

New Green Field Public Academy

Syllabus Division (2019 – 20)

Class : XII

Subject – Physical Education

Month	Chapter	Name of Chapter
July	1	➤ Planning in sports
	2	➤ Adventure sports and leadership training
August	3	➤ Sports and nutrition
	4	➤ Postures
September	5	➤ Children and sports
	6	➤ Women and sports
October	7	➤ Test and measurement in sports
	8	➤ Physiology and sports
November	9	➤ Sports medicine
	10	➤ Biomechanics and sports
December	11	➤ Psychology and sports
	12	➤ Training in sports
January	Revision	Revision + Pre – Board Exam
February	Revision	Revision + Practical Exam
March	-----	Annual Examination

Book Name :- Physical Education Ratna Sagar