

Split syllabus for PHE

Class:- XII

	Syllabus	UNIT TEST-III
UNIT TEST-I	Ch-1 Planning in sports. Ch-2 Sports and Nutrition.	Ch-3 Yoga and lifestyle. Ch-4 Physical Education and sports for CWSN. Ch-7 physiology and injuries in sports.
UNIT TEST-II	Ch-5 children and women in sports. Ch-6 Test measurement in sports. Ch- 8 Biomechanics and sports.	UNIT TEST-IV Ch-9 Psychology and sports. Ch-10 Training in sports.

TERM-I

TERM-II

Unit test-I + Unit test-II	Unit test III + Unit test-IV
Project file (About one sports/game Demonstration of fitness activity ,viva voce)	Project file (About one sport Demonstration of fitness activity, viva voce from file And yoga)