



Grade: XII SCIENCE

Yearly/Term 1/Term 2 Syllabus for the Session 2024-25

Subject: English

Month	Chapters	Learning Outcomes
April	<p>Prose 1 - The Last Lesson Poem 1 - My Mother at 66</p> <p>Prose 2 - Lost Spring</p> <p>Ch 1 - The Third Level</p> <p>Poem 3 - Keeping Quiet Notice</p>	<p>1. The Last Lesson: To understand the details of the Franco-Prussian war, to know and understand the feeling of those losing their identity and to explore the possibilities of regaining it.</p> <p>2. My Mother at 66: To understand the poem and theme. to find out the figures of speech used in the poem.</p> <p>3. Lost Spring: To understand the plight of young children forced into labour and denied the opportunity of schooling to understand the use of figures of speech in the lesson.</p> <p>4. The Third Level: To understand the theme of the prose to understand stress and anxiety of the modern world.</p> <p>5. Keeping Quiet: To infer the meaning of unfamiliar words by reading them in context and to identify the poetic devices.</p> <p>6. Notice</p> <p>(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.</p>
June	<p>Ch 2 - The Tiger King</p> <p>Ch 3 - Journey to the End of the World</p>	<p>1. The Tiger King: To acquire the knowledge of Plot and Theme of the lesson and to familiarize with specific Royal Indian background information of the author/history of cruel insensitive kings who found pleasure in hunting and killing innocent animals.</p> <p>2. Journey to the End of the World: To develop an interest in travelling to</p>

	<p>Prose 3 - Deep Water Official letters</p>	<p>places of natural beauty and thereby the interest in working for a sustainable earth and to understand the direct impact of carbon emissions which affect the ozone layer which in turn melts the polar ice layers.</p> <p>3. Deep Water: To introspect on their fears and think of strategies of overcoming it in a controlled environment and to understand the importance of fighting fear for success in life</p> <p>4. Official letters</p> <p>(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.</p>
July	<p>Ch 4 - The Enemy Poem 4 - A Thing of Beauty Prose 4 - The Rattrap Letter of Application for a job Formal & Informal Invitation cards Replies to invitation cards</p>	<p>1. The Enemy: To identify and make connections between similar situations in own life experiences where our prejudices often hinder our human compassion and empathy for a political enemy and to understand the significance of professional ethics and social obligation in sensitive times.</p> <p>2. A Thing of Beauty: To identify and get familiar with the message of the poem and to enjoy the figure of speech used in the last two lines.</p> <p>3. The Rattrap: To learn about the human tendency to redeem oneself from dishonest ways and to understand that the whole world is nothing but a big rattrap.</p> <p>4. Letter of Application for a job 5. Formal & Informal Invitation cards Replies to invitation cards</p> <p>(i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.</p>
August	<p>Prose 6 - Poets and Pancakes Poem 5 - A Roadside Stand Prose 5 - Indigo</p>	<p>1. Poets and Pancakes: To develop interest in the different areas of filmmaking like- direction, script writing, music, cinematography, choreography, editing, lyrics writing, dialogue writing, acting, screenplay,</p>

	Report writing	<p>mixing etc., to understand and appreciate humour and satire in literature and to compare and contrast film making technology with that of the early days of Indian cinema.</p> <p>2. A Roadside Stand: To develop sympathy towards poor deprived people and to enable them to understand and use literary devices.</p> <p>3. Indigo: To be able to familiarize themselves (students') with specific background information of the Indian independence movement and to develop an optimistic attitude towards life amidst many struggles.</p> <p>4. Report writing</p> <p>(i) To express the ideas and write effectively.</p> <p>(ii) Awareness of the format, content and process of writing.</p> <p>(iii) Organize ideas on a particular subject.</p>
September	Prose 7 - The Interview Prose 8 - Going Places	<p>1. The Interview: To understand interview as a communication genre and to understand that the interview holds a position of unprecedented power and influence.</p> <p>2. Going Places: To get familiarise with specific background information of adolescents and adolescents fantasizing and to identify and make connections between similar situations in our own life experiences where each of us suffers dreams that are not rooted to the ground of common sense and tend to be exotic, glamorous and sophisticated</p>
October	Poem 6 - Aunt Jennifer's Tigers Ch 6 - On the Face of It Ch 8 - Memories of Childhood Article Writing	<p>1. Aunt Jennifer's Tigers: To comprehend and appreciate the feminist aspects portrayed in the poem and to identify the different poetic devices used.</p> <p>2. On the Face of It: To promote self-acceptance, to explore multiple perspectives and to analyse strengths and weaknesses.</p> <p>3. Memories of my Childhood: To get familiarize with the universal concept of discrimination on the basis of caste/nationality/religion/gender and to understand the common factors, the hardships and the indignations suffered by the writers as they grew up in societies where ideals of justice,</p>

		equality and liberty were words found only in textbook. 4. Article writing (i) To express the ideas and write effectively. (ii) Awareness of the format, content and process of writing. (iii) Organize ideas on a particular subject.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: PHYSICS

Month	Chapters	Learning Outcomes
April	(1) Electric Charges and field (2) Electrostatic Potential and Capacitance. (9) Ray Optics	<p>Chapter 1</p> <ul style="list-style-type: none"> • Students will be able to understand about the electric charges. • conservation of charges • Coulomb's law. • electric field • Gauss's law and its applications. <p>Chapter 2</p> <ul style="list-style-type: none"> • Students will be able to understand about the electrostatic potential. • Potential due to point charge. • Electric potential due to dipole. • They will understand about the equipotential surface • Electric potential energy. • Students will understand about the dielectrics and polarization. • Parallel plate capacitor. • Effect of dielectrics in capacitors. • They will be able to solve related numerical. <p>Chapter 9</p> <ul style="list-style-type: none"> • Students will understands about the reflection and refraction of light. • Total internal reflection and its applications • Prism formula

		<ul style="list-style-type: none"> ● Lens Makers formula ● Microscope and telescope. ● Students will able to solve related numerical.
June	(3) Current Electricity (10) Wave Optics	Chapter 3 <ul style="list-style-type: none"> ● Students will be able to understand about the electric current. ● Ohm's law. ● Temperature dependence of resistance. ● Electrical energy and power. ● They will understands about the Combination of resistance. ● Students will understand about the cell,emf and internal resistance. ● Kirchhoff's rules. ● Wheatstone bridge and its applications. Chapter 10 <ul style="list-style-type: none"> ● Students understands about the wave nature of light and Huygens's principle. ● Interference of light. ● Diffraction of light. ● Polarization of light. <ul style="list-style-type: none"> ● Students will able to solve related numerical.
July	(3) Current Electricity (Continue....) (4) Moving Charge & Magnetism (10)Wave optics (Continue...) (11) Dual Nature of Matter & Radiation	Chapter 4 <ul style="list-style-type: none"> ● Students understand about the magnetic force. ● Motion in a magnetic field. ● Magnetic field due to current carrying conductor. ● BIOT-SAVART law. ● Magnetic field around the current loop. ● Ampere's circuital law. ● Force between two parallel conductors. ● Moving coil galvanometer. <p>Students will able to solve related numerical.</p>
August	(5) Magnetism And Matter (6) Electro Magnetic Induction (11) Dual Nature of Matter & Radiation (Continue.....)	Chapter 5 <ul style="list-style-type: none"> ● Students will be able to understand about the basic properties of magnet. ● Coulomb's law of magnetism. ● Magnetic dipole moment.

	<p>(12)Atoms</p>	<ul style="list-style-type: none"> ● Magnetic field of a bar magnet. ● Torque in a magnetic field. ● Potential energy of a dipole in a magnetic field. ● Current loop as a magnetic dipole. ● Magnetic dipole of a electron. ● Gauss's law in magnetism. ● Students will be able to classify the material based on their magnetic properties. <p>Chapter 6</p> <ul style="list-style-type: none"> ● Students will be able to understand about the magnetic flux. ● Electromagnetic induction. ● Laws of electromagnetic induction. ● Eddy currents. ● Self-induction. ● Mutual induction. ● They will be able to solve the related numerical <p>Chapter 11</p> <ul style="list-style-type: none"> ● Students will be able to understands about the photoelectric effect ● Relationship between intensity, wavelength, kinetic energy, potential quantities. ● Threshold frequency ● Dual nature of light. ● Students will understand about the wave nature of matter. <p>Chapter 12</p> <ul style="list-style-type: none"> ● Students will be able to understand Rutherford's model atomic model and its failure. ● Bohr's atomic model. ● Spectral series of hydrogen atom. ● Students will able to solve related numerical.
<p>September</p>	<p><u>Syllabus Completion (1st Term)</u> Revision (12)Atoms (Continue...) (7)Alternating current and Electrical Devices</p>	

October

(7) Alternating current and Electrical Devices (Continue....)
(8) EM Waves
(13) Nuclei
(14) Semiconducting Devices

Syllabus Completion by 23rd Oct 24

Chapter 7

- Students will be able to understand about the alternating current.
- Ac contain various components.
- Series LCR circuit.
- Resonance frequency.
- Quality factor.
- Power factor and wattless current.

Chapter 8

- Students will be able to understand about the displacement current.
- Maxwell's equations.
- EM waves.
- Electromagnetic spectrum.
- Students will be able to solve related numerical.

Chapter 13

- Students will be able to know
 - Constituents of atomic nucleus.
 - Atomic number and mass number.
 - They will be able to differentiate between isobars and isotopes.
 - They are able to understand about nuclear size and density
- Students will be able to understand :
 - Nuclear force and its properties
 - Mass defect
 - Binding energy and its curve
 - Related numerical
- Students will be able to understand:
 - Nuclear fission
 - Nuclear fusion

Chapter 14

- Students will be able to know about
 - Intrinsic semiconductor
 - Extrinsic semiconductor
 - p-type semiconductor
 - n-type semiconductor
 - Energy bands in semiconductor

		<ul style="list-style-type: none"> - Energy bands in intrinsic and extrinsic semiconductors <ul style="list-style-type: none"> ● Students will be able to understand working and applications of p-n junction diode. ● Students will be able to solve related numerical.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: CHEMISTRY

Month	Chapters	Learning Outcomes
April	Solutions Electrochemistry	<p>Chapter 1: Students will learn about:</p> <ul style="list-style-type: none"> ● Solutions;Raoult's law, Henry,s Law and its applications ● Ideal and Non-Ideal solutions ● Colligative properties ● Degree of dissociation and association ● Van't Hoff factor <p>Chapter2:</p> <ul style="list-style-type: none"> ● Types of chemical cells ● Terms related to electrochemical cell ● Nernst Equation ● Kohlrausch's Law and its applications ● Primary cell and Secondary batteries
June	3.Chemical Kinetics 4. d - and f- block elements	<p>Chapter. 3</p> <ul style="list-style-type: none"> ● Rate of reaction,Instantaneous and Average rate ● Order of reaction, Molecularity of reaction ● Zero and First order reaction; Integrated form ● Half Life period for Zero and First order reactions ● First order reaction in gaseous phase ● Temperature dependence of the reaction: Arrhenius equation ● Concept of Activation energy <p>Chapter 4:</p>

		<ul style="list-style-type: none"> ● d and f block elements: Physical properties ● Shielding effect ● Lanthanoids and Actinoids: Differences ● Preparation and properties of KMnO_4 and $\text{K}_2\text{Cr}_2\text{O}_7$
July	5. Coordination compounds 6. Haloalkanes and haloarenes 7. Alcohols, phenols and ethers	Chapter 5: <ul style="list-style-type: none"> ● Coordination compounds ● ligands, coordination number, color, magnetic properties and shapes, ● IUPAC nomenclature of mononuclear coordination compounds. ● Bonding, Werner's theory, VBT, and CFT ● structure and stereoisomerism ● importance of coordination compounds. Chapter 6: <ul style="list-style-type: none"> ● Haloalkanes: Nomenclature, nature of C–X bond ● physical and chemical properties, optical rotation mechanism of substitution reactions. ● Haloarenes: Nature of C–X bond, substitution reactions ● Uses and environmental effects of - dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT Chapter 7: <ul style="list-style-type: none"> ● Alcohols: Nomenclature, methods of preparation, physical and chemical properties ● Identification of primary, secondary and tertiary alcohols ● Phenols: Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol. ● Electrophilic substitution reactions, uses of phenols ● Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses.
August	8. Aldehydes, Ketones and carboxylic acids	Chapter 8: <ul style="list-style-type: none"> ● Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes, uses. ● Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses
September	REVISION	
October	9. Amines 10. Biomolecules	Chapter 9:

		<ul style="list-style-type: none"> • Amines: Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines. • Diazonium salts: Preparation, chemical reactions and importance in synthetic organic chemistry <p>Chapter 10:</p> <ul style="list-style-type: none"> • Carbohydrates - Classification (aldoses and ketoses), monosaccharides (glucose and fructose), D -L configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen); Importance of carbohydrates. • Proteins -Elementary idea of - amino acids, peptide bond, polypeptides, proteins, structure of proteins - primary, secondary, tertiary structure and quaternary structures (qualitative idea only), denaturation of proteins. • Enzymes. Hormones - Elementary idea excluding structure. • Vitamins - Classification and functions. • Nucleic Acids: DNA and RNA.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: BIOLOGY

Month	Chapters	Learning Outcomes
April	Ch.: 1 Sexual reproduction in flowering plants. Ch. 2 Human Reproduction Ch. 3 Reproductive health	To understand about growth and development in plants. Aesthetic values that we learn from nature. Learn about artificial hybridization To understand puberty and its related issues during adolescence and also related to reproductive health
June	Ch.:4 Principles of Inheritance and variation Ch. 5: Molecular Basis of inheritance (HALF)	To understand laws of inheritance. To make the students solve numerical based on laws of inheritance. Ill effects of late marriages, which may result in chromosomal anomalies.in the foetus. To understand and recall genetic materials in a cell.

July	Ch. 5 Molecular Basis of inheritance(continue) Ch. 6: Evolution Ch. 7 Human health and diseases Ch.8 Microbes in human welfare.	Understand about Theories of origin of life. Understand about evolutionary changes leading to the formation of Modern day man. Basic concepts of immunity and immunization. Adolescence and drug abuse STDs and related issues. Understand about different pathogens parasites causing human diseases. Preventive measures to avoid contraction of diseases.
August	Ch. 9 Biotechnology: Principle and processes. Ch: 10 Biotechnology and its applications	To understand about animal and plant breeding programs Use of SCP, Biofortification and somatic hybridization in plant breeding programs. Application of rDNA technology Use of microbes to prepare bioactive molecules To understand the application of Biotechnology in the in the field of agriculture and medicines.
September	REVISION	
October	Ch.11: Organism and population Ch.12: Ecosystem Ch. 13: Biodiversity and conservation	To understand the role of flora and fauna in ecological balance. Importance of ecosystem services provided by nature. Students be made aware about interdependence of different organisms in the ecological balance in nature.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: MATHS

Month	Chapters	Learning Outcomes
April	1.Relations and Functions	Through this chapter students will learn

	<p style="text-align: center;">5. Continuity and Differentiation</p>	<ul style="list-style-type: none"> ● Students should learn the difference between the matrix and determinant ● Students should learn to expand the determinant of order 2 and 3 ● Students should learn the elementary row and column operation ● Students should learn to prove the results using the elementary row and column operation ● Students should learn to find the area of a triangle with the given vertices using the determinant ● Students should learn to find the equation of a line using the determinant ● Students should learn to find the minor of an element and hence learn to find the cofactor of an element ● Students should learn to find the adjoint of a matrix of order 2 and 3 <p>Students should learn to find the inverse of a matrix using the adjoint</p> <p>Through this chapter students will learn</p> <ul style="list-style-type: none"> ● Students should be able to recall the concepts of function ● Students must be able to recall the different functions and their respective graphs ● Students should be able to learn to find the left limit and the right limit ● Students should be able to learn to check whether the function is continuous or not comparing the left and right limit ● Students should be able to recall the standard derivatives they learnt in the previous class ● Students should be able to differentiate the given function using the multiplication rule <p>Students should be able to differentiate the given function using the division rule.</p> <ul style="list-style-type: none"> ● Students should be able to find the derivative of the given function using the chain rule ● Students should be able to find the derivatives of given inverse functions using the trigonometric identities ● Students should be able to find the derivatives of implicit and explicit functions <p>Students should be able to find the derivatives of parametric equations</p>
<p>July</p>	<p>4. Determinants</p>	<p>Through this chapter students will learn</p> <ul style="list-style-type: none"> ● Students should learn to find the rate of change of one quantity with respect to the other quantity ● Students should learn to check whether the function is increasing or decreasing

	<p>6. Applications of Derivatives 12. LPP</p> <p>10. Vector Algebra Cont...</p>	<p>using the first derivative</p> <ul style="list-style-type: none"> ● Students should learn the first derivatives test and the second derivative test of maxima and minima ● Students should learn to find the local maxima and the local minima ● Also students should learn to find the global maxima and global minima <p>Moreover students should learn to solve the real life problems using the concept of maxima and minima</p> <p>After studying this lesson students must be able to</p> <ul style="list-style-type: none"> ● To draw the graph of given LPP and hence to find out the solution of the problem <p>To find out the corner points from the graph and hence finding out the solution of the problem</p> <p>After studying this lesson students will be able to</p> <ul style="list-style-type: none"> ● Distinguish between scalar and vector ● Define different types of vectors ● Add and Subtract vectors ● Multiply a vector by a scalar ● Apply section formula for vectors ● Find a unit vector along a vector ● Express a vector in space in terms of I, j, k components ● Understand the dot product of two vectors ● Find the angle between two vectors ● Find the projection of a vector along another vector ● Understand the cross product of two vectors <p>Find the area of a parallelogram and a triangle where the adjacent side vectors given</p>
<p>August</p>	<p>7. Integration</p> <p>8. Application of Integration Cont.....</p> <p>10. Vector Algebra</p>	<p>Through this chapter students will learn</p> <ul style="list-style-type: none"> ● Students should learn the basic concept of integration and the relation between the derivative and integration ● Students should learn the standard integrations and also learn the algebra of integration ● Students should learn the use of standard integration and the algebra of integration to integrate the given functions ● Students should learn to integrate the given functions using the substitution method ● Students should learn to integrate the given terms using the substitution as well as the trigonometric identities

		<ul style="list-style-type: none"> ● Students should learn to integrate the given terms using the standard integration formulas and the standard cases ● Students should learn to integrate the given terms using the cases of partial fraction <p>Students should learn to integrate the given product using the integration by parts</p> <p>After studying this chapter students will be able to</p> <ul style="list-style-type: none"> ● Define Direction ratios and Direction cosines ● Derive the equation of a line in space ● Find the angle between two lines whose equations are given ● Define skew lines and find the shortest distance between two lines <p>Apply the learned concepts in solving problems</p>
	11. 3D Geometry Cont.....	
September	11. 3D Geometry Cont..... 9. Differential Equation Cont.... 8. Application of Integration	<ul style="list-style-type: none"> ● Describe several areas of mathematics beyond calculus ● Express their interest in mathematics ● Demonstrate algebraic facility with algebraic topics including linear, quadratic, exponential, logarithm and trigonometric functions ● Set up and solve linear systems/linear inequalities graphically/geometrically and algebraically ● They must understand to find out the simple curve and the area bounded between the given boundaries <p>They must be able to figure out the given curves in order to find out the required region between the given boundaries</p>
October	9. Differential Equation	<p>Through this chapter students will learn</p> <ul style="list-style-type: none"> ● Judging the type of differential equation like Homogeneous, Linear Differential Equation etc. ● Finding the order and degree of a differential equation

	13. Probability	<ul style="list-style-type: none"> ● Finding the General and Particular solution of the given D.E. ● To find out the solution through the different methods ● They appreciate the existence of D.E. in different fields <p>After studying this lesson students will be able to</p> <ul style="list-style-type: none"> ● Apply the basic concept of probability ● Apply the theoretical approach in daily life ● Must be able to understand the application of conditional probability in terms of two dependent events <p>Understand the mutually exclusive and exhaustive events</p>
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: Computer Science

Month	Chapters	Learning Outcomes
April	Ch. 1: Python Revision Tour - I Ch. 2: Python Revision Tour - II Ch. 3 : Working with Functions	At the end of this, students will be able to understand and make programs related to flow of control, strings, lists, tuples and dictionaries. Also, they will have a rough idea about functions.
June	Ch. 5 : File Handling	At the end of this, students will be able to understand and make programs related to functions.
July	Ch. 5: File Handling Ch. 8: Data Structures I: Linear Lists Ch. 9: Data Structures II : Stacks using Lists Ch. ? : Exception Handling (added)	At the end of this, students will be able to understand and make programs related to file handling using txt, csv and binary files. Also, they will have a idea about Data Structures & Exception Handling.
August	Ch. 12: Relational Databases Ch. 13: Simple queries in SQL Ch. 14 : Table Creation and	At the end of this, students will be able to understand and make programs of Stacks using lists. Also, they will have a idea about Relational Databases and will be able to write simple

	DML Commands	queries using MySQL SELECT & DDL commands.
September	Ch. 14: Table Creation and DML Commands Ch. 15 : Grouping Records, Joins in SQL	At the end of this, students will be able to make tables in MySQL with constraints and will have idea about group by and join queries of MySQL.
October	Ch. 16: Interface Python with MySQL Ch. 10: Computer Networks - I Ch. 11 : Computer Networks - II	At the end of this, students will be able to write group by and join queries using MySQL. Also, they will be able to connect MySQL with Python. Students will also understand concepts of communication and network.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: PAINTING

Month	Chapters	Learning Outcomes
April	Ch.-2 The Rajasthani schools of Painting	The students will be able to learn origin of painting in India. Colours, theme and technique used by the painters. Patron who supported painters, painting done during their reign. Sub-school of Rajasthani School.
June	Ch.-5 The Pahari School of painting	The students will be able to learn origin of painting in India. Colours, theme and their technique of these painters. Patrons who supported them, painting painted by painters. Sub- School of Pahari school of miniature paintings.
July	Ch.-3 The Mughal School of Miniature Painting	The students will be able to learn origin of painting in India. Colours, theme and technique of the painters. Patron who supported painters, painting done during their reign. Books written by the patron and where we find those miniature painting. Sub- School of Pahari school of miniature paintings.
August	Ch.-4 The Deccani Schools of painting	The students will be able to learn origin of painting in India. Colours used by painters and technique of these painters. Sub- School of Deccani school of miniature paintings.
September	REVISION	
October	Ch.-6 Bengal school and cultural nationalism	The students will be able to understand what make modern Indian painters to encourage other painters to glorify the Indian art, idea of creativeness and the self respect of the

	Ch-7 The modern Indian art	Indian art. The students will be able to learn which new technique is learn by Indian painters to be creative. Learn graphic print and Sculpture how it became part of an art. What encourage these artist to made such things?
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	

Subject: PE

Month	Chapters	Learning Outcomes
April	1: Management of Sporting Events 2: Children and Women in Sports 3: Yoga as Preventive Measure for Lifestyle Disease	Chapter 1: Management of Sporting Events <ul style="list-style-type: none"> ➤ To learn about meaning, definition, objectives of planning. ➤ To understand about function of sports events management ➤ To know about various committees and pre, during, post responsibility. ➤ To explain the concept, meaning, importance and types of tournaments. ➤ To analyses procedure to draw a fixture in knock-out. ➤ To reflect upon fix the bye and seeding in knock-out. ➤ To draw a fixture of staircase and cyclic method in league. ➤ To learn about intramural and extramural tournaments. ➤ To know about the community sports program. Chapter 2: Children and Women in Sports <ul style="list-style-type: none"> ➤ To know about concept, meaning and types of motor development. ➤ To reflects upon motor development of children in three stages. ➤ To explain factors affecting motor development ➤ To compare between exercises guidelines at different stages of growth

		<p>and development.</p> <ul style="list-style-type: none"> ➤ To analyses about types of common postural deformities ➤ To explain meaning, causes, precaution and remedies of Spinal curvature, Flat foot, Knock-knees, Bow-legs and Round shoulder. ➤ To examine corrective measures of postural deformities. (Spinal curvature, Flat foot, Knock-knees, Bow-legs and Round shoulder) ➤ To identify concept of sports participation of women in India. ➤ To compare between special consideration. (Menarche and Menstrual Dysfunction) ➤ To examine female athlete triad. (Osteoporosis, Amenorrhoea and Eating disorder) <p>Chapter 3: Yoga as Preventive Measure for Lifestyle Disease</p> <ul style="list-style-type: none"> ➤ To learn about meaning and preventive measures of asanas. ➤ To understand about meaning and types of methods to measure obesity. ➤ To reflects upon preventing asanas from obesity. ➤ To understand meaning and types of diabetes. ➤ To know about preventing asanas from diabetes. ➤ To explain meaning, causes and symptoms of asthma. ➤ To reflects upon preventing asanas from asthma.
<p>June</p>	<p>3: Yoga as Preventive Measure for Lifestyle Disease (Continue..) 4: Physical Education and Sports for CWSN (I-Quarterly Exam)</p>	<p>Chapter 3: Yoga as Preventive Measure for Lifestyle Disease (Continue..)</p> <ul style="list-style-type: none"> ➤ To learn about meaning of hypertension and types of blood pressure. ➤ To understand about meaning, causes and symptoms of back pain. ➤ To know about preventing asanas from back pain. ➤ To examine meaning, cause and symptom of arthritis. <p>Chapter 4: Physical Education and Sports for CWSN</p> <ul style="list-style-type: none"> ➤ To explain organization promoting disability sports.

		<ul style="list-style-type: none"> ➤ To analyses about disability etiquettes. ➤ To analysis about concept of inclusion in sports, its need and implementation. ➤ To compare between advantages of physical activities for CWSN. ➤ To understand about strategies to make physical activities accessible for CWSN.
<p>July</p>	<p>5: Sports & Nutrition 6: Test & Measurement in Sports 7: Physiology & Injuries in Sports</p>	<p>Chapter 5: Sports & Nutrition</p> <ul style="list-style-type: none"> ➤ To explain about concept, meaning of balance diet and nutrition. ➤ To identify about macro and micro nutrients. ➤ To learn about nutritive components and non-nutritive components. ➤ To know about food intolerance, food myths. ➤ To explain about meaning and methods to control weight. ➤ To learn about importance of diet in sports-pre, during and post competition requirements. ➤ To understand about the pitfall of diet. <p>Chapter 6: Test & Measurement in Sports</p> <ul style="list-style-type: none"> ➤ To understand concept and meaning of test and measurement. ➤ To know about Fitness Test. (Sai Khelo India Fitness Test in School) ➤ To analyses about computing basal metabolic rate. ➤ To reflects upon Rikli and Jones: Senior Citizen Test. ➤ To compare between Harvard Step Test and Rockport One Mile Test. ➤ To reflects upon Johnson –Metheny Test. <p>Chapter 7: Physiology & Injuries in Sports</p> <ul style="list-style-type: none"> ➤ To examine concept of physiology. ➤ To identify about physiological factors determining the components of physical fitness <ul style="list-style-type: none"> A. Strength

		<ul style="list-style-type: none"> B. Speed C. Endurance ➤ To learn about effects of exercises on cardiorespiratory system. ➤ To understand about effects of exercises on muscular system. ➤ To analyses about physiological changes due to ageing. ➤ To identify sports injuries: classification. <ul style="list-style-type: none"> A. Soft tissues injuries B. Bone injuries C. Joint injuries
August	<p>7: Physiology & Injuries in Sports (Continue...) 8: Biomechanics & Sports 9: Psychology & Sports</p>	<p>Chapter 7: Physiology & Injuries in Sports (Continue...)</p> <ul style="list-style-type: none"> ➤ To explain causes and prevention from sports injuries. ➤ To learn about treatment of sports injuries. <ul style="list-style-type: none"> A. Soft tissues injuries B. Bone injuries ➤ Joint injuries <p>Chapter 8: Biomechanics & Sports</p> <ul style="list-style-type: none"> ➤ To understand about Newton’s laws and motion and their sports application in sports. ➤ To learn about levers and their sports application. ➤ To analyses equilibrium- dynamic and static and centre of gravity and its sports activities. ➤ To know about meaning and types of friction and their sports application. ➤ To explain projectile & trajectory in sports. <p>Chapter 9: Psychology & Sports</p> <ul style="list-style-type: none"> ➤ To learn about concept, meaning, dimension and types of personality. ➤ To identify traits and types.
September	9: Psychology & Sports (Continue...) (Term-I Half Yearly Exam)	<p>Chapter 9: Psychology & Sports (Continue...)</p> <ul style="list-style-type: none"> A. William Herbert Sheldon

		<p>B. Jung's Classification C. Big Five Personality Theory.</p> <ul style="list-style-type: none"> ➤ To know about psychological attributes in sports. ➤ To understand about meaning of motivation and methods to improve motivation. ➤ To examine the adherence of exercise. ➤ To examine meaning and types of aggression.
<p>October</p>	<p>10: Training in Sports</p>	<p>Chapter 10: Training in Sports</p> <ul style="list-style-type: none"> ➤ To identify the talent and talent development in sports. ➤ To analyses about introduction of sports training cycle. ➤ To understand about meaning, definition, types and methods to improve strength. <ul style="list-style-type: none"> A. Isometric B. Isotonic C. Isokinetic ➤ To learn about meaning, definition, types and methods to develop endurance. <ul style="list-style-type: none"> A. Continuous Training B. Interval Training C. Fartlek Training ➤ To understand about meaning, definition, types and methods to develop Speed. <ul style="list-style-type: none"> A. Acceleration Run B. Pace Run or Races ➤ To explain meaning, Definition, types and methods to improve flexibility. <ul style="list-style-type: none"> A. Ballistic Method B. Static Stretching Method C. Dynamic Stretching Method

		<p>D. Proprioceptive Neuro-Muscular Facilitation Technique</p> <ul style="list-style-type: none"> ➤ To reflects upon meaning, definition and types of coordinative ability. ➤ To analyses meaning, types and importance of circuit training.
November	REVISION	
December	REVISION	
January	REVISION	
February	REVISION	