

**SOBTIS PUBLIC SCHOOL (SR. SEC)**  
**ANNUAL CURRICULUM AND PEDAGOGICAL PLAN**  
**SESSION- 2023-24**

**VISION:-"Our vision is to make the youth aspire, discover, redefine, innovate and become successful in life."**

**MISSION:-To develop future-geniuses with active and creative minds, a sense of understanding and compassion for humanity, and the courage to act upon their values and beliefs. We strongly believe in holistic development of each and every child spiritually, morally, intellectually, socially, emotionally and physically.**

**SUBJECT: Physical education**

**CLASS: XII**

<b>MONTH</b>	<b>NO. OF WORKING DAYS</b>	<b>TOPIC</b>	<b>AIL/SPORTS IL/SUBIL</b>	<b>DESCRIPTION</b>
APRIL	18	Unit-I Management of Sporting Events Unit II - Children & Women in Sports	SUBIL-Planning, organising and staffing	Students will learn pre during and post committees
MAY	17	Unit III - Yoga as Preventive measure for Lifestyle Disease Unit-IV Physical Education & Sports for CWSN (Children with SpecialNeeds - Divyang)	SPORTSIL-Yoga Demonstration	Different types asanato cure obesity and other disease
JULY	24	Unit V - Sports & Nutrition Unit VI-Test& Measurement in Sports		
AUGUST	25	Unit-VII Physiology &Injuries in Sports Unit-VIII Biomechanics &sports		
SEPTEMBER	5	Unit IX-psychology & sports	SUBIL:-Projectilein sports	Projectile in basketball
OCTOBER	22	Unit X-Training in sports	SUBIL:-PPT Presentation on different phase of training	Different phase of training
NOVEMBER	20	Revision & sample paper PB:-1		
DECEMBER	16	Revision & sample paper PB:-2		
JANUARY	18	Revision & sample paper PB:-3		
FEBRUARY	12	Revision & sample paper		