



CARMEL CONVENT SR.SEC.SCHOOL: BHEL: BHOPAL
SYLLABUS FOR THE YEAR 2023–24
SUBJECT: PHYSICAL EDUCATION (XII)

S.NO.	MONTH	EXAM	CHAPTER NO.	NAME OF CHAPTER
1	APRIL-2023		Unit-1	Unit-1 Management of Sporting Events,
2	JUNE-2023		Unit-1	Unit-2 Children And Women In Sports
3	JULY-2023	PT 1	Unit-3,4	Unit-3 Yoga as Preventive measure for Lifestyle Disease Unit-4 Physical Education and Sports for CWSN
4	AUG-2023		Unit-10	Unit-10 Training in Sports
5	SEPT-2023	TERM 1 (Unit-1,2,3,4,10)	Unit-5,6	Unit-5 Sports and Nutrition Unit-6 Test and Measurement in Sports
6	OCT-2023		Unit-7	Unit-7 Physiology and Injuries in Sports
7	NOV-2023		Unit-8,9	Unit-8 Biomechanics and Sports Unit-9 Psychology and Sports
8	DEC-2023	PRE-BOARD I	Unit- 1 to 10	Revision
9	JAN-2024	PRE-BOARD II	Unit- 1 to 10	Revision