GOVIND VIDYALAYA, TAMULIA

SYLLABUS (Monthwise)

STD: XII **SUBJECT: PHYSICAL EDUCATION** **SESSION: 2024-25**

NAME OF TEACHER :

MONTH	TOTAL WORKING DAYS	CHAPTER'S NAME	R 1	R 2	HALF YEARLY	PRE - BOARD EXAM 1	PRE - BOARD EXAM 2
APRIL'24	19	PLANNING IN SPORTS	R1		SA 1	√	
MAY'24	8	SPORTS AND NUTRITION	R1		SA 1	√	
JUNE'24	13	YOGA AND LIFESTYLE	R1		SA 1	√	
JULY'24	22	PHYSICAL EDUCATION & SPORTS FOR CWSN		R 2	SA 1	√	
AUG'24	19	CHILDREN & WOMEN IN SPORTS		R 2	SA 1	√	
SEP'24	13	REVISION			SA 1	√	
OCT'24	17	TEST & MEASUREMENT IN SPORTS			SA2		√
NOV'24	15	PHYSIOLOGY & INJURIES IN SPORTS			SA2		√
		BIOMECHANICS IN SPORTS			SA 2		√
DEC'24	16	PSYCHOLOGY & SPORTS			SA 2		√
		TRAINING IN SPORTS			SA 2		√
JAN'25	21	REVISION					
FEB'25	17	PRE BOARDS					
MAR'25							