

ARMY PUBLIC SCHOOL WELLINGTON

SPLIT-UP SYLLABUS (2025-26)

ENGLISH

CLASS:XII (301)

PRESCRIBED BOOKS: NCERT Books (Flamingo, Vistas)

Month	Chapter name	Sub topics	Experiment/project/activity
APRIL	Flamingo: Prose: The Last Lesson, Lost Spring Poem: My Mother at Sixty-Six, Keeping Quiet Vistas: SR: The Third Level, The Tiger King Writing: Notice Writing, Letter Writing		Collect data about condition of old age homes in our country, living condition there, number of old age homes. Write a letter to Editor and Job Application Letter.

<p>JUNE</p>	<p>Flamingo: Prose: Deep Water, The Rattrap</p> <p>Vistas: SR: Journey to the end of the earth</p> <p>Writing: Invitation & Reply</p>	<p>Elaborate your any personal experience about any kind of fear haunted you yet. Collect data about types of fear people have in your locality and how they are trying to overcome it</p> <p>Worksheet</p>
<p>JULY</p>	<p>Flamingo: Poem: A Roadside Stand</p> <p>Vistas: The Enemy</p> <p>Writing: Article Writing</p>	<p>What is a Roadside Stand? How do people react to the people in the Roadside Stand? Collect data on those people whom you have met and what have you done on seeing them.</p>

<p>AUGUST</p>	<p>Flamingo: Prose: Indigo, Poets and Pancakes</p> <p>Vistas: SR: On the Face of It</p>	<p>Collect all about different kinds of freedom movements of our country. What was the importance of Champaran Movement? You can write about autobiography of any freedom fighter.</p>
<p>SEPTEMBER</p>	<p>Flamingo: Prose: The Interview</p> <p>Vistas: SR: Memories of Childhood</p> <p>Writing: Report Writing</p>	<p>What is your view about an interview? Imagine yourself as an interviewer and frame questions to interview a celebrity.</p>
<p>OCTOBER</p>	<p>Flamingo: Prose: Going places Poem: Aunt Jennifer's Tigers</p>	<p>Write an imaginative story in your own words with a moral.</p>
<p>NOVEMBER</p>	<p>Preboard - I Examination</p>	

DECEMBER	Revision		
JANUARY	Preboard - II Examination / Board Practical		
FEBRUARY	Board Examination		



ARMY PUBLIC SCHOOL WELLINGTON
SPLIT UP SYLLABUS TERM-WISE (2025-26)
SUBJECT: POLITICAL SCIENCE (028)
CLASS: XII

PRESCRIBED BOOKS: NCERT Books:
1) Politics in India since independence
2) Contemporary World Politics

TERM -I			
MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
APRIL	Challenges of Nation Building	<ul style="list-style-type: none"> ❖ Three Challenges ❖ Partition ❖ Process of Partition ❖ Consequences of Partition ❖ Integration of Princely states. ❖ Reorganization of States ❖ Challenges of Building democracy 	Mind Map
	Era of One-Party dominance	<ul style="list-style-type: none"> ❖ Congress dominance ❖ Nature of Congress dominance ❖ Political Parties- Socialist, Communist Bharatiya Jana Sangh and Swatantra Party 	Assignment-Era of One Party Dominance
	The End of Bipolarity	<ul style="list-style-type: none"> ❖ Soviet system ❖ Gorbachev and Disintegration ❖ Consequences of disintegration ❖ Shock Therapy ❖ India and Post Communist Conflicts 	Flow Chart The End of Bipolarity

<p>JUNE</p>	<p>Politics of Planned Development</p> <p>Alternative Centres of Power</p>	<ul style="list-style-type: none"> ❖ Ideas of Development ❖ Planning ❖ The Early Initiatives ❖ Five Year Plan ❖ Key Controversies ❖ Major Outcome ❖ The Green Revolution 	<p>Model ASEAN Summit</p>
<p>JULY</p>	<p>Contemporary South Asia</p> <p>India's External Relations</p> <p>International Organization</p>	<ul style="list-style-type: none"> ❖ What is South /asia ❖ The Military and Democracy in Pakistan ❖ Democracy in Bangladesh ❖ Democracy in Nepal ❖ Democracy in Sri Lanka ❖ India Pakistan Conflicts ❖ India and Neighbours <ul style="list-style-type: none"> ❖ Peace and Cooperation ❖ Policy of Non-Alignment ❖ Peace and Conflicts with China ❖ Chinese invasion 1962 ❖ Wars and Peace with Pakistan ❖ Bangladesh war 1971 ❖ India's Nuclear Policy <ul style="list-style-type: none"> ❖ Why International Organization? ❖ The Evolution of UN ❖ UN Principal organs ❖ Reform of the UN ❖ Jurisdiction of UN ❖ India and UN reforms ❖ The UN in unipolar world 	<p>Quiz/ Mind Map Contemporary South Asia</p> <p>Assignment Indo-Pak Relations</p> <p>Model UNSC</p>
	<p>Challenges to and Restoration of Congress System</p>	<ul style="list-style-type: none"> ❖ Challenge of Political Succession ❖ From Nehru to Shastri ❖ From Shastri to Indira 	<p>Chart Making Chain of Events-Political Parties in power in</p>

<p>AUGUST</p>	<p>The Crisis of Democratic Order</p>	<p>Gandhi</p> <ul style="list-style-type: none"> ❖ Fourth General Elections 1967 ❖ Split in Congress ❖ Presidential Election 1969 ❖ 1971 Election and Restoration of Congress ❖ Emergency-Economic context ❖ Gujarat and Bihar movements ❖ Conflict with Judiciary ❖ Declaration of Emergency ❖ Controversies regarding Emergency ❖ Politics after Emergency 	<p>Ascending order</p>
<p>SEPTEMBER</p>	<p>Security in the Contemporary World</p> <p>Regional Aspirations</p> <p>Environment and Natural Resources</p>	<ul style="list-style-type: none"> ❖ What is Security? ❖ Traditional notions- External ❖ Traditional Notions- Internal ❖ Traditional Security and Cooperation ❖ Non-traditional notions ❖ New sources of threats ❖ Indi's Security strategy ❖ Indian approach ❖ Jammu and Kashmir ❖ External and Interna disputes ❖ Insurgency and after Punjab ❖ The North East ❖ Accommodation and National Integration ❖ Environmental concerns in global politics ❖ The protection of global commons 	<p>Mind Map Security in the Contemporary World</p> <p>Quiz/ Flow Chart Regional Aspirations</p> <p>Poster Making Environmental Issues and Conservation</p>

		<ul style="list-style-type: none"> ❖ India's stand in Environmental Issues ❖ Environmental Movements ❖ Resource Geo-politics <p>The Indigenous people and their rights</p>	
TERM-II			
OCTOBER	<p>Recent Developments in India Politics</p> <p>Globalisation</p>	<ul style="list-style-type: none"> ❖ Context of the 1990's ❖ Era of Coalitions ❖ Political rise of other backward classes ❖ Communalism, Secularism, Democracy ❖ Emergence of new consensus ❖ Lok Sabha Elections 2004 ❖ The concept of Globalisation ❖ Causes of Globalisation ❖ Political, Economic and Cultural Consequences ❖ India and Globalisation 	<p>Mind Map</p> <p>Recent Developments in Indian Politics</p> <p>Assignment</p> <p>Globalisation and its Impacts</p>
NOVEMBER	PRE-BOARD - I		
DECEMBER	REVISION		
JANUARY	PRE-BOARD - II		
FEBRUARY	REVISION		
MARCH	ANNUAL EXAM.		

Army Public School Wellington
Split-Up Syllabus TERMWISE (2025-26)
Subject: GEOGRAPHY (029)
Class: XII

Prescribed books: Ncert
1.Fundamentals of Human geography
2.India people and economy
3.practical work part-ii

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
TERM-1			
April	<ul style="list-style-type: none"> ❖ Human Geography ❖ The World Population-distribution, density and growth ❖ Distribution Density, Growth and Composition ❖ Data its source and compilation 	<p>Nature of human geography, Naturalisation of human and humanisation of Nature, Fields and sub – fields of geography.</p> <p>Patterns of population distribution in the world, Factors influencing the distribution of population, Migration, Demographic transition.</p> <p>Distribution of population, Density of population, Growth of population, Phase I, II, III, IV.</p> <p>Population composition, Composition of working population.</p> <p>Data representation, types of data, sources of data (primary and secondary), and methods of data collection.</p>	<p>Case study discussion and analysis</p> <p>Glossary preparation</p> <p>Demographic Data Interpretation and Calculation</p> <p>Record work</p>

<p>JUNE</p>	<ul style="list-style-type: none"> ❖ Human Settlements ❖ Human development ❖ Primary Activities 	<p>Types of rural settlement, Evolution of towns in India, Functional classification of towns.</p> <p>Growth and development, The four pillars of human development, Approaches to human development, international comparisons.</p> <p>Hunting and gathering, Pastoralism, Nomadic Herding, Commercial livestock Rearing, Agriculture, Extensive commercial grain cultivation, Mediterranean Agriculture, Mining</p>	<p>Sketch work preparation of settlement types</p> <p>Graph and Data Analysis</p> <p>Concept mapping</p> <p>Map Revision: Identification of major agriculture region</p>
<p>JULY</p>	<ul style="list-style-type: none"> ❖ Data Processing, ❖ Land Resources and Agriculture ❖ Secondary Activities, ❖ Water Resources 	<p>Mean, Median, Mode</p> <p>Land use categories, Land- use changers in India, Common property resources, Agricultural land use in India, Types of farming, Food grains</p> <p>Manufacturing, Household industries or cottage manufacturing, Industries based on ownership.</p> <p>Water Resources, Surface Water resources, Ground water Resources, Water demand and utilisation, Deterioration of water quality, Prevention of water</p>	<p>Data analysis, calculation and representation (Record work)</p> <p>Mark and label the three largest producing states of major food, beverages and fiber crops</p> <p>Classify industries into household, small scale, and large scale with local examples</p> <p>Poster making: water conservation measures</p>

		<p>pollution, Recycle and Reuse of water, Rain water harvesting, Highlights of India's National water policy, 2002</p>	
AUGust	<ul style="list-style-type: none"> ❖ Tertiary and Quaternary Activities, ❖ Mineral and energy resources ❖ Planning and sustainable development in Indian Context, 	<p>Types of tertiary activities, Trade and commerce, Retail Trading, Whole sale trading, Transport, Factors affecting transport, People engaged in tertiary activities, Quaternary activities, The digital divide.</p> <p>Types of mineral resources, Distribution of minerals in India, Ferrous minerals, Non-ferrous minerals, non-metallic minerals, Energy Resources, non – Conventional energy sources, Conservation of minerals Resources.</p> <p>Target area planning, Hill area development programme, Drought prone area programme, Sustainable Development, Measures for promotion of</p>	<p>(Case Study Analysis)</p> <p>Glossary preparation</p> <p>Map work: In the outline political map of India mark and label Iron, Manganese, Copper, Bauxite, Coal and Oil refineries.</p> <p>Map sketch of Target area and case study discussion</p>

	❖ Representation of data	sustainable development. (Practical's)	Data analysis, calculation and representation (Record work)
September	❖ International Trade(world) ❖ International Trade (India) ❖ Transport and communication (India)	History of International trade, Basis of International Trade, World Trade Organization, Gateways of international trade: Ports. Changing Patterns of the Composition of India's Import and export Direction of Trade, Sea Ports as Gate way of international Trade Airports. Means of transportation, <i>Land Transport</i> , Road Transport, Rail Transport, Water Transport, Oil and Gas Pipelines Communication Networks, Satellite Communication.	Mind map preparation Map work of major seaports and airports of India Concept mapping
TERM -II			
OCTober	❖ Transport and communication (World)	Modes of transportation Land Transport Railways Water transportation <i>Important Sea Routes</i> Shipping Canals • The Suez Canal • The Panama Canal <i>Inland Waterways</i> Air transport Pipelines Communications	Outline map work: mark, label, sketch map preparation of major inland waterways, terminal stations of transcontinental railways and major world airports.

	<ul style="list-style-type: none"> ❖ Geographical Perspective on selected issues ❖ Spatial Information Technology 	<p>Environmental Pollution, Water pollution, Air pollution, Noise Pollution, Urban waste disposal, Problems of slums, Land degradation.</p> <p>What is Spatial Information Technology? GIS, Advantages of GIS over manual methods, Components of GIS, Hardware, Spatial data formats, Sequence of GIS activities.</p>	<p>Poster preparation and concept mapping</p> <p>Practical file</p>
NOVEMBER	REVISION		
DECEMBER	PRE BOARD-I		
JANUARY	PRE BORAD-II		
FEBRUARY	BOARD EXAMINATION		



Army Public School Wellington

Split-Up Syllabus (2025-26)

Subject Name: PSYCHOLOGY

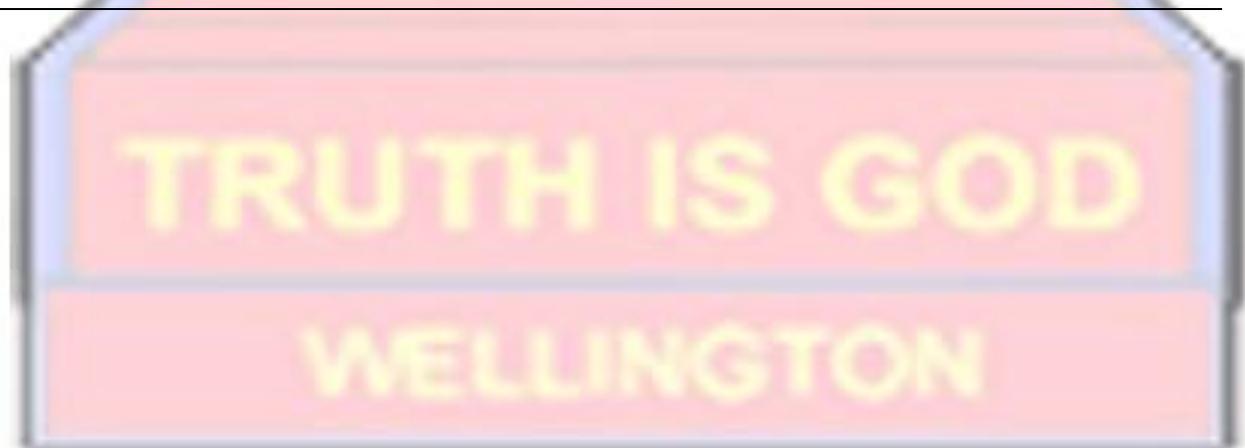
Class: XII

Prescribed Books: NCERT Textbook

Month	Chapter name	Subtopics	Experiment / project/ activity
June	Variation in psychological attributes	<ul style="list-style-type: none">• Individual differences in human functioning• Assessment of psychological attributes• Psychometric theory and triarchic theory of Intelligence	<ul style="list-style-type: none">• Self-analysis on any three areas of one's life and observation of others based on it.
	Self and personality	<ul style="list-style-type: none">• Concept of self, cognitive and behavioral aspects of it• Concept of personality and approaches to study.	<ul style="list-style-type: none">• Activities to teach Self-regulation and control like-Go no go, stall the response.
July		<ul style="list-style-type: none">• Assessment of personality.	<ul style="list-style-type: none">• Reading about two famous individuals and understanding the main characteristics of their personalities- a discussion
	Meeting life challenges	<ul style="list-style-type: none">• Nature, types and sources of stress.	<ul style="list-style-type: none">• Reflective discussion on the areas impacted by stress in daily life

		<ul style="list-style-type: none"> • Effects of stress on psychological functionality and health. • Promoting positive health and well-being. • Concept of abnormality and psychological disorders. 	<p>And coping strategies used by them.</p>
	Psychological disorders	<ul style="list-style-type: none"> • Factors underlying abnormal behavior. • Concept of abnormality and psychological disorders. 	<ul style="list-style-type: none"> • Discussion on evolving trends in diagnostic labels of disorders with changing times.
August	Therapeutic approaches	<ul style="list-style-type: none"> • Nature and the process of psychotherapy. • Types of therapies. • Rehabilitation of mentally ill. 	<ul style="list-style-type: none"> • Case study schizophrenia.
September	Attitude and social cognition	<ul style="list-style-type: none"> • Explaining social behavior. • Nature and components of attitude. • Prejudice and discrimination 	<ul style="list-style-type: none"> • Activity: to analyze pro social behaviour in everyday life
	Social influence and group Process	<ul style="list-style-type: none"> • Nature and formation of groups • Types of groups. • Influence of group on individual group. 	<ul style="list-style-type: none"> • Game –the werewolf.

October	Psychology And self	<ul style="list-style-type: none"> • Human environment relationship • Environmental effects on human behavior. • Promoting pro-environmental behavior psychology and • Social concerns. 	Analyzing one event in history with impact on environment and human behaviour of the place (Natural disasters)
November	Revision		
December	Term1 Exam		
January	Developing: psychological skills	<ul style="list-style-type: none"> • Developing as an effective psychologist • Observational skills • Interviewing skills 	<ul style="list-style-type: none"> • What is the importance of EQ in becoming a psychologist – discuss characteristics with examples. • Discussion on positive regard and empathy as essential skill set for a psychologist.
February	Revision		
March	Exam		



Army Public School Wellington
Split-Up Syllabus (2025-26)
Subject Name ECONOMICS
Class XII

Prescribed books : NCERT text book Introductory Macro economics
:NCERT text book Indian Economic Development
: Introductory Macro Economics Sandeep Garg
: Indian Economic Development Sandeep Garg

Month	Chapter name	Sub topics	Experiment/ project/ activity
APRIL	NATIONAL INCOME AND RELATED AGGREGATES	<ul style="list-style-type: none"> • Meaning of Macroeconomics • Basic concepts in macroeconomics. • Circular flow of income (two sector model); • Methods of calculating National Income - Value Added or Product method, Expenditure method, Income method. • Aggregates related to National Income: Gross National Product (GNP), Net National Product (NNP), Gross Domestic Product (GDP) and Net Domestic Product (NDP) - at market price, at factor cost; Real and Nominal GDP. 	<p>Flow chart -different methods of national income calculation Assignment on methods of calculating national income</p>
JUNE		GDP deflator, GDP and Welfare	Previous years question discussion

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JUNE	DEVELOPMENT EXPERIENCE (1947-1990)	<ul style="list-style-type: none"> • A brief introduction of the state of Indian economy on the eve of independence. • Indian economic system and common goals of Five Year Plans. • Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), • industry (IPR 1956; SSI – role & importance) and foreign trade. 	Mind map Before and after Indian economy
JULY		<ul style="list-style-type: none"> • Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST 	Group discussion about LPG policy
JULY	MONEY AND BANKING	<ul style="list-style-type: none"> • Money – meaning and functions, • supply of money - Currency held by the public and net demand deposits held by commercial banks. • Money creation by the commercial banking system. <p>Central bank and its functions</p>	Quiz. Recent changes in banking sector
AUGUST	CURRENT CHALLENGES FACING INDIAN ECONOMY	<ul style="list-style-type: none"> • Human Capital Formation: How people become resource; • Role of human capital in economic development; • Growth of Education Sector in India Rural development: Key issues - credit and marketing - role of cooperatives; • agricultural diversification; • alternative farming - 	Assignment current challenges facing Indian economy

		<p>organic farming Employment: Growth and changes in work force participation rate in formal and informal sectors; problems and policies</p> <ul style="list-style-type: none"> Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming 	<p>Poster making environmental issues and resources conservation</p>
SEPTEMBER	DETERMINATION OF NATIONAL INCOME	<ul style="list-style-type: none"> Aggregate demand and its components. Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment. Problems of excess demand and deficient demand. changes in government spending, taxes and money supply 	<p>Previous question discussion</p>
SEPTEMBER	DEVELOPMENT EXPERIENCE OF INDIA:A COMPARISON WITH NEIGHBOURS	<ul style="list-style-type: none"> A comparison with neighbours India and Pakistan India and China <p>Issues: economic growth, population, sectoral development and other Human Development Indicators</p> <p>1.</p>	<p>Assignment development strategies of india china pakistan</p>
OCTOBER	GOVERNMENT BUDGET AND THE ECONOMY	<ul style="list-style-type: none"> Government budget - meaning, objectives and components. Classification of receipts - revenue receipts and capital receipts; Classification of expenditure – revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget – measures of government deficit. <p>1.</p>	<p>Discussion about last budget</p>

OCTOBER	BALANCE OF PAYMENT	<ul style="list-style-type: none"> • Balance of payments account - meaning and components; • Balance of payments – Surplus and Deficit • Foreign exchange rate - meaning of fixed and flexible rates and managed floating. • Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate. <p>2. Managed Floating exchange rate system</p>	<p>Prepare balance of payment account</p> <p>Mind map exchange rate</p>
NOVEMBER	PRE-BOARD I		
DECEMBER	REVISION		
JANUARY	PRE-BOARD-II		
FEBRUARY	REVISION		

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**ARMY PUBLIC SCHOOL, WELLINGTON
SPLITUP SYLLABUS
CLASS XII PHYSICAL EDUCATION (048)**

Text Book References

Official NCERT Website: Visit ncert.nic.in/textbook.php, select "Class XII" "Health and Physical Education" textbook.

Additional references:

https://cbseacademic.nic.in/web_material/CurriculumMain26/SrSec/PhysicalEducation_SrSec_2025-26.

TOPIC/NO.OF. PERIODS /WHEN	TEACHING LEARNING STRATEGIES / ACTIVITIES	LEARNING OUTCOME
<p>Topic: Unit-01 Management of Sporting Events</p> <p>No. of Periods: (15 periods)</p> <p>When: April</p>	<ol style="list-style-type: none"> 1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning 8. Expeditionary learning. 	<ol style="list-style-type: none"> 1. Students will be able to demonstrate the ability to apply on understand of ethics of the professional arena. 2. Students will be able to demonstrate ability to think critically, to creatively problem solve and utilize analysis 3. Students will be able to demonstrate the ability to articulate the global scope of sport and recognize diversity issues in sport.
<p>Topic: Unit-02 Children & Women in Sports</p> <p>No. of Periods: (12 periods)</p> <p>When: April</p>	<ol style="list-style-type: none"> 1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning and Expeditionary learning. 	<ol style="list-style-type: none"> 1. Differentiate exercise guidelines for different stages of growth and development. 2. Classify common postural deformities and identify corrective measures. 3. Recognize the role and importance of sports participation of women in India. 4. Identify special considerations relate to menarche and menstrual dysfunction. 5. Express female athlete triad according to

<p>Topic: Unit-03 Yoga as Preventive measure for Lifestyle Disease</p> <p>No. of Periods: (12 periods)</p> <p>When: June</p>	<ol style="list-style-type: none"> 1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning and Expeditionary learning. 	<p>eating disorders</p> <ol style="list-style-type: none"> 1. Identify the asanas beneficial for different ailments and health problems. 2. Recognize importance of various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis 3. Describe the procedure for performing a variety of asanas for maximal benefits. Distinguish the contraindications associated with performing different asanas. 4. Outline the role of yogic management for various health benefits and preventive measures.
<p>Topic: Unit-04 Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</p> <p>No. of Periods: (12 periods)</p> <p>When: June</p>	<ol style="list-style-type: none"> 1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning and Expeditionary learning 	<ol style="list-style-type: none"> 1. Value the advantages of physical activities for children with special needs 2. Differentiate between methods of categorization in sports for CWSN 3. Understand concepts and the importance of inclusion in sports 4. Create advantages for Children with Special Needs through Physical Activities Strategies physical activities accessible for children with special needs
<p>Topic: Unit 05 - Sports & Nutrition</p> <p>No. of Periods: (13 periods)</p>	<ol style="list-style-type: none"> 1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 	<ol style="list-style-type: none"> 1. Understand the concept of a balanced diet and nutrition. Classify Nutritive and Nonnutritive components of the Diet 2. Identify the

<p>When: July</p>	<p>6. Kinesthetic learning 7. Game-based learning and Expeditionary learning.</p>	<p>ways to maintain a healthy weight 3. Know about foods commonly causing food intolerance 4. Recognize the pitfalls of dieting and food myths</p>
<p>Topic: Unit 06 - Test & Measurement in Sports</p> <p>No. of Periods: (12 periods)</p> <p>When: July</p>	<p>1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning</p>	<p>1. Perform SAI Khelo India Fitness Test in school [Age group 5-8 years/ (class 1-3) and Age group 9-18yrs/ (class 4-12) 2. Determine physical fitness Index through Harvard Step Test/Rock- port Test 3 Compute Basal Metabolic Rate (BMR) 4. Describe the procedure of Rikli and Jones - Senior Citizen Fitness Test</p>
<p>Topic: Unit – 7 Physiology & Injuries in Sport</p> <p>No. of Periods: (13 periods)</p> <p>When: August</p>	<p>1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning</p>	<p>1. Recognize the physiological factors determining the components of physical fitness. 2. Comprehend the effects of exercise on the Muscular system and cardio respiratory systems. 3. Figure out the physiological changes due to ageing 4. Classify sports injuries with its Management.</p>
<p>Topic : Unit - 8 Biomechanics and Sports</p> <p>No. of Periods: (18 periods)</p> <p>When: September</p>	<p>1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning Expeditionary learning.</p>	<p>1. Understand Newton's Law of Motion and its application in sports 2. Recognize the concept of Equilibrium and its application in sports. 3. Know about the Centre of Gravity and will be able to apply it in sports 4. Define Friction</p>

		and application in sports. 5. Understand the concept of Projectile in sports.
Topic: Unit – 9 Psychology and Sports No. of Periods: (12 periods) When: September	1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning & Expeditionary learning.	1. Classify different types of personality and their relationship with sports performance. 2. Recognize the concept of motivation and identify various types of motivation. 3. Identify various reasons to exercise, its associated benefits and strategies to promote exercise adherence. 4. Differentiate between different types of aggression in sports. 5. Explain various psychological attributes in sports.
Topic: Unit – 10 Training in Sports No. of Periods: (15 periods) When: October	1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning 6. Kinesthetic learning 7. Game-based learning & Expeditionary learning.	1. Understand the concept of talent identification and methods used for talent development in sports 2. Understand sports training and the different cycle used in the training process. 3. Understand different types & methods to develop - strength, endurance, and speed in sports training. 4. Understand different types & methods to develop – flexibility and coordinative ability. 5. Understand Circuit training and its importance.

Army Public School Wellington
Split-Up Syllabus (2025-26)
Artificial Intelligence (843)
Class :XII

Prescribed Books :Artificial Intelligence CBSE handbook

Month	Chapter name	Sub topics	Experiment/ project/ activity
APR	Employability Skills	1. Communication Skills 2. Self-Management Skills 3. ICT Skills	1. Role-play: Negative effects of not listening actively. 2. Group discussion on identifying needs and desire 3. Prepare an Excel sheet to present the details of your class
JUN	Employability Skills Subject Specific Skills	4. Entrepreneurial Skills 5. Green Skills Unit 2: Data Science Methodology: An Analytic Approach to Capstone Project	1. Collect small story/ anecdote of prominent successful entrepreneurs 2. Prepare posters on green jobs 3. Calculate MSE and RMSE values for the data given using MS Excel
JUL	Subject Specific Skills	Unit 2: Data Science Methodology: An Analytic Approach to Capstone Project Unit 1 : Python Programming	1. Calculate Precision, Recall, F1 score, and Accuracy from the given confusion matrix. 2. Import and Export Data between CSV files and Dataframes
AUG	Subject Specific Skills	.Unit1 : Python Programming Unit 3 : Making Machines See	1. Implement Linear Regression on Spyder IDLE. 2. Binary Art- Recreating Images with 0s and 1s
SEP	Subject Specific Skills	Unit 3 : Making Machines See	1. Working with openCV to load, display and resize images.

OCT	Subject Specific Skills	Unit 4 : AI with Orange Data Mining Tool Unit 5 : Introduction to Big Data and Data Analytics	1.Evaluating the Classification Model with Orange 2. Performing Big Data analytics with Orange Data Mining Tool
NOV	Subject Specific Skills	Unit 6 : Understanding Neural Networks Unit 7 : Generative AI Unit 8 : Data Storytelling	1.Machine Learning to create a neural network for identifying animals and birds 2. Write python code to initialize the Gemini API and create a chatbot. Create an Effective data story using the given data
DEC		Pre-Board I Revision	
JAN		Pre-Board II	
FEB		Board Exam	

