

ST. MARY'S ENGLISH HIGH SCHOOL, BISTUPUR, JAMSHEDPUR
SYLLABUS FOR THE YEAR - 2019 - 2020

CLASS: XII

SUBJECT: PHYSICAL EDUCATION

(APRIL TO JUNE)	(JULY TO SEPTEMBER)
1. Planning in sports	4. Physical Education & Sports for CWSN
2. Sports and Nutrition	5. Children & women in sports
3. Yoga and Lifestyle	6. Test & Measurement in Sports
	7. Physiology & Injuries in Sports.
(OCTOBER TO DECEMBER)	(JANUARY TO MARCH)
8. Biomechanics & Sports	
9. Psychology & Sports	
10. Training in Sports	

DATE: _____

SIGNATURE: _____