

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

CLASS: XII

SUB: HEALTH AND PHYSICAL EDUCATION

<u>MONTH</u>	<u>CHAPTER</u>	<u>ACTIVITY</u>	<u>VALUES</u>	<u>CORE VALUES</u>
April	1. Planning in Sports	To understand the concept & importance of planning in sports. Students also get to know how to draw fixture.	Logical thinking, Scientific attitude, Problemsolving & Planning	Building self confidence and Planning
June	2. Sports Nutrition	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.	Long Term Vision, Knowledge, Nutrition & Decision making .	Physical Fitness and Knowledge
July	3. Yoga and Lifestyle	Discussion on importance of Yoga and healthy positive lifestyle is done. How to prevent lifestyle disease with the help of yoga is discussed.	Self Awareness, Positive Outlook & Physical Agility	Diversity and togetherness
Aug	4. Physical Education and Sports For Differently Abled 5. Children and Sports	To understand the concept of disability and disorder and their types. To know the importance of Disability Etiquettes.	Caring, Awareness, Creative thinking & knowledge	Physical Development
Sept	6. Women and Sports 7. Test and Measurement in Sports	To the reasons of low participation of women in sports. Also to learn how to compute the fitness index score and senior citizen fitness .	Critical thinking, reasoning, Awareness, Team work	Positive Outlook and Self Awareness
Oct	8. Physiology and Sports	To understand physiological factors determining component of physical fitness. To know the effects of Exercise on our body system.	Positive Outlook, Creative Thinking, problem solving.	Self Awareness

Nov	9.Sports Medicine 10.Kinesiology,B iomechanics in Sports	To get the knowledge of common sports injuries , there prevention and management.To learn Newton's laws of Motion and their Application in Sports.	Positive attitude,Selfawareness &Physical Fitness	Long Term Vision
Dec	11.Psychology and Sports	Discussion on motivation and techniques.To learn different body types,Benefits of exercise and aggressions in sports.	Creative Thinking, Long Term Vision & Self Awareness	Physical Fitness
Jan	12.Training in Sports	To know about types and methods of improving strength,endurance,speed,fl exibility& coordinative abilities.	Time management, Physical Fitness	Knowledge