

## SYLLABUS 2026-2027

**Class : XII**

**Subject : Physical Education**

**Book : ISC Saraswati Physical Education Textbook**

**Publisher : New Saraswati Publication**

### Term 1

1. TRAINING METHODS
2. Games & Sports (any 2 opted by the student)

### Term 2

1. HEALTH EDUCATION & HEALTH PROBLEMS
2. CAREER ASPECT IN PHYSICAL EDUCATION (**REVISION**)
3. Games & Sports (any 2 opted by the student)

### Term 3

1. SPORTS INJURIES AND FIRST AID
2. SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION (**REVISION**)
3. Games & Sports (any 2 opted by the student)

### Term 4

1. COMPETITION AND TOURNAMENTS (**REVISION**)
2. Games & Sports (any 2 opted by the student)

#### **Contact Us**