



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / ENGLISH/ SYLLABUS (2024-25)**

MONTH	FLAMINGO	VISTAS	WRITING/READING COMPREHENSION
APRIL	LESSON 1 : THE LAST LESSON LESSON 2 : LOST SPRING	LESSON 1 : THE THIRD LEVEL	➤ LETTER TO THE EDITOR ➤ READING COMPREHENSION
MAY	LESSON 3 : THE RATRAP POEM 1 : MY MOTHER AT SIXTY-SIX	LESSON 2 : THE TIGER KING	➤ APPLICATION FOR A JOB WITH BIO-DATA OR RESUMÉ ➤ READING COMPREHENSION
JUNE	LESSON 4 : DEEP WATER LESSON 5 : INDIGO	LESSON 3 : JOURNEY TO THE END OF THE EARTH	➤ NOTICE WRITING ➤ READING COMPREHENSION
JULY	POEM 2 : KEEPING QUIET POEM 3 : A THING OF BEAUTY	LESSON 4 : ON THE FACE OF IT	➤ FORMAL/ INFORMAL INVITATION AND REPLY ➤ READING COMPREHENSION ➤
AUGUST	LESSON 6 : POETS AND PANCAKES POEM 4 : A ROADSIDE STAND	LESSON 5 : THE ENEMY	➤ ARTICLE WRITING ➤ REPORT WRITING ➤ READING COMPREHENSION
SEPTEMBER	REVISION		
OCTOBER	LESSON 7 : THE INTERVIEW I. PART I II. PART II	LESSON 6 : MEMORIES OF CHILDHOOD I. THE CUTTING OF MY LONG HAIR II. WE TOO ARE HUMAN BEINGS	➤ LETTER TO THE EDITOR ➤ NOTICE WRITING ➤ READING COMPREHENSION (REVISION)
NOVEMBER	LESSON 8 : GOING PLACES POEM 5 : AUNT JENNIFER'S TIGERS	REVISION	➤ APPLICATION FOR A JOB WITH BIO-DATA OR RESUME ➤ FORMAL/ INFORMAL INVITATION AND REPLY ➤ READING COMPREHENSION (REVISION)
DECEMBER	REVISION	REVISION	➤ ARTICLE WRITING ➤ REPORT WRITING ➤ READING COMPREHENSION (REVISION)
JANUARY	REVISION		
FEBRUARY - MARCH	REVISION		



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / GEOGRAPHY / SYLLABUS ( 2024-25)**

Book – 1 : Fundamentals of Human Geography

Book – 2 : India – People and Economy

<b>Month</b>	<b>Name of the Chapter with Serial No</b>	<b>Chapters : Practical in Geography</b>
April	1. Human Geography: Nature and Scope (B-1)	1. Data – Its Source and Compilation (To be Introduced)
May	2. The World Population, Distribution, Density and Growth (B-1)	1. Data – Its Source and Compilation (To be Concluded)
	1. Population : Distribution, Density, Growth and Composition (B-2)	
June	2. Human Settlements (B-2)	2. Data Processing (To be Introduced)
	3. Human Development (B-1)	
July	4. Primary Activities (B-1)	2. Data Processing (To be Continued)
	3. Land Resources and Agriculture (B-2)	
August	5. Secondary Activities (B-1)	2. Data Processing (To be Concluded)
	6. Tertiary and Quaternary Activities (B-1)	
	4. Water Resources (B-2)	
September	Revision	
October	5. Mineral and Energy Resources (B-2)	3. Graphical Representation of Data
	7. Transport and Communication (B-2)	
	7. Transport and Communication and Trade (B-1) 8. International Trade (B-1)	
November	6. Planning and Sustainable Development in Indian Context (B-2)	4. Spatial Information Technology
	8. International Trade (B-2)	
	9. Geographical Perspective on Selected Issues and Problems (B-2)	
December	Revision	
January	Revision	
February - March	Revision	



**BISHOP SCOTT BOYS' SCHOOL**  
GRADE XII / HISTORY / SYLLABUS ( 2024-25)

**THEMES IN INDIAN HISTORY PART – I , PART – II, & PART – III**

MONTHS	CHAPTERS
APRIL	THEME 1: BRICKS, BEADS AND BONES (THE HARAPPAN CIVILISATION) (PART -I)
MAY	THEME 2: KINGS, FARMERS AND TOWNS (EARLY STATES AND ECONOMIES) c. 600 BCE-600 CE) (PART -I)
JUNE	THEME 2: KINGS, FARMERS AND TOWNS (EARLY STATES AND ECONOMIES) c. 600 BCE-600 CE) (PART-I)
JULY	THEME 3: KINSHIP, CASTE AND CLASS (EARLY SOCIETIES) (c. 600 BCE-600 CE) THEME 4: THINKERS, BELIEFS, AND BUILDINGS (CULTURAL DEVELOPMENTS) (c. 600 BCE-600 CE) (PART-I)
AUGUST	THEME 5: THROUGH THE EYES OF TRAVELLERS (PERCEPTIONS OF SOCIETY) (c. tenth to seventeenth centuries) THEME 6: BHAKTI-SUFI TRADITIONS (CHANGES IN RELIGIOUS BELIEFS AND DEVOTIONAL TEXTS) (c. eighth to eighteenth centuries) (PART-II)
SEPTEMBER	THEME 7: AN IMPERIAL CAPITAL VIJAYANAGARA (c. fourteenth to sixteenth centuries) (PART-II) THEME 8: PEASANTS, ZAMINDARS AND THE STATES (AGRARIAN SOCIETY AND THE MUGHAL EMPIRE) (c. sixteenth-seventeenth centuries) (PART-II)
OCTOBER	THEME 9: COLONIALISM AND THE COUNTRYSIDE (EXPLORING OFFICIAL ARCHIVES) (PART-III) THEME 10: REBELS AND THE RAJ (1857 REVOLT AND ITS REPRESENTATIONS) (PART-III)
NOVEMBER	THEME 11: MAHATMA GANDHI AND THE NATIONAL MOVEMENT (CIVIL DISOBEDIENCE AND BEYOND) (PART-III)
DECEMBER	THEME 12: FRAMING OF THE CONSTITUTION (THE BEGINNING OF A NEW ERA) (PART-III)
JANUARY	REVISION
FEBRUARY	REVISION
MARCH	REVISION

LIST OF MAPS

S. No.	Page No.	Part – I Maps
1	2	<b>Mature Harappan sites:</b> Harappa, Banawali, Kalibangan, Balakot, Rakhigarhi, Dholavira, Nageshwar, Lothal, Mohenjodaro, Chanhudaro, KotDiji
2	3	<b>Mahajanapada and cities:</b> Vajji, Magadha, Kosala, Kuru, Panchala, Gandhara, Avanti, Rajgir, Ujjain, Taxila, Varanasi
3	33	<b>Distribution of Ashokan inscriptions:</b> <ul style="list-style-type: none"> <li>• Pillar inscriptions – Sanchi, Topra, Meerut Pillar and Kaushambi</li> <li>• Kingdom of Cholas, Cheras and Pandyas</li> </ul>
4	43	<b>Important kingdoms and towns:</b> <ul style="list-style-type: none"> <li>• Kushanas, Shakas, Satavahanas, Vakatakas, Guptas</li> <li>• Cities/towns: Mathura, Kanauj, Puhar, Braghukachchha, Shravasti, Rajgir, Vaishali, Varanasi, Vidisha</li> </ul>
5	95	<b>Major Buddhist Sites:</b> Nagarjunakonda, Sanchi, Amaravati, Lumbini, Bharhut, Bodh Gaya, Ajanta
S. No.	Page No.	Part – II Maps
6	174	Bidar, Golconda, Bijapur, Vijayanagar, Chandragiri, Kanchipuram, Mysore, Thanjavur, Kolar, Tirunelveli
7	214	<b>Territories under Babur, Akbar and Aurangzeb:</b> <ul style="list-style-type: none"> <li>• Delhi, Agra, Panipat, Amber, Ajmer, Lahore, Goa</li> </ul>
S. No.	Page No.	Part – III Maps
8	287	<b>Territories/cities under British Control in 1857:</b> Punjab, Sindh, Bombay, Madras Berar, Bengal, Bihar, Orissa, Surat, Calcutta, Patna, Allahabad
9	260	<b>Main centres of the Revolt of 1857:</b> Delhi, Meerut, Jhansi, Lucknow, Kanpur, Azamgarh, Calcutta, Benaras, Gwalior, Jabalpur, Agra, Awadh
10	Respective Chapters	<b>Important centres of the National Movement:</b> Champaran, Kheda, Ahmedabad, Benaras, Amritsar, Chauri Chaura, Lahore, Bardoli, Dandi, Bombay (Quit India Resolution), Karachi



# BISHOP SCOTT BOYS' SCHOOL

GRADE XII / POLITICAL SCIENCE / SYLLABUS ( 2024-25)

PART A - CONTEMPORARY WORLD POLITICS

PART B - POLITICS IN INDIA SINCE INDEPENDENCE

MONTH	CHAPTERS
APRIL	<p>CHAPTER 1: THE END OF BIPOLARITY (PART-A)</p> <p>Topics to be focused:</p> <ul style="list-style-type: none"><li>a) The Soviet System</li><li>b) Gorbachev and the disintegration</li><li>c) Causes and Consequences of disintegration of Soviet Union</li><li>d) Shock Therapy and its Consequences</li><li>e) New entities in world politics<ul style="list-style-type: none"><li>• Russia</li><li>• Balkan States</li><li>• Central Asian States</li></ul></li><li>f) India's relations with Russia and other post-communist countries</li></ul> <p>CHAPTER 1: CHALLENGES OF NATION BUILDING (PART-B)</p> <p>Topics to be focused:</p> <ul style="list-style-type: none"><li>a) Challenges for the new Nation.<ul style="list-style-type: none"><li>• Three Challenges</li></ul></li><li>b) Partition: Displacement and Rehabilitation.<ul style="list-style-type: none"><li>• Consequences of Partition</li></ul></li><li>c) Integration of Princely States<ul style="list-style-type: none"><li>• The problem</li><li>• Government's approach</li><li>• Hyderabad</li><li>• Manipur</li></ul></li><li>d) Reorganisation of States</li></ul>
MAY	<p>CHAPTER 2: CONTEMPORARY CENTRES OF POWER (PART-A)</p> <p>Topics to be focused:</p> <ul style="list-style-type: none"><li>a) European Union</li><li>b) Association of Southeast Asian Nations</li></ul>
JUNE	<p>CHAPTER 2: CONTEMPORARY CENTRES POWER (PART-A)</p> <ul style="list-style-type: none"><li>c) Rise of China as an economic power</li><li>d) Japan and South Korea as emerging powers</li></ul>
JULY	<p>CHAPTER 2: ERA OF ONE-PARTY DOMINANCE (PART-B)</p> <p>Topics to be focussed:</p> <ul style="list-style-type: none"><li>a) Challenge of building democracy</li><li>b) Congress dominance in the first three general elect ions</li></ul>

	<ul style="list-style-type: none"> <li>• Nature of Congress dominance</li> <li>• Congress as social and ideological coalition</li> <li>• Tolerance and management of Factions</li> </ul> <p>c) Emergence of opposition parties.</p> <p>CHAPTER 3: CONTEMPORARY SOUTH ASIA (PART-A)</p> <p>Topics to be focused:</p> <p>a) Military and Democracy in Pakistan and Bangladesh</p> <p>b) Monarchy and Democracy in Nepal</p> <p>c) Ethnic Conflict and Democracy in Sri Lanka</p> <p>d) India-Pakistan Conflicts</p> <p>e) India and its Neighbours</p> <p>f) Peace and Cooperation</p>
AUGUST	<p>CHAPTER 4: INTERNATIONAL ORGANISATIONS (PART-A)</p> <p>Topics to be focused:</p> <p>a) Meaning and importance of International Organisations</p> <p>b) Evolution of the UN</p> <p>c) Structure and function of International Organisations</p> <p>d) Principal Organs of UN</p> <p>e) Reform of the UN after Cold War</p> <p>f) Reform of Structures, Processes and Jurisdiction of the UN</p> <p>g) India and the UN Reforms</p> <p>h) Key Agencies: IMF, World Bank, WTO, ILO, IAEA</p> <p>i) NGO: Amnesty International, Human Rights Watch</p> <p>j) Implications and Future of International Organizations</p> <p>CHAPTER 3: POLITICS OF PLANNED DEVELOPMENT (PART-B)</p> <p>Topics to be focussed:</p> <p>a) Political contestation</p> <ul style="list-style-type: none"> <li>• Ideas of Development</li> <li>• Planning</li> <li>• Planning Commission</li> </ul> <p>b) The Early Initiatives</p> <ul style="list-style-type: none"> <li>• The First Five Year Plan</li> <li>• Rapid Industrialisation.</li> </ul>
SEPTEMBER	<p>CHAPTER 5: SECURITY IN THE CONTEMPORARY WORLD (PART-A)</p> <p>Topics to be focused:</p> <p>a) Meaning and Type of Security.</p> <p>b) Traditional concept of security</p> <p>c) Non-tradition notions of Security.</p> <p>d) New Sources of Threats</p> <p>e) Cooperative Security</p> <p>f) India's Security strategy</p>

	<p>CHAPTER 4: INDIA'S EXTERNAL RELATIONS (PART-B)</p> <p>Topics to be focussed:</p> <p>a) International Context</p> <p>b) The Policy of Non- Alignment.</p> <ul style="list-style-type: none"> <li>• Nehru's role</li> <li>• Distance from two camps.</li> <li>• Afro Asian Unity</li> </ul> <p>c) Peace and conflict with China</p> <ul style="list-style-type: none"> <li>• The Chinese Invasion 1962</li> <li>• War and Peace with Pakistan</li> <li>• Bangladesh War 1971</li> </ul> <p>d) India's Nuclear Policy.</p>
OCTOBER	<p>CHAPTER 6: ENVIRONMENT AND NATURAL RESOURCES (PART-A)</p> <p>Topics to be focused:</p> <p>a) Environmental Concerns</p> <p>b) Global Commons</p> <p>c) Common but differentiated Responsibilities</p> <p>d) India's Stand on Environment Issues</p> <p>e) Environmental Movements</p> <p>f) Resource Geopolitics</p> <p>g) Rights of Indigenous peoples</p> <p>CHAPTER 5: CHALLENGES TO AND RESTORATION OF THE CONGRESS SYSTEM (PART-B)</p> <p>Topics to be focused:</p> <p>a) Challenge of Political Succession</p> <ul style="list-style-type: none"> <li>• From Nehru to Shastri</li> <li>• From Shastri to Indira Gandhi</li> </ul> <p>b) Fourth General Election 1967</p> <ul style="list-style-type: none"> <li>• Context of the Election.</li> <li>• Non Congressism</li> <li>• Electoral Verdict</li> <li>• Coalitions</li> <li>• Defections</li> </ul> <p>c) Split in the Congress</p> <ul style="list-style-type: none"> <li>• Indira vs the Syndicate</li> <li>• Presidential Election 1969</li> </ul> <p>d) The 1971 Election and Restoration of Congress</p> <ul style="list-style-type: none"> <li>• The outcome and after</li> <li>• Restoration</li> </ul>

<p>NOVEMBER</p>	<p>CHAPTER 7: GLOBALISATION (PART-A)</p> <p>Topics to be focused:</p> <ol style="list-style-type: none"> <li>a) Concept of globalisation</li> <li>b) Causes and Consequences of globalisation</li> <li>c) India and globalization</li> <li>d) Resistance to globalization</li> <li>e) India and resistance to globalisation</li> </ol> <p>CHAPTER 6: THE CRISIS OF DEMOCRATIC ORDER (PART-B)</p> <p>Topics to be focused:</p> <ol style="list-style-type: none"> <li>a) Background to Emergency. <ul style="list-style-type: none"> <li>• Economic Context.</li> <li>• Gujarat and Bihar Movements</li> <li>• Conflict with Judiciary</li> </ul> </li> <li>b) Declaration of Emergency <ul style="list-style-type: none"> <li>• Crisis and response</li> <li>• Consequences</li> </ul> </li> <li>c) Lessons of the Emergency.</li> <li>d) Politics after Emergency. <ul style="list-style-type: none"> <li>• Lok Sabha Elections 1977</li> <li>• Janata Government</li> <li>• Legacy</li> </ul> </li> </ol>
<p>DECEMBER</p>	<p>CHAPTER 7: REGIONAL ASPIRATIONS (PART-B)</p> <p>Topics to be focused:</p> <ol style="list-style-type: none"> <li>a) Region and the Nation <ul style="list-style-type: none"> <li>• Indian Approach</li> <li>• Areas of Tension</li> <li>• Jammu and Kashmir</li> <li>• Roots of the Problem</li> <li>• External and Internal disputes</li> <li>• Politics since 1948</li> <li>• Insurgency and After</li> <li>• 2022 and Beyond</li> </ul> </li> <li>b) Punjab <ul style="list-style-type: none"> <li>• Political Context</li> <li>• Cycle of Violence</li> <li>• Road to Peace</li> </ul> </li> <li>c) The Northeast <ul style="list-style-type: none"> <li>• Demand for autonomy</li> <li>• Secessionist Movements</li> <li>• Movements against outsiders</li> <li>• Assam and National Integration.</li> </ul> </li> </ol>



	<p>CHAPTER 8: RECENT DEVELOPMENTS IN INDIAN POLITICS (PART-B)</p> <p>Topics to be focused</p> <p>a) Context of 1990s</p> <p>b) Era of Coalition</p> <ul style="list-style-type: none"> <li>• Alliance Politics</li> </ul> <p>c) Political rise of the Backward Classes</p> <ul style="list-style-type: none"> <li>• Mandal Implemented</li> <li>• Political Fallout</li> </ul> <p>d) Communalism, Secularism and Democracy.</p> <ul style="list-style-type: none"> <li>• Ayodhya Dispute</li> <li>• Demolition and after</li> </ul> <p>e) Emergence of New Consensus</p> <p>f) Lok Sabha Elections 2004</p> <p>g) Growing Consensus</p>
JANUARY	REVISION
FEBRUARY	REVISION
MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / ECONOMICS/ SYLLABUS (2024-25)**

MONTH	NAME OF THE UNIT
APRIL	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT 1 : NATIONAL INCOME AND RELATED AGGREGATES</b></p> <p>What is Macroeconomics? Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation. Circular flow of income (two sector model); Methods of calculating National Income - Value Added or Product method, Expenditure method, Income method. Aggregates related to National Income: Gross National Product (GNP), Net National Product (NNP), Gross Domestic Product (GDP) and Net Domestic Product (NDP) - at market price, at factor cost; Real and Nominal GDP, GDP Deflator, GDP and Welfare</p>
MAY	<p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-6: DEVELOPMENT EXPERIENCE (1947-90) AND ECONOMIC REFORMS SINCE 1991</b></p> <p>A brief introduction of the state of Indian economy on the eve of independence. Indian economic system and common goals of Five Year Plans. Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), industry (IPR 1956; SSI – role &amp; importance) and foreign trade.</p> <p>Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p>
JUNE	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-2: MONEY AND BANKING</b></p> <p>Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks. Money creation by the commercial banking system. Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.</p>
JULY	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-3: DETERMINATION OF INCOME AND EMPLOYMENT</b></p> <p>Aggregate demand and its components. Propensity to consume and propensity to save (average and marginal). Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment. Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply</p>

AUGUST	<p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-7: CURRENT CHALLENGES FACING INDIAN ECONOMY</b></p> <p><b>Human Capital Formation:</b> How people become resource; Role of human capital in economic development; Growth of Education Sector in India</p> <p><b>Rural development-</b>Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming</p>
SEPTEMBER	REVISION
OCTOBER	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-4: GOVERNMENT BUDGET AND THE ECONOMY</b></p> <p>Government budget - meaning, objectives and components.</p> <p>Classification of receipts - revenue receipts and capital receipts; Classification of expenditure – revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget – measures of government deficit</p> <p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-7: CURRENT CHALLENGES FACING INDIAN ECONOMY</b></p> <p><b>Employment:</b> Growth and changes in work force participation rate in formal and informal sectors; problems and policies</p> <p><b>Sustainable Economic Development:</b> Meaning, Effects of Economic Development on Resources and Environment, including global warming</p>
NOVEMBER	<p>PART – A: INTRODUCTORY MACROECONOMICS</p> <p><b>UNIT-5 : BALANCE OF PAYMENTS</b></p> <p>Balance of payments account – meaning and components; Balance of payments - Surplus and Deficit</p> <p><b>Foreign exchange rate-</b> Meaning of fixed and flexible rates and managed floating. Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate. Managed Floating exchange rate system</p> <p>PART – B : INDIAN ECONOMIC DEVELOPMENT</p> <p><b>UNIT-8 : DEVELOPMENT EXPERIENCE OF INDIA - A COMPARISON WITH NEIGHBOURS</b></p> <p>A comparison with neighbours India and Pakistan , India and China. Issues: economic growth , population, sectoral development and other Human Development Indicators</p>
DECEMBER	REVISION
JANUARY	REVISION
FEBRUARY- MARCH	REVISION



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII/INFORMATICS PRACTICES/ SYLLABUS (2024-25)**

MONTH	CHAPTERS
<b>APRIL</b>	<b>LESSON 1 : DATA HANDLING USING PANDAS-I</b> <ul style="list-style-type: none"><li>• Introduction to Python libraries- Pandas, Matplotlib</li><li>• Data structures in Pandas - Series and Data Frames</li><li>• Series: Creation of Series from – ndarray, dictionary, scalar value; mathematical operations; Head and Tail functions; Selection, Indexing and Slicing</li></ul>
<b>MAY</b>	<b>LESSON 1 : DATA HANDLING USING PANDAS-I (continued)</b> <ul style="list-style-type: none"><li>• Data Frames: creation - from dictionary of Series, list of dictionaries, Text/CSV files; display; iteration; Operations on rows and columns: add, select, delete, rename; Head and Tail functions; Indexing using Labels, Boolean Indexing;</li><li>• Importing/Exporting Data between CSV files and Data Frames.</li></ul>
<b>JUNE</b>	<b>LESSON 3 : DATA VISUALIZATION USING PYPLOT</b> <ul style="list-style-type: none"><li>• Purpose of plotting;</li><li>• Drawing and saving following types of plots using Matplotlib – line plot, bar graph, histogram</li><li>• Customizing plots: adding label, title, and legend in plots</li></ul>
<b>JULY</b>	<b>LESSON 4 : DATABASE QUERY USING SQL</b> <ul style="list-style-type: none"><li>• Revision of database concepts and SQL commands covered in class XI</li><li>• Math functions: POWER (), ROUND (), MOD ()</li><li>• Text functions: UCASE ()/UPPER (), LCASE ()/LOWER (), MID ()/SUBSTRING ()/SUBSTR (), LENGTH (), LEFT (), RIGHT (), INSTR (), LTRIM (), RTRIM (), TRIM ()</li><li>• Date Functions: NOW (), DATE (), MONTH (), MONTHNAME (), YEAR (), DAY (), DAYNAME ()</li></ul>
<b>AUGUST</b>	<b>LESSON 4 : DATABASE QUERY USING SQL(continued)</b> <ul style="list-style-type: none"><li>• Aggregate Functions: MAX (), MIN (), AVG (), SUM (), COUNT (); using COUNT (*)</li><li>• Querying and manipulating data using Group by, Having, Order by</li><li>• Working with two tables using equi-join</li></ul>
<b>SEPTEMBER</b>	Revision

<b>OCTOBER</b>	<b>LESSON 5 : COMPUTER NETWORKS</b> <ul style="list-style-type: none"> <li>• Introduction to networks</li> <li>• Types of network: PAN, LAN, MAN, WAN</li> <li>• Network Devices: modem, hub, switch, repeater, router, gateway</li> <li>• Network Topologies: Star, Bus, Tree, Mesh</li> <li>• Introduction to Internet, URL, WWW, and its applications- Web, email, Chat, VoIP</li> <li>• Website: Introduction, difference between a website and webpage, static vs dynamic web page, web server and hosting of a website</li> <li>• Web Browsers: Introduction, commonly used browsers, browser settings, add-ons and plug-ins, cookies.</li> </ul>
<b>NOVEMBER</b>	<b>LESSON 6 : SOCIETAL IMPACTS</b> <ul style="list-style-type: none"> <li>• Digital footprint, net and communication etiquettes, data protection, intellectual property rights (IPR), plagiarism, licensing and copyright, free and open source software (FOSS), cybercrime and cyber laws, hacking, phishing, cyber bullying, Overview of Indian IT Act.</li> <li>• E-waste: hazards and management.</li> <li>• Awareness about health concerns related to the usage of technology</li> </ul>
<b>DECEMBER</b>	Revision
<b>JANUARY</b>	Revision
<b>FEBRUARY</b>	Revision
<b>MARCH</b>	Revision



**BISHOP SCOTT BOYS' SCHOOL**  
**GRADE XII / PHYSICAL EDUCATION / SYLLABUS (2024-25)**

MONTH	CHAPTER
APRIL	<p>Unit-1: Management of Sporting Events</p> <ol style="list-style-type: none"><li>1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing &amp; Controlling)</li><li>2. Various Committees &amp; their Responsibilities (pre; during &amp; post)</li><li>3. Fixtures and their Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic), Tabular method) and Combination tournaments.</li><li>4. Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance</li><li>5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</li></ol>
MAY	<p>Unit-2: Children and Women in Sports</p> <ol style="list-style-type: none"><li>1. Exercise guidelines of WHO for different age groups.</li><li>2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</li><li>3. Women’s participation in Sports – Physical, Psychological, and social benefits.</li><li>4. Special consideration (menarche and menstrual dysfunction)</li><li>5. Female athlete triad (osteoporosis, amenorrhea, eating disorder)</li></ol>
JUNE	<p>Unit-3: Yoga as Preventive Measure of Lifestyle Disease</p> <ol style="list-style-type: none"><li>1. Obesity: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</li><li>2. Diabetes: Procedure, Benefits &amp; Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta - vajarasana, Paschimottanasana, Ardha - Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</li><li>3. Asthma: Procedure, Benefits &amp; Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhathi, Gomukhasana Matsyaasana, Anuloma – Viloma</li><li>4. Hypertension: Procedure, Benefits &amp; Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi - shodhanapranayam, Sitlipranayam.</li><li>5. Back Pain and Arthritis: Procedure, Benefits &amp; Contraindications of Tadasan, Urdhawahastootansana, ArdhChakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama</li></ol>
JULY	<p>Unit – 4 : Physical Education &amp; Sports for CWSN</p> <ol style="list-style-type: none"><li>1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</li><li>2. Concept of Classification and Divisioning in Sports.</li><li>3. Concept of Inclusion in sports, its need, and Implementation;</li><li>4. Advantages of Physical Activities for children with special needs.</li><li>5. Strategies to make Physical Activities assessable for children with special needs.</li></ol>

AUGUST	<p>Unit-5 : Sports &amp; Nutrition</p> <ol style="list-style-type: none"> <li>1. Concept of balanced diet and nutrition</li> <li>2. Macro and Micro Nutrients: Food sources &amp; functions</li> <li>3. Nutritive &amp; Non Nutritive Components of Diet</li> <li>4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance and Food Myths</li> <li>5. Importance of Diet in Sports-Pre, During and Post competition Requirements</li> </ol> <p>Unit - 6 : Test &amp; Measurement in Sports</p> <ol style="list-style-type: none"> <li>1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18 yrs/ class 4-12: BMI, 50 mt Speed test, 600 mt Run/Walk, Sit &amp; Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</li> <li>2. Measurement of Cardio -Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds <math>\times 100 / 5.5 \times</math> Pulse count of 1 -1.5 Min after Exercise.</li> <li>3. Computing Basal Metabolic Rate (BMR)</li> <li>4. Rikli &amp; Jones - Senior Citizen Fitness Test • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit &amp; Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up &amp; Go Test for agility • Six -Minute Walk Test for Aerobic Endurance.</li> <li>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn , Jumping full-turn .</li> </ol>
SEPTEMBER	REVISION
OCTOBER	<p>Unit-7: Physiology &amp; Injuries in Sports</p> <ol style="list-style-type: none"> <li>1. Physiological factors determining components of physical fitness</li> <li>2. Effect of exercise on the Muscular System</li> <li>3. Effect of exercise on the Cardio Respiratory System</li> <li>4. Physiological changes due to aging</li> <li>5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain &amp; Strain; Bone &amp; Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique &amp; Impacted)</li> </ol>
NOVEMBER	<p>Unit-8: Biomechanics &amp; Sports</p> <ol style="list-style-type: none"> <li>1. Newton’s Law of Motion &amp; its application in sports</li> <li>2. Types of Levers and their application in Sports.</li> <li>3. Equilibrium – Dynamic &amp; Static and Centre of Gravity and its application in sports</li> <li>4. Friction &amp; Sports</li> <li>5. Projectile in Sports</li> </ol>
DECEMBER	<p>Unit-9: Psychology &amp; Sports</p> <ol style="list-style-type: none"> <li>1. Personality; its definition &amp; types (Jung Classification &amp; Big Five Theory)</li> <li>2. Motivation, its type &amp; techniques.</li> <li>3. Exercise Adherence: Reasons, Benefits &amp; Strategies for Enhancing it</li> <li>4. Meaning, Concept &amp; Types of Aggressions in Sports</li> <li>5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting</li> </ol> <p>Unit-10 : Training in Sports</p> <ol style="list-style-type: none"> <li>1. Concept of Talent Identification and Talent Development in Sports</li> <li>2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</li> <li>3. Types &amp; Methods to Develop – Strength, Endurance, and Speed.</li> <li>4. Types &amp; Methods to Develop – Flexibility and Coordinative Ability.</li> <li>5. Circuit Training - Introduction &amp; its importance</li> </ol>
JANUARY	REVISION
FEBRUARY - MARCH	REVISION