

CLASS XII
HEALTH AND PHYSICAL EDUCATION 2010-11

Month	Week	Days	Week Details	Topic
April	I Week	2	01/04/10 - 03/04/10	Physical fitness and wellness
„	II Week	6	05/04/10 - 10/04/10	a) Meaning and Importance of Physical fitness. b) Components of Physical fitness and wellness.
„	III Week	6	12/04/10 - 17/04/10	Factors affecting physical fitness and wellness.
„	IV Week	6	19/04/10 - 24/04/10	Principles of physical fitness and developments
„	V Week	6	26/04/10 - 01/05/10	Means of fitness and development a) Aerobic b) Anaerobic c) Sports
May	I Week	5	03/05/10 - 07/05/10	Yoga and Recreational Activities
				Summer Vacations – (10.05.2010- 25.06.2010)
June/ July	V/ I	1+6	26/06/10 28/06/10 – 03/07/10	Training method:- Meaning and concept of training
July	II	5	05/07/10 – 09/07/10	Method of training: (All the methods)
July	III	6	12/07/10 – 17/07/10	Method of strength development : - Isometric and Isokinetic Exercise.
July	IV	6	09/07/10 – 24/07/10	Method of Endurance development (1) Continuous method (2) Interval Training (3) Fartlek
July	V	6	26/07/10 – 31/07/10	Method of speed development (1) Acceleration Run (2) Pace Races. (3) Circuit Training.
August	I	6	02/08/10 – 07/08/10	History of the Games/Sports of Student Choice
August	II	5	09/08/10 – 13/08/10	Latest General Rules of Games/Sports
August	III	6	16/08/10 – 21/08/10	Measurement of play fields and specifications of Related sports equipments.
August	IV	6	23/08/10 – 28/08/10	Fundamental skills of games/sports
August/ Sept.	V/ I	6	30/08/10 – 04/09/10	Related Sports terminology

Sept.	II	5	06/09/10 – 10/09/10	Yoga = Meaning and Importance of Yoga, Yoga as an Indian Heritage (continue) C.C.E.P.-I (08/09/10)
Sept.	III	8	13/09/10 – 20/09/10	FIRST TERM EXAMINATION
Sept.	IV	5	21/09/10 – 25/09/10	History of the Games/Sports of Student Choice
Sept.	V	4	27/09/10 – 30/09/10	Yoga = Meaning and Importance of Yoga, Yoga as an Indian Heritage (continue)
October	I	17	01/10/10 – 17/10/10	AUTUMN BREAK Common Wealth Games
October	III	6	18/10/10 – 23/10/10	Elements of Yoga
October	IV	6	25/10/10 – 30/10/10	Role of Yoga in Sports Meaning of sociology and sports sociology
November	I	6	01/11/10 – 06/11/10	Games and sports as Man's Cultural Heritage,
November	II	5	08/11/10 – 12/11/10	Socialization, Leadership Value education through Physical Education
November	III	6	15/11/10 – 20/11/10	Olympic movement Meaning and need for Environment
„	IV	6	22/11/10 – 27/11/10	Essential elements of positive environment
Nov./Dec.	V /I	6	29/11/10 – 04/12/10	Role of Individual in Improvement of Environment for prevention of sports related accidents
December	II	5	06/12/10 -10/12/10	Important Tournaments and Venues 1. Sports – Personalities 2. Sports Awards C.C.E.P.-II (10/12/10)
„	III	10	13/12/10 – 22/12/10	Second Terminal
„	IV	2	23/12/10 – 24/12/10	1. First Aid 2. Rehabilitation of sports injuries
Dec. /Jan.	V/ I	12	27/12/10 – 07/01/11	Winter Break
January	II	6	10/01/11 – 15/01/11	Revision of Textual portion revision of Activity, Practical / viva –voca and sectional work
„	III/IV/V	15	17/01/11 – 31/01/11	Pre- Boards

February	I	5	01/02/11 – 05/02/11	Revision of Textual portion revision of Activity, Practical / viva –voca and sectional work
„	II	5	07/02/11 – 11/02/11	„ „ „ „
„	III	6	14/02/11 – 19/02/11	„ „ „
„	IV	8	21/02/11 – 28/02/11	Practical Final Exam.
March				CBSE Board Exams