

GURU HARKRISHAN PUBLIC SCHOOLS
NEW DELHI
CLASS-XII
PHYSICAL EDUCATION (048)
DIVISION OF SYLLABUS (MAIN & ADDITIONAL)
SESSION : 2022-23

BOOKS :-

- HEALTH & PHYSICAL EDUCATION (SARASWATI PUBLICATION)
- PHYSICAL EDUCATION & HEALTH
(B.R.INTERNATIONAL PUBLISHER)

FIRST UNIT TEST

Total:- 25 Mark, Syllabus 20% cover

1 Management of Sporting Events	9
2 Children and Women in sports	8
3 Yoga as preventive measure for lifestyle Disease	8

SECOND UNIT TEST

Total:-25 Mark, Syllabus 50% cover

4 Physical education and sports for CWSN(Children with Special Needs- Divyang)	9
5 Sports & Nutrition	8
6 Test and measurement in Sports	8

HALF YEARLY EXAM

Total:-70+30 Mark, Syllabus 70% cover

100 Marks with Practical

1 Management of Sporting Events	9
2 Children and Women in sports	9
3 Yoga as preventive measure for lifestyle Disease	9
4 Physical education and sports for CWSN(Children with Special Needs- Divyang)	9
5 Sports & Nutrition	8
6 Test and measurement in Sports	8
7 Physiology and injuries in Sports	
8 Biomechanics and Sports	9

PRE-MOCK

Total Marks :-70+30=100

Syllabus 100%cover

Complete Half Yearly Syllabus

- 9 Psychology and sports
10 Training in sports

Complete Syllabus--Approximately Equal Weightage to all chapters

MOCK Exam

Total Marks: -70+30=100
Syllabus 100% cover

Complete Syllabus--Approximately Equal Weightage to all chapters with practical