BISHOP SCOTT BOYS' SCHOOL C - Curriculum 📕 = Development & - Rearning 🕕 = Rbjectives 12 PHYSICAL EDUCATION Ø 0 9

BISHOP SCOTT BOYS' SCHOOL

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STUDENT CURRICULUM MANUAL

Sub	ject : PHYSICAL EDUCATION	Class : XII	Acad	lemic Plan	: 2025 -26
Month	Course Description	Learning Outcome 1. Understanding the Eunctions of Sports Event	Activity	No. of Periods	Portion for PT & TERM Assessment PT 1
April	 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 & 	 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 tournament, 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 	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.	R	Chapter – 1, 2, 3 and 4

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

social benefits	societal barriers, the impact of Title IX, and the			
	ongoing efforts to achieve gender equality in			
Special consideration	athletics.			
(menarche &				
menstrual	4. Addressing Special Considerations for Female			
dysfunction); Female	Athletes: The chapter discusses specific			
athletes triad	considerations for female athletes, such as the			
(osteoporosis,	Female Athlete Triad, menstrual health, and the			
amenorrhea, eating	need for appropriate training programs. Students			
disorders)	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	1 Understanding Lifestyle Diseases:	Chapter 3 of the Class 12	12-15	
PREVENTIVE MEASURE		Physical Education		
FOR LIFESTYLE DISEASE	Recognize the impact of modern sedentary	curriculum, titled "Yoga as a		
	lifestyles on health including the rise of	Preventive Measure for		
Obesity: Procedure	conditions such as hypertension dishetes	Lifestyle Diseases,"	R	
Bonofito fr	abosity and conditionagular dispasses	emphasizes the role of yoga in		
Contrain disations for	obesity, and cardiovascular diseases.	preventing and managing		
		common lifestyle-related		
Tadasana,	• Learn the risk factors and common causes of	various activities designed to		
Katichakrasana,	lifestyle diseases.	deepen students'		
Pavanmuktasana,		understanding and practical		
Matsayasana,	2. Introduction to Yoga Principles:	application of yoga practices.		
Halasana,				
Pachimottansana,	Gain an understanding of the fundamental	Suggested Activities:		

Ardhaprinciples of yoga, including its history, philosophy, and holistic approach to well- being,1. Asama Identification and Benefits:Dhanurasana, Ushtrasana, Suryabedhan pranayama. I dentify how yoga integrates physical postures (asanas), breathing techniques (pranayama), and meditation to promote health.Activity: Analyze images of different yoga asanas (postures) and identify the lifestyle diseases they help prevent.• Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmukkasana Dhanurasana, Supta- vajarasana, Ardha3. Benefits of Yoga in Disease Prevention: respiratory function, and aid in stress management.Objective: Enhance knowledge of specific asanas and their preventive benefits against diseases like obesity, diabetes, asthma, and hypertension.Paschimottanasana, Ardha Mandukasana, Comukasana, Yogmudra, Vogmudra, Vogmudra, Utartsahatinic intervention of lifestyle diseases. Yogmudra, Vogmudra, Vogmudra, Utartsahama Ardha• Learn about the physiological and psychological effects of yoga on the body.• Asthma: Procedure, Benefits & Contrainductions for Tadasana, Utart Mandukasana, Runing and metwortion in managing and preventing lifestyle diseases.Objective: Encourage independent research, critical timing, and effective contrainductions for timination in managing and preventing lifestyle diseases.Objective: Encourage independent research, critical timing, and effective contrainductions for tadasana, lifestyle diseases.I. Astimine research critical timing, and effective contrainductions for timing, and preventing lifestyle diseases.• Asthma: Procedure, Benefits				
Matsyendrasana, Dhanurasana, Suryabedhan pranayamaphilosophy, and holistic approach to well- being.1. Asana Identification and Benefits:• Identify how yoga integrates physical postures (asanas), breathing techniques (pranayama), and meditation to promote health.Activity: Analyze images of different yoga asanas (postures) and identify the lifestyle diseases they help prevent.• Diabetes: Procedure, Benefits & Contraindications for Shalabhasana, Pavanmuktasana, Paschimottanasana, Paschimottanasana, Yogmudra, Vogmudra, Kapalåbhati3. Benefits of Yoga in Disease Prevention: Paschimottanasana, Paschimottanasana, Paschimottanasana, Yogmudra, Kapalåbhati3. Benefits of Yoga in Disease Prevention: Prevention of lifestyle diseases. Prevention of lifestyle diseases. Comukasana, Yogmudra, KapalåbhatiObjective: Enourage independent research, critical tindings that support the use of yoga as a non-pharmacological intervention in managing and preventing lifestyle diseases.Objective: Encourage independent research, critical thinking, and effective comunatication skills.• Asthma: Procedure, Benefits & Contraindications for Tadasana, Utah Mandukasama, Utah Mandukasana, Utahasatottamaana, Utah Mandukasana, S. Practical Applica	Ardha	principles of yoga, including its history,		
Dhanurasana, Ushtrasana, Suryabedhan pranayamabeing.Benefits• Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavamnuktasana Bhujangasana, Paschimottanasana, Mandukasana, Contraindications for Katishakrasana, Pavamnuktasana Bhujangasana, Paschimottanasana, Kaplabhati• Identify how yoga integrates physical postures (asanas), breathing techniques (pramayama), and meditation to promote health.Activity: Analyze images of different yoga asanas (postures) and identify the lifestyle diseases they help prevent.• Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Paschimottanasana, Mandukasana, Cogmudra, Kaplabhati• 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.2. Research and Presentation: Activity: Investigate the impact of specific asanas on preventing a chosen lifestyle disease and present findings.• Asthrma: Procedure, Benefits & c Contraindications for Tadasana, Urdhwahastottamsana, Ntim Mandukasana, Urdhwahastottamsana, Mandukasana, Bhujangasana,• Learn about the physiological and psychological effects of yoga on the body.• Asthrma: Procedure, Benefits & c Contraindications for Tadasana, Urdhwahastottamsana, Ntin Mandukasana, Bhujangasana,5. Practical Application:• Diables: Diables: Procedure, Benefits & contraindications for Tadasana, Urdhwahastottamsana, Non dukasana, <t< td=""><td>Matsyendrasana,</td><td>philosophy, and holistic approach to well-</td><td>1. Asana Identification and</td><td></td></t<>	Matsyendrasana,	philosophy, and holistic approach to well-	1. Asana Identification and	
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Pavamuktasana Bhujangasana, Shalabhasana, Dhanurasana, Supta- vajarasana, Paschimottanasana, Ardha- Mandukasana, Gomukasana, Yogmudra, 	Katichakrasana,	0	of specific asanas and their	
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KapalabhatiLearn about the physiological and psychological effects of yoga on the body.communication skills.• Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana , Uttan Mandukasana, Bhujangasana,• Learn about the physiological and psychological effects of yoga on the body.• Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana , Uttan Mandukasana, Bhujangasana,• Examine research findings that support the use of yoga as a non-pharmacological intervention in managing and preventing lifestyle diseases.• I I I I I I I I I I I I I I I I I I I	Ushtrasana	4. Scientific Dasis of Toga Fractices.	thinking, and effective	
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, Uttan Mandukasana, 5. Practical Application:	Urdhwahastottansana	lifectule diseases		
Bhujangasana, 5. Practical Application:	Uttan Mandukasana	mestyle diseases.		
5. Fractical Application:	Bhujangasana	5 Dractical Application		
	Dirujungabana,			

	Dhanurasana,			
	Ushtrasana,	 Develop the ability to design and implement 		
	Vakrasana,	basic yoga routines tailored to prevent and		
	Kapalbhati,	manage lifestyle diseases.		
	Gomukhasana.			
	Matsyaasana,	Gain practical skills in performing selected		
	Anuloma-Viloma	asanas and breathing exercises that are		
		particularly beneficial for overall health.		
•	Hypertension:			
	Procedure, Benefits &	6. Lifestyle Modification and Holistic Health:		
	Contraindications for			
	Tadasana,	Appreciate the role of yoga in promoting a		
	Katichakransan,	balanced lifestyle, emphasizing the		
	Uttanpadasana,	importance of a holistic approach to health		
	Ardha Halasana,	t <mark>hat</mark> includes physical, mental, and		
	Sarala Matyasana,	emotional well-being.		
	Gomukhasana, Uttan			
	Mandukasana,	Reflect on how integrating yoga into daily		
	Vakrasana,	routines can lead to long-term health		
	Bhujang <mark>asana,</mark>	benefits and improved quality of life.		
	Makarasa <mark>na,</mark>			
	Shava <mark>sana, Nadi</mark> -			
	shodhanapranayam,			
	Sitlipranayam		K)	
•	Back Pain an <mark>d</mark>			
	Arthritis: Procedure,			
	Benefits &			
	Contraindications of			
	Tadasana,			
	Urdhawahastottansan			
	a, Ardha-Chakrasana,			

Ushtrasana,	
Vakrasana, Sarala	
Matsyendrasana,	
Bhujangasana,	
Gomukhasana,	
Bhadrasana,	
Makarasana, Nadi-	
Shodhana pranayam	

Month Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment
CHAPTER 4 : PHYSICAL EDUCATION & SPORTS FOR CWSN (CHILDREN WITH SPECIAL June NEEDS – DIVYANG)	 Understanding Disabilities and Disorders: Define disability and disorder, and differentiate between the two. 	1. Role-Playing Exercises: Activity: Engage in role-playing to simulate various disabilities,	10 - 12	
 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 	 Identity various types of disabilities such as physical, intellectual, visual, auditory, and learning disabilities. Understand the causes and characteristics of different disabilities. 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 wellbeing. Understand the importance of accessibility and equity in 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 Deaflympics, 	R	

	3. Adapted Physical Education and Training Methods:	promoting sports among CWSN.
Strategies to mak Physical Activities assessable for ch with special need	 S. Adapted Physical Education and Training Methods: 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 	Objective: Highlight the significance of these organizations in providing platforms for athletes with special needs.
	 Condensation interind due interinduction pointed promoting sports for CWSN. 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 wellbeing and reduce stress and anxiety in CWSN. 	
Month Course Description	n Learning Outcome	Activity No. of Portion for PT & TERM Assessment



	CHAPTER 5 : SPORTS &	1. Understanding Balanced Diet and Nutrition:	1. Dietary Analysis Project:	10 12
uly	Concept of balance 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. 	Activity: Students will maintain a detailed food diary for one week, recording all meals and snacks consumed. They will then analyze	10 - 12
	 Macro and Micro Nutrients: Food sources & functions 	• Nutrient Classification: Differentiate between macro-nutrients (carbohydrates, proteins, fats) and micro-nutrients (vitamins, minerals), and understand their specific roles and sources.	their nutrient intake, comparing it to recommended dietary guidelines.	
	 Nutritive & Non- Nutritive Components of Diet 	2. Identifying Nutritive and Non-Nutritive Components of Diet:	Objective: This activity aims to help students assess their eating habits, identify nutritional deficiencies or excesses, and	
	 Eating For Weight Control-A Healthy Weight, The Pit falls of Dieting, Food Intolerance, and Food 	 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 	understand the importance of a balanced diet in supporting both daily activities and sports performance.	V
	 Myths Importance of Diet in Sports-Pre, During and Dect competition 	components that do not provide energy but influence health, like dietary fiber, water, antioxidants, and phytochemicals.	2. Pre- and Post-Workout Nutrition Planning: Activity: Students will research and design meal plans suitable	
	Post competition Requirement	 Achieving a 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. 	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.	K
		Food Intolerance Awareness: Identify common		

	food intolerances (e.g., lactose, gluten) and their	Objective: This task encourages
	symptoms, and learn strategies to manage	students to apply nutritional
	them.	knowledge to real-life scenarios,
	Debunking Food Myths: Critically evaluate	emphasizing the timing and
	prevalent food myths and misconceptions,	composition of meals to optimize
	fostering informed dietary choices.	athletic outcomes.
4	. Applying Nutritional Knowledge to Sports:	
	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	Formatted Table
	CIVICS CHAPTER 2 : PREJUDICE , DISCRIMINATION AND INEQUALITY	 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. 	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	10-12 6 periods		

August J uly	 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 	 Application in Sports: Understand how systematic assessment aids in identifying strengths and weaknesses, setting performance goals, and monitoring progress. Familiarity with Various Fitness Tests: Motor Fitness Tests: Gain knowledge of tests designed to evaluate components such as speed, agility, flexibility, and endurance. 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. 	 nearth 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 reach test to measure the flexibility of the lower back and hamstring muscles. Objective: Highlight the importance of flexibility in overall fitness and injury provention. 		
	 Up, Push-Ups for boys, 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 	 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. 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 	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	R	Formatted: Indent at: 0.

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 & 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) 	programs within educational institutions to foster a culture of health and fitness. Understand the difference between diversity and inequality	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 	 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 	 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 	12-15	

System	athletic efficiency.	respond promptly and effectively
 Physiological changes due to ageing Sports injuries: Classification (Soft Tissue Injuries - 	 2. Effects of Exercise on Body Systems: Cardiovascular System: Analyze how regular physical activity influences heart function, blood circulation and quarter leading activity health 	to sports-related injuries. 2. Flexibility and Strength Assessment Workshop:
Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries -	 Respiratory System: Examine the impact of exercise on lung capacity, oxygen exchange, and respiratory efficiency. 	measure individual flexibility and muscle strength, followed by designing personalized improvement plans.
Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)	 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. 	Objective: Highlight the importance of flexibility and strength in injury prevention and athletic performance. 3. Aging and Performance Research Presentation:
C	 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. 	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.
	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.				4	Formatted: Indent: First line: 0"
Month Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment	•	Formatted Table
CIVICS CHAPTER 2 : PREJUDICE ,DISCRIMINATION AND INEQUALITY Septemb erJuly	 Understand how prejudice and leads to discrimination Understand the difference between diversity and inequality 		e periods		4	Formatted: Normal, No bullets or numbering

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment	•	F	ormatted Table
<u>October</u> July	 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 Projectile in Sports GEOGRAPHY CHAPTER 2 : GLOBE : LATITUDES AND LONGITUDES 	 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. Knowledge of Types of Movements: Flexion and Extension: Understand these fundamental movements and their roles in various sports activities. Abduction and Adduction: Identify these movements and their importance in athletic performance. Application of Newton's Laws of Motion in Sports: 	 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. 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 	6 periods 10-12	PT - 2 Chapter - 8			
		• First Law (Law of Inertia): Analyze how this	acceleration, and action-					

law explains the motion of atl	nletes and reaction forces.	
objects in sports.		
 Second Law (Law of Accelera 	tion): Objective: Provide hands-on	Formatted: Indent: First line: 0"
Understand the relationship b	experience with fundamental	
mass and acceleration in the	physics principles and their	
intass, and accientation in the	direct application in sports	
sports novements.	scenarios.	
Inird Law (Law of Action-Ke	action):	
Explore examples of this law	in sports, such 3. Friction Exploration:	
as jumping and sprinting.	A stivity Investigate the role of	
	friction by comparing	
4. Understanding Friction in Sports:	movements on different	
Role of Friction: Examina how	r friction surfaces such as running on	
• Kole of Friction. Examine now	grass versus a track or using	
anects performance in various	various types of sports shoes.	
as a beneficial and limiting fac	ctor.	
 Surface Interactions: Understa 	and the impact Objective: Understand how	
of different surfaces and equip	pment on friction affects performance and	
friction and movement efficie	ncy. how athletes can optimize	
 To understand two moti 	ons of the Earth equipment and techniques to	Formatted: Indent: Left: 0.5", No bullets or number
and their effects	suit different conditions.	
	4. Motion Capture Project:	
	Activity: Utilize video	
(C)	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.	
	injunco.	

Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment	 Formatted Table
Novemb er July	 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 Imagery, Self Talk, Goal Setting GEOGRAPHY CHAPTER 2 : GLOBE : LATITUDES AND LONGITUDES 	 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. 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, positive reinforcement, and mental imagery. Understanding Aggression in Sports: Definition and Types: Define aggression and identify its types, such as hostile and instrumental aggression; Explore methods to 	 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. Motivation Enhancement 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 	6 periods 10-12		Formatted: Indent: Left: 0", Space After: 0 pt

control and channel aggression positively to	visualization techniques and	•	Formatted: List Paragraph, Indent: First line: 0"
improve performance and maintain	positive self-talk sessions to		
sportsmanship	reinforce intrinsic motivation.		
sportonialorip.			
4. Developing Psychological Attributes:	Objective: Teach students		
	effective strategies to enhance		
Self-Esteem: Recognize the importance of	self-motivation, emphasizing		
self-esteem in an athlete's performance and	the role of mental practices in		
wave to onhance it	achieving athletic goals.		
• Mental Imagery and Self-Talk: Understand	3. Aggression Management		
the role of mental imagery and self-talk in	Role-Play:		
preparing for competitions and improving			
focus.	Activity: Organize role-playing		
Goal Setting: Learn the principles of	scenarios that depict common		
effective goal setting and its significance in	situations in sports where		
chiering desired outcomes in sports	ag <mark>gressio</mark> n may arise, such as		
actieving desired outcomes in sports.	during high-stakes		
	competitions or in response to		
	perceived unfairness. Students		
	will practice employing coping		
	stra <mark>tegies</mark> like deep breathing,		
	counting, or reframing		
	thoughts to manage their		
	responses.		
To understand two motions of the Earth and	Objective: Equip students with	•	Formatted: Normal, No bullets or numbering
their effects	practical tools to recognize and		
	control aggressive impulses,		
	promoting sportsmanship and	4	Formatted: Normal
	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
Decemb er July	CHAPTER 10 : TRAINING IN SPORTS Concept of Talent Identification and Talent Development in Sports Introduction to Sports Training Cycle - Micro, Meso, Macro Cycle	 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, powerful movements.	6 periods 10-12	Second term – end Chapter – 8, 9 and 10
	 Types & Method to Develop - Strength, Endurance and Speed 	2. Knowledge of Strength and Its Types:Dynamic Strength: Understand strength exhibited during movement, essential for	2. Periodization PlanningWorkshop:Activity: Guide students		

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 Types & Method to Develop - Flexibility and Coordinative Ability Circuit Training- bitroduction & its importance GEOGRAPHY CHAPTER 2 : GLOBE : LATITUDES AND LONGITUDES 	 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. 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: Warming Up: Recognize the significance of 	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.	Formatted: Indent: First line: 0", Space After: 0 pt
	• Warming Up: Recognize the significance of preparing the body for physical activity through exercises that increase heart rate		



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Month	Course Description	Learning Outcome	Activity	No. of Periods	Portion for PT & TERM Assessment		Formatted Table
	CIVICS CHAPTER 2 : PREJUDICE ,DISCRIMINATION AND INEQUALITY	 Understand how prejudice and leads to discrimination Understand the difference between diversity and inequality 		6 periods		•	Formatted: Normal, No bullets or numbering
January – February July	REVISION	BISHOP SCO		R			