundamental principles of first aid, focusing on immediate care to prevent further harm, reduce pain, and promote recovery. • Application: Develop practical skills to administer basic first aid in sports settings, ensuring prompt and effective responses to injuries.	designing personalized improvement plans. Objective: Highlight the importance of flexibility and strength in injury prevention and athletic performance. 3. Aging and Performance Research Presentation: Activity: Students research how aging affects physiological functions related to sports and present strategies to maintain performance levels over time. Objective: Understand the impact of aging on athletic abilities and explore methods to mitigate age-related declines.		

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
September	REVISION				

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
October	CHAPTER 8 : BIOMECHANICS & SPORTS • Newton's Law of Motion & its application in sports • Types of Lever and their application in Sports • Equilibrium-Dynamic & Static and Centre of Gravity and its application in sports Friction & Sports	1. Understanding the Concept of Biomechanics: • Definition and Scope: Comprehend the meaning of biomechanics and its significance in analyzing and improving athletic performance. • Application in Sports: Recognize how biomechanical analysis can enhance technique, prevent injuries, and contribute to the development of sports equipment. 2. Knowledge of Types of Movements: • Flexion and Extension: Understand these fundamental movements and their roles in	1. Analysis of Sports Techniques: Activity: Students select a specific sport and analyze the biomechanics involved in a particular technique or movement, such as a tennis serve or a basketball jump shot. Objective: Develop the ability to break down complex movements into their mechanical components to understand how force, motion, and leverage contribute to performance.	10-12	PT – 2 Chapter - 8

	Projectile in Sports	various sports activities. • Abduction and Adduction: Identify these movements and their importance in athletic performance. 3. Application of Newton's Laws of Motion in Sports: • First Law (Law of Inertia): Analyze how this law explains the motion of athletes and objects in sports. • Second Law (Law of Acceleration): Understand the relationship between force, mass, and acceleration in the context of sports movements. • Third Law (Law of Action-Reaction): Explore examples of this law in sports, such as jumping and sprinting. 4. Understanding Friction in Sports: • Role of Friction: Examine how friction affects performance in various sports, both as a beneficial and limiting factor. Surface Interactions: Understand the impact of different surfaces and equipment on friction and movement efficiency.	2. Newton's Laws in Action: Activity: Conduct experiments demonstrating Newton's three laws of motion using sports equipment. For example, using a soccer ball to illustrate inertia, acceleration, and action-reaction forces. Objective: Provide hands-on experience with fundamental physics principles and their direct application in sports scenarios. 3. Friction Exploration: Activity: Investigate the role of friction by comparing movements on different surfaces, such as running on grass versus a track, or using various types of sports shoes. Objective: Understand how friction affects performance and how athletes can optimize equipment and techniques to suit different conditions. 4. Motion Capture Project: Activity: Utilize video recording to capture and analyze movements in various sports, focusing on joint angles,		

			speed, and body alignment. Objective: Enhance observational skills and apply biomechanical concepts to improve technique and prevent injuries.		

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
November	CHAPTER 9 : PSYCHOLOGY & SPORTS • Personality; its definition & types (Jung Classification & Big Five Theory) • Motivation, its type &techniques • Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it Meaning, Concept & Types of Aggressions in Sports Psychological Attributes in Sports- Self Esteem, Mental	1. Understanding Personality in Sports: • Definition and Dimensions: Comprehend the concept of personality and its various dimensions, including physical, mental, social, and emotional aspects. • Theories of Personality: Familiarize with different theories and classifications of personality, such as Jung's classification and the Big Five Theory. 2. Comprehending Motivation in Sports: • Types of Motivation: Differentiate between intrinsic and extrinsic motivation and understand their impact on athletic performance. • Techniques to Enhance Motivation: Learn various strategies to boost motivation among athletes, including goal setting,	1. Personality Assessment Workshop: Activity: Administer standardized personality assessments, such as the Myers-Briggs Type Indicator (MBTI) or the Big Five Inventory, to students. Facilitate discussions on how different personality traits can influence preferences and behaviors in sports contexts. Objective: Enable students to gain self-awareness regarding their personality traits and understand how these traits may affect their sports performance and team dynamics. 2. Motivation Enhancement	10-12	

	Imagery, Self Talk, Goal Setting	positive reinforcement, and mental imagery. 3. Understanding Aggression in Sports: • Definition and Types: Define aggression and identify its types, such as hostile and instrumental aggression, within the context of sports. • Managing Aggression: Explore methods to control and channel aggression positively to improve performance and maintain sportsmanship. 4. Developing Psychological Attributes: • Self-Esteem: Recognize the importance of self-esteem in an athlete's performance and ways to enhance it. • Mental Imagery and Self-Talk: Understand the role of mental imagery and self-talk in preparing for competitions and improving focus. Goal Setting: Learn the principles of effective goal setting and its significance in achieving desired outcomes in sports.	Techniques: Activity: Engage students in goal-setting exercises where they establish short-term and long-term objectives for a chosen sport or physical activity. Incorporate visualization techniques and positive self-talk sessions to reinforce intrinsic motivation. Objective: Teach students effective strategies to enhance self-motivation, emphasizing the role of mental practices in achieving athletic goals. 3. Aggression Management Role-Play: Activity: Organize role-playing scenarios that depict common situations in sports where aggression may arise, such as during high-stakes competitions or in response to perceived unfairness. Students will practice employing coping strategies like deep breathing, counting, or reframing thoughts to manage their responses. Objective: Equip students with practical tools to recognize and control aggressive impulses, promoting sportsmanship and		

			emotional regulation. 4. Team Cohesion Building Exercises: Activity: Conduct team-building activities that require collaboration, communication, and trust among students, such as group obstacle courses or problem-solving tasks. Objective: Highlight the importance of team cohesion in sports and demonstrate how psychological factors contribute to effective teamwork and collective performance.		
Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
December	CHAPTER 10 : TRAINING IN SPORTS • Concept of Talent Identification and Talent Development in Sports • Introduction to Sports Training Cycle - Micro, Meso, Macro Cycle	1. Understanding Sports Training: • Definition and Importance: Comprehend the concept of sports training as a scientifically based and systematic process that enhances physical fitness and performance in sports activities. • Principles of Training: Familiarize with fundamental principles such as specificity, overload, progression, and reversibility, and their application in designing effective training programs.	1. Plyometric Training Session: Activity: Introduce students to plyometric exercises, such as squat jumps, box jumps, and burpees, which involve rapid stretching and contracting of muscles to increase power. Objective: Demonstrate the role of plyometric training in developing explosive strength and improving performance in sports requiring quick,	10-12	Second term – end Chapter – 8, 9 and 10

	• Types & Method to Develop - Strength, Endurance and Speed • Types & Method to Develop - Flexibility and Coordinative Ability • Circuit Training- bitroduction & its importance	2. Knowledge of Strength and Its Types: • Dynamic Strength: Understand strength exhibited during movement, essential for activities involving lifting, pushing, or pulling. • Maximum Strength: Recognize the highest force an individual can exert, crucial for performance in powerlifting and similar sports. • Explosive Strength: Learn about the ability to exert force rapidly, important in activities like sprinting and jumping. • Strength Endurance: Identify the capacity to sustain repeated muscle contractions over time without fatigue, vital for endurance sports. • 3. Comprehending Training Load: • Definition and Components: Grasp the concept of training load as the combination of intensity, duration, and frequency of training sessions. • Adaptation and Recovery: Understand how appropriate training loads lead to physiological adaptations and the importance of recovery periods to prevent overtraining. 4. Familiarity with Warming Up and Cooling Down:	powerful movements. 2. Periodization Planning Workshop: Activity: Guide students through the process of creating a periodized training plan, dividing the training schedule into phases (preparatory, competitive, and transition) to optimize performance and recovery. Objective: Teach students how structured training cycles can enhance performance and prevent overtraining by systematically varying training intensity and volume. 3. Flexibility and Mobility Drills: Activity: Conduct sessions focusing on dynamic and static stretching exercises, yoga poses, and mobility drills to improve flexibility and joint range of motion. Objective: Highlight the importance of flexibility in injury prevention and overall athletic performance, and provide students with routines to incorporate into their training.		

		• Warming Up: Recognize the significance of preparing the body for physical activity through exercises that increase heart rate and muscle temperature, thereby reducing injury risk. • Cooling Down: Understand the role of gradual reduction in activity post-exercise to aid in recovery and prevent muscle stiffness. 5. Understanding Skill, Technique, Tactics, and Strategies: • Skill: Define skill as the ability to perform tasks with precision and efficiency. • Technique: Learn about the specific methods employed to perform a particular skill effectively. • Tactics and Strategies: Differentiate between tactics (short-term decisions and actions) and strategies (long-term plans) used to gain a competitive advantage in sports. 6. Awareness of Doping in Sports: • Concept and Classification: Understand doping as the use of prohibited substances or methods to enhance performance, and familiarize with various classes of banned substances. Disadvantages and Side Effects: Recognize the ethical, legal, and health implications of doping, including potential side effects and			

		long-term health risks.			

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
January – February	REVISION				