



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS XII

SUBJECT- PHYSICAL EDUCATION (048)

New Session begins on 3rd March 2025

S.No.	Duration	No. of Teaching Days	Theory	Practical/ Activity	Weightage in Board
1	1 st March – 15 th March	9	Ch.1 Management of sporting events		
2	16 th March-31 st March	11	Ch.1 Management of sporting events		
3	1 st April-15 th April	10	Ch.2 Children and Women in Sports		
4	16 th April- 30 th April	10	Ch-3 Yoga as Preventive Measure for lifestyle Disease		
Unit Test: 28th April – 9th May 25					
5	1 st May- 15 th May	10	Ch-4 Physical Education and Sports for CWSN		
6	16 th May – 31 st May	6	Ch-4 Physical Education and Sports for CWSN		
Summer Vacations: 26th May – 30th June 25					
7	1 st July- 15 th July	11	Ch-5 Sports and Nutrition		
Periodic Test-1: 11th July – 23rd July 25					
8	16 th July-31 st July	12	Ch-6 Test and Measurement in Sports		
9	1 st Aug- 15 th Aug	10	Ch-7 Physiology and Injury in Sports		
10	16 th Aug- 31 st Aug	10	Chapter 8- Biomechanics and Sports		
Syllabus Completion for Mid Term Examination: 29th Aug 2025					
Practicals for Mid Term Examination: 8th Sept – 12th Sept 25					
11	1 st Sept-15 th Sept	9	REVISION		
Mid Term Examination - 15th Sept- 26th Sept 25					
Autumn Break- 30 Sept – 2nd Oct 25					
12	1 st Oct- 15 th Oct	8	Chapter-9 Psychology and sports		
13	16 th Oct-31 st Oct	8	Chapter-10 Training in Sports		
Syllabus Completion for Board Examination– 31st Oct 25					
14	1 st Nov -15 th Nov	3	REVISION		
Diwali Break : 20th Oct - 23rd Oct 25					
Preboard 1 Examination: 7th Nov – 17th Nov 25					
15	16 th Nov-30 th Nov	9	REVISION		
Pre Board 2 Practicals: 1st Dec – 5th Dec 25					
Pre Board - 2 Examination: 8th Dec – 19th Dec 25					
Winter Break- 29th Dec - 9th Jan 26					

TOTAL TEACHING DAYS: 136

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST	9/05/2025	Ch. 1 & 2
PERIODIC TEST1	23/07/2025	Ch 2, 3 & 4
MID TERM EXAMINATION	24/09/2025	Ch. 1-6
PRE BOARD 1 EXAMINATION		
PRE BOARD 2 EXAMINATION	8/12/2025	Full Syllabus