

# GOPI BIRLA MEMORIAL SCHOOL 2025-26

Grade : 12 Physical Education

Dr. Nishant .G. Kolhe

## ANNUAL PLAN

MONTH	CHAPTERS	PRACTICALS
April	Management of Sporting Events (Unit 1)	Organising a small Sports Event within the class
June	Children and Women in sports (Unit 2)	Yogasanas for lifestyle diseases
	Yoga as Preventive measure for Lifestyle Disease(Unit 3)	
July	Physical Education & Sports for CWSN (Unit 4)	Various Fitness Test Part 1
	Test and Measurement in Sports (Unit 6)	
August	Sports & Nutrition (Unit 5)	First Aid
	Physiology & Injuries in Sports (Unit 7)	
September	Revision for Terminal Examination Physiology & Injuries in Sports (Unit 7) Contd...	First Aid
October	Biomechanics and Sports (Unit 8)	Various Fitness Test Part 2
	Psychology in Sports (Unit 9)	
November	Biomechanics and Sports (Unit 8) – contd.	Project Work
	Training in Sports (Unit 10)	