



VISHAL INTERNATIONAL SCHOOL

YEARLY SYLLABUS - [2025-2026]

CLASS - XII

Subject - English

April & May	Flamingo : Chapter – 1 , 2. The Last Lesson , Lost Spring. Vistas : Chapter – 1 , 2 The Third Level , The Tiger king Poetry : Mother at 66, Writing Skills – Notices , Articles , Reports.
P.T. - 1	Flamingo : Chapter – 1 , 2 Vistas : Chapter – 1 , 2 Poetry : Mother at Sixty six Writing Skills : Notices , Articles, Letters
July & August	Flamingo : Chapter – 3 , 4 & 5 Vistas : Chapter – 3 , 4 Poetry : Keeping Quiet , Thing of Beauty Writing Skills - Letters, job Application , Formal /Informal Invitation.
Half Yearly Exams	Flamingo : Chapter – 2 , 3, 4 & 5 Vistas : Chapter – 2 , 3 & 4 Poetry : Mother at 66, Keeping , Quiet , Thing of Beauty. Writing Skills - Notices , Articles, Reports, Letter, Application [Job] invitation.
September & October	Flamingo :Chapter – 6 , 7 Vistas : Chapter – 6 , 8 Poetry : Aunt Jennifer's Tiger Writing Skills - Speech
P.T. - 2	Flamingo : Chapter – 6 7 Vistas :Chapter – 6 , 8 Poetry : Aunt Jennifer's Tiger Writing Skills – Invitation Letters.
November	Flamingo :Chapter – 8 Vistas : Chapter – 8 & 3 Poetry : Roadside Stand
Pre Board Exams	All Syllabus According to CBSE 2024-2025.

Class - 12 Subject - Hindi				
अंतरा भाग - 2			अंतराल भाग - 2	अभिव्यक्ति और माध्यम
महीना	गद्य खंड	काव्य खंड	पाठ - 1 सूरदास की झोपड़ी।	पाठ - 1 विभिन्न माध्यमों के लिए लेखन, पाठ - 2 पत्र कारीय लेखन।
अप्रैल-मई	पाठ - 1 प्रेम धन की छाया स्मृति। पाठ - 2 सुमिरिनी के मनके	पाठ - 1 देवसेना का गति, कार्नेलिया की गीत, पाठ - 2 सरोज स्मृति पाठ - 3 बनारस दिशा।		
जुलाई-अगस्त	पाठ - 4 संवदिया, पाठ - 5 गाँधी, नेहरु पाठ - 6 लघु कथाएँ।	पाठ - 5 वसंत आया, तोड़ो, पाठ - 6 भरत - राम का प्रेम।		पाठ - 3 विशेषलेखन पाठ - 4 कविता पाठ - 5 नाटक।
सितंबर	पुनरावृत्ति अर्द्धवार्षिक परीक्षा।			
अक्टूबर-नवंबर	पाठ - 7 जहाँ कोई वापसी नहीं। पाठ - 9 दूसरा देवदास पाठ - 10 कुटज।	पाठ - 7 बारहमासा पाठ - 8 पद पाठ - 9 कविता	पाठ - 3 बिस्कोहर की माटी पाठ - 4 अपना मालवा	पाठ - 6 कैसे करे कहानी का नाट्य रूपांतरण पाठ - 7 रेडियो नाटक पाठ - 8 नए-अप्रव्याशित विषयों पर लेखन।
P.T. - 1	गद्य खंड - पाठ - 1 , 2 काव्य खंड - पाठ - 1 , 2	अंतराल पाठ - 1		

Class - 12 Subject - Mathematics	
MONTH	CONTENT
APRIL & MAY	<ul style="list-style-type: none"> ➤ Relations & Functions ➤ Inverse Trigonometric Functions ➤ Matrices ➤ Determinants
P.T. - 1	Relations & Functions, Matrices, Determinants
JULY	<ul style="list-style-type: none"> ➤ Differential Equations ➤ Applications of Derivatives ➤ Integrals
AUGUST	<ul style="list-style-type: none"> ➤ Applications of the Integrals ➤ Continuity and Differentiability ➤ Vectors
SEPTEMBER	Revision + Half Yearly Exams
OCTOBER	<ul style="list-style-type: none"> ➤ Three - dimensional Geometry ➤ Linear Programming ➤ Probability
NOVEMBER	Revision + Practice from other reference books
P.T. - 2	Applications of Derivatives , Probability , Integrals 3D, Geometry , Linear Programming
DECEMBER & JANUARY	Whole Syllabus Revision + Pre-boards
FEBRUARY	Whole Syllabus Revision + Pre-boards

Class - 12 Subject - Physics			
S.No	Month	Evaluation	Syllabus
1.	APRIL		Chapter-1: Electric Charges and Fields Chapter-2: Electrostatic Potential and Capacitance
2.	MAY		Chapter-3: Current Electricity Practical-1: To determine resistivity of two/three wires by plotting a graph for potential difference versus current. Practical-2: To find the resistance of a given wire /standard resistor using metre bridge. Practical-3: To verify the law of combination (series/parallel) of resistances using a metre bridge. Activity 1: To identify a diode, LED, resistor and a capacitor from a mixed collection of such items. Activity 2: To observe refraction and lateral deviation of a beam of light incident obliquely on a glass slab.
3.	JUNE	Holiday Home Work	Prepare an Investigatory Project Report based on a Working Model.
4.	JULY	First unit test (Syllabus chapter 1,2,3)	Chapter-4: Moving Charges and Magnetism Chapter-5: Magnetism and Matter Practical-4: To determine refractive index of a glass slab using a travelling microscope. Activity 3: To study the nature and size of the image formed by a convex lens, concave mirror on a screen by using a candle and a screen (for different distances of candle from the lens/mirror.)
5.	AUGUST		Chapter-6: Electromagnetic Induction Chapter-7: Alternating Currents Chapter-8: Electromagnetic Waves Practical- 5: To find the value of v for different values of u in case of concave mirror and to find the focal length. Practical -6: To determine angle of minimum deviation for a given prism by plotting a graph.
6.	SEPTEMBER	Half Yearly Exam (Syllabus chapter 1,2,3,4,5, 6,7,8)	Chapter-9: Ray Optics and Optical Instruments Chapter-10: Wave Optics Practical-7: To find the focal length of a convex mirror using a convex lens. Practical-8: To find the focal length of a concave lens using a convex lens.
7.	OCTOBER		Chapter-11: Dual Nature of Radiation and

			Matter Chapter-12: Atoms Activity-4: To assemble the components of a given electrical circuit. Activity 5: To study the variation of potential drop with length of a wire for a steady current. Activity 6: To draw the diagram of a given open circuit comprising at least a battery, resistor/rheostat, ammeter and voltmeter. Mark the components that are not connected in proper order and correct the circuit and also the circuit diagram.
8.	NOVEMBER	Second unit test (Syllabus chapter 9,10,11)	Chaper-13: Nuclei Chapter-14:Semiconductor Electronics Revision
9.	DECEMBER	Preboard I (Full Syllabus) Ch-1,2,3,4,5,6, 7,8,9,10,11,12,13,14	First Pre-Board Examination Revision
10.	JANUARY	Preboard II (Full Syllabus)	Second Pre- Board Examination Revision
11.	FEBURARY	PRACTICAL EXAMINATION	Revision
12.	MARCH	THEORY EXAMINATION	

CLASS XII SUBJECT: CHEMISTRY				
S.No.	Month	Name of Chapter	No. of Periods	Marks
1	April	Solution	10	7
2	May	Electrochemistry	12	9
3	July	Chemical Kinetics	10	7
4	July	D & f Block elements	12	7
5	August	Coordination Compounds	14	7
HALF YEARLY EXAM				
6	September	Haloalkanes and Haloarenes	14	6
7	October	Alcohols , phenols & Ethers	14	6
8	October	Aldehydes, Ketons and Carboxylic Acids	15	8
9	November	Amines	10	6
10	November	Biomolecules	12	7
PRE-BOARD EXAM				
Revision+Practical				

<u>Class - 12 Subject - Biology</u>		
Ch. No.	Chapter Name	Months
		April & May
1.	Sexual reproduction in flowering plants	
2.	Human reproduction	
3.	Representative health	
Periodic Test- I		
4.	Principles of inheritance and variation	July & August
5.	Molecular Basis of inheritance	
6.	Evolution	
Half Yearly Exam		
7.	Human health and Disease	October &November
8.	Microbes in human welfare	
9.	Biotechnology: principlesand processes	
10.	Biotechnology and it's application	November , December and January
11.	Organisms and population	
12.	Biodiversity and conservation	
13.	Ecosystem	
PRE BOARD		

Class - 12 Subject – Accountancy	
April	Volume:- III Chapter – 1 Financial Statement of company Chapter- 2 Tools of Financial Statement Chapter – 5 Cash Flow statement
May	Chapter – 1 Fundamental of partnership Chapter – 2 Analysis of Financial Statement
July	Chapter – 2 Goodwill Nature and Valuation. Chapter – 3 Change In Profit Sharing Ratio. Chapter – 4 Admission of Partners Chapter- 5 Retirement of Partner
August	Chapter – 1 Issue of Shares Chapter- 6 Death of partner Chapter – 7 Dissolution of Partnership Firm
September	Half Yearly exam Chapter – 1 Financial Statement of company Chapter- 2 Tools of Financial Statement Volume 1 Chapter – 5 Cash Flow statement Chapter – 1 Fundamental of partnership Chapter – 2 Analysis of Financial Statement Chapter – 2 Goodwill Nature and Valuation. Chapter – 3 Change In Profit Sharing Ratio. Chapter – 4 Admission of Partners Chapter- 5 Retirement of Partner Chapter – 1 Issue of Shares Volume 2 Chapter- 6 Death of partner Chapter – 7 Dissolution of Partnership Firm
October	Volume – III Chapter – 3 Accounting Ratio
November	Revision of all syllabus

P.T. – 1 Syllabus	Chapter- 1 Financial statement of company. Chapter- 2 Tools of financial statement Chapter- 5 Analysis of Financial Statement
Pre Board – 1/2 Syllabus	Chapter – 1 Fundamental Accounting Chapter – 2 Goodwill Nature and Valuation. Chapter – 3 Change In Profit Sharing Ratio. Among the Existing Partners. Chapter – 4 Admission of Partners Chapter – 5 Retirement / Death of Partner Chapter – 6 Dissolution of Partnership Firm. Chapter - 1 Issue of shares [Volume 2] Chapter – 2 Issue of Debentures Chapter – 1 Financial State of company. [Volume3] Chapter – 2 Financial Statement Analysis. [Volume3] Chapter – 4 Accounting Ratio .
	Chapter – 1 Fundamental Accounting Chapter – 2 Goodwill Nature and Valuation. Chapter – 3 Change In Profit Sharing Ratio. Among the Existing Partners. Chapter – 4 Admission of Partners Chapter – 5 Retirement / Death of Partner Chapter – 6 Dissolution of Partnership Firm. Chapter - 1 Issue of shares [Volume 2] Chapter – 2 Issue of Debentures Chapter – 1 Financial State of company. [Volume3] Chapter – 2 Financial Statement Analysis. [Volume3] Chapter – 4 Accounting Ratio. Chapter – 5 Cash Flow Statement

Class - 12 Subject – Economics	
April & May	<ul style="list-style-type: none"> • Introduction • Some Basic Concepts of Macroeconomics • National Income and Related Aggregates • Methods of Calculating National Income
PT- 1	<ul style="list-style-type: none"> • Introduction • Some Basic Concepts of Macroeconomics • National Income and Related Aggregates • Methods of Calculating National Income
July & August	<ul style="list-style-type: none"> • Money • Banking • Indian Economy on the eve of independence • Economics System • Economics Reforms Since 1991 - New Economics Policy
September	<ul style="list-style-type: none"> • Human capital Formation Revision + Half Yearly Exam.
Half Yearly Exams	<ul style="list-style-type: none"> • Introduction • Some Basic Concepts of Macroeconomics • National income and Related Aggregates • Methods of Calculating national Income • Money • Banking • Indian Economy on the eve of independence • Economics System • Economics Reforms Since 1991 - New Economic Policy • Human Capital formation.
October & November	<ul style="list-style-type: none"> • Aggregate Demand , Aggregates Supply & related Concepts • Problem of Deficit demand and Excess demand. • Government Budgets and the economy • Rural development • Employment • Environment and Sustainable Development
PT-2	<ul style="list-style-type: none"> • Aggregate Demand , Aggregates Supply & related Concepts • Problem of Deficit demand and Excess demand. • Government Budgets and the economy

	<ul style="list-style-type: none"> • Rural development • Employment • Environment and Sustainable Development
December	<ul style="list-style-type: none"> • Foreign Exchange Rate • Balance of Payment • Comparative development experience of india and its neighbours.
January & February	<ul style="list-style-type: none"> • PREBOARD ENTIRE SYLLABSU

Class - 12 Subject – Business Studies	
April & May	<ul style="list-style-type: none"> • Nature and Significance of Management • Principal of Managements. • Business Environment
PT-1	<ul style="list-style-type: none"> • Nature and Significance of Management • Principal of Managements. • Business Environment
July & August	<ul style="list-style-type: none"> • Planning • Organising • Staffing
September	<ul style="list-style-type: none"> • Directing Revision + Half yearly Exams.
Half Yearly exam	<ul style="list-style-type: none"> • Nature and Significance of Management • Principal of Managements • Business Environment • Planning • Organising • Staffing
October & November	<ul style="list-style-type: none"> • Controlling • Financial Management • Financial Market
PT-2	<ul style="list-style-type: none"> • Directing • Controlling • Financial Management • Financial market.
December	<ul style="list-style-type: none"> • Marketing Management • Consumer Protection
January	<ul style="list-style-type: none"> • PRE BOARD ENTIRE SYLLABUS

<u>Class - 12 Subject - Political Science</u>	
April & May	Part A: Contemporary World Politics Chapter 1 – End of Bipolarity Chapter 2 – New Centers of Power Part B – Politics in India since Independence Chapter 1 – Challenges of Nation Building Chapter 2 – Planning and Development
P.T – 1	Chapter – Part – A Chapter – 1 & 2 & Part – B Chapter – 1 & 2.
July & August	Part A: Chapter 3 - Contemporary south Asia Chapter 4 –United nations and its Organizations Chapter 5 – Security in Contemporary World Part B: Chapter 3 – India’s Foreign Policy Chapter 4 – Parties and the Party System in India Chapter 5 – Democratic Resurgence Project Work United Nations and its Organizations OR Challenges of Nation Building Map Work
September	Revision + Half Yearly Exams
Half Yearly Exams	Part – 1 Chapter – 1, 2, 3, 4, & 5 & Part- 2 Chapter - 1, 2, 3, 4 & 5.
October & November	Part A Chapter 6 – Environment and Natural Resources Chapter 7 – Globalization Part B Chapter 6 – Regional Aspiration Chapter 7 – Indian Politics: Trends and Developments
Pre – Board 1 +2	Entire Syllabus Map Work: Entire Syllabus Project Work: Globalization Or India's Foreign Policy

<u>Class - 12 Subject - History</u>	
April & May	Part I: Chapter 1 – The Story of the First Cities: Harappan Archeology Part II: Chapter 5 – Medieval Society through Traveler’s Accounts Part III: Chapter 10 – Colonialism and Rural Society Chapter – 11 Rebels and the Raj
P.T – 1	Chapter- 1, 5, 10, 11
July & August	Part I: Chapter -2 Kings Farmers and Towns Chapter – 3 Kinship , Caste and Class Part II: Chapter 6 – Bhakti :- Sufi Traditions Chapter 7 – An Imperial Capital : Vijaynagar Project Work: The Mysteries Behind the mound of Dead – Mohanjo Daro OR Mahatma Gandhi: A Legendary Soul Part III: Chapter 13 – Mahatma Gandhi and the Nationalist Movement Chapter 15 – Farming the Consitution
September	Revision + Half Yearly Exams
Half Yearly exams	Chapter – 1, 2, 3 , 5, 6, 7, 10, 11 , 13 & 15.
October	Part I: Chapter 4 – Thinkers, Beliefs And Buildings Part II: Chapter 8 – Peasants , Zamindars and the State
Pre- Board 1+ 2	Entire Syllabus Map Work – Entire Syllabus Project work: Framing the Constitution [Pre – Board 1] Thinkers, Beliefs and Buildings [Pre – Board 2]

Physical Education (Subject Code 048)**Class XII (2025-26)**

UNIT NO.	UNIT NAME	THE WEIGHTAGE (MARKS) ALLOTTED
UNIT 1	Management of Sporting Events	05 + 04 b*
UNIT 2	Children and Women in Sports	07
UNIT 3	Yoga as Preventive measure for Lifestyle Disease	06+01 b*
UNIT 4	Physical Education & Sports for (CWSN)	04+04 b*
UNIT 5	Sports & Nutrition	07
UNIT 6	Test and Measurement in Sports	08
UNIT 7	Physiology & Injuries in Sport	04+04 b*
UNIT 8	Biomechanics and Sports	10
UNIT 9	Psychology and Sports	07
UNIT 10	Training in Sports	09
PRACTICAL (LAB) [#]	Including 3 Practical	30
TOTAL	Theory 10 + Practical 3	Theory 70 + Practical 30 = 100
Note: b*are the Concept based questions like Tactile diagram/data interpretation/case base study for visually Impaired Child		

CLASS XII [COURSE CONTENT]

Unit No.	Unit Name & Topics	Specific Learning Objectives	Suggested Teaching Learning process	Learning Outcomes with specific competencies
1	Management of Sporting Events <ol style="list-style-type: none"> Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) Various Committees & their Responsibilities (pre; during & post) Fixtures and their Procedures – Knock- Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments Intramural & Extramural tournaments – Meaning, Objectives & Its Significance Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity) 	<ul style="list-style-type: none"> To make the students understand the need and meaning of planning in sports, committees, and their responsibilities for conducting the sports event or tournament. To teach them about the different types of tournaments and the detailed procedure of drawing fixtures for Knock Out, League Tournaments, and Combination tournaments. To make the students understand the need for the meaning and significance of intramural and extramural tournaments To teach them about the different types of community sports and their importance in our society. 	<ul style="list-style-type: none"> Lecture-based instruction, Technology- based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic learning, Game-based learning and Expeditionary learning. 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> * Describe the functions of Sports Event management * Classify the committees and their responsibilities in the sports event * Differentiate the different types of tournaments. * Prepare fixtures of knockout, league & combination. * Distinguish between intramural and extramural sports events * Design and prepare different types of community

Unit 2	Children & Women in Sports 1. Exercise guidelines of WHO for different age groups. 2. Common postural deformities- knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. 3. Women's participation in Sports- Physical, Psychological , and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amenorrhea, eating disorders)	<ul style="list-style-type: none"> • To make students understand the exercise guidelines of WHO for different age groups • To make students aware of the common postural deformities • To make students aware of women's sports participation in India and about the special conditions of women • To make students understand menarche and menstrual dysfunction among women athletes. • To make them understand about female athlete triad. 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology- based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	After completing the unit, the students will be able to: <ul style="list-style-type: none"> • Differentiate exercise guidelines for different stages of growth and development. • Classify common postural deformities and identify corrective measures. • Recognize the role and importance of sports participation of women in India. • Identify special considerations relate to menarche and menstrual dysfunction. • Express female athlete triad according to eating disorders
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<p>Unit 3</p>	<p>Yoga as Preventive measure for Lifestyle Disease</p> <ol style="list-style-type: none"> Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottasana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana Supta- vajarasana, Paschimottasana, Ardha- Matsyendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottasana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma- Viloma Hypertension : Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi- shodhanapranayama, Sitlipranayama Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastottasana, Ardha-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama. 	<ul style="list-style-type: none"> To make students Understand about the main life style disease - Obesity, Hypertension, Diabetes, Back Pain and Asthma. To teach about different Asanas in detail which can help as a preventive Measures for those Lifestyle Diseases. 	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic learning, Game-based learning and Expeditionary learning. 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> * Identify the asanas beneficial for different ailments and health problems. * Recognize importance of various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis * Describe the procedure for performing a variety of asanas for maximal benefits. * Distinguish the contraindications associated with performing different asanas. * Outline the role of yogic management for various health benefits and preventive measures.
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Unit 4	<p>Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</p> <ol style="list-style-type: none"> 1. Organization s promoting Disability Sports (Special Olympics; Paralympis; Deaflympics) 2. Concept of Classificatio n and Divisioning in Sports. 3. Concept of Inclusion in sports, its need, and Implementat ion; 4. Advantages of Physical Activities for children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs. 	<ul style="list-style-type: none"> • To make students understand the concept of Disability and Disorder. • To teach students about the types of disabilities & disorders, their causes, and their nature. • To make them aware of Disability Etiquette. • To make the students Understand the advantage of physical activity for CWSN. • To make the students aware of different strategies for making physical activity accessible for Children with Special Needs 	<ul style="list-style-type: none"> ▪ Lecture-based instruction, ▪ Technology- based learning, ▪ Group learning, ▪ Individual learning, ▪ Inquiry-based learning, ▪ Kinesthetic learning, ▪ Game-based learning and • Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> * Value the advantages of physical activities for children with special needs * Differentiate between methods of categorization in sports for CWSN * Understand concepts and the importance of inclusion in sports * Create advantages for Children with Special Needs through Physical Activities * Strategies physical activities accessible for children with specialneeds
Unit 5	<p>Sports & Nutrition</p> <ol style="list-style-type: none"> 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & Non- Nutritive Componen ts of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths 5. Importance of Diet in Sports- Pre, During and Post competition Requirements 	<ul style="list-style-type: none"> • To make the students understand the importance of a balanced diet • To clear the concept of Nutrition – Micro & Macro nutrients, Nutritive & non- Nutritive Components of diet • To make them aware of eating for weight loss and the results of the pitfalls of dieting. • To understand food intolerance & food myths 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology- based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning. 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> * Understand the concept of a balanced diet and nutrition. Classify Nutritive and Non- Nutritive components of the Diet * Identify the ways to maintain a healthy weight * Know about foods commonly causing food intolerance * Recognize the pitfalls of dieting and food myths

Unit 6	Test & Measurement in Sports 1. Fitness Test – SAI Khelo India Fitness Test in school:	<ul style="list-style-type: none"> To make students Understand and conduct SAI KHELO INDIA Fitness Test and to make students Understand and conduct General MotorFitness Test 	<ul style="list-style-type: none"> Lecture-based instruction, Technology- based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic 	After completing the unit, the students will be able to: * Perform SAI Khelo India Fitness Test in school [Age group 5-8
	Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls). 2. Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise 3. Computing Basal Metabolic Rate (BMR) 4. Rikli & Jones - Senior Citizen Fitness Test <ul style="list-style-type: none"> Chair Stand Test for lower body strength Arm Curl Test for upper body strength 	<ul style="list-style-type: none"> To make students to determine physical fitness Index through Harvard Step Test/Rockport Test To make students to calculate Basal Metabolic Rate (BMR) To measure the fitness level of Senior Citizens through Rikli and Jones Senior Citizen Fitness Test. 	learning, <ul style="list-style-type: none"> Game-based learning and Expeditionary learning 	years/ (class 1-3) and Age group 9-18yrs/ (class 4-12) * Determine physical fitness Index through Harvard Step Test/Rock- port Test * Compute Basal Metabolic Rate (BMR) * Describe the procedure of Rikli and Jones - Senior Citizen Fitness Test

	<ul style="list-style-type: none"> ○ Chair Sit & Reach Test for lower body flexibility ○ Back Scratch Test for upper body flexibility ○ Eight Foot Up & Go Test for agility ○ Six-Minute Walk Test for Aerobic Endurance <p>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</p>			
Unit 7	Physiology & Injuries in Sport <ol style="list-style-type: none"> 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the Cardio-Respiratory System 4. Physiological changes due to aging 	<ul style="list-style-type: none"> ● Understanding the physiological factors determining the components of physical fitness. ● Learning the effects of exercises on the Muscular system. ● Learning the effects of exercises on Cardiovascular system. ● Learning the effects of exercises on the Respiratory system. 	<ul style="list-style-type: none"> ● Lecture-based instruction, ● Technology- based learning, ● Group learning, ● Individual learning, ● Inquiry-based learning, ● Kinesthetic learning, ● Game-based learning and ● Expeditionary learning 	After completing the unit, the students will be able to: <ul style="list-style-type: none"> * Recognize the physiological factors determining the components of physical fitness. * Comprehend the effects of exercise on the Muscular system and cardiorespiratory systems. * Figure out the physiological changes due to ageing

	<p>5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted)</p>	<ul style="list-style-type: none"> • Learning the changes caused due to aging. • Understanding the Sports Injuries (Classification, Causes, and Prevention) • Understanding the Aims & Objectives of First Aid • Understanding the Management of Injuries 		<ul style="list-style-type: none"> • Classify sports injuries with its Management.
Unit 8	<p>Biomechanics and Sports</p> <ol style="list-style-type: none"> 1. Newton's Law of Motion & its application in sports 2. Types of Levers and their application in Sports. 3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports 	<ul style="list-style-type: none"> • Understanding Newton's Laws of Motion and their Application in Sports. • Make students understand the lever and its application in sports. • Make students understand the concept of Equilibrium and its application in sports. • Understanding Friction in Sports. • Understanding the concept of Projectile in sports. 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology- based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> * Understand Newton's Law of Motion and its application in sports * Recognize the concept of Equilibrium and its application in sports. * Know about the Centre of Gravity and will be able to apply it in sports * Define Friction and application in sports. * Understand the concept of Projectile in sports.

Unit 9	Psychology and Sports <ol style="list-style-type: none"> 1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggression s in Sports 5. Psychological Attributes in Sports – Self- Esteem, Mental Imagery, Self-Talk, Goal Setting 	<ul style="list-style-type: none"> • To make students understand Personality & its classifications. • To make students understand motivation and its techniques. • To make students about Exercise Adherence and Strategies for enhancing Adherence to Exercise. • To make them aware of Aggression in sports and types. • To make students understand Psychological Attributes in Sports. 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	After completing the unit, the students will be able to: <ul style="list-style-type: none"> * Classify different types of personality and their relationship with sports performance. * Recognise the concept of motivation and identify various types of motivation. * Identify various reasons to exercise, its associated benefits and strategies to promote exercise adherence. * Differentiate between different types of aggression in sports. * Explain various psychological attributes in sports.
Unit 10	Training in Sports <ol style="list-style-type: none"> 1. Concept of Talent Identification and Talent Development in Sports 	<ul style="list-style-type: none"> • Making the students understand the concept of talent identification and methods in sports • Making the students Understand sports 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology- based learning, Group learning, • Individual learning, • Inquiry-based learning, 	After completing the unit, the students will be able to: <ul style="list-style-type: none"> • understand the concept of talent identification and methods used

	<p>2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle.</p> <p>3. Types & Methods to Develop – Strength, Endurance, and Speed.</p> <p>4. Types & Methods to Develop – Flexibility and Coordinative Ability.</p> <p>5. Circuit Training - Introduction & its importance</p>	<p>training and the different cycle in sports training.</p> <ul style="list-style-type: none"> • Making the students Understand different types & methods of strengths, • endurance, and speed. • Making the students Understand different types & methods of flexibility and • coordinative ability. • Making the students understand Circuit training and its importance 	<ul style="list-style-type: none"> • kinesthetic learning, • Game-based learning and • Expeditionary learning 	<p>for talent development in sports.</p> <ul style="list-style-type: none"> • Understand sports training and the different cycle used in the training process. • Understand different types & methods to develop - strength, endurance, and speed in sports training • Understand different types & methods to develop – flexibility and coordinative ability. • Understand Circuit training and its importance
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GUIDELINES FOR INTERNAL ASSESSMENT (PRACTICAL/ PROJECTS ETC.)

PRACTICAL	(Max. Marks 30)
Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*	6 Marks
Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)**	7 Marks
Yogic Practices	7 Marks
Record File ***	5 Marks
Viva Voce (Health/ Games & Sports/ Yoga)	5 Marks

- *Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)
- **CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.
- **Children with Special Needs can also opt any one Sport/Game from the list as

alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

***Record File shall include:

- **Practical-1:** Fitness tests administration. (SAI Khelo India Test)
- **Practical-2:** Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- **Practical-3:** Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.

<u>Subject –Computer Science (083)</u>		
Months	Subjects	Particular Chapters with Map & Project Work
April - May	<u>Computer Science</u>	Ch-1 (Python Revision Tour – I) Ch-2 (Python Revision Tour – II) Ch-3 (Exceptional Handling) Ch-4 (Functions)
PT - 1	<u>Computer Science</u>	Ch-1 (Python Revision Tour – I) Ch-2 (Python Revision Tour – II) Ch-3 (Exceptional Handling) Ch-4 (Functions)
July - August	<u>Computer Science</u>	Ch-5 (Python Modules) Ch-6 (File Handling) Topic- Text File, CSV File, Binary File Ch-7 (Networking)
Half Yearly exam	<u>Computer Science</u>	Ch-1 (Python Revision Tour – I) Ch-2 (Python Revision Tour – II) Ch-3 (Exceptional Handling) Ch-4 (Functions) Ch-6 (File Handling) Ch-7 (Networking)
October	<u>Computer Science</u>	Ch-8 (Stack) Ch-9 (MySQL) Ch-10 (Interface Python with MySQL)
Pre Board-(I+II)	<u>Computer Science</u>	Ch-1 (Python Revision Tour – I) Ch-2 (Python Revision Tour – II) Ch-3 (Exceptional Handling) Ch-4 (Functions) Ch-5 (Python Modules) Ch-6 (File Handling) Ch-7 (Networking) Ch-8 (Stack) Ch-9 (MySQL) Ch-10 (Interface Python with MySQL)

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