

BASAVA INTERNATIONAL SCHOOL
Syllabus breakup 2026-27
Physical Education
Class – XII

S.no	Month	Topic	Activity
1	April & May	Unit 1: Management of sporting events Unit 2: Children & Women in Sports Unit 3: Yoga as Preventive Measure Introduction to Yoga	Unit 1 Functions of committees Planning stages (pre, during, post) Fixtures (knock-out, league) Unit 2 Exercise guidelines for children Common postural deformities Women participation & issues + Introduction to Yoga Basic asanas & benefits
2	June	Unit 3: Yoga as Preventive Measure	Unit 3 Lifestyle diseases (obesity, hypertension, diabetes) Asanas for prevention Assignment: project file
3	July	Unit 4: Physical Education & Sports for CWSN Unit 5: Sports & Nutrition	Unit 4 Concept of disability & disorder Types of disabilities Inclusive education Unit 5 Balanced diet & nutrients Diet for athletes Weight management
4	August	Unit 6: Test & Measurement in Sports	Unit 6 Fitness testing methods AAHPER Fitness Test Mid-term exam + revision
5	September	Term-1exam	
6	October	Unit 7: Physiology & Injuries in Sports Unit 8: Biomechanics & Sports	Unit 7 Physiological components (strength, endurance, speed, flexibility) Types of injuries & first aid Unit 8 Newton's Laws of Motion Types of movement (flexion, extension, etc.)
7	November	Unit 9: Psychology & Sports Unit 10: Training in Sports	Unit 9 Personality, motivation Stress & anxiety management Unit 10 Training methods (interval, circuit, fartlek) Principles of training
8	December	Full syllabus revision Pre-board exam	
9	January	Board Practical exam (file + viva + activity)	
10	February	Final Board Examination	

