

Delhi Public School Numaligarh

Syllabus Bifurcation

Session: 2024-25

Class XII: Humanities

Class: XII**Scheme of Work: 2024-25****Sub: English**

S.N	Month	No. of ID	Flamingo	Writing
1	March, April 2024	3+18	The Last Lesson Lost Spring Deep Water My Mother at Sixty Six Keeping Quiet The Rattrap	Notice Writing
	May2024	25	Indigo A Thing of Beauty Poets and Pancakes Aunt Jennifer's Tigers	Formal and Informal Invitations
2	June-2024	13	The Interview A Roadside Stand Going Places	Job Applications
3	July-2024	07	The Third Level The Tiger King	Letter to The Editor
			Vistas	
5	Aug-2024	25	Journey to the End of the Earth The Enemy	Article Writing
6	Sep-2024	19	On the Face of It Memories of Childhood	Report Writing
7	Oct-2024	21	Revision	
8	Nov-2024	20	Revision	
9	Dec-2024	09	Revision and ASL	
10	Jan-2025	23	Revision and ASL	
11	Feb-2025	22	Revision and Board Exam	
12	March-2025	19	Board Exam	

Portion for Assessments-2024-25

PT-1	The Last Lesson Lost Spring Deep Water My Mother at Sixty Six Keeping Quiet The Rattrap Indigo A Thing of Beauty	Notice Writing Formal and Informal Invitations Job Applications	Comprehension
Half Yearly Exam	The Rattrap Indigo A Thing of Beauty Poets and pancakes The Interview A Roadside Stand Aunt Jennifer's Tigers Going Places The Third Level The Tiger King Journey to the End of the Earth The Enemy On the Face of It Memories of Childhood	Notice Formal and Informal Invitations Letter to The Editor Job Applications Article Writing Report Writing	Comprehension
Pre-Board 1	Full Syllabus		
Pre-Board 2	Full Syllabus		

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
June 2024	Project	<ul style="list-style-type: none"> ● To listen to a podcast and write a report or Debate on the chosen topic 	As per CBSE guidelines
Dec-2024	Assessment of Speaking and Listening	<ul style="list-style-type: none"> ● To listen to lectures and talks and to be able to extract relevant and useful information for a specific purpose ● To develop the art of formal public speaking 	A Listening Skill test and a Speaking Skill test will be conducted

Class: XII**Scheme of Work: 2024-25****Sub: Sociology**

S.N	Month	No. of ID	Chapters
1	March -3 days Apr-2024-18 days	21	Chapter 2: The Demographic structure of the Indian society Chapter 3: Social Institutions continuity and change
2	May	25	Chapter 5: Patterns of Social Inequality and exclusion Chapter 6: The challenges of cultural diversity
3	June	13	Chapter 6: The challenges of cultural diversity Chapter 8: Structural Change Project work
4	July	07	Chapter 9: Cultural Change
5	Aug	25	Chapter 9: Cultural Change Chapter 11: Change and development in rural society
6	Sep	19	Chapter 12: Change and Development in Industrial Society
7	Oct	21	Chapter 15: Social Movements
8	Nov	20	Sample Papers

Portion for Assessments-2024-25

Qualifying Exam	<ul style="list-style-type: none"> • The Demographic structure of the Indian society • Social Institutions continuity and change
Pre Board	<ul style="list-style-type: none"> • The Demographic structure of the Indian society • Social Institutions continuity and change • Patterns of Social Inequality and exclusion • The challenges of cultural diversity • Structural Change • Cultural Change
Final Pre Board	<ul style="list-style-type: none"> • Full Syllabus

Project

Duration	Activity	Objective	Details & Evaluation
The Academic year 2024-25	Project for the Academic Year	To analyze a social issue and to prepare a report	The Project Report-15 marks Viva- 5 marks

S.N	Month	No. of ID	THEMES IN INDIAN HISTORY
1.	April-2024	08	Themes in Indian History Part-I Theme 1: Bricks, Beads and Bones (The story of first Cities: Harappan Archaeology)
2.	May-2024	25	Themes in Indian History Part-I Theme 2: Kings, Farmers and Towns- Early States and Economies (c. 600 BCE-600 CE) Theme 3: Kinship, Caste and Class Early Societies (c. 600 BCE-600 CE) Theme 4: Thinkers, Beliefs and Buildings –Cultural Development (c. 600 BCE-600 CE)
3.	June-2024	13	Themes in Indian History Part-II Theme 5: Through the eyes of Travelers- Perceptions of Society (c. 10 th – 17 th century)
4.	July-2024	07	Themes in Indian History Part-II Theme 5: Through the eyes of Travelers- Perceptions of Society (c. 10 th – 17 th century) contd.
5.	Aug-2024	25	Themes in Indian History Part-II Theme 6: Bhakti-Sufi Traditions- Changes in Religious Beliefs and Devotional Texts c. 8 th -18 th century) Theme 7: An Imperial capital: Vijayanagara (c. 14 th 16 th century) Theme 8 : Peasants, Zamindars and the State- Agrarian Society and the Mughal Empire (c. 16 th -17 th centuries)
6.	Sep-2024	19	Themes in Indian History Part-III Theme 9: Colonialism and the Countryside- Exploring official Archives Theme 10: Rebels and the Raj- The Revolt of 1857 and its Representations
7.	Oct-2024	21	Themes in Indian History Part-III Theme 11: Mahatma Gandhi and the Nationalist Movement- Civil Disobedience and Beyond
8.	Nov-2024	20	Themes in Indian History Part-III Theme 12: Mahatma Gandhi and the Nationalist Movement- Civil Disobedience and Beyond (contd.) Theme: 13 Framing the Constitution- The Beginning of a New Era
9.	Dec-2024	09	Revision
10.	Jan-2025	23	CBSE conducted Practical Exam
11.	Feb & March 2025		AISSCE

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
June-October 2024	Project work on the given topics by CBSE	<p>Project work will help students:</p> <ul style="list-style-type: none"> • To develop skill to gather data from a variety of sources, investigate diverse viewpoints and arrive at logical deductions. • To develop skill to comprehend, analyze, interpret, evaluate historical evidences and understand the limitation of historical evidence. • To develop 21st century managerial skills of co-ordination, self-direction and timemanagement. • To learn to work on diverse cultures, races, religions and lifestyles. • To learn through constructivism-a theory based on observation and scientific study. • To inculcate a spirit of inquiry and research. • To communicate data in the most appropriate form using a variety of techniques. • To provide greater opportunity for interaction and exploration. • To understand contemporary issues in context to our past. • To develop a global perspective and an international outlook. • To grow into caring, sensitive individuals capable of making informed, intelligent and independent choices. 	<p>All the students will complete a project on topics (prescribed by the CBSE) which will be assigned to them. They will do research, collect materials, compile all their work and make the final draft.</p> <p>Criteria for Assessment:-</p> <ul style="list-style-type: none"> • Project Synopsis- 2 marks • Timeline/Explanation and Interpretation/Map Work -5 marks • Visual/Overall presentation- 4 marks • Data/Analysis/Statistical Analysis-4 marks • Bibliography- 1 mark • Viva -4 marks
Nov-2024	Map Work	As prescribed in the CBSE curriculum	
Jan-2024		AISSCE PRACTICAL EXAM	

S. N	Month	No. of ID	Contemporary World Politics	Politics in India Since Independence
1	April-2024	08	Chapter-1: The End of Bipolarity.	Chapter 1: Challenges of Nation Building.
2	May-2024	25	Chapter-2: Contemporary Centres of Power.	Chapter 2: Era of One-Party Dominance
3	June-2024	13	Chapter-3: Contemporary South Asia.	Chapter 3: Politics of Planned Development
4	July-2024	07	Chapter-4: International Organizations	Chapter 4: India's External Relations
5	August-2024	25	Chapter-5: Security in the Contemporary World.	Chapter 5: Challenges to and Restoration of the Congress system
6	September-2024	19	Chapter-5: Security in the Contemporary World.	Chapter 6: The Crisis of Democratic Order
7	October-2024	21	Chapter-6: Environment and Natural Resources	Chapter 7: Regional Aspirations.
8	November-2024	20	Chapter-7: Globalization.	Chapter 8: Recent Developments in Indian Politics.
9	December-2024	09	Practice Sample Papers	Discussion on Previous Years Question Papers.
10	January-2025	23	Revision	Revision
11	February-2025	22	Revision	Revision
12	March-2025	19	AISSCE -2024	-----

Portion for Assessments-2024-'25

PT-1/ QE- XII	Chapter-1: The End of Bipolarity. Chapter-2: Contemporary Centres of Power.	Chapter-1: The Challenges of Nation Building Chapter 2: Era of One-Party Dominance
Half Yearly Exam	Chapter-3: Contemporary South Asia Chapter-4: International Organizations Chapter 5: Security in the Contemporary World. Chapter-6: Environment and Natural Resources	Chapter 3: Politics of Planned Development Chapter 4: India's External Relations Chapter 5: Challenges to and Restoration of the Congress system
Pre Board -1	Full Syllabus	Full Syllabus
Pre Board -2	Full Syllabus	Full Syllabus
AISSCE - 2025	Full Syllabus	Full Syllabus

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Rubrics for Evaluation
2024 -25	Project Work as per the CBSE Curriculum.	<p>To enable learners to:</p> <ul style="list-style-type: none"> • probe deeper into personal enquiry, initiate action and reflect on knowledge and skills, views etc. acquired during the course of class XI-XII. • analyse and evaluate real world scenarios using theoretical constructs and arguments. • demonstrate the application of critical and creative thinking skills and abilities to produce an independent and extended piece of work. • follow up aspects in which learners have interest. • develop the communication skills to argue logically. 	<ol style="list-style-type: none"> 1. Introduction/ overview – 2 Marks 2. Variety of contents – 3 Marks 3. Presentation – 3 Marks 4. Conclusion – 1 Mark 5. Bibliography – 1 Mark 6. Viva- voce – 10 Marks <p style="text-align: center;">TOTAL – 20 MARKS</p>

Class: XII Hum**Scheme of Work: 2024-25****Sub: Geography**

S.N	Month	No. of ID	Fundamentals of Human Geography	India: People and Economy	Practical work
				I TERM	
1	April -2024	10	Human Geography Nature and Scope (L 1) The World Population (L 2)	Population: Distribution, Density, Growth and Composition (L 1)	Data—Its source and compilation
2	May-2024	25	Human Development (L 4) Primary Activities (L 5)	Human settlement (4)	Data Processing-mean, median mode
3	June-2024	15	Secondary Activities (L 6)	Land Resources and Agriculture (L 5) Mineral and Energy Resources (L 7) (Holiday Homework)	Construction of diagrams: Line graphs, Bar graphs ,Pie diagram,
4	July-2024	06		Water Resources (L 6)	
5	Aug-2024	24	Tertiary Activities and Quaternary Activities (L 7)	Planning and Sustainable Development in India (L 9) Transport and communication(L 10)	Construction of diagrams: Wind Rose Star diagram, Flow chart
6	Sep-2024	16	Transport and Communication (L 8)	International Trade (L 11)	Classification on the basis of construction Dot maps, Choropleth Maps, Isopleths Maps
7	Oct-2024	20	International Trade (L 9)	Geographical perspective on selective issues and problems (L 12)	Spatial Information Technology
8	Nov-2024	23	Revision	Revision	
9	Dec-2024	09	Revision &Pre Board 1		
10	Jan-2025	21	Pre Board 2		Board Practical examination
11	Feb-2025	24			
12	March-2025	19 212 days	Board Examination		

Portion for Assessments-2024-2025

PT-1	Half Yearly Exam	PT-2	Pre-Board Exams
B 1-Lesson-1, 2 B 2- Lesson1	1. Fundamentals of Human Geography: Unit 1,2 2. India: People and Economy:Unit 1,2,3 (Except Minerals)	BOOK 1 Transport and Communication (L 8)	Complete Syllabus

Sl.no	Month	No of Instructional Days	Introductory Macroeconomics	Indian Economic Development
01	March & April	18+5=23	Unit1: National Income & Related Aggregates	
02	May	25	Unit 1: National income & Related Aggregates	Unit 6: Development Experience (1947-90) and Economic reforms since 1991.
03	June	13	Unit 2: Money and Banking	Unit 6: Economic reforms since 1991, Demonetization & GST
04	July	7	Unit 3: Problem of Excess demand and Deficient demand	
05	August	25	Unit 3: Problem of Excess demand and Deficient demand	Unit 7: Rural Development, Human Capital Formation, Employment
06	September	15	Unit 4: Government Budget and Economy	Unit 7: sustainable development
07	October	21	Unit 4: Government Budget and Economy	Unit 7: sustainable development
08	November	20	Unit 5: Balance of Payment	Unit 8: Developmental Experience
09	December	9	Revision	Revision
SUBJECT MAGAZINE FOR HALF YEARLY FOR EVALUATION OF 20 MARKS, SUBMISSION:23/7/24 (Internal assessment)/ presentation				
PROJECT AS PER CBSE GUIDELINES , SUBMISSION ON 23/7/2024 (CBSE, Project viva), Mock Viva will be conducted / Presentation				
PORTION FOR ASSESSMENT				
09	June-July	22/6/24 – 31/7/24	Q.E (Unit 1: National income & Related Aggregates)	PT -1(Unit 6: Development Experience (1947-90) and Economic reforms since 1991.)
10	October	15/10/24 – 026/10/24	PB-1	PB - 1
11	December	13/12/24 – 06/01/25	PB II = All syllabus	PB II = All syllabus

CRITERIA FOR PROJECT WORK/ SUBJECT MAGAZINE

Month	Activity	Objective	Details & Evaluation	Submission
April /May	Choose Topic Collection of data/material	<ul style="list-style-type: none"> ➤ Probe deeper into theoretical concepts learnt in classes. ➤ Demonstrate the learning of economic theory ➤ Follow up aspects of economics in which learners have interest. 	➤ Relevance of the topic - 3	
June	Organisation of data/material Presentation of data/material		➤ Research work-6	
August-	Analysing the material/data for conclusion		➤ Presentation-3	Magazine (Class –XI & XII). Both have to submit (23/7/24)
October	Draw conclusion		➤ Viva-voce-8	
December	Presentation of the project			
July/ October/November	Project Submission	For Half Yearly- Date mention	For Annual /CBSE	Project (Class – XI & XII). Both have to Submit.(23/7/24)

S.N	Month	No. of ID	Chapter	Practical
1.	March and April- 2024	21	Unit I- Work, Livelihood and Career Chapter 1: Work ,Livelihood and Career <ul style="list-style-type: none"> • Introduction • Traditional occupation in India • Work, age Gender 	Activity 3- Visit to local artisans, Students will prepare resource file on the local traditional art, craft and cuisins. Activity-4- Collect information on women in your region who have contributed significantly to society
	May- 2024	25	<ul style="list-style-type: none"> • Life skills for livelihood • Ergonomics • Entrepreneurship Unit 2- Nutrition, Food Science and Technology Chapter 2- Clinical Nutrition and Dietetics	Activity 5- Prepare a power point presentation of distinguished women in Science, Technology, Mathematics, sports,Education,Literature,Medicine and other important areas.
2.	June -2024	13	Unit 2- Nutrition, Food Science and Technology Chapter 3- Public Nutrition and Health Chapter 5 – Food Processing and Technology	1. Modification of normal diet to soft diet for elderly person. 2. Development and preparation of supplementary foods for nutrition programme. 3. Planning a menu for a school canteen or mid-day meal in school for a week. 4. Design, prepare and evaluate a processed food product.
3.	July-2024	7	Chapter 6- Food Quality and Food Safety	5. Qualitative test for food adulteration in: pure ghee, tea leaves, whole black pepper, turmeric powder, milk, asafoetida.
4.	August- 2024	25	Unit III-Human Development and Family Studies. Chapter 7- Early Childhood Care and Education. Chapter 10- Management of Support Services ,Institutions and programmes for Children, youth and Elderly	6. Preparation and use of any one teaching aid to communicate socially relevant messages for children/ adolescents /adults in the community. OR

				Preparation of any one toy for children (age appropriate) using locally available and indigenous material
5.	September-2024	19	Unit 4- Fabric And Apparel Chapter 11: Design for Fabric and Apparel Chapter 12: Fashion Design and Merchandising Chapter 15: Care and Maintenance of Fabrics in Institutions	7. Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing. 8. Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.
6.	October-2024	21	Unit V-Resource Management Chapter 17: Hospitality Management Chapter 20: Consumer Education and Protection	10. Evaluate any one advertisement for any job position. 11. Develop a leaflet/pamphlet for Consumer Education and Protection on any one of the following a) Consumer Protection Act (CPA) b) Consumer responsibilities c) Consumer organization d) Consumer Problem
7.	November-2024	20	UNIT VI – Communication and Extension Chapter 21- Development Communication and Journalism	12. Analysis and discussion of any one print/radio/electronic media with reference to focus, presentation, technology and cost.
8.	Dec-2024	09	Revision	
9.	Jan-2025	23	-	
10.	Feb-2025	22	-	
11.	March-2025	19		

Portion for Assessments-2024-25

PT-1	Unit I- Work, Livelihood and Career Chapter 1: Work ,Livelihood and Career Unit 2- Nutrition, Food Science and Technology Chapter 2- Clinical Nutrition and Dietetics
Half Yearly Exam	Unit I- Work, Livelihood and Career Chapter 1: Work ,Livelihood and Career Unit 2- Nutrition, Food Science and Technology Chapter 2- Clinical Nutrition and Dietetics Chapter 3-Public Nutrition and Health

	Chapter 5 – Food Processing and Technology Chapter 6- Food Quality and Food Safety Unit III-Human Development and Family Studies. Chapter 7- Early Childhood Care and Education. Chapter 10- Management of Support Services ,Institutions and programmes for Children, youth and Elderly
PB-1	Full Syllabus
PB-2	Full Syllabus
AISSCE 2024-25	Full Syllabus

Project

Any one of the following project may be undertaken and evaluated –

1. Study of an integrated community based, nutrition/health programme being implemented in own area , with reference to –
 - a) Programme objectives
 - b) Focal group/ Beneficiaries
 - c) Modalities of implementation
2. Visit to the neighbouring areas and interview two adolescents and two adults regarding their perception of persons with special needs.
3. Profile any two person (child/adult) with special needs to find out their diet, clothing , activities, physical and psychological needs.
4. Planning any five messages for nutrition, health and life skills using different modes of communication for different focal groups.
5. Market survey any five processed foods with their packaging and label information.

Scheme of Work: 2024-'25

Class: XII

Sub: Painting (Theory & Practical)

SL no	Month	No. of Days	History of Indian art by Devender Kumari
1	April-2024	18	Unit-1 (a) Rajasthani School of Miniature Painting. Section – 1: Origin and development Section - 2: Main features.. Section – 3: Study of the Paintings
2	May-2024	25	Section – 3: Study of Rajasthani miniature Paintings (continue)
3	June-2024	18	(b) Pahari School of miniature Paintings. Section – 1: Origin and development Section – 2: Main features... Section - 3: Study of the paintings.
4	July-2024	08	Unit-2 (a) Mughal School of miniature Painting. Section – 1: Origin and development Section – 2: Main features.....
5	Aug-2024	26	Section-3: Study of Mughal Paintings
6	Sept-2024	25	(b) The Deccan school Contribution of Indian artist in the struggle for National Freedom Movement Indian National Flag & the Symbolic significance of its forms and the colours
7	Oct-2024	22	Unit-3 (a) The Bengal School of Painting and the Modern trends in Indian Art (About the beginning to mid of the 20th Century) (i) National Flag of India and the Symbolic significance of its forms and the colour 8(ii) Introduction of Bengal school of painting. 9Origin and development Main Features...
8	Nov-2024	23	(iii) Study of the Bengal School of Paintings..
9	Dec-2024	15	(b) Introduction of modern trends in Indian art (i) Study of Modern painting
10	Jan-2025	24	(ii) Study of the Graphic Prints
11	Feb-2025	25	(iii) Study of the Sculptures
12	Mar-2025	24	Revision

Portion for Assessments-2024-25

PT-1	Rajashani miniature painting and Pahari school of miniature painting.	Origin and development, Main features, Study of the Paintings, Sub-Schools.
Half Yearly Exam	Rajasthani school of miniature Painting Pahari school of miniature painting Mughal school of miniature painting and Deccan school of miniature Painting	Origin and development, Main features, Study of the Paintings.
PT-2	Indian national Flag, Bengal school of painting and modern trends of Indian art.	Origin and development, Main features, Study of the Paintings, evolution of National Flag, significance of its forms and the colours.
Annual Exam	Rajasthani school of miniature painting Pahari school of miniature Painting Mughal school of miniature painting and Deccan school of miniature Painting Indian national Flag, Bengal school of painting and modern trends of Indian art.	Origin and development, Main features, Study of the Paintings, evolution of National Flag, significance of its forms and the colours, study of the work of Contemporary Modern Indian art.

Projects/Subject Enrichment Activities

Month	Activity	Objectives	Details & Evaluation
April to Aug -2024	Nature and object study (Completion By 31 st Aug)	Exercises in pencil with light & shade and in colour from fixed point of view	Drawing-10 Treatment of colours-05 Overall impression-10
Sep to Dec-2024	Painting Composition (Completion By 30 Nov)	Imaginative Painting based on subjects from life & nature in water colour and poster colour.	Compositional arrangement-10 Treatment of colour-05 Originality, Creativity-10
January-2025	Portfolio Assessment (Submission by 9 th Dec 2024)	Record of the entire Years performance from sketch to finished product.	Record of the entire year's performance from sketch to finished product. 10 marks b) Four selected nature and object study exercises in any media done during the session 5 marks c) Two selected works of paintings composition done by the candidate during the year 3 marks d) One selected works based on any Indian Folk Art (Painting) 2 marks
Feb-2025	Revision		Total marks(Practical)-70

S. No	Month	No. Of ID	Health and physical education	Practical
1	April 2024 May 2024	08 25	<p>Management of sporting events</p> <ul style="list-style-type: none"> • Functions of sports management events (planning, organizing, staffing directing and controlling) • Various committees and their responsibilities (pre, during and post) • Fixtures and procedures- Knock out (bye and seeding), League (staircase and cyclic) 	
2	June 2024 July 2024	13 07	<p>Children and women in sports</p> <ul style="list-style-type: none"> • Common postural deformities- Knock knee, Bow legs, Flat Foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis and their corrective measures • Special consideration (Menarche and Menstrual dysfunction) • Female athletes triad (Osteoporosis, Amenorrhea, eating disorders) 	PEF Test
3	August 2024	25	<p>Yoga as preventive measures for lifestyle disease</p> <ul style="list-style-type: none"> • Obesity- Procedure, benefits and contraindication for tadasana, katichakrasana, pawanmuktasana, matsyasana, halasana, paschimottanasana, ardh-matsyendrasana, dhanurasana, usht rasana, suryabhedan pranayam • Diabetes- Procedure, benefits and contraindication for Katichakrasana, pawanmuktasana, bhujangasana, shalbhasana, dhanurasana, sputa-vajrasana, paschimottanasana, ardh-matsyendrasana, mandukasana, gomukhasana, yogmudra, ushtrasana, kapalbhati • Asthama- Procedure, benefits and contraindication for tadasana, urdhawahastottanasana, uttanmandukasana, bhujangasana, dhanurasana, ushtrasana, vakrasana, kapalbhati, gomukhasana, matsyasana, anulom-vilom • Hypertension- Procedure, benefits and contraindication for tadasana, katichakrasana, uttanpadasana, ardh-halasan, sarala matsyasana, gomukhasana, uttanmandukasana, vakrasana, bhujangasana, makrasana, shavasana, nadishoddhan pranayam, sheetli pranayam 	HISTORY OF MAIN GAME
4	August 2024	25	<p>Physical Education and sports for CWSN</p> <ul style="list-style-type: none"> • Organizations promoting disability sports (Special Olympics, Paralympics, Deaflympics) • Advantages of physical activities for children with special needs • Strategies to make physical activities accessible for CWSN 	BASIC SKILLS

5	September 2024	19	<p>Sports and nutrition</p> <ul style="list-style-type: none"> • Concept of balanced diet and nutrition • Macro and micro nutrients- food sources and functions, Nutritive and non nutritive components of diet 	PHYSICAL FITNESS
6	October 2024	21	<p>Test and measurements in sports</p> <ul style="list-style-type: none"> • Fitness test- SAI khelo India fitness test in school: • Age group 5-8 years (Class I to III)- BMI, Flamingo balance test, plate tapping test, • Age group 9-18 years (Class IV to XII)- BMI, 50m speed test, 600m run/walk, sit and reach test, strength test (abdominal partial curl up), push up for boys, modified push up for girls • Computing basal metabolic rate • Rikili and Jones senior citizen fitness test 	BMI OF 10 MEMBERS WITH GRAPHICAL REPRESENTATION
7	October 2024	21	<p>Physical education and sports for cwsn-divyang</p> <ul style="list-style-type: none"> • Physiological factors determining components of physical fitness • Effects of exercise on muscular system • Effect of exercise on cardio-vascular system • Sports injuries: classification (Soft tissue injuries- abrasion, contusion, laceration, incision, sprain and strain, Bone and joint injuries- Dislocation, fractures- greenstick, comminuted, transverse, oblique and impacted) 	
8	November 2024	20	<p>Bio-mechanics and sports</p> <ul style="list-style-type: none"> • Newton's law of motion and its application in sports • Equilibrium- dynamic and static and centre of gravity and its application in sports • Friction and sports • Projectile in sports 	
9	November 2024	20	<p>Psychology and sports</p> <ul style="list-style-type: none"> • Personality; it's definition and types (sheldon and jung classification) & big five theory • Meaning, concept and type of aggression in sports Psychological attributes in sports- self esteem, mental imagery, self talk, goal setting 	
10	November 2024	20	<p>Training in sports</p> <ul style="list-style-type: none"> • Concept of talent identification and talent development in sports • Introduction of sports training cycle- Micro. Meso and Macro cycle • Strength- definition, types and methods of improving strength- isometric, isotonic and iso kinetic 	

			<ul style="list-style-type: none"> • Endurance- definition, types and methods to develop endurance- continuous training method, interval training method and fartlek training method • Speed- definitions, types and methods to develop speed- acceleration run and pace run • Flexibility- definitions, types and methods to develop flexibility • Coordinative ability- definitions and types <p>Circuit training- introduction and its importance</p>	
11	Dec-2024	09	Revision	

Portion for Assessments- 2024-25 for Class-XII

ASSESSMENT	CHAPTERS	PRACTICAL
QE-1	Unit-1: Management of sporting events Unit-2: Yoga as preventive measures for lifestyle disease	
Half Yearly Exam	Unit-1: Management of sporting events Unit-2: Management of sporting events Unit-3: Physical Education and sports for CWSN Unit-4: Sports and nutrition Unit-5: Test and measurements in sports	Physical Efficiency Test With Project File
PT-2	Unit Test-6: Physical education and sports for cwsn-divyang Unit Test-7: Bio-mechanics and sports	
PB-1	Unit-1: Management of sporting events Unit-2: Management of sporting events Unit-3: Physical Education and sports for CWSN	Physical Efficiency Test With Project File

	<p>Unit-4: Sports and nutrition</p> <p>Unit-5: Test and measurements in sports</p> <p>Unit-6: Physical education and sports for cwsn-divyang</p> <p>Unit-7: Bio-mechanics and sports</p> <p>Unit-8: Physiology and injuries in sports</p> <p>Unit-9: Psychology and Sports</p> <p>Unit-10: Training in sports</p>	
PB-2	<p>Unit-1: Management of sporting events</p> <p>Unit-2: Management of sporting events</p> <p>Unit-3: Physical Education and sports for CWSN</p> <p>Unit-4: Sports and nutrition</p> <p>Unit-5: Test and measurements in sports</p> <p>Unit-6: Physical education and sports for cwsn-divyang</p> <p>Unit-7: Bio-mechanics and sports</p> <p>Unit-8: Physiology and injuries in sports</p> <p>Unit-9: Psychology and Sports</p> <p>Unit-10: Training in sports</p>	<p>Physical Efficiency Test With Project File</p>

Class: XII**Scheme of Work 2024-25****Subject- Psychology**

S.N	Month	No. of ID	Unit to be Covered	PRACTICAL
1	Apr-2024	21	1.Psychological Disorder	
2	May-2024	25	1. Psychological Disorder 2.Variation in Psychological Attributes	MPI(Maudsely Personality Inventory)
3	June 2024	13	3. Self and Personality PT-1	SCAT(Sinha's Comprehensive Anxiety Test)
4	July 2024	7	3. Self and Personality	SCQ(Self Concept Questionnaire)
5	Aug-2024	25	4. Social Influence and Group Processes 5. Attitude and Social Cognition	AISS(Adjustment Inventory for School Children)
6	Sep-2023	19	6.Therapeutic Approaches	SPM(Standard progressive matrices0
7	Oct-2023	21	7. Meeting Life Challenges	Case Study
8	Nov-2023	20	Practice	

Portion for Assessments-2024-25

QE(June-July24)	<ul style="list-style-type: none"> • Variation in Psychological Attributes • Self and Personality • Psychological Disorder 	
PB-I (Oct24)	CH-1,2,4,5,6,7 (approx.)	
PB-II(Dec-Jan 25)	CH-1,2,3,4,5,6,7(Complete syllabus)	
NEP		-----

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
May-2023	Project on Personality assessment	The students will learn and understand the concept of assessment.	<ul style="list-style-type: none"> • Correct information • Presentation
September-October	1.Case study	The students will learn about the various psychological attributes of the subject and will carry out psychometric test as well as survey and observation	<ul style="list-style-type: none"> • Correct information(content) • Presentation(written in clear manner)
	2. Questionnaire	The students will learn how to make a standardized psychometric test	<ul style="list-style-type: none"> • Pilot survey • Scoring • Items validity and reliability