

**ST. RAPHAEL CO- ED SCHOOL
JATKHEDI, BHOPAL**



**SYLLABUS
2026 - 27
CLASS - XII A**

Name: _____
Class: _____ Sec: _____

SUBJECT- ENGLISH- XII

MONTH	TOPICS	ACTIVITY	EXAM SYLLABUS
APRIL	FLAMINGO: L1- THE LAST LESSON P1- MY MOTHER AT SIXTY-SIX VISTAS: i. THE THIRD LEVEL WRITING SKILL: NOTICE WRITING & POSTER		
JUNE	FLAMINGO: L2- LOST SPRING P2- KEEPING QUIET VISTAS: ii. THE TIGER KING WRITING SKILL: FORMAL/ INFORMAL INVITATION	PREPARE A FORMAL AND AN INFORMAL INVITATION	PT-I 1. THE LAST LESSON 2. LOST SPRING 3. MY MOTHER AT 4. THE THIRD LEVE W.S.- POSTER AND NOTICE
JULY	FLAMINGO: L3- DEEP WATER L4- THE RATRAP VISTAS: iii. JOURNEY TO THE END.. iv. THE ENEMY WRITING SKILL: LETTER TO THE EDITOR	PROJECT ON LIFE AND TIMES OF ANY TWO POETS AND THEIR WORKS	
AUGUST	FLAMINGO: P3- THE THING OF BEAUTY L5- INDIGO VISTAS: v. ON THE FACE OF IT WRITING SKILL: JOB APPLICATION		PT-II 1. DEEP WATER 2. KEEPING QUIET 3. THE THING OF BEAUTY 4. THE TIGER KING W.S.- INVITATION AND LETTER TO THE EDITOR
SEPTEMBER	FLAMINGO: P4- A ROADSIDE STAND L6- POETS AND PANCAKES	ASL	MID-TERM PT-I + PT-II+ 1. THE RATRAP 2. JOURNEY TO THE. 3. THE ENEMY W.S.- NOTICE, POSTER, INVITATIONS, LETTER TO THE EDITOR AND REPLIES

OCTOBER	FLAMINGO: L7- THE INTERVIEW P5- AUNT JENNIFER'S TIGER VISTAS: vi. MEMORIES OF CHILDHOOD: PART 1 vii. MEMORIES OF CHILDHOOD: PART 2 WRITING SKILL: ARTICLE WRITING	ART INTEGRATED PROJECT + INTERVIEW BASED RESEARCH	
NOVEMBER (TO BE DONE BY 1 ST WEEK)	FLAMINGO: L8- GOING PLACES	ASL	
NOVEMBER			PB-I FULL SYLLABUS
DECEMBER	REVISION		PB-II FULL SYLLABUS
JANUARY	REVISION		PB-III FULL SYLLABUS
FEBRUARY			FINAL EXAMS

SUBJECT– CORE MATHEMATICS(041)

MONTHS	CHAPTER	PRACTICAL/ACTIVITY	EXAM SYLLABUS
APRIL	2. INVERSE TRIGONOMETRY 5. CONTINUITY AND DIFFERENTIABILITY 7. INTEGRALS		
JUNE	6. APPLICATIONS OF DERIVATIVES 8. APPLICATION OF INTEGRALS	*TO DRAW THE GRAPH OF $\sin^{-1}x$, USING THE GRAPH OF SIN X AND DEMONSTRATE THE CONCEPT OF MIRROR REFLECTION (ABOUT THE LINE $Y = X$). *TO EXPLORE THE PRINCIPAL VALUE OF THE FUNCTION $\sin^{-1}x$ USING A UNIT CIRCLE. *TO FIND ANALYTICALLY THE LIMIT OF A FUNCTION $F(X)$ AT $X = C$ AND ALSO TO CHECK	PT-I CH-2 ,5 ,7

		<p>THE CONTINUITY OF THE FUNCTION AT THAT POINT.</p> <p>*TO UNDERSTAND THE CONCEPTS OF ABSOLUTE MAXIMUM AND MINIMUM VALUES OF A FUNCTION IN A GIVEN CLOSED INTERVAL THROUGH ITS GRAPH.</p> <p>*TO UNDERSTAND THE CONCEPTS OF DECREASING AND INCREASING FUNCTIONS.</p> <p>*TO UNDERSTAND THE CONCEPTS OF LOCAL MAXIMA, LOCAL MINIMA AND POINT OF INFLECTION.</p>	
JULY	9.DIFFERENTIAL EQUATIONS 1. RELATION AND FUNCTIONS		
AUGUST	3. MATRICE 4. DETERMINANTS		PT-2 CH- 6,8,9
SEPTEMBER	12.LINEAR PROGRAMMING		MIDTERM CH- 1,2,3,4,5,6,7, 8, 9
OCTOBER	10. VECTORS 11. THREE DIMENSIONAL GEOMETRY	*TO MEASURE THE SHORTEST DISTANCE BETWEEN TWO SKEW LINES AND VERIFY IT ANALYTICALLY.	
NOVEMBER	13. PROBABILITY		PRE-BOARD-1 FULL SYLLABUS
DECEMBER	REVISION FOR PRE-BOARD		PRE-BOARD-2 FULL SYLLABUS
JANUARY	REVISION FOR FINAL EXAM		PRE-BOARD-3 FULL SYLLABUS
FEBRUARY			BOARD EXAM FULL SYLLABUS

SUBJECT– CHEMISTRY

MONTH	TOPICS	ACTIVITY/PRACTICAL	EXAM SYLLABUS
APRIL	CH 6: HALOALKANES AND HALOARENES CH 7: ALCOHOL, PHENOL & ETHER	QUANTITATIVE ANALYSIS (TITRATION) (a) KMnO_4 v/s FAS	
JUNE	CH 1: SOLUTION	QUANTITATIVE ANALYSIS (TITRATION) (b) KMnO_4 v/s OXALIC ACID	PT 1: CH 6 AND 7
JULY	CH 2: ELECTROCHEMISTRY CH 3: CHEMICAL KINETICS	CHARACTERISTIC TESTS OF CARBOHYDRATES, FATS AND PROTEINS IN PURE SAMPLES & THEIR DETECTION IN GIVEN FOODSTUFFS. CHROMATOGRAPHY- TO SEPARATE THE COLORED COMPONENTS OF MIXTURE OF BLUE AND RED INK AND CALCULATE THE R_F VALUE.	
AUGUST	CH 4: D- AND F-BLOCK ELEMENTS CH 5: COORDINATION CHEMISTRY	TESTS FOR THE FUNCTIONAL GROUPS PRESENT IN ORGANIC COMPOUNDS: UNSATURATION, ALCOHOLIC, PHENOLIC, ALDEHYDIC, KETONIC, & CARBOXYLIC GROUPS.	PT 2: CH 1 AND 2
SEPTEMBER	CH 8: ALDEHYDES, KETONES & CARBOXYLIC ACIDS *REVISION FOR MID TERM	QUALITATIVE ANALYSIS DETERMINATION OF ONE ANION AND ONE CATION IN A GIVEN SALT	MID TERM: CH 1,2,3,4,5 And 6
OCTOBER	CH 8: ALDEHYDES, KETONES & CARBOXYLIC ACIDS (CONT.) CH 9: AMINES	QUALITATIVE ANALYSIS DETERMINATION OF ONE ANION AND ONE CATION IN A GIVEN SALT	
NOVEMBER	CH 10: BIOMOLECULES	DETERMINATION OF ONE ANION AND ONE CATION IN A GIVEN SALT	PRE BOARD 1 FULL SYLLABUS
DECEMBER	REVISION		PRE BOARD 2 FULL SYLLABUS
JANUARY	REVISION		PRE BOARD 3 FULL SYLLABUS
FEBRUARY			BOARD EXAM FULL SYLLABUS

SUBJECT- PHYSICS (042)

MONTHS	CHAPTER	PRACTICAL/ACTIVITY	EXAM SYLLABUS
APRIL	CHAPTER-1: ELECTRIC CHARGES AND FIELDS CHAPTER-2: ELECTROSTATIC POTENTIAL AND CAPACITANCE CHAPTER-3: CURRENT ELECTRICITY	1. TO DETERMINE RESISTIVITY OF TWO / THREE WIRES BY PLOTTING A GRAPH FOR POTENTIAL DIFFERENCE VERSUS CURRENT. ACTIVITIES 1. TO MEASURE RESISTANCE, VOLTAGE (AC/DC), CURRENT (AC) AND CHECK CONTINUITY OF A GIVEN CIRCUIT USING MULTI METER.	
JUNE	CHAPTER-4: MOVING CHARGES AND MAGNETISM CHAPTER-5: MAGNETISM AND MATTER	2. TO FIND RESISTANCE OF A GIVEN WIRE / STANDARD RESISTOR USING METRE BRIDGE 3. TO VERIFY THE LAWS OF COMBINATION (SERIES) OF RESISTANCES USING A METRE BRIDGE. OR TO VERIFY THE LAWS OF COMBINATION (PARALLEL) OF RESISTANCES USING A METRE BRIDGE. ACTIVITIES 2 TO ASSEMBLE A HOUSEHOLD CIRCUIT COMPRISING THREE BULBS, THREE (ON/OFF) SWITCHES, A FUSE AND A POWER SOURCE	PT-I CH-1,2,
JULY	CHAPTER-6 ELECTROMAGNETIC INDUCTION CHAPTER-7: ALTERNATING CURRENT	3. TO DETERMINE RESISTANCE OF A GALVANOMETER BY HALF-DEFLECTION METHOD AND TO FIND ITS FIGURE OF MERIT ACTIVITIES 3. TO ASSEMBLE THE COMPONENTS OF A GIVEN ELECTRICAL CIRCUIT.	
AUGUST	CHAPTER-8: ELECTROMAGNETIC WAVES 1. CHAPTER-9: RAY OPTICS AND OPTICAL INSTRUMENTS	ACTIVITIES 4. TO IDENTIFY A DIODE, AN LED, A RESISTOR AND A CAPACITOR FROM A MIXED COLLECTION OF SUCH ITEMS	PT - 2 CH-3,4,5,

SEPTEMBER	REVISION CHAPTER-10: WAVE OPTICS	5. TO FIND THE VALUE OF V FOR DIFFERENT VALUES OF U IN CASE OF A CONCAVE MIRROR AND TO FIND THE FOCAL LENGTH. 6. TO FIND THE FOCAL LENGTH OF A CONVEX LENS BY PLOTTING GRAPHS BETWEEN U AND V OR BETWEEN 1/U AND 1/V	MIDTERM CH- 1,2,3,4,5,6,7
OCTOBER	CHAPTER-11: DUAL NATURE OF RADIATION AND MATTER CHAPTER-12: ATOMS	7.TO DETERMINE ANGLE OF MINIMUM DEVIATION FOR A GIVEN PRISM BY PLOTTING A GRAPH BETWEEN ANGLE OF INCIDENCE AND ANGLE OF DEVIATION	
NOVEMBER	CHAPTER-13: NUCLEI CHAPTER-14: SEMICONDUCTOR ELECTRONICS: MATERIALS, DEVICES AND SIMPLE CIRCUIT	8.TO FIND THE REFRACTIVE INDEX OF A LIQUID USING CONVEX LENS AND PLANE MIRROR. 9.TO DRAW THE I-V CHARACTERISTIC CURVE FOR A P-N JUNCTION DIODE IN FORWARD AND REVERSE BIAS. ACTIVITIES 5.TO OBSERVE REFRACTION AND LATERAL DEVIATION OF A BEAM OF LIGHT INCIDENT OBLIQUELY ON A GLASS SLAB.	PRE-BOARD FULL SYLLABUS
DECEMBER	REVISION FOR PRE-BOARD	ACTIVITIES 6.TO OBSERVE DIFFRACTION OF LIGHT DUE TO A THIN SLIT.	PRE- BOARD FULL SYLLABUS
JANUARY	REVISION FOR PRE-BOARD		PRE- BOARD FULL SYLLABUS
FEBRUARY			BOARD EXAM FULL SYLLABUS

SUBJECT- BIOLOGY

MONTH	TOPICS	ACTIVITY / PRACTICAL	EXAM SYLLABUS
APRIL	LESSON 1 SEXUAL REPRODUCTON IN FLOWERING PLANTS LESSON 2 HUMAN REPRODUCTION LESSON 3 REPRODUCTIVE HEALTH	1. PREPARE A SLIDE TO STUDY POLLEN GERMINATION 2. SLIDES OF T.S TESTIS & OVARY, T.S BLASTULA	

JUNE	LESSON 4 PRINCIPLES OF INHERITANCE AND VARIATION	STUDY OF PLANT POPULATION AND DENSITY EMASCULATION, BAGGING & TAGGING TECHNIQUE	PT I LS- 1,2
JULY	LESSON 5 MOLECULAR BASIS OF INHERITANCE LESSON 6 EVOLUTION	5. ISOLATION OF DNA FROM PLANT MATERIAL	
AUGUST	LESSON 7 HUMAN HEALTH AND DISEASES LESSON 8 MICROBES IN HUMAN WELFARE LESSON 9 BIOTECHNOLOGY: PRINCIPLES AND PROCESSES	6. STUDY OF VARIOUS SPECIMENS OF PLANT AND ANIMALS THAT CAUSE DISEASES IN HUMAN	PT 2 LS-3
SEPTEMBER	REVISION & MID-TERM EXAM		MID-TERM LS. 1-10
OCTOBER	LESSON 10 BIOTECHNOLOGY AND ITS APPLICATION LESSON 11 ORGANISMS AND POPULATIONS	7. STUDY OF HOMOLOGOUS AND ANALOGOUS ORGANS IN PLANTS & ANIMALS.	
NOVEMBER	LESSON 12 – ECOLOGY LESSON 13 BIODIVERSITY AND CONSERVATION		PRE BOARD -I FULL SYLLABUS
DECEMBER	REVISION & PRE-BOARD II		FULL SYLLABUS
JANUARY	REVISION & PRE-BOARD III		FULL SYLLABUS
FEBRUARY			BOARD EXAM FULL SYLLABUS

SUBJECT – PSYCHOLOGY

MONTH	TOPICS	ACTIVITY / PRACTICAL	EXAM SYLLABUS
APRIL	CHAPTER 1- VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES	INTELLIGENCE AWARENESS ACTIVITY: STUDENTS WILL LIST DIFFERENT ABILITIES (ACADEMIC, SOCIAL, CREATIVE, PRACTICAL) AND DISCUSS HOW INDIVIDUALS DIFFER IN THEIR INTELLIGENCE. MAKE A COLLAGE ON MULTIPLE INTELLIGENCE.	

JUNE	CHAPTER 2- SELF AND PERSONALITY PRACTICAL 1 (RPM)	SELF-CONCEPT ACTIVITY: STUDENTS WILL WRITE A SHORT DESCRIPTION OF THEMSELVES HIGHLIGHTING THEIR STRENGTHS, WEAKNESSES, AND PERSONAL QUALITIES. PERSONALITY TRAITS ACTIVITY: STUDENTS WILL LIST THEIR PERSONALITY TRAITS AND CLASSIFY THEM AS POSITIVE OR AREAS FOR IMPROVEMENT. UNDERSTANDING THE SELF-ACTIVITY: IN THIS STUDENT WILL COMPLETE 10 SENTENCES STARTING WITH "I AM" WITH THIS ACTIVITY CONNECTING THE CONCEPT OF SELF, PERSONAL AND SOCIAL IDENTITY, COGNITIVE AND BEHAVIORAL ASPECT OF SELF.	
JULY	CHAPTER 3- MEETING LIFE CHALLENGES PRACTICAL 2 (MPI)	STRESS IDENTIFICATION ACTIVITY: STUDENTS WILL LIST COMMON SOURCES OF STRESS IN STUDENTS' LIFE AND DISCUSS THEIR EFFECTS. SELF-REFLECTION ACTIVITY: STUDENTS WILL WRITE A SHORT REFLECTION ON HOW THEY PERSONALLY COPE WITH STRESS DURING CHALLENGING SITUATIONS.	PT 1 CH-1
AUGUST	CHAPTER 4 - PSYCHOLOGICAL DISORDERS PRACTICAL 3 (SCAT)	CASE STUDY ANALYSIS: STUDENTS WILL READ A SHORT CASE AND IDENTIFY THE TYPE OF PSYCHOLOGICAL DISORDER AND ITS SYMPTOMS. MIND MAP ACTIVITY: STUDENTS WILL CREATE A MIND MAP SHOWING DIFFERENT TYPES OF PSYCHOLOGICAL DISORDERS AND THEIR KEY SYMPTOMS.	PT 2 CH-2
SEPTEMBER	CHAPTER 5- THERAPEUTIC APPROACHES PRACTICAL 4	CASE STUDY DISCUSSION: STUDENTS WILL READ A BRIEF CASE AND SUGGEST SUITABLE THERAPEUTIC APPROACHES FOR THE GIVEN PROBLEM.	MID TERM CH- 1,2,3,4

	(SCQ)	ROLE PLAY ACTIVITY: STUDENTS WILL PERFORM A SHORT ROLE PLAY DEMONSTRATING A COUNSELLING SESSION BETWEEN A COUNSELLOR AND A CLIENT.	
OCTOBER	CHAPTER 6- ATTITUDE AND SOCIAL COGNITION PRACTICAL 5 (ADJUSTMENT)	ATTITUDE SURVEY ACTIVITY: STUDENTS WILL CONDUCT A SHORT SURVEY AMONG CLASSMATES TO UNDERSTAND ATTITUDES TOWARDS TOPICS LIKE ENVIRONMENT, EDUCATION. EXAMPLE-MAKE A LIST OF THE VARIOUS ASPECTS THAT YOU THINK, FEEL AND ACT TOWARDS YOUR BEST FRIEND. IDENTIFY THE COGNITIVE, AFFECTIVE AND BEHAVIORAL COMPONENTS OF ATTITUDES. OBSERVATION ACTIVITY: STUDENTS WILL OBSERVE EXAMPLES OF STEREOTYPES OR SOCIAL PERCEPTION IN DAILY LIFE AND WRITE A SHORT REPORT.	
NOVEMBER	CHAPTER 7- SOCIAL INFLUENCE AND GROUP PROCESSES PRE- BOARD I	GROUP DISCUSSION ACTIVITY: STUDENTS WILL DISCUSS EXAMPLES OF SOCIAL INFLUENCE IN DAILY LIFE AND HOW PEOPLE'S BEHAVIOR CHANGES IN GROUPS. CASE STUDY ANALYSIS: STUDENTS WILL READ A SHORT CASE RELATED TO GROUP CONFLICT OR COOPERATION AND IDENTIFY THE PSYCHOLOGICAL CONCEPTS INVOLVED. DISCUSS REAL LIFE EXAMPLES OF SOCIAL INFLUENCE.	FULL SYLLABUS
DECEMBER	REVISION & PRE- BOARD II	SAMPLE PAPER, CASE STUDIES, PREVIOUS YEAR PAPER PRACTICE	FULL SYLLABUS

JANUARY	REVISION & PRE-BOARD II	BOARD PRACTICAL PROJECT EXAMINATION	FULL SYLLABUS
FEBRUARY			BOARD EXAM FULL SYLLABUS

SUBJECT – COMPUTER SCIENCE

MONTH	TOPIC	PRACTICALS	SYLLABUS
APRIL	CH-1 REVIEWS OF PYTHON'S BASICS-I CH -7 SIMPLE QUERIES IN SQL(RELATIONAL DATABASE)	PRACTICALS ON THE BASIS OF BASICS & STRUCTURE OF PYTHON PROGRAMMING	
JUNE	CH-1 REVISION OF PYTHON PROGRAMMING-II (LIST) CH-3 EXCEPTION HANDLING (TUPLES)	PRACTICALS ON THE BASIS OF ALL THE CONDITIONS USED IN PYTHON	PT-1 CH 1 & 7
JULY	CH-2 FUNCTION CH-7 RELATIONAL DATABASE AND SQL QUERY PROCESSING	PRACTICALS ON THE BASIS OF FUNCTION USED IN PROGRAMMING	
AUGUST	CH-4 FILE HANDLING (TEXT FILES, BINARY FILES, CSV FILES) CH-5 DATA STRUCTURES : STACKS AND QUEUES CH-6 NETWORK PROTOCOL	PRACTICALS ON THE BASIS OF DATA STRUCTURES & FILE HANDLING	PT-2 CH 2,3 & 7
SEPTEMBER	CH-8 PYTHON LIBRARIES AND DBMS & WORKING WITH MYSQL	PYTHON PRACTICALS ON THE BASIS OF PYTHON LIBRARIES	MID TERM CH 1 TO 4 & 7
OCTOBER	CH-8 PYTHON WITH MYSQL(CONNECTIVITY)	PRACTICAL OF MY SQL	
NOVEMBER	REVISION FOR PRE-BOARD I EXAMINATION	CONNECTIVITY BETWEEN PYTHON & MYSQL	FULL SYLLABUS
DECEMBER	REVISION FOR PRE-BOARD II EXAMINATION	REVISION FOR FINAL EXAMINATION	FULL SYLLABUS
JANUARY	REVISION FOR PRE-BOARD III EXAMINATION	REVISION FOR FINAL EXAMINATION	FINAL TERM FULL SYLLABUS

FEBRUARY			BOARD EXAM FULL SYLLABUS
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SUBJECT- PHYSICAL EDUCATION

MONTH	NAME OF THE CHAPTER	TOPICS	ACTIVITY/ PRACTICAL	EXAM SYLLABUS
APRIL	CH-1 MANAGEMENT OF SPORTING EVENTS	<ul style="list-style-type: none"> ● MEANING & OBJECTIVE OF MANAGEMENT ● VARIOUS COMMITTEES & ITS RESPONSIBILITIES ● TOURNAMENTS – KNOCK OUT, LEAGUE OR ROUND ROBIN PROCEDURE TO DRAW THE FIXTURES – KNOCK OUT (STAIRCASE & CYCLIC) 	ORGANIZING INTER- HOUSE COMPETITION	
JUNE	CH 2. CHILDREN & WOMEN FOR SPORTS	<ul style="list-style-type: none"> ● CONCEPT & ADVANTAGES OF CORRECT POSTURE ● CAUSES OF BAD POSTURE COMMON POSTURAL DEFORMITIES- KNOCK KNEE, FLAT FOOT, ROUND SHOULDER, LORDOSIS, KYPHOSIS, BOW LEG AND SCOLIOSIS. ● SPECIAL CONSIDERATION (MENARCHE, AMENORRHEA, EATING DISORDERS) ● PSYCHOLOGICAL AND SOCIOLOGICAL ASPECT OF WOMEN ATHLETE 	DEMONSTRATION OF CORRECT POSTURE OF MOVEMENTS	PT 1: CH 1
JULY	CH 3- YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE	ASANAS AS PREVENTIVE MEASURES <ul style="list-style-type: none"> ● OBESITY: PROCEDURE, BENEFITS CONTRAINDICATION FOR VAAJRASANA, HASTASANA, TRIKONASANA, ARDH MATSYENDRASANA	PERFORMING DIFFERENT ASANAS FOR CONCENTRATION OF MIND.	

		<ul style="list-style-type: none"> ● ASTHMA: PROCEDURE, BENEFITS & CONTRAINDICATION FOR SUKHASANA, CHAKRASANA, GAUMUKHASANA, ● BACK PAIN PARVATAS BHUJANASANA, PASMITONASANA, MATSYASANA ● HYPERTENSION: TARASANA, VAJRASANA, PAWANMUKTASANA, ARDHCHAKRASANA, BHUJANGASANA, SHARSASANA ● DIABETES- KATICHAKRASANA, PAWANMUKTASANA, MANDUKASANA, YOGMUDRA, KAPALBHATI 		
AUGUST	<p>CH 4 - PHYSICAL EDUCATION & SPORTS FOR CWSN</p> <p>CH 5 - SPORTS AND NUTRITION</p>	<p>4. PHYSICAL EDUCATION & SPORTS FOR CWSN</p> <p>CONCEPT OF DISABILITY & DISORDER TYPES OF DISABILITY, ITS CAUSES & NATURE (COGNITIVE DISABILITY, INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)</p> <ul style="list-style-type: none"> ● BALANCED DIET & NUTRITION: MACRO & MICRO NUTRIENTS ● NUTRITIVE & NONNUTRITIVE COMPONENTS OF DIET ● EATING FOR WEIGHT CONTROL- HEALTHY WEIGHT, PITFALLS OF DIETING, FOOD INTOLERANCE AND FOOD MYTHS ● IMPORTANCE OF DIET IN SPORTS 	<p>KNOWLEDGE ABOUT EQUIPMENT REQUIRED FOR CWSN</p> <p>PREPARATION OF BALANCED DIET CHART</p>	PT 2: CH 2 & 3
SEPTEMBER	CH 6: TEST & MEASUREMENTS IN SPORTS	<ul style="list-style-type: none"> ● FITNESS TEST- SAI KHELO INDIA FITNESS TEST ● MEASUREMENT OF CARDIO VASCULAR FITNESS- HARVARD STEP TEST 	CONDUCTING SAI KHELO INDIA FITNESS TEST	MID TERM: CH 1, 2, 3, 4, 5

		<ul style="list-style-type: none"> • PSYCHOLOGICAL ATTRIBUTES IN SPORTS – SELF ESTEEM, MENTAL IMAGERY, SELF • TALK, GOAL SETTING 		
NOVEMBER	CH 10 TRAINING IN SPORTS PRE BOARD-I	<ul style="list-style-type: none"> • CONCEPT OF TALENT IDENTIFICATION AND TALENT DEVELOPMENT IN SPORTS • INTRODUCTION TO SPORTS TRAINING CYCLE – MICRO, MESO, MACRO CYCLE. • TYPES & METHODS TO DEVELOP – STRENGTH, ENDURANCE, AND SPEED • TYPES & METHODS TO DEVELOP – FLEXIBILITY AND COORDINATIVE ABILITY 	EXPLANATION OF DIFFERENT TYPES OF TRAINING METHOD	FULL SYLLABUS
DECEMBER	PRE BOARD-II			FULL SYLLABUS
JANUARY	PRE BOARD-III	FINAL PRACTICAL EXAM		FULL SYLLABUS
FEBRUARY				BOARD EXAM