



**DAV PUBLIC SCHOOL, KOYLANAGAR, DHANBAD**

**SESSION 2025-26**

**MONTHWISE BIFURCATED SYLLABUS**

**CLASS-XII**

**STREAM-SCIENCE, COMMERCE & ARTS**

## **SUBJECTS**

- 1. ENGLISH
- 2. PHYSICS
- 3. CHEMISTRY
- 4. MATHEMATICS
- 5. APPLIED MATHEMATICS
- 6. BIOLOGY
- 7. ACCOUNTANCY
- 8. BUSINESS STUDIES
- 9. ECONOMICS
- 10. INFORMATICS PRACTICES
- 11. HINDI
- 12. PHYSICAL EDUCATION
- 13. HISTORY
- 14. POLITICAL SCIENCE
- 15. FINE/COMM. ART

## SUBJECT – ENGLISH CLASS – XII

MONTHS	CHAPTER'S NAME	WRITING SKILLS	PROJECT
APRIL (23 days)	*The Last Lesson *Lost Spring *My Mother At Sixty Six	Notice Writing	Listening and Speaking
MAYe (11 days)	*The Third Level *The Tiger King	Comprehension Passage	
JUNE (08 days)	*Deep Water *Keeping Quiet *The Rattrap	Article Writing Letter to the Editor	
JULY (27 days)	*Indigo *Poets and Pancakes *A Thing of Beauty *Journey to the End of the Earth	INVITATION (Formal & Informal) REPLIES (Acceptance & Refusal)	
AUGUST (24days)	*A Roadside Stand *The Enemy *On the Face of It	Application for a Job REPORT WRITING	PORTFOLIO
SEPTEMBER (23 days)	REVISION WORK	MID TERM EXAM	
OCTOBER (22 days)	*The Interview *Going Places *Memories of Childhood : :- The cutting of My Long Hair	REVISION (Reading Passage for Comprehensions)	
NOVEMBER (24days)	*Memories of Childhood : :- We Too are Human Beings *Aunt Jennifer's Tigers	REVISION (Writing Skills)	
DECEMBER (26days)	REVISION PRE-BOARD EXAM	REVISION PRE-BOARD EXAM	

## SUBJECT: PHYSICS (042) CLASS: XII

Note: Down load the Syllabus from CBSE Academic Web-site for the Session 2025-26 and follow the Chapter-wise details.

1. MONTH	2. CHAPTERS TO BE TAUGHT	3. EXPERIMENTS/PROJECT WORKS/ ACTIVITIES
<b>April ( 18 Days)</b>	Chapter-1: Electric Charges and Fields Chapter-2: Electrostatic Potential and Capacitance	1. To determine resistivity of two / three wires by plotting a graph for potential difference versus current. 2. To find resistance of a given wire / standard resistor using metre bridge. First activity from section A
<b>May ( 11 Days)</b>	Chapter-3: Current Electricity	3. To verify the laws of combination (series) of resistances using a metre bridge. <b>OR</b> To verify the laws of combination (parallel) of resistances using a metre bridge. Second activity from section A.
<b>June ( 08 Days)</b>	Chapter-3: Current Electricity Chapter-4: Moving Charges & Magnetism	4. To determine resistance of a galvanometer by half-deflection method and to find its figure of merit. Third activity from section A
<b>July ( 27 Days)</b>	Chapter-4: Moving Charges and Magnetism (To be completed) Chapter-5: Magnetism and Matter Chapter-6: Electromagnetic Induction	1. To find the value of $v$ for different values of $u$ in case of a concave mirror and to find the focal length. 2. To find the focal length of a convex mirror, using a convex lens. First activity from section B
<b>PRE-MID TERM EXAMINATION (TENTATIVELY 4<sup>th</sup> WEEK OF JULY)</b>		
<b>August (24 Days)</b>	Chapter- 7: Alternating currents Chapter-8: Electromagnetic Waves Chapter-9: Ray Optics and Optical Instruments.	3. To find the focal length of a convex lens by plotting graphs between $u$ and $v$ or between $1/u$ and $1/v$ . 4. To find the focal length of a concave lens, using a convex lens. Second activity from section B
<b>September (23 Days)</b>	Chapter-9: Ray Optics and Optical Instruments (To be completed the remaining part if any.) Revision Work.	Third activity from section B
<b>MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER)</b>		
<b>October (22 Days)</b>	Chapter-10: Wave Optics Chapter-11: Dual Nature of Radiation and Matter	5. To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation.
<b>November (24 Days)</b>	Chapter-12: Atoms Chapter-13: Nuclei Chapter-14: Semiconductor -Electronics: Materials, Devices and Simple Circuits.	9. To draw the I-V characteristic curve for a p-n junction diode in forward and reverse bias. <b>One Suggested Investigatory Projects</b>
<b>December (26 Days)</b>	1 <sup>st</sup> & 2 <sup>nd</sup> Week: Chapter wise Assessment Test. 3 <sup>rd</sup> & 4 <sup>th</sup> Week: Pre-Board Examination	Revision of Practical
<b>January (24 Days)</b>	2 <sup>nd</sup> Pre-Board & Board Practical Examination.	Final Practical Examination

## SUBJECT-CHEMISTRY. CLASS -XII.

NOTE: The monthwise chapters are mentioned here. For details of the chapter download the syllabus issued by CBSE Academic for the session 2025-26 ([www.cbseacademic.nic.in](http://www.cbseacademic.nic.in))

Month	Unit	Chapters	Practical/Project work
April 2025	Unit-1	Solutions. (Detailed study as per CBSE syllabus)	Project work.
May 2025	Unit-II	Electrochemistry	Titration
June 2025	Unit -III	Chemical Kinetics	Titration
July-2025	Unit -IV ..... ..... Unit -V	a) d and f block elements ..... b) Coordination Compounds. Revision work.... 1st unit test in the last week of July	Titration/Project work
August -2025	Unit -VI  Unit -VII	a) Haloalkane and Haloarenes b) Alcohol, Phenol and Ethers	Salt analysis/project work
September-2025		Revision work..... MID TERM EXAMINATION -2025	PRACTICAL EXAM
October -2025	Unit-VIII	Aldehyde, Ketone and Carboxylic acid.	Content based experiment. Detection of functional groups.
November -2025	Unit- IX and Unit X.	a) Amines b) Biomolecules	Revision work....
December -2025		Revision work..... Practice of sample question paper..... Assessment tests 1,2..... Pre-Board Examination.,...	
January -2026		Revision work .... Board Practical examination.	Revision of practicals.

**N.B: Practicals/project work as per CBSE guidelines.**

## SUBJECT -BIOLOGY CLASS -XII

Note: Month wise Chapters to be learnt are mentioned here.

Month	Chapter Name	Experiment /project name
April 2025	Unit VI Reproduction Chapter1: Sexual reproduction in flowering plants Chapter 2: Human Reproduction	Prepare a temporary mount to observe pollen germination.
May 2025	Chapter 3: Reproductive Health	Study plant population frequency method
June 2025	Unit VII Genetics and evolution Chapter 4: Principles of inheritance and variation	
July 2025	Chapter 5: Molecular basis of inheritance Chapter 6: Evolution	Study the Plant population density method
<b>PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY)</b>		
August 2025	Unit VIII Biology and Human Welfare Chapter: 7 Human health and disease Chapters: 8 Microbes in Human welfare	Prepare a temporary mount of onion root tip to study mitosis.
September 2025	Chapter 9: Biotechnology- Principles and processes Chapter 10: Biotechnology and its application	Study and observation of permanent slides
<b>MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER)</b>		
October 2025	Chapter 11: Organism and population Chapter 12: Ecosystem	Isolate DNA from available Plant material such as spinach, green pea seed, papaya etc.
November 2025 ----- -----	Chapter 13: Biodiversity and its conservation. ----- Revision	Revision of all practical of std 12
December 2025 ----- -----	1st & 2nd week: Chapter wise assessment Test ----- 3rd & 4th week 1st pre board Examinations	
January 2026	2nd pre board and Board Examination.	

**Note: Download the syllabus from CBSE Academic website for the session 2025-2026 and follow the Chapter-wise details.**

## ACCOUNTANCY CLASS –XII

MONTH ( No. of Working Days)	CHAPTERS TO BE TAUGHT
APRIL (16 Days)	Part – A Accounting for Partnership Firms Topic - Fundamentals of Partnership Firm (Details refer from CBSE Curriculum 2025-26)
MAY ( 11 Days)	Accounting from Partnership Firm – Reconstitution of Partnership Firm Topic – Change in Profit Sharing Ratio ( Details refer from CBSE Curriculum 2025-26)
JUNE (08 Days)	Topic- Admission of a Partner. ( Introduction of Revaluation, Partner Capital, Balance Sheet ) ( Details refer from CBSE Curriculum 2025-26)
JULY ( 27 Days)	Topic – Admission of Partner ( Adjustment of Partner Capital) Retirement and Death of a Partner Dissolution of Partnership firm (Introduction of Realization A/c) ( Details refer from CBSE Curriculum 2025-26)
<b>PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY)</b>	
AUGUST ( 24 Days)	Dissolution of Partnership Firm Part –B Financial Statement of a Company Tools of Financial Statements Analysis Accounting Ratios Cash Flow Statement. ( Details refer from CBSE Curriculum 2025-26)
SEPTEMBER ( 23 Days)	Cash Flow Statement Revision Work...
<b>MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER)</b>	
OCTOBER(13 DAYS)	Company Accounts---Accounting for Share Capital ( Details refer from CBSE Curriculum 2025-26)
NOVEMBER (20 DAYS)	Company Accounts---Accounting for Shares & Debentures ( Details refer from CBSE Curriculum 2025-26) Project Work.
DECEMBER ( 21 DAYS)	Sample Paper Practice & Test.

## **BUSINESS STUDIES CLASS –XII**

**Details of the chapters refer from CBSE Curriculum 2025-26**

<b>MONTH</b>	<b>CHAPTER TO BE TAUGHT</b>
<b>April (16 days)</b>	NATURE & SIGNIFICANCE OF MANAGEMENT
<b>May ( 11 days)</b>	PRINCIPLES OF MANAGEMENT contd...
<b>June (08 days)</b>	PRINCIPLES OF MANAGEMENT
<b>July ( 27 days)</b>	BUSINESS ENVIORNMENT PLANNING ORGANISING contd...
<b>PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY)</b>	
<b>August (24 days)</b>	ORGANISING STAFFING DIRECTING
<b>September(23 days)</b>	CONTROLLING.
<b>MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER).</b>	
<b>October (13 days)</b>	FINANCIAL MANAGEMENT FINANCIAL MARKET contd...
<b>November (20 days)</b>	FINANCIAL MARKET MARKETING MANAGEMENT CONSUMER PROTECTION
<b>December (21 days)</b>	PROJECT WORK SAMPLE PAPER DISCUSION & TEST.

# POLITICAL SCIENCE

# CLASS: XII

## Part-A: Contemporary World Politics      Part-B: Politics in India Since Independence

Month	. Chapter to be Taught	Activity / Project
<b>April</b> (23 days)	1A . The End of Bipolarity 1B.Challenges of Nation Building 2A.Contemporary centres of power	NAM - 1961 to Present
<b>May</b> (17 days)	2B.Era of One Party Dominance. 3A.Contemporary South Asia.	Arab Spring  ASEAN
<b>June</b> (8 days)	3B. Politics of Planned Development 4A. International Organisation	European Union and Brexit
<b>July</b> (27 days)	4B. India's External Relations 5A. Security in the Contemporary World	BRICS, SAARC
<b>PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY)</b>		
<b>August</b> (24 days)	5B. Challenges to and Restoration of Congress System 6A. Environment and Natural Resources	India's Nuclear Policy
<b>September</b> (23 days)	<b>Revision</b> <b>Mid-Term Exam</b> ( <i>Tentatively from 2nd Week of September</i> )	
<b>October</b> (22 days)	6B. The Crisis of Democratic Order 7A. Globalisation	United Nations with focus on Indian candidature in Security Council
<b>November</b> (24 days)	7B. Regional Aspirations 8B.Recent Development in Indian Politics	Partition of India – Theory behind it and its legacy
<b>December</b> (26 days)	Revision Pre-Board	
<b>January</b>	Revision Board Practical	
<b>February</b>	Revision Board Examination	
<b>March</b>	Board Examination	

**Note:** Download the syllabus from CBSE Academic Website for the session 2025–2026 and follow the chapter-wise detail.



## HISTORY STD: XII

MONTH	No. Of working days & no. Of periods	CHAPTER	ACTIVITY & PROJECT
April	12 pds	Part-I: Theme-1 Bricks, Beads, & Bones (The Harappan Civilisation)	<u>Map based Activity:</u> Important Mature Harappan Sites. Time Line Selection of Project & Introduction to a Project Map based Activity.
	12 pds	Part-II: Theme-5 Through the eyes of Travellers Perceptions of Society (C. tenth to Seventeenth Century)	
May	12 pds	Part-III: Theme-10 Colonialism and The Country side (Exploring Official Archives)	<u>Project:</u> Solution of the final Topic  Map practice & Time line.
May	3 pds	Part-I: Theme-02 Kings, Farmers, & Towns (early states & Economies) (c.600 BCE-600 CE) contd...	
June	10 pds	Part-1: Theme-02 Kings, Farmers, & Towns Early states & Economies) (600 BCE-600 CE)	
July	12 pds	Part-II: Theme-6 Bhakti-Stuti Traditions (change in the Religious Beliefs & Devotional Texts) (8 <sup>th</sup> to 18 <sup>th</sup> century)	<u>Project:</u> Preparation of the synopsis & assessment.  Map practice & Time line.
July	12 pds	Part-III: Theme-11 Rebels & The Raj (The Revolt of 1857 & its Representations)	
July	6 pds	Part-I: Theme-3 Kinship, Caste, & Class (Early societies) (600 BCE – 600 CE)	
August	6 pds	Part-I: Theme-3 Kinship, Caste, & Class (600 BCE to 600 CE) Completed	<u>Project:</u> Planning, Organization, forming an Action Plan.  Map Practice.  Time line.
August	13 pds	Part-II: There-7 An Imperial Capital-Vijayanagara (14 <sup>th</sup> to 16 <sup>th</sup> century)	
August	10 pds	Part-III: Theme-13 Mahatma Gandhi & the Nationalist Movement (Civil Disobedience & Beyond) contd...	
September	3 pds	Part-III: Theme-13 Mahatma Gandhi & the Nationalist Movement (completed)	<u>Project:</u> Data Collection.  Map Practice
	4 pds	Revision for Mid Term	
September	6 pds	Part-I: Theme-4 Thinkers, Beliefs, & Buildings (cultural developments) (600 BCE – 600 CE) Contd...	Time line

October	7 pds	Part-I: Theme-4 Thinkers, Beliefs, & Buildings (cultural developments) (600 BCE – 600 CE) completed	
October	14 pds	Part-II: Theme-8 Peasants, Zamindars & the State (Agrarian society & the Mughal Empire 16 <sup>th</sup> -17 <sup>th</sup> centuries)	<u>Project:</u> Data interpretation. Review of Related literature.
November	14 pds	Part-III: Theme-15 Framing the Constitution (The Beginning of a New Era)	<u>Project:</u> Content Analysis & interpretation, Conclusion, Limitations, Bibliography. Presentation of the Project.
	10 pds	Revision for practice test & pre-board examination	

**NB:** For map activities, Timeline refer the NCERT Textbook & CBSE Curriculum  
For Project Activities, refer the CBSE Curriculum – 2025.

## SUBJECT-INFORMATICS PRACTICES(065), CLASS -XII

Month	Chapters to be taught	Practical/Project work
<b>April 2025</b> ( 18 Days)	Chapter-1 Python Pandas-1	Practical on Revision of Python Topics covered in Class XI. Programs on pandas Series and DataFrame.
<b>May 2025</b> ( 11 Days)	Chapter -2 Python Pandas-II	Project work on any topic based on Python as frontend and MySQL as backend. Topics can be- Hotel Management system Library Management System Hospital Management System etc.
<b>June 2025</b> ( 08 Days)	Chapter-3 Plotting with Pyplot	Given the school result data, analyses the performance of the students on different parameters, e.g subject wise or class wise. Plot appropriate charts with title and legend.
<b>July-2025</b> ( 27 Days)	Chapter-4 Importing/Exporting Data between csv files /MySQL and Pandas Chapter-5 My SQL revision Tour	Importing and exporting data between pandas and CSV file
<b>PRE-MID TERM EXAMINATION (TENTATIVELY 4TH WEEK OF JULY)</b>		
<b>August -2025</b> (24 Days)	Chapter-5 (to be continued) Chapter-6 MySQL Functions Chapter-7 Querying using SQL	Create a student table with the student id, name, and marks as attributes where the student id is the primary key. Insert the details of a new student in the above table. Use single row and multi row functions on the table.
<b>September-2025</b> (23 Days)	Chapter-8 MySQL Joins and SET Operation	Create two tables -empl and dept. Using join extract records from both the tables.
<b>MID TERM EXAMINATION (TENTATIVELY 2ND WEEK OF SEPTEMBER)</b>		
<b>October -2025</b> (22 Days)	Chapter-9 Introduction to computer networks Chapter-10 Introduction to Internet and web	Complete the project work for Board practical examination.
<b>November -2025</b> (24 Days)	Chapter-11 Social Impacts	
<b>December -2025</b> (26 Days)	1st & 2nd Week: Chapter wise Assessment Test. 3rd & 4th Week: Pre-Board Examination.	Revision of Practical
<b>January</b> (24 Days)	2nd Pre-Board & Board Practical Examination.	Final Practical Examination

**DAV public School Koyla Nagar Dhanbad**  
**Syllabus- class 12**  
**Subject -Economics**  
**Session -2025 -26**

<b>Months</b>	<b>Chapters covered</b>
<b>April</b>	<b>Unit 1-National income and related aggregates</b>
<b>May</b>	<b>Unit 6 -Development experience (1947 to 1990)and economic reforms since 1991 Ch.1-Indian economy on the eve of independence Ch.2-Indian economy (1950 to 1990</b>
<b>June</b>	<b>Ch.3-liberalisation privatisation and globalisation :An appraisal</b>
<b>July</b>	<b>Unit 2-Money and banking Unit 3-Determination of income and employment</b>
<b>August</b>	<b>Unit 7 current challenges facing Indian economy Ch.4-Human capital formation Ch.5-Rural development</b>
<b>September</b>	<b>Revision and mid term exam.</b>
<b>October</b>	<b>Unit 4-Government budget and the economy Unit 5-Balance of payments</b>
<b>November</b>	<b>Ch.6-Employment growth informalisation and other issues Ch.7-Environment and sustainable development Unit 8 development experience of India a comparison with neighbours Ch.8-comparative development experience of India and its neighbours</b>
<b>December</b>	<b>Project work</b>

डीएवी पब्लिक स्कूल कोयलानगर, धनबाद  
पाठ्यक्रम सीबीएसई पर आधारित

कक्षा- 12वीं  
विषय-हिंदी (आधार )  
सत्र 2025- 26

माह	पाठ्य पुस्तक	पाठ व विषय वस्तु
अप्रैल	आरोह भाग- 2  वितान भाग-2 अभिव्यक्ति और माध्यम	काव्य खंड पाठ -1 आत्म परिचय, एक गीत गद्य खंड पाठ -1 भक्तिन पाठ -1 सिल्वर वेडिंगज विभिन्न माध्यमों के लिए लेखन
मई	आरोह भाग- 2 आरोह भाग- 2 अभिव्यक्ति और माध्यम	काव्य खंड पाठ -2 पतंग गद्य खंड पाठ -2 बाजार दर्शन पत्रकारीय लेखन के विभिन्न रूप और लेखन प्रक्रिया ,विशेष लेखन स्वरूप और प्रकार परियोजना कार्य (पाठ्याधारित )
जून	आरोह भाग- 2  आरोह भाग- 2 अभिव्यक्ति और माध्यम	काव्य खंड पाठ -3 कविता के बहाने,बात सीधी थी पर गद्य खंड पाठ -3 काले मेघा पानी दे कैसे बनती है कविता, नाटक लिखने का व्याकरण
जुलाई	आरोह भाग- 2  वितान भाग-2 अभिव्यक्ति और माध्यम	काव्य खंड पाठ-4 कैमरे में बंद अपाहिज, पाठ -5 उषा पाठ -2 जुझ कैसे लिखें कहानी, कैसे करें कहानी का नाट्य रूपांतरण, कैसे बनता है रेडियो नाटक
अगस्त	आरोह भाग- 2	काव्य खंड पाठ- 6 बादल राग पाठ-7 कवितावली, लक्ष्मण मूर्छा और राम का विलाप गद्य खंड पाठ-4 पहलवान की ढोलक
सितंबर	आरोह भाग- 2  अभिव्यक्ति और माध्यम	काव्य खंड-7 कवितावली, लक्ष्मण मूर्छा और राम का विलाप नए और अप्रत्याशित विषयों पर लेखन,प्रिंट माध्यम, रेडियो,टेलीविजन, इंटरनेट,सिनेमा
अक्टूबर	आरोह भाग -2 आरोह भाग- 2 अभिव्यक्ति और माध्यम	काव्य खंड पाठ-8 रुबाइयां गद्य खंड पाठ -5 शिरीष के फूल फीचर व आलेख लेखन

		परियोजना कार्य (पाठ्याधारित)
नवंबर	आरोह भाग- 2 आरोह भाग- 2 वितान भाग- 2	काव्य खंड पाठ-9 छोटा मेरा खेत, बगुलों के पंख गद्य खंड पाठ-6 श्रम विभाजन और जाति प्रथा, मेरी कल्पना का आदर्श समाज पाठ- 3 अतीत में दबे पांव
दिसंबर		पुनरावृत्ति

# DAV PUBLIC SCHOOL , KOYLA NAGAR ,DHANBAD

## MONTH-WISE BIFURCATED SYLLABUS SESSION : SESSION 2025-26

**CLASS : XII**

**SUBJECT – PHYSICAL EDUCATION**

MONTH	CHAPTER TO BE TAUGHT	EXPERIMENT / PROJECT / WORKS / ACTIVITIES
APRIL (14 DAYS )	<b><u>UNIT - 1 – MANAGEMENT OF SPORTING EVENTS</u></b>	<ul style="list-style-type: none"> <li>• FUNCTIONS OF SPORTS</li> <li>• VARIOUS COMMITTEES</li> <li>• FIXTURES AND THEIR PROCEDURES</li> <li>• INTRAMURAL AND EXTRAMURAL TOURNAMENTS</li> <li>• COMMUNITY SPORTS PROGRAMME</li> </ul>
MAY (10 DAYS )	<b><u>UNIT – 2 – CHILDREN AND WOMEN IN SPORTS</u></b>	<ul style="list-style-type: none"> <li>• EXERCISE GUIDELINE OF WHO FOR DIFFERENT AGE GROUPS</li> <li>• COMMON POSTURAL DEFORMITIES</li> <li>• WOMEN PARTICIPATION IN SPORTS</li> <li>• SPECIAL CONSIDERATION ( WOMEN )</li> <li>• FEMALE ATHLETE TRIAD</li> </ul>
JUNE (10 DAYS )	<b><u>UNIT - 3 -YOGA AS A PREVENTIVE MEASURE FOR LIFE STYLE &amp; DISEASES</u></b>	<ul style="list-style-type: none"> <li>• OBESITY :- PROCEDURE , BENEFITS AND CONTRADICTION .</li> <li>• DIABETES :- PROCEDURE , BENEFITS AND CONTRADICTION .</li> <li>• ASTHMA :- PROCEDURE , BENEFITS AND CONTRADICTION .</li> <li>• BACK PAIN AND ARTHRITIS :- PROCEDURE BENEFITS AND CONTRADICTION</li> <li>• URDHVA HASTOTANASANA, ARDH-</li> <li>• CHAKRASANA ,USHTRASANA , VAKRASANA , ETC .</li> </ul>
JULY (27 DAYS )	<b><u>UNIT – 4 – PHYSICAL EDUCATION AND SPORTS FOR CWSN</u></b> <b><u>UNIT – 5 – SPORTS AND NUTRITIONS</u></b>	<ul style="list-style-type: none"> <li>• ORGANIZATION PROMOTING DISABILITY SPORTS.</li> <li>• CONCEPT OF CLASSIFICATION AND DIVISIONING IN SPORTS .</li> <li>• ADVANTAGE OF PHYSICAL ACTIVITIES FOR CWSN</li> <li>• STRATEGIES TO MAKE ACTIVITIES FOR CWSN .</li> <li>• CONCEPT OF BALANCE DIET .</li> <li>• MACRO AND MICRO NUTRIENTS .</li> <li>• NUTRITIVE AND NON NUTRITIVE COMPONENTS OF DIETS .</li> <li>• EATING FOR WEIGHT CONTROL .</li> <li>• IMPORTANCE OF DIET IN SPORTS . PRE , DURING , AND POST COMPETITIONS .</li> </ul>

### PRE – MID TERM EXAMINATION

### TENTATIVELY 4<sup>th</sup> WEEK OF JULY

AUGUST (24 DAYS )	UNIT – 6 – TEST AND MEASUREMENT IN SPORTS	<ul style="list-style-type: none"> <li>• FITNESS TEST – SAI KHELO INDIA FITNESS TEST IN SCHOOL</li> <li>• AGE GROUP 5-8 YEARS 9-18 YEARS</li> <li>• MEASUREMENT OF CARDIOVASCULAR FITNESS HARVARD STEP TEST</li> <li>• COMPUTING BASAL METABOLIC RATE (B.M.R)</li> </ul>
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		<ul style="list-style-type: none"> <li>• RIKLI AND JONES ,CHAIR SIT AND REACH TEST , BACK SCRATCH TEST EIGHT FOOT UP AND GO TEST FOR AGILITY</li> <li>• SIX METER WALK TEST FOR AEROBIC ENDURANCE .</li> <li>• JOHNES – METHNEY TEST FOR MOTOR EDUCABILITY .</li> </ul>
SEPTEMBER (23 DAYS )	UNIT -7- PHYSIOLOGY AND INJURIES IN SPORTS .  UNIT – 8 – BIOMECHANICS AND SPORTS	<ul style="list-style-type: none"> <li>• PHYSIOLOGICAL FACTORS</li> <li>• EFFETS OF EXERCISES – MUSCULAR SYSTEM</li> <li>• EFFETS OF EXERCISES – CARDIO RESPIRATORY SYSTEM</li> <li>• PHYSIOLOGICAL CHANGES DUE TO AGING</li> <li>• SPORTS INJURIES .</li> </ul> <p>.....</p> <ul style="list-style-type: none"> <li>• NEWTONS LAW OF MOTION AND ITS APPLICATION IN SPORTS .</li> <li>• TYPES OF LEVERS .</li> <li>• EQUILIBRIUM .</li> <li>• FRICTION AND SPORTS .</li> <li>• PROJECTILE IN SPORTS .</li> </ul>

### MID TERM EXAMINATION

#### TENTATIVELY IN 2<sup>nd</sup> WEEK OF SEPTEMBER

OCTOBER ( 22 DAYS )	UNIT – 9 – PSYCHOLOGY AND SPORTS	<ul style="list-style-type: none"> <li>• PERSONALITY ITS DEFINITION AND TYPE</li> <li>• MOTIVATION ITS TYPE AND TECHNIQUES</li> <li>• EXERCISE ADHERENCE</li> <li>• MEANING , CONCEPT AND TYPE OF AGGRESSION</li> <li>• PSYCHOLOGICAL ATTRIBUTES IN SPORTS</li> </ul>
NOVEMBER ( 24 DAYS )	UNIT – 10 – TRAINING IN SPORTS	<ul style="list-style-type: none"> <li>• CONCEPT OF TALENT IDENTIFICATION AND TALENT DEVELOPMENT IN SPORTS .</li> <li>• INTRODUCTION TO SPORTS TRAINING CYCLE</li> <li>• TYPES AND METHOD TO DEVELOP – STRENGTH , ENDURANCE AND SPEED .</li> <li>• TYPE AND METHODS TO DEVELOP FLEXIBILITY AND CO-ORDINATIVE ABILITY</li> <li>• CIRCUIT TRAINING</li> </ul>
DECEMBER ( 26 DAYS )	1 <sup>st</sup> & 2 <sup>nd</sup> WEEK : CHAPTER WISE ASSESSMENT TEST 3 <sup>rd</sup> & 4 <sup>th</sup> WEEK : PRE-BOARDS EXAMINATION	<ul style="list-style-type: none"> <li>• REVISION OF PRACTICAL</li> </ul>
JANUARY ( 24 DAYS )	2 <sup>nd</sup> PRE-BOARD & BOARD PRACTICAL EXAMINATION	<ul style="list-style-type: none"> <li>• FINAL PRACTICAL EXAMINATION .</li> </ul>