

**Haryana Board Physical Education Syllabus for Class 12**

Class 12<sup>th</sup> Syllabus – Haryana Board (HBSE) (2010-2011)

Physical Education

First Semester (1st April to 30th September)

Month	Topic Covered
<p>April</p>	<p>UNIT-1. PHYSICAL FITNESS AND WELLNESS</p> <p>1.1) Meaning and importance of Physical Fitness and Wellness.</p> <p>1.2) Components of Physical Fitness and Wellness.</p> <p>1.3) Factor affecting Physical Fitness and Wellness.</p> <p>1.4) Principal of Physical Fitness development.</p> <p>1.5) Means of Fitness development.</p> <p>1.5.1) Aerobic Activities/Jogging/Cycling, Calisthenics and Rhythmic exercise.</p> <p>1.5.2) Participation in Games and Sports.</p> <p>1.5.3) Weight Training.</p> <p>1.5.4) Circuit Training.</p>
<p>May</p> <p>First Unit Test (17th May to 25th May)</p>	<p>Unit-2 Training Methods</p> <p>2.1 Meaning and concept of Training</p> <p>2.2 Warming/Up, Limbering down and their importance</p> <p>2.3 Method of Training</p> <p>2.3.1 Methods of Strength Development/Isoometric, Isotonic and Isokinetic Exercises.</p> <p>2.3.2 Methods of Endurance Development/Continuous</p> <p>Method, Interval Training and Fartlek.</p> <p>2.3.3 Method of speed Development/Acceleration runs and</p> <p>Pace races.</p>
<p>June Summer Vacation (1st June to 30th June)</p>	
<p>July</p> <p>Second Unit Test (17th July to 25th July)</p>	<p>Unit-4 Athletic Care:</p> <p>4.1 Meaning and concept of Athletic Care.</p> <p>4.2 Prevention and management of Sport injuries-contusion,</p> <p>strain, sprain and abrasion.</p>
<p>August</p>	<p>Unit-6 Olympic Movement</p>

	<p>6.4 Modern Olympic Games-Objectives, Motto and Olympic</p> <p>Flag, Sport Awards</p> <p>6.5 Important National Sports awards:- Arjuna Awards,</p> <p>Donacharya Award and Rajeev Khel Ratna Award.</p>
September	Revision and First Semester Exam.

Second Semester (1st October to 31st March)

Month	Topic Covered
October	<p>Unit-7: SOCIOLOGICAL ASPECTS OF PHYSICAL EDUCATION</p> <p>3.1 Meaning of Sociology and its importance in Physical Education and Sports.</p> <p>3.2 Games and Sports as man's cultural heritage.</p> <p>3.3 Role of Physical Education in promoting social values/sympathetic attitude, helpfulness, tolerance, patience, Group Cohesion and Harmony</p> <p>3.4 Development of leadership qualities and Group dynamics.</p>
November	<p>Unit-7 Part-II Health Education</p> <p>4.1 Meaning and concept of School health Program.</p> <p>4.2 Importance of School health program.</p> <p>4.3 Components of School health program and their inter-relationship.</p> <p>4.3.1 Healthful living.</p> <p>4.3.2 Health services</p> <p>4.3.3 Comprehensive School health Education/health instructions.</p>
December	<p>Unit-5 Family life Education</p> <p>5.1 Meaning and function of family and its importance as social institutions.</p> <p>5.2 Problems of Adolescence and their managements</p> <p>5.3 Preparation for marriage and parenthood.</p> <p>5.4 Role of parents in child care.</p> <p>5.5 Role of Individual as a citizen</p>

December Winter Vacation (22nd December to 31st December)	
January	Unit-6 Part-A Yoga  6.1 Definition of Yoga and Pranaayama  6.2 Importance of Yoga and Pranaayama and their relevance in the present day life.  6.3 Preventive and curative effects of Yoga.
February	Revision
March	Second Semester Examination