



FORTNIGHTLY SYLLABUS PLANNING (2026-27)
CLASS XII
SUBJECT- PHYSICAL EDUCATION

New Session begins on 2nd March 2026				
S.no.	Duration	No. of Teaching Days	Theory	Practical/Activity
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	11	Ch-3Yoga as Preventive Measure for lifestyle Disease	
Unit Test: 23rd April – 30th April 26				
5	1 st May- 15 th May	10	Ch-4 Physical Education and Sports for CWSN	
6	16 th May-31 st May	5	Ch-4 Physical Education and Sports for CWSN	
Summer Vacations:25th May – 30th June26				
7	1 st July- 15 th July	11	Ch-5 Sports and Nutrition	
8	16 th July-31 st July	12	Ch-6 Test and Measurement in Sports	
Periodic Test-1: 31stJuly – 7th August 26				
9	1 st Aug- 15 th Aug	10	Ch-7 Physiology and Injury in Sports	
10	16 th Aug- 31 st Aug	9	Chapter 8- Biomechanics and Sports	
Syllabus Completion for Mid Term Examinations: 31st Aug 2026				
Practicals for Mid Term Examinations: 7th Sept – 11th Sept 26				
11	1 st Sept-15 th Sept	8	REVISION	
Mid Term Examinations: 14thSept- 25th Sept 26				
12	16 th Sept – 30 th Sept	3	Chapter-9 Psychology and sports	
13	1 st Oct- 15 th Oct	10	Chapter-9 Psychology and sports	
Autumn Break- 17th Oct – 20th Oct 26				
14	16 th Oct-31 st Oct	8	Chapter-10 Training in Sports	
15	1 st Nov -15 th Nov	7	Revision	
Syllabus Completion: 6thNov 26				
Diwali Break : 7th Nov – 11th Nov 26				
Pre Board 1 Examination: 18th Nov – 30th Nov 26				
Practicals for Pre Board 2: 1st Dec – 4th Dec 26				
Pre Board 2 Examination: 11th Dec – 23rd Dec 26				
Winter Break- 28th Dec - 8th Jan27				

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST	30/04/2026	Ch. 1 & 2
PERIODIC TEST1	04/08/2026	Ch 2, 3 & 4
MID TERM EXAMINATION	23/09/2026	Ch. 1-6
PRE BOARD 1 EXAMINATION	18/11/2026	Full Syllabus
PRE BOARD 2 EXAMINATION	23/12/2026	Full Syllabus