



# VVPs

**VIDYA VIKAS PUBLIC SCHOOL**

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(An English Medium Co-Educational Sr.Sec. (+2) School-Affiliated to CBSE, New Delhi, Affiliation No: 3430297)

## SPLIT UP SYLLABUS FOR CLASS XII COMMERCE (2024-25)

### ENGLISH CORE ( 301)

**TEXT BOOKS:** FLAMINGO & VISTAS (NCERT)

**REFERENCE BOOKS:** FULL MARKS ASSIGNMENTS IN ENGLISH FOR CLASS XII

**WRITING BOOK (ARIHANT)**

Month	Working Days	Chapter/Topic	Activities	Learning Outcome
April	23	1. Flamingo-P-1-My Mother at 66  2. Flamingo-L-1- The Last Lesson  3. Application for a Job	1. Warm up questions (on Ageing) 2. PPT presentation on phases of human life.  1. Warm up questions on war and importance of mother tongue. 2. Report Writing – Franco-Prussian war 3. Subject Integration – link to the map of Germany and France of then times. 4. Craft/Design a flag using the colour of French & German Flags. 1. Collect Sample Resume/CV 2. Practice Questions.	To enable the students to i) realise that ageing is a natural process and is going to envelope one and all ii) identify the figures of speech and enhance their vocabulary. iii) appreciate the theme and the style of writing of the poet. To be able to comprehend the poem. Students will be able to i) understand that language is a key to prison ii) know the meanings of new phrases iii) know the importance of mother tongue iv) understand the wastefulness of war v) enhance thinking, analytical, literary skills vi) understand linguistic chauvinism. Learn to write to the point business letters in appropriate formal language, precise form and content pertaining to various situations.
May	15	1. Vistas-L-1- The Third Level  2. Flamingo-L-2-Lost Spring  3. Advertisement Writing - Classified Adv.- To Let, Tuitions, Lost and	1. Comprehension questions will be asked to test the understanding. 1. Warmup questions on Dreams of the poor, Problems of child labour, Education is the only weapon to better the lot. 2. Poster Making (Art Integration) – Create a poster on ‘Child Labour Eradication. 3. Comprehension questions to test the understanding. 4. Subject Integration – Social Values and constraints (Article Writing)  1. Collection – Advertisement Samples. 2. Art Integration – Design Advertisements.	Comprehension questions will be asked to test the understanding. To enable the students to i) communicate their ideas with a lot of conviction. ii) appreciate the theme and the message conveyed. iii) sensitizes the reader to the miserable plight of the poorest of the poor iv) understand the urgent need to end the vicious circle of exploitation through education, awareness, co-operative organization and empowerment v) focus on the use of figures of speech in writing.  1. To Learn to Write Advertisements (Classifieds & Commercials) 2. Role of Advertisements in day to day life.

		Found, Kennel, Travel & Tours, Matrimonials	3. Subject Integration – History of Advertisements.	
June		1. Vistas-L-2- The Tiger King  2. Vistas-L-3- The Enemy	1. 'GD - 'Count Your Blessings' Individual presentation - summarise the story in your own words. Paint - paint the portrait of the Tiget King 1. Warm up questions on war, enemy, day to day life and treatment towards people you don't like. 2.	1. To learn acceptance. Develop problem solving skills. To be able to summarise the story and develop a synopsis.  1. To learn acceptance. Develop problem solving skills. To be able to summarise the story and develop a synopsis.
July	18	1. Writing Skills - Invitation - formal, informal and reply to invitation  2. Comprehension (Unseen Passages)  3. Flamingo-L-3-Deep Water  4. Flamingo-L-4-Rattrap  5. Flamingo-L-8-Going Places	Display - Showing various types of invitations (formal and informal) Collection - collection of different types of invitations. Analysis - analysing and listing the points important from the point of view of invitations and replies to invitations.  Collection – of unseen passages from newspapers or magazines  Debate - What could be fun for one may turn out to be a lifetime scary experience for the other. About the author - connect to the real story of the author. Reading - read the chapter aloud.  Crafting - craft a rattrap Classroom discussion - suitability for the title of the chapter. Central theme of the chapter - use of metaphor to understand the concept.  Project File – Research about two not so popular communities of the country and present their characteristics in the form of a project. Article Writing – to express your opinion on a given matter. Comprehension exercises to help drill in understanding of chapter	To recollect (through revision), the format of formal and informal letters. To be able to apply the previously acquired knowledge regarding letters, while writing invitations (formal and informal) and replies to invitations. To understand the style used while framing invitations.  To learn to analyse by reading and answer the questions based on the analysis of the passage read.  To facilitate making connections between similar situations in different storylines/life experiences through the genre of theatre/drama that is more credible and realistic to comprehend the mother's stereotype and understand her significant role in family bonding. To develop problem solving skills.  To enhance the reading skills. To skimm and scan the words according to their meaning. To be able to express through discussions.  To get an insight into the life and works of the middle class caught in a web of mediocrity and the desire of young ones dreaming to escape it. An objective study to assess the form and style of tackling issues of social discontent. Leading to an escapist mind set.  Acquire an ability to form opinions and express them with clarity.
August		1. Vistas-L-3- Journey to the End of the Earth	About the author - background information. Speech - on 'Facing challenges' and 'Acceptance'	Fostering determination, courage, strength and valour through anecdotes

		<p>2. Flamingo-L-5-Indigo</p> <p>3. Flamingo-Poem-2-Keeping Quiet</p> <p>4. Writing Skills – Notice Writing</p>	<p>Presentation - PPT presentation on the story</p> <p>Metaphor - Connecting to the chapter with the help of a powerpoint presentation.</p> <p>Report Writing - Incidents during that period of history About the author – presentation</p> <p>Collection - collect notices Group activity to focus on the 5 Ws of notice writing.</p>	<p>Importance of Silence. Fostering Individuality. Inculcating Leadership Skills.</p> <p>To Describe the human predicament of temptation. To deal with the fast pacing world and its changes. To infer and answer contextual questions.</p> <p>Format, key points to be remembered. Importance of notices.</p>
September	25	<p>1. Flamingo-Poem 3-A Thing of Beauty</p> <p>Vistas-L-5-On the Face of It</p> <p>2. Writing Skills- Articles and Report Writing</p> <p>Conduction of Half Yearly Examination &amp; Revision.</p>	<p>Article Writing - on The theme of the poem 'Nature's Beauty') Group activity - Poetry writing (on nature) Class discussion - on the title of the poem.</p> <p>Video – Presentation on people with challenges (eg: Stephen Hawking)</p> <p>Discussion – title of the chapter</p> <p>Reading – a loud (with correct tone, modulation, pronunciation and expression)</p> <p>Writing – write an article on “Let’s Face it”</p> <p>Newspaper articles - class discussion on them. Visual representation of the key points of writing.</p>	<p>To be able to read and infer. Nature - a perennial source of joy and happiness. Recitation - with proper tone. Strengthening of vocabulary. To draw a comparative study between human life and nature</p> <p>Would be able to apply literal, interpretative and critical level in analyzing a short story.</p> <p>Would be able to learn problem solving skills.</p> <p>To gather positive thinking skills.</p> <p>About the author and the background of the story.</p> <p>Relate to the current scenarios</p> <p>To develop interest towards writing. Understand format and the key points to be remembered. To be able to employ her communicative skills, with a range of styles, and engage</p>



				in a discussion in an analytical and creative manner. Learn to derive information from facts.
October		<p>1. Flamingo-L-6-Poets and Pancakes</p> <p>2. Vistas :- Memories of Childhood</p> <p>3. Flamingo-Poem-4-A Roadside Stand</p>	<p>About the author - background information. What's in the box activity - to take up the theme of the chapter as a point of discussion. Solo Presentation - summarising the chapter. Group work - reflecting on the suitability of the title of the chapter. Video Presentation - History of Gemini Studios.</p> <p>Role Play – Presentation of characters from stories studied</p> <p>Comprehend story through drilling exercises and summary.</p> <p>Read out poem on similar theme. Figures of Speech with examples. Powerpoint presentation.</p>	<p>To get acquainted to the procedures involved in film and TV series production. To understand the artistic element involved in the field of producing sereals, movies or documentaries.</p> <p>Learn to appreciate one's stand against social and racial indiscrimination and support social justice</p> <p>Development of optimistic attitude To revise the poetic devices used in the poem. To Infer from the given text and able to anser reference to context questions.</p>
November	23	<p>1. Vistas – a) The cutting of my long hair b) we too are human beings</p> <p>1. Flamingo-L-7- The Interview</p> <p>2. Flamingo-Poem-5- Aunt</p>	<p>Video Presentation - on famous interviews. Role play - focusing on key points of an interview Article writing - role of interviews</p> <p>Class Discussion - The title and the theme of the poem. Video Presentation - of the poem and the adversities borne by the females in the society. Recitation - aloud.</p>	<p>Feel a sensitivity to empathize with issues that c To read to infer and summarise</p> <p>To understand the basic concepts related to interviews. To be able to look at journaism as a career option. To understand the flow of an interview. oncern humanity</p> <p>To be able to infer and answer contextual questions. To identify the poetic devices. To understand the comparisons drawn in the poem.</p>

		Jennifer's Tigers	Poetic Devices - identifying and listing. Writing Sample letters Practicing from previous year's question papers	To relate to the adversities faced by women in married life.  To write to the point business letters in appropriate formal language, precise form and content pertaining to various situations.
		3. Writing Skills – Letter to Editor and Letter on Verbal/visual inputs		
December		Revision		
January	23	Pre-Board Examination		
February	22	Board Examination		
March	23	Board Examination		

**Subject: ACCOUNTANCY (055)**

**Text Book: NCERT Book**

**Reference Book :**

**T.S.GREWAL**

MONTH	No. OF WORKING DAYS	TOPIC	ACTIVITIES/ EXPERIMENTS	LEARNING OUTCOMES
APRIL	23	<b>Fundamentals of partnership</b> Partnership: Definition, features. partnership deed provision of Indian partnership act 1932 in the absence of partnership deed. profit and loss appropriation account, fixed capital and fluctuating . past adjustments, guarantee of profit.	Journal entries related with profit and loss appropriation account	Students will come to know about the rules of Indian partnership act 1932 in the absence of partnership deed . Students will also be able to prepare profit and loss appropriation account .
MAY	15	<b>Goodwill nature and valuation</b>	Prepare a flowchart showing various formula	Students will be able to calculate the value of

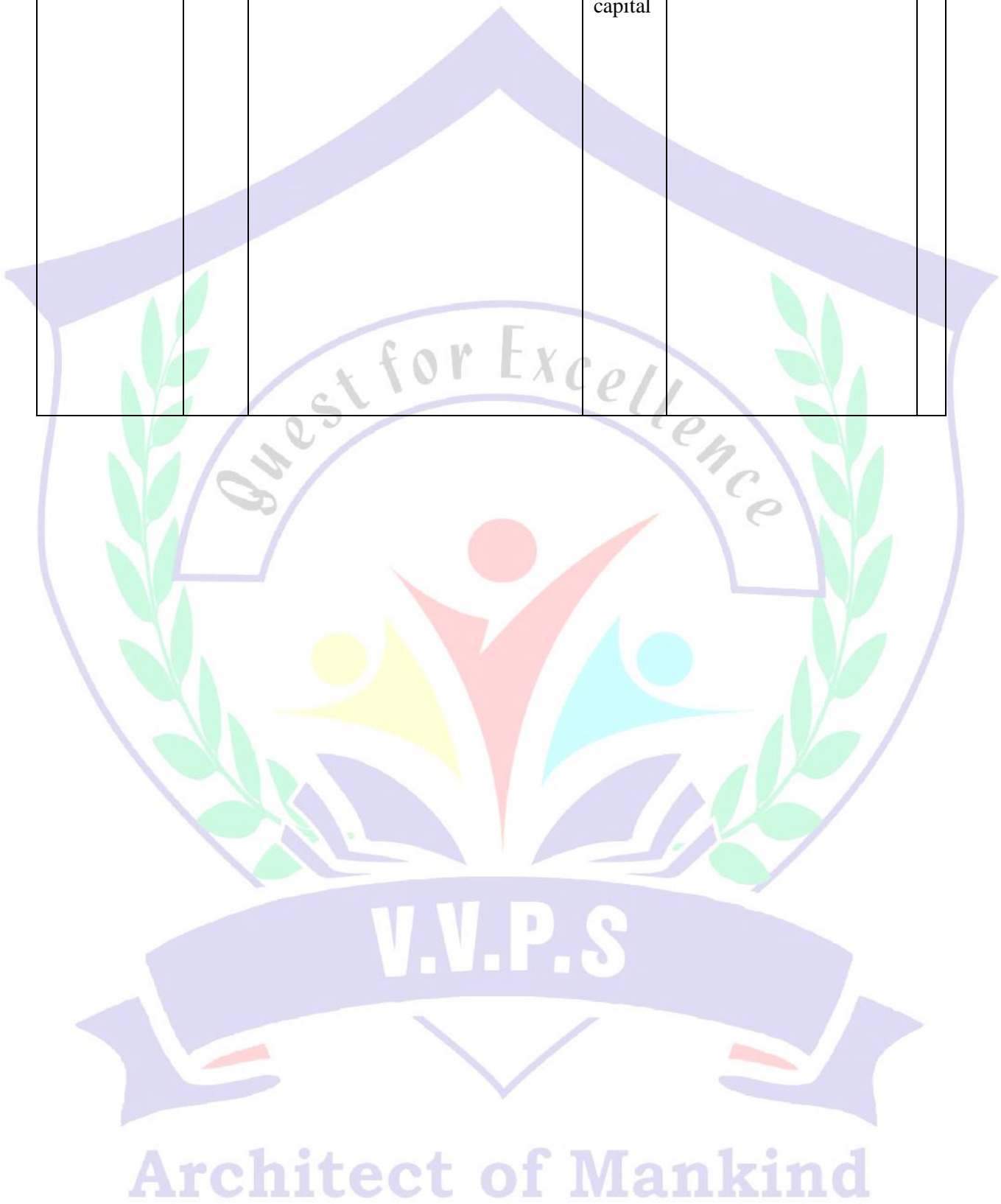
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		<p>Goodwill: meaning, factors affecting goodwill. need for valuation of goodwill various methods for calculating goodwill average profit method, super profit method and capitalization method.</p> <p><b>Change in profit sharing ratio</b> Sacrificing ratio, gaining ratio accounting for revaluation of assets and liabilities treatment of reserve accumulated profit and losses preparation of revaluation account and balance sheet.</p> <p><b>Admission of a partner</b> Effect of admission of a partner on changing profit sharing ratio. treatment of goodwill. treatment of revaluation of assets and</p>	of calculating goodwill	<p>goodwill under various methods</p> <p>Students Will be able to calculate new profit sharing ratio sacrificing ratio and gaining ratio they will also be able to prepare revaluation account</p>
JUNE	18		Journal entries related with revaluation of assets and liabilities	<p>Students will be able to calculate new profit sharing ratio and sacrificing ratio they will also be able to prepare a comprehensive questions Regarding</p>
		liabilities. treatment of reserves, accumulated profit and losses adjustment of capital account. preparation of capital account and balance sheet		admission of a partner.



JULY	25	<p><b>Retirement and death of a partner</b></p> <p>new profit sharing ratio, gaining ratio. treatment of goodwill, treatment for revaluation of assets and liabilities. adjustments of accumulated profit and losses preparation of partners capital account partners current account. partners loan of retiring partner and balance sheet.</p> <p>Calculation of deceased partners share of profit till the date of death preparation of deceased partners capital account and is executor's Account</p>		<p>Students will be able to prepare a comprehensive questions related with retirement of a partner.</p> <p>Students will also be able to prepare deceased partners capital account and his executor's account.</p>	
AUGUST	2 3	<p><b>Dissolution of a partnership firm</b></p> <p>Meaning of dissolution of partnership and partnership form types of dissolution of a firm prepare a Shen of realisation account partners capital account partners loan account and cash account</p> <p><b>Accounting for share capital</b></p> <p>Share capital: nature and types issue and allotment of equity and preference . over subscription and under subscription of shares. issue of shares at par and at premium. calls in area and calls in advance issue of shares for consideration other than cash accounting treatment of forfeiture and reissue of shares disclosure of share capital in the balance sheet of a company</p>	<p>Journal entries related with dissolution of a partnership firm</p> <p>Journal entries Related with issue and forfeiture of shares. format of balance sheet showing the presentation</p>	<p>Students will be able to prepare realisation account partners capital account and cash or bank account.</p> <p>Students will be able to pass journal entries related with issue and forfeiture of shares.</p>	

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SEPTEMBER	23	<p>Revision+ Hly exams+ <b>Accounting for Debentures</b></p> <p>Debentures: Meaning, types issue of Debentures at par, at a premium and at a discount . Debentures issued for consideration other than cash issue of debentures with terms of redemptions debentures as collateral . interest on Debentures writing off, discount or loss on issue of debentures</p>	Recall the previous topics and discussion of question paper.	<p>Students will be understand To pass journal entries related with debentures in various conditions</p>	
OCTOBER	19	<p><b>Financial statements of a company</b> statement of profit and loss account, balance sheet in prescribed form</p>	Format of company 's Balance Sheet	<p>Students will be able to develop the understanding of major headings and subheadings as per the</p>	

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NOVEMBER	20	<p>with major headings and subheadings</p> <p><b>Comparative statements</b> comparative income statement and comparative balance sheet</p> <p><b>common size statements</b> common size income statement and common size balance</p> <p><b>Accounting ratios</b> Meaning object if's add vantages classification and competition off various ratios like liquidity ratio solvency ratio activity ratio profitability ratio</p> <p><b>Cash Flow Statement</b></p>	<p>Prepare a flow chart showing the different formulas of accounting ratios</p> <p>Format of cash flow statement.</p>	<p>schedule 3 to the Companies Act 2013 of balance sheet as per the prescribed format</p> <p>Students will be able to develop the understanding of computation of various ratios like current ratio, quick ratio ,debt equity ratio , working capital ratio it is etc.</p> <p>Students will be able to prepare cash</p>	
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DECEMBER	22	Meaning, objectives, benefits, cash and cash equivalent classification of activities and preparation as per AS 3 (indirect method only)		flow statement as per AS3 with given adjustments	
JANUARY	20	Revision + Mock -I Exams	Project work		
FEBRUARY	22	Mock-II Exams			
		Study leave+ Board Exams Commencement			

**Subject: BUSINESS STUDIES (054)**

**Text Book: NCERT Book**

**Reference Book : POONAM GANDHI**

MONTH	No. OF WORKING DATYS	TOPIC	ACTIVITIES/ EXPERIMENTS	LEARNING OUTCOMES	
APRIL	23	<b>Nature and significance of management</b> Management: concept ,object and it's importance. management as science, art and profession. levels of management. Management functions: planning, organising,	Case base questions and mcqs.	Students will be able to understand the concept of management and different levels of management. students will also understand the different functions of management and the concept of coordination.	



		staffing , directing and controlling. coordination concept , features and importance.	.		
MAY	15	<b>Principles of management</b> principles of management: concept and significance Fayol's principle of management Taylor's scientific management: principles and techniques comparison between Fayol's and Taylor's principles of management.	Prepare a flow chart about various management principles.	Students will be able to understand the concept of principles of management and given by Fayol's student will also understand the different scientific management principles and techniques given by Taylor and they will understand the importance of scientific principles of management in current scenario	
JUNE	18	<b>Business environment</b> business environment concept and importance dimensions of business environment economic social technological political technological political and legal demonetization concept and features		Students will be able to understand the concept and importance of business environment. students can also identify the various dimensions of business environment and also the concept of demonetization	

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JULY	25	<p><b>Planning</b>  planning concept importance and limitations  planning process  single use and standing plans  objectives  strategy policy  procedure  method rule and programme</p> <p><b>Organising</b>  organising concept and importance  organising process  structure of organisation  functional and divisional concept  formal and informal organisation  concept  delegation : elements and importance.  Decentralization concept and importance.</p>	Ask students to prepare a plan in writing for performing any work.	<p>Students will be able to understand the concept and importance of planning. students can identify the different process involved in planning .types of planning and its importance management</p> <p>Students will be able to understand the concept of organising and steps in the process of organising. .students can also understand the concept of delegation ,centralization and decentralisation and its importance in the field of management</p>	
AUGUST	23	<p><b>Staffing</b>  Staffing concept and importance  of staffing  staffing as a part of human resource management</p>	Prepare a flow chart showing the various steps involved in staffing process.	Students will be able to understand the concept of staffing different steps involved in the process of	

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		<p>concept staffing process recruitment process selection process training and development on the job training and off the job training</p> <p><b>Directing</b> directing concepts and importance elements of directing motivation concept maslow's hierarchy of needs financial and non financial intent incentives leadership concept styles authoritative, Democratic and laissez faire communication concept formal and informal Communication barriers to effective communication how to overcome the barriers</p>		<p>staffing and the difference between selection and recruitment</p> <p>Students will be able to understand the concept of directing various elements of directing Motivations type of motivations leadership type of leadership and different type of communications barriers and how to overcome from barriers.</p>	
SEPTEMBER	23	<p><b>Controlling</b> concepts and importance relationship between planning and</p>	<p>Recall the previous topics and discussion of question paper.</p>	<p>Students will be able to know the concept of controlling relationship between</p>	

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		controlling steps in process of control		planning and controlling and also understand the steps in the process of controlling.	
		Financial management Financial management; concept, role and objectives. Financial decisions investment, financing and dividend. financial Planning: concept and importance capital structure: concept, factors affecting capital structure fixed and working capital: concept and factors affecting their requirements		Students will be able to understand the concept of financial management and it's importance. what are the decisions involved in financial decisions. They will also understand the concept of financial planning capital structure and fixed and working capital and their importance	

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OCTOBER	19	<b>Marketing</b> Marketing: concept functions and philosophies marketing mix concept and elements product branding labelling and packaging price concept factors determining the price physical distribution concept components and channels of distribution promotion concept at elements advertising personal selling sells promotion and public relation.	Discuss the various elements of labelling by taking a cold drinks bottle in classroom.	Students will understand the concept of marketing.what are the different philosophies of marketing ?concept of marketing mix. students will also understand how the branding labelling and packaging done how the price off a commodity fixed. channel of distribution different type of promotions Concepts and techniques.	
NOVEMBER	20	<b>Financial market</b> financial market: concept, money market: concept capital market and its types	Ask students to collect various information about secondary market situated in our city	Students will be able to understand the concept of financial market and money market	

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		<p>primary and secondary market Stock Exchange :functions and trading procedure Securities and Exchange board of India (SEBI)objectives and functions</p>		<p>.Difference between capital market and money market students will also know about the primary market and secondary market and the difference between them concept of Stock Exchange and its working procedure and the functions of SEBI Students will understand about the</p>	
DECEMBER JANUARY	22  20	<p><b>Consumer protection</b> consumer protection: concept and importance The Consumer Protection Act 2019: meaning of consumers ,rights and responsibility of consumers .who can file a complaint ? redressal machineries and remedies available.</p> <p>Revision + Mock -I Exams</p> <p>Mock-II Exams</p>	Project work	<p>concept of consumer protection and its importance they will also come to know about the various provisions of Consumer Protection Act 2019 what are the rights of consumers just responsibilities of consumers and what are the remedies available for customers</p>	



FEBRUARY	22	Study leave+ Board Exams Commencement			

### Subject- Economics

#### Prescribed Books

1. Introductory Macroeconomics NCERT
2. Macroeconomics Sandeep Garg
3. Indian economic development NCERT
4. Indian economic development Sandeep Garg

Month	W.D	Book/Area	Unit / Topic	Proposed Activities	LEARNING OUTCOMES
April	22	Part -A  Introductory Macroeconomics	Unit 1. National income and Related aggregates *Basic concepts in macroeconomics *Circular flow of income (two-sector model) *Aggregates related to National Income	Numerical practice	Students will be able to illustrate the link between Income and spending in an Economy.
May	17		Unit 1. National income and Related aggregates *GDP Deflator, GDP and Welfare Unit 2. Money and banking *Money *Money creation by the commercial banking system.	Topic discussion and notes writing	Students will be able to calculate National income  The Students will be able to explain the money concept.

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			<b>*Central bank and its functions</b>		
<b>June</b>	<b>15</b>		<b>Chapter 3. Determination of income and employment</b> <b>*Aggregate demand and its components.</b> <b>*Short-run equilibrium output</b> <b>*Problems of excess demand and deficient demand;</b>		<b>To understand the factor affecting/ constituting aggregate demand &amp; Supply.</b>
<b>July</b>	<b>24</b>	<b>Indian Economic Development</b>	<b>Chapter 1 Indian economy on the eve of independence</b> <b>Chapter 2. Indian Economy 1950 to 1990</b>		<b>To familiarise with the Indian Economy.</b>
<b>August</b>	<b>23</b>	<b>Indian Economic Development</b>	<b>Chapter 3 Liberalisation Privatisation and Globalisation</b>  <b>Unit 4 Government Budget and the Economy</b> <b>*Government budget – meaning, objectives and components.</b> <b>*Classification of receipts – revenue receipts and capital receipts;</b> <b>*Classification of expenditure – revenue expenditure and capital expenditure</b> <b>*Balanced, Surplus and Deficit Budget</b>	<b>Topic explanation classroom discussion notes writing</b>	<b>Student will know about LPG policy 1991</b>  <b>To understand how government determine the budget.</b>
<b>September</b>	<b>24</b>		<b>Revision and term 1</b>		<b>Learning of concept</b>

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October	14	Macroeconomics	<b>Unit. 5 Balance of Payment</b> *Balance of payments account - meaning and components; *Balance of payments – Surplus and Deficit *Foreign exchange rate - meaning of fixed and flexible rates and managed floating. *Determination of exchange rate in a	Numerical practice Group discussion	The ability to understand the value of economics in day to day life would enhance.
			free market, Merits and demerits of flexible and fixed exchange rate. *Managed Floating exchange rate system		
November	24	<b>Indian Economy Development</b>  <b>Development Experience of India- A Comparison with Neighbours</b>	*Human Capital Formation:  *Rural development:  Employment: Growth, Information and Other Issues Sustainable Economic Development:	Group discussion	Student understand the role of education and health in human capital formation  Students know the fact real progress of India is possible only when rural area and the rural peoples are developed.  Government policies and employment generation.

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**CLASS 12 FINE ARTS SYLLABAS (SESSION 2024-2025)**

**Name of the teacher: RANJEETA SINGH**

Sl no.	Month	No of working days	Subject	Topic	Total period	Activity	Learning outcomes
1	April	22	Fine Arts	The rajashthani and pahari. School of miniature painting . introduction	12	Water colour drawing on paper.	Element of art explaine in detail.
2	May	9		The rajashthani school . .Origin and development .Sub –school .Main feature of Rajasthani shool.	12	Glass painting.	Encourages creative expression of observation in art.
3	June	20	Fine Arts	The pahari school . .Origin and development .Sub –school .Main feature of pahari shool.	12	Poster making.	Students will be Able to observe And draw a variety Of natural.
4	July	23		The Mughal School of miniature painting. .Origin and Development .Main features of Mughal School .Period	6	Still life drawing by pencil shading.	Development of skill and technique.
5	August	23	Fine Arts	The Deccan School of Miniature Painting .Origin and Development .Main Features of Deccan School .Sub-school	6	Canvas painting by acrylic colour.	How to make canvas Painting step-by-step.

6	September	23		The Bengal school of Painting .Origin and Development .Main Features of Bengal School	12	Free hand drawing .	Improvement h coordination.
7	October	18	F i n e A r t s	Modern trends in Indian Art .Paintings: 1)Rama Vanquising the Pride of the Ocean 2)Mother & Child 3)Haldi Grinders 4)Mother Teresa	12	New year card making .	Development o Fine motor skill
8	November	16		Graphics Print 1)Children 2)Devi 3)Off Walls 4)Man ,Woman and Tree	12	Revision.	
9	December	21		Sculptures: 1)Triumph of labour. 2)Santhal family 3)Cries Un-Heard 4)Ganesha	12	Revision.	
10	January	22		Revision	12	Revision.	
11	February	22		Graphics Print 1)Children 2)Devi	12	Revision.	

### **PHYSICAL EDUCATION**

Class 12				
Subject: Physical education				
Month	W.D	Topic to be taught	Activities	Learning outcome



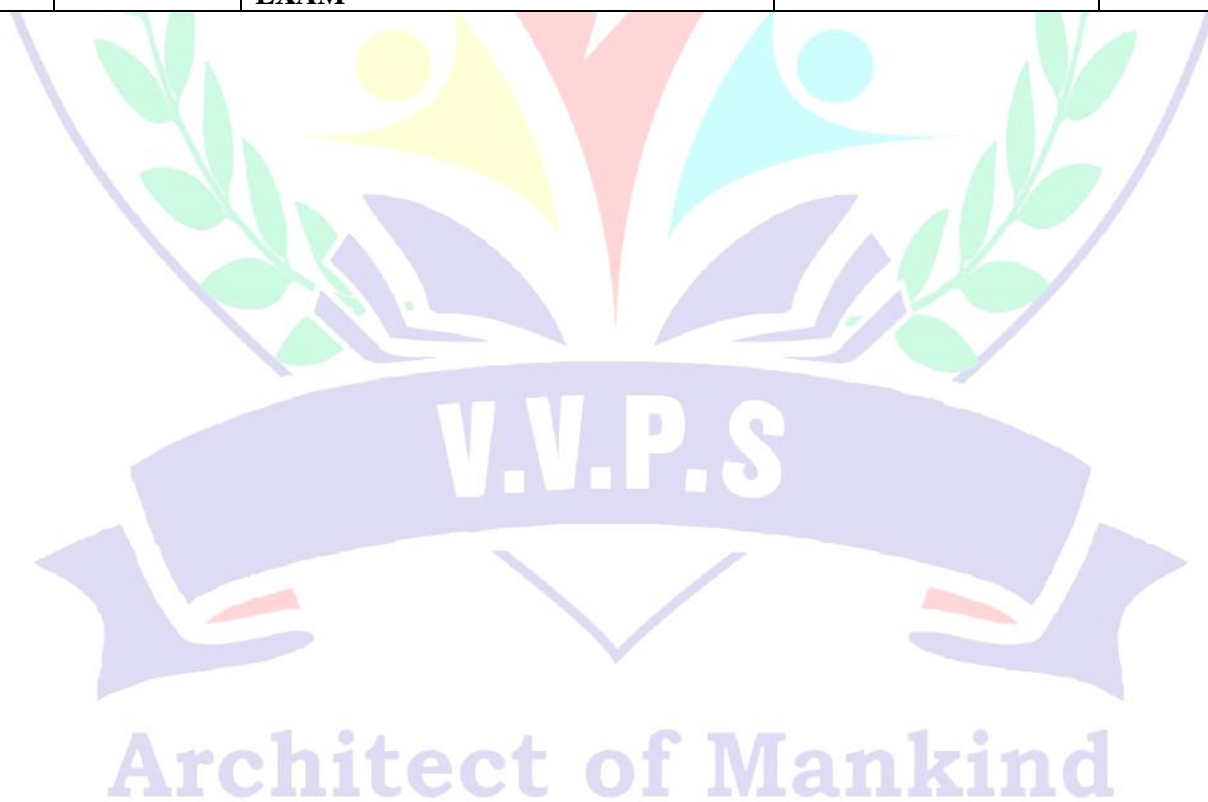
April + May	38 days	<b>Unit-1</b> <b>Planning in sports</b> <ul style="list-style-type: none"> <li>• Meaning and objectives of planning</li> <li>• Various committees and their responsibilities</li> <li>• Tournaments – knockout league</li> <li>• Draw a fixture</li> <li>• Specific sports programs.</li> </ul> <b>Unit -2</b> <b>Sports and nutrition:</b> <ul style="list-style-type: none"> <li>• Balance diet and nutrition</li> <li>• Nutrition and non nutritive components of diet</li> <li>• A healthy weight</li> </ul> <b>Unit-3</b> <b>Yoga and life style</b> Asanas as preventive measures	# khokho (Learn the basic and advanced skill of the above game)	Students know about how to plan to achieve goal <ul style="list-style-type: none"> <li>• Know to draw fixture of matches in knockout league tournament</li> <li>• Know about sports programs</li> <li>• Know about balance diet macro -micro nutrients</li> <li>• know about different components of diet</li> <li>• know about pitfalls of diet and food</li> <li>• students learn how to prevent obesity ,diabetes ,asthama, hypertension ,backpain with the help of asanas</li> </ul>
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June + July	18+25=43	<b>Unit-4</b> <b>Physical education and sports for cwsn</b> <ul style="list-style-type: none"> <li>• Concept of disability and disorder</li> <li>• Types of disabilities their cause and nature</li> <li>• Types of disorder their causes and nature</li> <li>• Disability etiquettes</li> </ul> <b>Unit -5</b> <b>Children and women in sports</b> <ul style="list-style-type: none"> <li>• Strategies to make physical activities accessible for children with special needs</li> <li>• Motor development</li> <li>• Different stages of growth and development</li> <li>• Postural deformities</li> <li>• Special consideration</li> <li>• Female athlete triad</li> </ul>	# kabaddi (learn the basic and advanced skill of the above game)	<ul style="list-style-type: none"> <li>• know about difference between disability and disorder</li> <li>• their causes and nature</li> <li>• know about etiquettes</li> <li>• learn the strategies to make physical activities accessible for children with special needs</li> <li>• know about motor development and its force affecting growth and development</li> </ul> <p>Know about the different postural deformities and their corrective measures</p>
Aug + Sept.	23+23=46	<b>REVISION + HALF YEARLY PAPER DISCUSSION</b> <b>Unit-6</b> <b>Test and measurement and in sports</b> Motor fitness test <b>Unit-7</b> <b>Physiology and injuries in sports</b> <b>physiological</b> <ul style="list-style-type: none"> <li>• Cardio-respiratory system</li> <li>• Muscular system</li> <li>• Physiological changes</li> <li>• Sports injuries</li> <li>• Treatment</li> <li>• First aid</li> </ul>	# General fitness and chess (Learn about warming up and free hand exercise)	<ul style="list-style-type: none"> <li>• Learn about motor fitness and the importance of it includes how to take fitness test</li> <li>• Know the components of physical fitness</li> <li>• Learn the effects of exercise on cardio-respiratory system</li> <li>• Know about changes due to ageing</li> <li>• Learn about common sports injuries and their first aid</li> </ul> <p>Learn about the first aid for common sports injuries</p>



Oct + Nov	19+20=39	<b>Unit -8</b> <b>Biomechanics and sports</b> <ul style="list-style-type: none"> <li>• Biomechanics in sports</li> <li>• Types of movements</li> <li>• Newton law of motion</li> <li>• Friction and sports</li> </ul> <b>Unit-9</b> <b>Psychology and sports personality</b> Motivation Aggression in sports  <b>Unit 10</b> <b>Training in Sports</b> Concept of Talent Introduction to Sports Training Cycle Types & Methods to Develop Types & Methods to Develop Circuit Training	volleybal,basketball (Learn the basic and advanced skill of the above )  # Practical (Badminton advanced skill and terminology)	<ul style="list-style-type: none"> <li>• Known the meaning and importance of biomechanics</li> <li>• Learn about different types of movements</li> <li>• Learn about application of sports of Newton's motion</li> <li>• Know the definition and types of personality</li> <li>• Learn about types of motivation</li> <li>• Learn about aggression and how to control the aggression in sports</li> </ul>
DEC	22	<b>REVISION+ MOCK-1</b>		
JAN	20	<b>MOCK-2 + PRACTICAL</b>		
FEB	22	<b>COMMENCEMENT OF BOARD EXAM</b>		



JUNE-JULY	20-23 {43}	UNIT-4  PHYSICAL EDUCATION AND SPORTS FOR CWSN   UNIT -5  CHILDREN AND WOMEN IN SPORTS	CONCEPT OF DISABILITY AND DISORDER  ➤ TYPES OF DIABETES THEIR CAUSE AND NATURE  ➤ TYPES OF DISORDER THEIR CAUSES AND NATURE  ➤ DISABILITY ETIQUETTES  ➤ STRATEGIES TO MAKE PHYSICAL ACTIVITIES ACCESSIBLE FOR CHILDREN WITH SPECIAL NEEDS  ➤ MOTOR DEVELOPMENT  ➤ DIFFERENT STAGES OF GROWTH AND DEVELOPMENT	# KABADDI  (LEARN THE BASIC ADVANCED SKILL THE ABOVE GAME)
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			<ul style="list-style-type: none"> <li>➤ POSTURAL DEFORMITIES</li> <li>➤ SPECIAL CONSIDERATION</li> <li>➤ FEMALE ATHLETE TRIAD</li> </ul>	
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AUGUST- SEPTEMBER	23- 23  {46}	UNIT-6 TEST  AND MEASUREMENT AND IN SPORTS  UNIT-7  PHYSIOLOGY AND INJURIES IN SPORTS	>MOTOR FITNESS TEST      >PHYSIOLOGICAL  >CARDIO- RESPIRATORY SYSTEM  >MUSCULAR SYSTEM  >PHYSIOLOGICAL CHANGES  >SPORTS INJURIES  >TREATMENT  >FIRST AID	# GENERAL FITNESS AND CHESS  (LEARN ABOUT WARMING UP AND FREE HAND EXERCISES)
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OCTOBER- NOVEMBER	18- 16  {34}	UNIT -8  BIOMECHANICS AND SPORTS         UNIT-9  PHYSCHOLOGY AND SPORTS	➤ BIOMECHANIC IN SPORTS  ➤ TYPES OF MOVEMENTS  ➤ NEWTON LAW OF MOTION  ➤ FRICTION AND SPORTS  ➤ PERSONALITY  ➤ MOTIVATION  ➤ AGGRESSION IN SPORTS	# VOLLEYBAL,B ASK  (LEARN THE BASI ADVANCED SKILL THE ABOVE GAM
DECEMBER	21	UNIT-10	➤ STRENGTH  ➤ ENDURANCE  ➤ SPEED  ➤ FLEXIBILTY  ➤ CO-ORDINATIVE ABILITIES  ➤ CIRCUIT TRAINING	# PRACTICAL

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