

PHYSICAL EDUCATION (048)

Class XII (2024–25)

PERIODIC TEST I

Unit I Management of Sporting Events

MID TERM

Unit I Management of Sporting Events

Unit II Children & Women in Sports

Unit III Yoga as Preventive measure for Lifestyle Disease

Unit IV Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)

PREBOARD I AND II

Unit I Management of Sporting Events

Unit II Children & Women in Sports

Unit III Yoga as Preventive measure for Lifestyle Disease

Unit IV Physical Education & Sports for CWSN (Children with Special Needs - *Divyang*)

Unit V Sports & Nutrition

Unit VI Test & Measurement in Sports

Unit VII Physiology & Injuries in Sports

Unit VIII Biomechanics & Sports

Unit IX Psychology & Sports

Unit X Training in Sports