

SYLLABUS 2024-2025

Class : XII

Subject : PHYSICAL EDUCATION

Book : SARASWATI PHYSICAL EDUCATION (DR V K SHARMA)

Publisher : NEW SARASWATI HOUSE (INDIA) PVT. LTD.

Term 1

1- Sociological Aspects of Physical Education

2- Training Methods

3- Rules and Regulation of Football and Cricket

Term 2

1- Career Aspects in Physical Education

2- Competitions and Tournaments

3- Health Education and Health Problems

4- Rules and Regulation of Badminton and Swimming

Term 3

1- Sports Injuries and First Aid

2- Rules and Regulation of Hockey and Basketball

Term 4

Revision

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