

CLASS-XII
PHYSICAL EDUCATION AND SPORTS

THEORY

1. Physical Fitness
2. Sport Training
3. Careers in Physical Education and Sports Awards
4. Sport Injuries
5. Disability
6. Sociological and Psychological Aspects of Physical Education

PRACTICALS

(A) Track and field events (Common for boys and girls)

Any two events can be opted . Sprints-100 m. 200 m.400 m.800 m.3000 m.

- 1) 110 m Hurdles for Boys (Hurdle should be 96.4 cm high and ten heights) 100 m hurdle for girls(Hurdle should be 76.2 cm high and eight heights) relay race 4x100 m(for boys),4x100 m(for girls).
- 2) Hammer throw, Discus throw, Javelin throw, Shot-put, Long jump, High jump, Triple jump, Pole vault.

(B) Any two games can be opted. Games(for boys and girls)

Group 1 . Cricket,Kho

Kho,Wrestling,Swimming,lawantennis.

Group 2 .Hockey,Badminton,Soft ball,Judo,Wieght lifting.

(C) Achievements in sports Zonal Representation

Distt. Representation

State Representation

National Representation

(D) Practical copy , Chart or Model

(E) Viva Voce

Note: At the time of practical the student must be in the sports kit.