



FORTNIGHTLY SYLLABUS PLANNING (2026-27)

CLASS XII

SUBJECT- YOGA (841)

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	Skill book, Unit-1,Ch-1,2	Suksham vyayam
2	16 th March – 31 st March	11	Skill book, Unit-1,Ch-2,3	Sthul vyayam
3	1 st April-15 th April	10	Skill book, Unit-1,Ch-3,4	Surya namaskar
4	16 th April- 30 th April	11	Communication skills	Yogasana practice
Unit Test: 23rd April – 30th April 26				
5	1 st May- 15 th May	10	Skill book, Unit-2,Ch-1,2	Yogasana practice
6	16 th May-31 st May	5	Skill book, Unit-2,Ch-3,4	Pranayama practice
Summer Vacations:25th May – 30th June 26				
7	1 st July- 15 th July	11	Self management skill, Ict skill	Bandh and Mudra
8	16 th July-31 st July	12	Ict skill	Pranayama practice
Periodic Test-1: 31st July – 7th August 26				
9	1 st Aug- 15 th Aug	10	Skill book, Unit-2,Ch-3,4	Yogasana practice
10	16 th Aug- 31 st Aug	9	Skill book, Unit-2,Ch-5,6	Pranayama practice
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	Yogasana practice
Mid Term Examinations: 14th Sept- 25th Sept 26				
12	16 th Sept – 30 th Sept	3	Skill book, Unit 3, Ch-1,2	Surya namaskar
13	1 st Oct- 15 th Oct	10	Entrepreneurship skill	Yogasana practice
Autumn Break- 17th Oct – 20th Oct 26				
14	16 th Oct-31 st Oct	8	Skill book, Unit 3, Ch-3,4	Yogasana practice
15	1 st Nov -15 th Nov	7	Green skill	Pranayama practice
Syllabus Completion: 6th Nov 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 Jan 27				

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST	30 April 26	Skill book : Unit-1,Ch-1,2,3
PERIODIC TEST 1	4 Aug 26	Skill book : Unit-1,Ch-4, Unit-2,Ch-1,2 employability skill : ch-1
MID TERM EXAMINATION	23 Sep 26	Skill book : Unit-1,Ch-1,2,3,4 Unit-2,Ch-1,2,3 Employability skills : Ch-1,2,3
PRE BOARD 1 EXAMINATION	18 Nov 26	Full syllabus
PRE BOARD 2 EXAMINATION	23 Dec 26	Full syllabus