



FORTNIGHTLY SYLLABUS PLANNING (2023-24)

CLASS XII

SBJECT-PHYSICAL EDUCATION

New Session begins on 1st March 2023

S.No.	Duration	No. of Teaching Days	Theory	Practical/ Activity	Weightage in Board
1	1 st March – 15 th March	11	Ch.1 Management of sporting events		
2	16 th March-31 st March	12	Ch.1 Management of sporting events		
3	1 st April-15 th April	7	Ch.2 Children and Women in Sports		
Unit Test: 17th April – 15th May'23					
4	16 th April- 30 th April	10	Ch-3 Yoga as Preventive Measure for lifestyle Disease		
5	1 st May- 15 th May	10	Ch-4 Physical Education and Sports for CWSN		
6	16 th May – 31 st May	9	Ch-4 Physical Education and Sports for CWSN		
Summer Vacations: 29th May – 30th June'23					
7	1 st July- 15 th July	10	Ch-5 Sports and Nutrition		
Periodic Test-1: 17th July – 7th August'23					
8	16 th July-31 st July	11	Ch-6 Test and Measurement in Sports		
9	1 st Aug- 15 th Aug	10	Ch-7 Physiology and Injury in Sports		
10	16 th Aug- 31 st Aug	11	Chapter 8- Biomechanics and Sports		
Syllabus Completion for Mid Term Examination: 31st Aug 2023					
Practicals for Mid Term Examination: 6th Sept – 13th Sept 23					
11	1 st Sept-15 th Sept	7	REVISION		
Mid Term Examination- 15th Sept- 25th Sept 23					
12	1 st Oct- 15 th Oct	9	Chapter-9 Psychology and sports		
Autumn Break- 23rd Oct- 24th Oct 23					
13	16 th Oct-31 st Oct	10	Chapter-10 Training in Sports		
Syllabus Completion for Board Exams– 31 Oct'23					
14	1 st Nov -15 th Nov	7	REVISION		
Diwali Break : 13th Nov - 15th Nov'23					
Pre Board 1 Examination: 16th Nov – 22nd Nov 23					
15	16 th Nov-30 th Nov	3	REVISION		
Pre Board Practicals: 4th Dec – 8th Dec 23					
16	1 st Dec- 15 th Dec	10	REVISION		
Pre Board 2 Examination: 18th Dec – 22nd Dec 23					
17	16 th Dec-31 st Dec	4	REVISION		
Winter Break- 1st Jan - 12th Jan'24					

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST	8 & 18 May	Ch 1-3
PERIODIC TEST1	17 th July, 4 th Aug	Ch 4-5
MID TERM EXAMINATION	15 th & 22 nd Sep	Ch- 1-6
PRE BOARD 1 EXAMINATION	17 th & 21 st Nov	Full Syllabus
PRE BOARD 2 EXAMINATION	19 th & 20 th Dec	Full Syllabus