

ARMY PUBLIC SCHOOL, MUMBAI (2019-2020)
STANDARD CURRICULUM

CLASS:XII

SUB: HEALTH AND PHYSICAL EDUCATION

<u>MONTH</u>	<u>CHAPTER</u>	<u>CORE VALUES/LIFE SKILLS</u>	<u>METHODOLOGY</u>	<u>LEARNING OUTCOMES</u>
March	1. Planning in Sports	*Logical Thinking *Scientific attitude *Problem solving *Planning *Self confidence	*Explanation *Discussion *Interaction *Diagram	* Understand the concept & importance of planning in sports. *Students also get to know how to draw fixture.
April	2.Sports Nutrition	*Long Term Vision *Knowledge *Nutrition *Decision making *Physical Fitness	*Lecture *Explanation *Discussion	*To get to know the importance of Nutrition in enhancing the performance in sports. *Also they know about the Nutritive and Non-Nutritive components of diet.
June	3.Yoga and Lifestyle	*Self-Awareness *Positive Outlook *Physical Agility *Diversity *Togetherness	*Demonstration *Discussion *Interaction	*Learn about importance of Yoga and healthy positive lifestyle *Learn how to prevent lifestyle disease with the help of yoga.
July	4.Physical Education and Sports For Differently Abled 5.Children and Sports	*Caring *Awareness *Creative thinking *Knowledge *Physical Development	*Lecture *Interaction	*To understand the concept of disability and disorder. *To know the importance of Disability Etiquettes.

<p>August</p>	<p>6.Women and Sports 7.Test and Measurement in Sports</p>	<p>*Critical thinking *Reasoning *Awareness * Team work *Positive Outlook</p>	<p>*Lecture *Discussion *Numerical Problem Solving</p>	<p>*Students know the reasons of low participation of women in sports. *To learn how to compute the fitness index score and senior citizen fitness.</p>
<p>Sept</p>	<p>8.Physiology and Sports</p>	<p>*Positive Outlook *Creative Thinking *Problem solving *Self-Awareness</p>	<p>*Explanation *Discussion *Interaction</p>	<p>*To understand physiological factors determining component of physical fitness. *To know the effects of Exercise on our body system.</p>
<p>Oct</p>	<p>9.Sports Medicine 10.Kinesiology,B iomechanics in Sports</p>	<p>*Positive attitude *Self-awareness *Physical Fitness *Long Term Vision</p>	<p>*Lecture *Interaction *Discussion</p>	<p>*Understand common sports injuries * There prevention and management. *To learn Newton's laws of Motion and their Application in Sports.</p>
<p>Nov</p>	<p>11.Psychology and Sports 12.Training in Sports</p>	<p>*Creative Thinking *Long Term Vision *Self Awareness *Physical Fitness * Time management</p>	<p>*Explanation *Discussion *Interaction</p>	<p>*Discussion on motivation and techniques. *To Know different body types, Benefits of exercise and aggressions in sports. *Understand types and methods of improving strength, endurance, speed, flexibility & coordinative abilities.</p>