

CLASS XII HEALTH AND PHYSICAL EDUCATION 2009-10

Month	Week	Days	Week Details	Topics Part 'A'
April	I Week	4	01/04/09-04/04/09	Physical fitness and wellness
				a) Meaning and Importance of Physical fitness.
				b) Components of Physical fitness and wellness.
April	II Week	5	06/04/09-11/04/09	Factors affecting physical fitness and wellness.
April	III week	6	13/04/09-18/04/09	Principles of physical fitness and developments
April	IV week	6	20/04/09-25/04/09	Means of fitness and development
				a) Aerobic
				b) Anaerobic
				c) Sports
April	V Week	4	27/04/09-30/04/09	Yoga and Recreational Activities
Summer Vacations – (01.05.2009- 30.06.2009)				
July	I Week	4	01/07/09-04/07/09	Training method:- Meaning and concept of training
July	II Week	6	06/07/09-11/07/09	Method of training: (All the methods)
July	III weak	6	13/07/09-18/07/09	Method of strength development : - Isometric and Isokinetic Exercise.
July	IV Week	6	20/07/09-25/07/09	Method of Endurance development (1) Continuous method (2) Interval Training (3) Farttek
July	V Week	3	27/07/09-31/07/09	Method of speed development (1) Acceleration Run (2) Pace Races. (3) Circuit Training.

August	I Week	5	03/08/09-07/08/09	History of the Games/Sports of Student Choice
August	II Week	6	10/08/09-15/08/09	Latest General Rules of Games/Sports
August	III Week	6	17/08/09-22/08/09	Measurement of play fields and specifications of Related sports equipments.
August	IV Week	6	24/08/09-29/08/09	Fundamental skills of games/sports
September	I Week	6	1/09/08-05/9/08	Related Sports terminology C.C.E.P.-I (04/09/09)
September	II Week	3	07/09/09-09/09/09	Yoga = Meaning and Importance of Yoga, Yoga as an Indian Heritage (continue)
“	III Week	9	10/09/09-18/09/09	FIRST TERM EXAMINATION
“	IV Week	10	19/9/09-28/9/09	AUTUMN BREAK

October	I week	3	29/09/09-03/10/09	Yoga = Meaning and Importance of Yoga, Yoga as an Indian Heritage
“	II week	6	05/10/09 -10/10/09	Elements of Yoga
“	III Week	5	12/10/09-17/10/09	Role of Yoga in Sports
"	IV Week	6	19/10/09-24/10/09	Meaning of sociology and sports sociology
"	V Week	5	26/10/09-30/10/09	Games and sports as Man's Cultural Heritage,
November	I week	6	02/11/09-07/11/09	Socialization, Leadership Value education through Physical Education
“	II Week	6	09/11/09-14/11/09	Olympic movement Meaning and need for Environment

	III Week	6	16/11/09-21/11/09	Essential elements of positive environment
“	IV Week	6	23/11/09-30/11/09	Role of Individual in Improvement of Environment for prevention of sports related accidents
DECEMBER	I Week	5	1/12/09-5/12/09	Important Tournaments and Venues 1. Sports – Personalities 2. Sports Awards
“	II Week	6	07/12/09-14/12/09	1. First Aid 2. Rehabilitation of sports injuries
“	III Week	8	15/12/09-22/12/09	Second Terminal
-	-	25-12-2009		- 31-12-2009 Winter Break
Jan.	I Week	2	01/01/10-02/01/10	Revision of Textual portion revision of Activity, Practical / viva –voca and sectional work
Jan.	II Week	5	04/01/10-09/01/10	„ „ „ „ Sectional work
Jan.	III Week	4	11/01/10-14/01/10	“ “ “ Sectional work
Jan.	IV Week	10	15/01/10-25/01/10	Pre- Boards
Jan.	V Week	4	26/01/10-31/01/10	Revision & Activity Practical of Relevant games.
Feb.	I Week	6	01/02/10 – 06/02/10	Revision ,Practical / Viva Voca , Seasonal Work
Feb.	II Week	5	08/02/10- 13/02/10	„ „
Feb.	III Week	6	15/02/10-20/02/10	Practical Final Exam.
Feb.	IV Week	5	22/02/10-27/02/10	
March	Final	-	Final	