

**SOBTIS PUBLIC SCHOOL**

**YEARLY LESSON PLAN SESSION 2022-23**

**SUBJECT-Physical Education**

**CLASS-XII**

**TEACHER: Satyam Shrotriya**

| MONTH     | NO.OF WORKING DAYS | NO.OF PERIODS | TOPIC   |
|-----------|--------------------|---------------|---|
| April     | 22                 | 24            | <b>Unit I Planning in sports<br/>Unit II Sports and nutrition</b>   |
| May       | 25                 | 29            | <b>Unit III Yoga and life style</b>   |
| July      | 25                 | 29            | <b>Unit IV Physical Education &amp; Aims•Sports for<br/>CWSN (Children With Special Needs-<br/>Divyang)</b> |
| August    | 23                 | 25            | <b>Unit V Children and women in sports</b>  |
| September | 06                 | 08            | <b>Revision (term-1)</b>  |
| October   | 18                 | 20            | <b>Unit VI Test and measurements in sports</b>  |
| November  | 25                 | 29            | <b>Unit VII physiology and injuries in sports<br/>Unit VIII Biomechanics</b>                                |
| December  | 23                 | 25            | <b>Unit IX Psychology &amp; Sports<br/>Unit X Training in Sports</b>  |
| January   | 18                 | 22            | <b>Revision</b>   |