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 conditionof old age homes in our country, living condition there, number of old age homes. Write a letter toEditor and Job Application Letter.

JUNE	**Flamingo:** Prose: Deep Water, The Rattrap **Vistas:** SR: Journey to the end of the earth **Writing:** Invitation & Reply		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 Worksheet
JULY	**Flamingo:** Poem: A RoadsideStand **Vistas:** The Enemy **Writing:** Article Writing		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.

AUGUST	**Flamingo:** Prose: Indigo, Poets and Pancakes **Vistas:** SR: On the Face of It		Collect all about different kinds of freedom movements ofour country. What was theimportance ofChamparan Movement? You can write about autobiography of any freedomfighter.
SEPTEMBER	**Flamingo:** Prose: The Interview **Vistas:** SR: Memories of Childhood **Writing:** Report Writing		What is your view about an interview? Imagine yourself as an interviewer andframe questionsto interview a celebrity.
OCTOBER	**Flamingo:** Prose: Going places Poem: Aunt Jennifer'sTigers		Write an imaginative story in your own words with a moral.
NOVEMBER	Preboard - I Examination		
DECEMBER	Revision		
JANUARY	Preboard - II Examination / Board Practical		
FEBRUARY	Board Examination		

ARMY PUBLIC SCHOOL WELLINGTON
SPLIT-UP SYLLABUS (2025 - 2026)
PHYSICS (042)
CLASS: XII

PRESCRIBED BOOKS: NCERT PHYSICS PART I
NCERT PHYSICS PART II
NCERT EXEMPLAR
NCERT LAB MANUAL

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
		TERM I	
April	1. Electric charges and fields	1.1. Introduction 1.2. Electric charge 1.3. Conductors and insulators 1.4. Basic properties of electric charge 1.5. Coulomb's law 1.6. Force between multiple charges 1.7. Electric field 1.8. Electric field lines 1.9. Electric flux 1.10. Electric dipole 1.11. Dipole in a uniform external field 1.12. Continuous charge distribution 1.13. Gauss's law 1.14. Applications of Gauss's law	Activity - 1: To assemble a household circuit comprising three bulbs, three (on/off) switches, a fuse and a power source Activity – 2: To assemble the components of a given electrical circuit. Activity – 3: To draw the diagram of a given open circuit comprising at least a battery, resistor/rheostat, key, ammeter and voltmeter. Mark the components that are not connected in proper order and correct the circuit and also the circuit diagram. Activity – 4: To identify a diode, an LED, a resistor and a capacitor from a mixed collection of such items. Activity – 5: To observe refraction and lateral deviation of a beam of light incident obliquely on a glass slab.
	2. Electrostatic potential and Capacitance	2.1. Introduction 2.2. Electrostatic potential 2.3. Potential due to a point charge 2.4. Potential due to an electric dipole 2.5. Potential due to a system of charges 2.6. Equipotential surfaces 2.7. Potential energy of a system of charges 2.8. Potential energy in an external field 2.9. Electrostatics of conductors 2.10. Dielectrics and polarisation 2.11. Capacitors and capacitance	

		2.12. The parallel plate capacitor 2.13. Effect of dielectric on capacitance 2.14. Combination of capacitors 2.15. Energy stored in a capacitor	Activity – 6: To observe diffraction of light due to a thin slit.
June	3. Current electricity	3.1. Introduction 3.2. Electric current 3.3. Electric currents in conductors 3.4. Ohm's law 3.5. Drift of electrons and the origin of resistivity 3.6. Limitations of Ohm's law 3.7. Resistivity of various materials 3.8. Temperature dependence of resistivity 3.9. Electrical energy, power 3.10. Cells, EMF, internal resistance 3.11. Cells in series and in parallel 3.12. Kirchhoff's rules 3.13. Wheatstone bridge	Experiment – 1: To determine resistivity of two/three wires by plotting a graph for potential difference versus current. Investigatory Project
	4. Moving charges and magnetism	4.1. Introduction 4.2. Magnetic force 4.3. Motion in a magnetic field 4.4. Magnetic field due to a current element, Biot-Savart law 4.5. Magnetic field on the axis of a circular current loop 4.6. Ampere's Circuital law 4.7. The solenoid 4.8. Force between two parallel currents, The Ampere 4.9. Torque on current loop, Magnetic dipole 4.10. The moving coil Galvano meter	
July	5. Magnetism and matter	5.1. Introduction 5.2. The bar magnet 5.3. Magnetism and Gauss's law 5.4. Magnetisation and magnetic intensity 5.5. Magnetic properties of materials	Experiment – 2: To find resistance of a give wire/ standard resistor using meter bridge. Investigatory Project
	6. Electromagnetic induction	6.1. Introduction 6.2. The experiments of Faraday and Henry 6.3. Magnetic flux	

		6.4. Faraday's law of induction 6.5. Lenz's law and conservation of energy 6.6. Motional electromotive force 6.7. Inductance 6.8. AC generator	
	7. Alternating current	7.1. Introduction 7.2. AC voltage applied to a resistor 7.3. Representation of AC currents and voltage by rotating vectors – Phasors 7.4. AC voltage applied to an inductor 7.5. AC voltage applied to a capacitor 7.6. AC voltage applied to a series LCR circuit 7.7. Power in AC circuit: The power factor 7.8. Transformers	
August	8. Electromagnetic waves	8.1. Introduction 8.2. Displacement current 8.3. Electromagnetic waves 8.4. Electromagnetic spectrum	Experiment - 3: To verify the laws of combination(series)of resistance using a meter bridge.
	9. Ray optics and optical instruments	9.1. Introduction 9.2. Reflection of light by spherical mirrors 9.3. Refraction 9.4. Total internal reflection 9.5. Refraction at spherical surfaces and by lenses 9.6. Refraction through a prism 9.7. Optical instruments	Experiment-4: To determine resistance of a Galvano meter by half deflection method and to find its figure of merit. Investigatory Project
	10. Wave optics	10.1. Introduction 10.2. Huygens principle 10.3. Refraction and reflection of plane waves using Huygens principle 10.4. Coherent and incoherent addition of waves 10.5. Interference of light waves and Young's experiment 10.6. Diffraction	

September	11. Dual nature of radiation and matter 12. Atoms **Revision and Half yearly examination**	11.1. Introduction 11.2. Electron emission 11.3. Photoelectric effect 11.4. Experimental study of photoelectric effect 11.5. Photoelectric effect and wave theory of light 11.6. Einstein's photoelectric equation: Energy quantum of radiation 11.7. Particle nature of light: The photon 11.8. Wave nature of matter 12.1. Introduction 12.2. Alpha-particle scattering and Rutherford's nuclear model of atom 12.3. Atomic spectra 12.4. Bohr model of the hydrogen atom 12.5. The line spectra of the hydrogen atom 12.6. De Broglie's explanation of Bohr's second postulate of quantisation	Experiment - 5: To find the focal length of a convex mirror, using a convex lens. Experiment - 6: To find the focal length of a convex lens by plotting graphs between u and v or between 1/u and 1/v. Investigatory Project
TERM II			
October	13. Nuclei 14. Semiconductor electronics: Materials, devices and simple circuits	13.1. Introduction 13.2. Atomic masses and composition of nucleus 13.3. Size of the nucleus 13.4. Mass-energy and nuclear binding energy 13.5. Nuclear energy 14.1. Introduction 14.2. Classification of metals, conductors and semiconductors 14.3. Intrinsic semiconductor 14.4. Extrinsic semiconductor 14.5. p-n Junction 14.6. Semiconductor diode 14.7. Application of junction diode as a rectifier	Experiment-7: To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and the angle of deviation Experiment-8: To draw the I -V characteristic curve of a p-n junction in forward bias and reverse bias.

November	Revision	Chapters 1 to 8	Worksheet Exemplar Test papers
December	Revision and Preboard 1	Chapters 9 to 14	Worksheet Exemplar Test papers Sample papers
January	Revision and Preboard 2 **Board practical examination**	Full chapters	Worksheet Exemplar Test papers Previous year questions Sample papers
February	**Board examination**		

Army Public School Wellington

Split-Up Syllabus (2025-26)

CHEMISTRY (043)

Class : XII

Prescribed books : NCERT - CHEMISTRY - PART I &II

ARIHANT PUBLICATION

MONTH	CHAPTER NAME	SUB TOPICS	EXPERIMENT/ PROJECT/ ACTIVITY
APRIL	**Ch-10:** Haloalkanes and Haloarenes	• Classification • Nomenclature • Nature of C-X bond • Methods of Preparation • Physical Properties • Chemical Reactions • Polyhalogen Compounds	Preparation of one lyophilic and one lyophobic sol
	Ch-11: Alcohols, Phenols and Ethers	• Classification • Nomenclature • Structures of Functional Groups • Alcohols and Phenols • Some Commercially Important Alcohols • Ethers	
JUNE	**Ch-12:** Aldehydes, Ketones and Carboxylic Acids	• Nomenclature and Structure of Carbonyl Group • Preparation of Aldehydes and Ketones • Physical Properties • Chemical Reactions	Tests for the functional groups present in organic compounds: Unsaturation, alcoholic, phenolic, aldehydic, ketonic, carboxylic

		• ses of Aldehydes and Ketones • Nomenclature and Structure of Carboxyl Group • Methods of Preparation of Carboxylic Acids • Physical Properties • Chemical Reactions	and amino (Primary) groups. Effect of concentration and temperature on the rate of reaction between Sodium Thiosulphate and Hydrochloric acid.
JULY	**Ch-13:** Amines **Ch-14:** Biomolecules	Structure of Amines • Classification • Nomenclature • Preparation of Amines • Physical Properties • Chemical Reactions • Method of Preparation of Diazonium Salts • carbohydrates • Proteins • Enzymes • Vitamins • Hormone	Preparation of Acetanilide
AUGUST	Ch-8 : d and f – Block Elements	• Position in periodic table • Electronic configuration of the d- Block elements • General Properties of transition elements • Some important compounds of	Qualitative analysis Determination of one cation and one anion in a given salt. Cation : Pb2+, Cu2+ As3+, Aℓ3+, Fe3+, Mn2+, Zn2+, Cu2+, Ni2+, Ca2+, Sr2+,

	Ch-9: Coordination Compounds	Transition elements • The Lanthanoids • The Actinoids • Some important applications of d- and f- Block elements • Werner's theory of Coordination compounds • Types of Solutions • Expressing concentrations in solutions • Solubility • Vapour Pressure of Liquid solutions • Ideal and Non-Ideal solutions • colligative properties and determination of Molar Mass • Abnormal Molar Mass	Ba2+, Mg2+, NH4+ Anions: (CO3)2-, S2-, (SO3)2-, (NO2)-, (SO4)2-, Cℓ-, Br-, I-, PO3-4, (C2O4)2-, CH3COO-,NO3- Preparation of double salt of Ferrous Ammonium Sulphate or Potash Alum. Preparation of Potassium Ferric Oxalate
SEPTEMBER	**Ch- 2 Solutions** **Ch-3:** Electrochemistry	• Definition of some important terms pertaining to coordination compounds • Nomenclature of coordination compounds • Isomerism in coordination compounds • Bonding in coordination compounds and metal carbonyls • Importance and Applications of Coordination compounds	Determination of concentration/ molarity of KMnO4 solution by titrating it against a standard solution of: i) Oxalic acid, ii) Ferrous Ammonium Sulphate

		• Electrochemical Cells • Galvanic Cells • Nernst Equation • Conductance of Electrolytic Solutions • Batteries	
OCTOBER	**Ch-4:** Chemical Kinetics	• Rate of chemical reaction • Factors influencing rate of reaction • Integrated rate equations • Pseudo first order reaction • Temperature dependence of the rate of reaction • collision theory of chemical reaction	
NOVEMBER	**REVISION**	• Practice Questions and Exemplar Questions	
DECEMBER	Pre Board Exam - 1	• Revision	Solving sample question papers
JANUARY	Pre Board Exam - 2 Board Practical	• Revision	Solving sample question papers
FEBRUARY	Board Examination		
MARCH	Board Examination		

ARMY PUBLIC SCHOOL WELLINGTON

SPLIT-UP SYLLABUS (2025-26)

MATHEMATICS (041)

CLASS : XII

PRESCRIBED BOOKS : NCERT MATHEMATICS PART I

NCERT MATHEMATICS PART IINCERT EXEMPLAR, CLASS XIIMATHEMATICS LAB MANUAL

Month	Chapter name	Sub topics	Experiment/project/ activity
		TERM I	
APRIL	CH 1: RELATIONS AND FUNCTIONS	1.1 Introduction 1.2 Types of Relations 1.3 Types of Functions	Activity: To verify that the relation Rin the set L of all lines in a plane, defined by R = {(l, m) : l ⊥ m} is symmetric but neither reflexive nor transitive.
	CH 2: INVERSE TRIGONOMETRICFUNCTIONS	2.1 Introduction and Basic Concepts or Inverse Trigonometric Functions 2.2 Properties of InverseTrigonometric Functions	Activity: To draw the graph of $\sin^{-1}x$,using the graph of sin x and demonstrate the concept of mirror reflection (about the line y = x).
	CH 5: CONTINUITY AND DIFFERENTIABILITY	5.1Introductionto Continuity and Differentiability	Activity: To demonstrate a function which isone- one but not onto.

JUNE	CH 5: CONTINUITY AND DIFFERENTIABILITY	5.2 Exponential andLogarithmic Functions 5.3Logarithmic Differentiation 5.4 Derivatives of Functionsin Parametric Forms 5.5 Second Order Derivative	Activity: To find analytically the limit of a function f (x) at x = c and to check the continuity of thefunction at that point.
	CH 6: APPLICATIONS OFDERIVATIVES	6.1 Introduction 6.2 Rate of Change of Quantities 6.3 Increasing and Decreasing functions	Activity: To verify that amongst all the rectangles of the same perimeter, the square has the maximum area.
JULY	CH 6: APPLICATIONS OF DERIVATIVES	6.4 Maxima and Minima	
	CH 7: INTEGRALS	7.1 Introduction to Integral Calculus 7.2 Integration as an InverseProcess of Differentiation 7.3 Methods of Integration 7.4 Integrals of SomeParticular Functions 7.5 Integration by PartialFractions 7.6 Integration by Parts	Activity: To understand the concepts ofabsolute maximum and minimum values of a functionin a given closed interval through its graph.
AUGUST	CH-7 INTEGRALS	7.7 Definite Integral 7.8 Fundamental Theorem ofCalculus 7.9 Evolution of DefiniteIntegrals by Substitution Some Properties of Definite Integrals	
	CH 8: APPLICATION OF INTERGRALS	8.1 Introduction 8.2 Area under Simple Curves	
	CH 12: LINEAR PROGRAMMING	12.1 Introduction to Linear Programming Problem 12. 2 LPP and its Mathematical	

		Formulation	

	CH 3: MATRICES	3.1 Introduction 3.1 Matrix 3.2 Types of Matrices 3.3 Operation on Matrices 3.4 Transpose of a Matrix 3.5 Symmetric and SkewSymmetric Matrices	
	CH 4: DETERMINANTS	4.1 Introduction 4.2 Determinant 4.3 Area of a TriangleMinors and Cofactors	
	CH 4: DETERMINANTS	4.5 Adjoint and Inverse of aMatrix 4.6 Applications of Determinants and Matrices	
SEPTEMBER	CH 10: VECTOR ALGEBRA	10.1 Introduction to Vectors 10.2 Some Basic Concepts 10.3 Types of Vectors 10.4 Addition of Vectors 10.5 Multiplication of aVector by a Scalar 10.6 Product of Two Vectors	Activity: To verify that angle in a semi-circle is a right angle, using vector method.
	CH 9: DIFFERENTIAL EQUATIONS	9.1 Introduction to Differential Equations 9.2 Basic Concepts 9.3 General and ParticularSolutions of a DifferentialEquation 9.4 Methods of Solving FirstOrder, First Degree Differential Equations	
OCTOBER	CH 11: THRE E DIMENSIONAL GEOMERTY	11.1 Introduction 11.2 Direction Cosines andDirection Ratios of a Line 11.3 Equation of a Linein space 11.4 Angle between TwoLines 11.5 Short Distance betweenTwo Lines	

	CH 13: PROBABILITY	13.1 Probability Introduction 13.2 Conditional Probability 13.3 Multiplication Theoremon Probability 13.4 Independent Events 13.5 Bayes' Theorem	Activity: To explainthe computation of conditional probability of a given event A, when event B has already occurred, through an exampleof throwing a pair of dice.

NOVEMBER	REVISION
DECEMBER	PRE - BOARD – I
JANUARY	PRE - BOARD – II & BOARD PRACTICAL EXAMINATION
FEBRUARY & MARCH	BOARD EXAMINATION

Army Public School Wellington

Split-Up Syllabus (2025-26)

Subject name -Science - Biology

Class XII

Prescribed books : NCERT Science Text Book

COMPREHENSIVE LAB MANUAL

Month	Chapter name	Sub topics	Experiment/ project/ activity
APR	CHAPTER 1 SEXUAL RE[PRODUCTION IN FLOWERING PLANTS CHAPTER 2 .HUMAN REPRODUCTION	1 Flower structure; 2.Development of male and female gametophytes; 3 Pollination- types, agencies and examples; outbreeding devices; pollen-pistil interaction; double fertilization. 4. Post fertilization events development of endosperm and embryo, development of seed and formation of fruit; special modes- 1 Male and female reproductive systems- microscopic , 2 anatomy of testis and ovary; 3 gametogenesis - ,spermatogenesis. 4.Menstrual cycle	Subject Enrichment Lab Experiment study of adaptation of flowers for pollination Identification of stages of gamete formation

	CHAPTER 3	1Need for reproductive health and prevention of Sexually Transmitted Diseases (STDs) 2;birth control - need and methods, contraception and medical termination of pregnancy 3.(MTP);amniocentesis 4.Sexually transmitted disease; 5 infertility and assisted reproductive technologies - IVF, ZIFT,GIFT (elementary idea for general awareness) 6. Fertilisation and Implantation 7 Pregnancy 8 Parturition and Lactation	Study of TS of Blastula, ovary. testis
JUN	CHAPTER 4-PRINCIPLES OF INHERITANCE	1Mendelian Laws of inheritance– 2 -Inheritance of one gene 3 Inheritance incomplete dominance, co - dominance, multiple alleles and inheritance of blood groups. 4 Sex Determination 5.Mutation - Pleiotropy; elementary idea of polygenic inheritance 6.Genetic Disorders	Mendelian Inheritance -using seeds of different colour ,size etc.
JUL	CHAPTER 5 Molecular Basis of Inheritance	,The DNA 2, Search for genetic material 3,RNA World 4 DNA replication 5 Transcription 6. Genetic code,	Isolation of DNA

	CHAPTER 6 EVOLUTION	7.Translation, 8.Regulation of gene expression. 9,Human and rice genome projects; 10 DNA fingerprinting 1 Origin of life 2 Theories 3 Evidence for Evolution 5 Biological Evolution 6 Mechanism of Evolution 7 Hardy -Weinberg's principle adaptive radiation 8. Brief account of Evolution	
AUGUST	-BIOLOGY IN HUMAN WELFARE CHAPTER 8 - HUMAN HEALTH AND DISEASE- CHAPTER 9- MICROBES IN HUMAN WELFARE UNIT IX- BIOTECHNOLOGY CHAPTER 10- PRINCIPLES AND PROCESSES	1Common Diseases 2 Immunity 3 AIDS 4 Cancer 5 Drug and Alcohol Abuse 1 Microbes in HouseHold product 2, industrial products Sewage Treatment 4. Production of Biogas 5 Microbes as Biocontrol agents 1 Basic principles; 2 tools of recombinants DNA technology	Lab Manual - To study common disease causing organisms

		3 Processes of Recombinant DNA Technology	
SEP	CHAPTER 11- BIOTECHNOLOGY AND ITS APPLICATION	Application of Biotechnology in health and agriculture; Human insulin and vaccine production, stem cell technology, gene therapy; genetically modified organism -Bt crops; transgenic animals; biosafety issues, biopiracy and patent rights	Lab Manual - Flash card models showing homologous and analogous organs
OCTOBER	UNIT X- CHAPTER 12- ORGANISM AND POPULATION CHAPTER 13- BIODIVERSITY AND CONSERVATION CHAPTER - 14- ECOSYSTEM	Population attributes growth, birth rate and death rate, age distributions Energy flow; pyramids of number, biomass, energy; Biodiversity- Concept, patterns, importance Loss of biodiversity; biodiversity conservation; hotspots, endangered organisms, extinction, Red data Book, Sacred Groves, biosphere reserves, national parks, wildlife, sanctuaries and Ramsar sites. Ecological services carbon fixation, pollination, seed dispersal, oxygen release (in brief); Ecosystem structure and function productivity Decomposition Energy flow	

		Ecological Pyramid	
NOVEMBER	-REVISION -PRE BOARD 1 PRE BOARD II FEBRUARY - BOARD PRACTICALS,BOARD EXAMINATION		
DECEMBER	Revision - Solving sample papers		
JANUARY	PRE BOARD II		
FEBRUARY	**Revision Board Examination**		
MARCH	**Board Examination**		
APRIL	**Board Examination**		

Army Public School Wellington

Split-Up Syllabus (2025-26)

Computer Science(083)

Class :XII

Prescribed Books :Computer Science With Python-Sumita Arora

Month	Chapter name	Sub topics	Experiment/ Project/ Activity
APR	**Unit 3: Database Management**	Database Concepts Relational Data Model Database Keys Structured Query Language DML & DDL	1. Design a database-driven railway reservation system that stores train schedules, passenger details, and booking history
JUN	**Unit 3: Database Management** **Unit 1 : Computational Thinking and Programming**	Sorting and Aggregate Functions Group by and Having clause Joins Review of python basics Flow of execution Strings	1. SQL Record Work 2. Write a program that checks if a given password meets certain criteria (e.g., minimum length, at least one uppercase letter, etc.).
JUL	**Unit 1 : Computational Thinking and Programming**	Lists Tuples Dictionary Functions Passing mutable and immutable objects Scope of variables Exception Handling	1.Create a dictionary of list with your name, age, and favourite hobbies. 2. Create functions to calculate mathematical concepts like area, perimeter, and volume of shapes.
AUG	**Unit 1 : Computational**	Data File Handling Text File Binary File	1. Create a program that stores to-do lists in a text file and allows users to add,

	Thinking and Programming	CSV File Data Structure: Stack	remove, and mark tasks as completed
SEP	**Unit 2 : Computer Networks**	Introduction Evolution of networking Data communication terminologies Transmission media Network devices	1. Identify the types of networking devices and the topology in the school
OCT	**Unit 2: Computer Networks**	Network topologies and Network types Network protocol Introduction to web services **Interface of python with an SQL database:** Connecting SQL with Python, performing insert, update, delete queries using cursor, display data by using connect(), cursor(), execute(), commit(), fetchone(), fetchall(), rowcount, creating database connectivity applications, use of %s format specifier or format() to perform queries	1. Online Security Game Using KC7 2. Connect SQL with python and display the data using fetchone() and fetchall()
NOV		**Record work** **Project Work**	
DEC		**Pre-Board I** **Revision**	
JAN		**Pre-Board II**	
FEB		**Board Exam**	

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
Topic: Unit-01 Management of Sporting Events **No. of. Periods:** (15 periods) **When:** April	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.	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.
Topic: Unit-02 Children & Women in Sports **No. of. Periods:** (12 periods) **When:** April	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.	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 eating disorders
Topic: Unit-03 Yoga as Preventive measure for Lifestyle Disease **No. of. Periods:** (12 periods) **When:** June	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.	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.
Topic: Unit-04 Physical Education and Sports for CWSN (Children with Special Needs - Divyang) **No. of. Periods:** (12 periods) **When:** June	1. Lecture-based instruction 2. Technology-based learning 3.Group learning 3. Individual learning 4. Inquiry-based learning Kinesthetic learning 5. Game-based learning and Expeditionary learning	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
Topic: Unit 05 - Sports & Nutrition **No. of. Periods:** (13 periods)	1. Lecture-based instruction 2. Technology-based learning 3. Group learning 4. Individual learning 5. Inquiry-based learning	1. Understand the concept of a balanced diet and nutrition. Classify Nutritive and Nonnutritive components of the Diet 2. Identify the ways to maintain a healthy weight

When: July	6. Kinesthetic learning **7.** Game-based learning and Expeditionary learning.	3.Know about foods commonly causing food intolerance 4. Recognize the pitfalls of dieting and food myths
Topic: Unit 06 **-** Test & Measurement in Sports **No. of. Periods:** (12 periods) **When:** July	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	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
Topic: Unit – 7 Physiology & Injuries in Sport **No. of. Periods:** (13 periods) **When:** August	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	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.
Topic : Unit - 8 Biomechanics and Sports **No. of. Periods:** (18 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. 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 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.