

कक्षा बारहवीं
PHYSICAL EDUCATION
 12वीं विषय 30 फ़ीसदी

कक्षा	विषय	विषय: कक्षा	कक्षा	कक्षा	कक्षा
अप्रैल		UNIT-1. PHYSICAL FITNESS AND WELLNESS 1.1-Meaning and importance of Physical Fitness and Wellness. 1.2-Components of Physical Fitness and Wellness. 1.3-Factor affecting Physical Fitness and Wellness. 1.4-Principal of Physical Fitness development. 1.5-Means of Fitness development. 1.5.1-AerobicActivities-jogging,Cycling Calisthenics and Rhythmic exercise. 1.5.2-Participation in Games and Sports. 1.5.3-Weight Training. 1.5.4-Circuit Training.			
मई UNIT TEST Ist 17 th to 25 th May		Unit-2 Training Methods 2.1 Meaning and concept of Training 2.2 Warming-up, Limbering down and their importance 2.3 Method of Training 2.3.1 Methods of Strength Development-Isometric, Isotonic and Isokinetic Exercises. 2.3.2 Methods of Endurance Development-Continuous Method, Interval Training and Fartlek. 2.3.3 Method of speed Development-Acceleration runs and Pace races.			
30 फ़ीसदी					
जुलाई UNIT TEST IInd 17 th to 25 th		Unit-4 Athletic Care: 4.1 Meaning and concept of Athletic Care. 4.2 Prevention and management of Sport injuries-contrusion, strain, sprain and abrasion.			
अगस्त		Unit-6 Olympic Movement 6.4 Modern Olympic Games-Objectives, Moto and Olympic Flag. Sport Awards 6.5 Important National Sports awards- Arjuna Awards, Dronacharya Award and Rajeev Khel Ratna Award.			
सितम्बर		Revision and Ist Semester Exam.			