

DIRECTORATE OF EDUCATION GNCT OF DELHI

ANNUAL SYLLABUS

CLASS XII

PHYSICAL EDUCATION (048)

SESSION(2026-27)

COURSE CONTENT

Theory

Unit	Content
Unit (I) Management of Sporting Events	<ul style="list-style-type: none">● Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)● Various Committees & their Responsibilities (pre; during & post)● Fixtures and its Procedures - Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular Method) and Combination tournaments● Intramural & Extramural tournaments – Meaning, Objectives & Its Significance● Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)
Unit (II)	<ul style="list-style-type: none">● Exercise guidelines of WHO for different age groups

<p>Children & Women in Sports</p>	<ul style="list-style-type: none"> ● Common Postural Deformities- Knock Knee, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis, and Bow Legs and their respective corrective measures ● Women’s participation in Sports–Physical, Psychological, and social benefits. ● Special consideration (Menarche & Menstrual Dysfunction) ● Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders)
<p>Unit (III)</p> <p>Yoga as Preventive measure for Lifestyle Disease</p>	<ul style="list-style-type: none"> ● Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha–Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama ● Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta-vajarasana, Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati ● Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana, Matsyaasana, Anuloma-Viloma ● Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi shodhanapranayam, Sitlipranayam ● Back Pain and Arthritis: Procedure, Benefits & Contraindications for Tadasana,

	Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama
Unit (IV) Physical Education & Sports for CWSN (Children with Special Needs - Divyang)	<ul style="list-style-type: none"> ● Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) ● Concept of Classification and Divisioning in Sports. ● Concept of Inclusion in sports, its need, and Implementation ● Advantages of Physical Activities for children with special needs ● Strategies to make Physical Activities assessable for children with special needs
Unit (V) Sports & Nutrition	<ul style="list-style-type: none"> ● Concept of balanced diet and nutrition ● Macro and Micro Nutrients: Food sources & functions ● Nutritive & Non-Nutritive Components of Diet ● Eating for Weight control– A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, & Food Myths ● Importance of Diet in Sports-Pre, During and Post competition Requirements
<ul style="list-style-type: none"> ● Syllabus of mid-term Examination to be completed by 05/09/2026 ● Revision work midterm syllabus ● Discussion on question paper, project work 	

Unit (VI)

**Test &
Measurement in
Sports**

- Fitness Test- SAI Khelo India Fitness Test in school:
 - Age group 5-8 yrs/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test
 - Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls)
- Measurement of Cardio-Vascular Fitness:

Harvard Step Test =
- Computing Basal Metabolic Rate (BMR)
- Rikli & Jones - Senior Citizen Fitness Test
 - Chair Stand Test for lower body strength
 - Arm Curl Test for upper body strength
 - Chair Sit & Reach Test for lower body flexibility
 - Back Scratch Test for upper body flexibility
 - Eight Foot Up & Go Test for agility
 - Six Minute Walk Test for Aerobic Endurance
- Johnsen – Methney Test of Motor Educability: (Front Roll, Roll, Jumping Half-Turn,

	Jumping full turn)
Unit (VII) Physiology & Injuries in Sports	<ul style="list-style-type: none"> ● Physiological factors determining components of physical fitness ● Effect of exercise on Muscular System ● Effect of exercise on Cardio-Respiratory System ● Physiological changes due to aging ● Sports injuries: Classification (Soft Tissue Injuries: Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries: Dislocation; Fractures - Green Stick, Comminuted, Transverse, Oblique & Impacted
Unit (VIII) Biomechanics & Sports	<ul style="list-style-type: none"> ● Newton's Law of Motion & its application in sports ● Types of Levers and their application in Sports ● Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports ● Friction & Sports ● Projectile in Sports
Unit (IX) Psychology & Sports	<ul style="list-style-type: none"> ● Personality; its definition & types (Jung Classification & Big Five Theory) ● Motivation, its type & techniques. ● Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it ● Meaning, Concept & Types of Aggressions in Sports ● Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal

	Setting
Unit (X) Training in Sports	<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 & Method to Develop- Strength, Endurance and Speed ● Types & Method to Develop – Flexibility and Coordinative Ability ● Circuit Training -Introduction & its importance
	<ul style="list-style-type: none"> ● Project work (as per CBSE guidelines) ● Complete the annual syllabus by 05th December 2026 ● PRE-BOARD EXAM ● Complete syllabus will be covered in Annual Exam <p>Revision with Last Year Board papers and support material issued by DOE, Delhi.</p>

Practical

Practical No.	Practical Content
Practical (I)	<ul style="list-style-type: none"> ● Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)* <p>* Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)</p>
Practical (II)	<ul style="list-style-type: none"> ● Proficiency in Games and Sports (Skill of any one IOA recognised Sport/Game of Choice) ** <p>**CWSN (Children with Special Needs – Divyang): Bocce/Boccia, Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.</p>
Practical (III)	<ul style="list-style-type: none"> ● Yogic Practices* <p>*Children With Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'</p>
Note:	<ul style="list-style-type: none"> ● Record File shall include:

❖ **Practical-1:** Fitness tests administration. (SAI Khelo India test)

❖ **Practical-2:** Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

❖ **Practical-3:** Anyone one IOA recognised Sport/Game of choice. Labelled diagram of Field & Equipment. Also mention its Rules, Terminologies & Skills.