

Delhi Public School Numaligarh
Syllabus Bifurcation

Session: 2024-25

Class XII: Science

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

S.N	Month	No of ID	NCERT Physics Textbook (Part –I & II)	Practical / Activity
1	March-2024	03	Chapter- 1: Electric Charges And Fields	
2	April -2024	18	Cont'd Chapter- 1: Electric Charges And Fields	Lab on (i) Ohm's Law
3	May- 2024	25	Chapter- 2 : Electrostatic Potential and Capacitance. Chapter- 3 : Current Electricity.	Lab on (i) Meter bridge-I (ii)Meter bridge –II.
4	June-2024	13	Chapter- 4: Moving Charges and Magnetism. Chapter - 5: Magnetism And Matter	Lab on (i)Galvanometer Half deflection method. (ii) Conversion of Galvanometer into Voltmeter
5	July- 2024	07	Chapter - 6 : Electromagnetic Induction.	Lab on (i) Conversion of Galvanometer into Ammeter
6	August- 2024	25	Chapter - 7: Alternating Current Chapter- 8:Electromagnetic waves Chapter- 9 :Ray Optics and Optical Instruments	Lab on (i) Glass Prism (ii) Spherical mirrors (iii) Spherical Lenses.
7	September-2024	25	Chapter- 9 :Ray Optics and Optical Instruments Chapter-10: Wave Optics. Chapter -11: Dual Nature of Radiation and Matter.	Lab on Travelling Microscope. Activities on(i)Glass slab (ii) Polaroid (iii)Identification of simple electronic components (iv)Assembling of different electrical circuit components, (v)Potentiometer bridge (vi)Lenses and Mirrors.
8	October-2024	16	Chapter -12: Atoms. Chapter -13 : Nuclei	Lab on (i) P-N junction diode (ii)Investigatory Projects.
9	Nov-2024	20	Chapter -14: Semiconductor Electronics.	
10	Dec-2024	09	Revision ,PB-II	
11	January -2025	22	Revision , PB-III	
12	Feb-2025	22	Self Study at Home /Hostel	
13	March -2025	19	Board Exam	

Portion for Assessments – 2024-25

Qualifying Exam	Chapters 1 ,2,3 : Electric Charges and Fields , Electrostatic Potential and Capacitance , Current Electricity.
Half yearly	Chapters 1,2,3,4,5,6,7: Electric Charges and Fields , Electrostatic Potential and Capacitance , Current Electricity, Moving Charges and Magnetism ,Magnetism and Matter ,Electromagnetic Induction, Alternating Current .
PB-I	Chapters 1 to 13
PB-II & PB-III	Full Syllabus.

Class : XII

Syllabus break up/ Scheme of Work : 2024-25

Subject : Chemistry

S.N	Month	No of ID	Chapters	Practicals/activities
1	March 2024	3	1. Haloalkanes and haloarenes.	-----
2	April 2024	18	1. Haloalkanes and haloarenes.(cont'd)	<ul style="list-style-type: none"> Inorganic salt analysis
3	May 2024	25	1. Alcohols, phenols and ethers. 2. solutions	<ul style="list-style-type: none"> Inorganic salt analysis
4	June 2024	13	1. Solutions(cont'd) 2. Electrochemistry	Redox Titration-(1) Determine the strength of KMnO_4 by titrating against a standard solution of Mohr's salt. (2) Determine the strength of KMnO_4 by titrating against a standard solution of Oxalic acid.
5	July 2024	7	Qualifying Examination(22 nd June to 31 st July)	<ul style="list-style-type: none"> AISCE project work to be written(summer work)
6	August 2024	25	1. Chemical kinetics 2. Aldehydes, Ketones and carboxylic acids	Detection of functional group in an organic sample + AISCE project work synopsis submission.
7	September 2024	25	1. Biomolecules 2. Amines	<ul style="list-style-type: none"> Detection of functional group in an organic sample. content based experiment(chemical kinetics)
8	October 2024	16	1.The d and f-block elements PB-I Exam(15 th Oct to 23 rd Oct)	<ul style="list-style-type: none"> content based experiment (electrochemistry).
9	November 2024	20	1.The d and f-block elements(cont'd). 2. Coordination compounds.	<ul style="list-style-type: none"> Preparation of organic/inorganic crystals. AISCE project work to be done.
10	December 2024	9	Revision + PB-II exam(13 th Dec to 6 th Jan'24)	---
11	January 2025	22	Revision+ PB-II exam	AISCE practical exam
12	February 2025	22	Self study	
13	March 2025	19	AISCE2025	

Portion for Assessments :2024-25

Examinations	Chapters for Assessments	Practicals
QE-1	<ol style="list-style-type: none"> 1. Haloalkanes and haloarenes 2. Alcohols,phenols and ethers. 3. Solutions 	No Practicals
PB-1	<ol style="list-style-type: none"> 1. Solutions 2. Electrochemistry 3. Chemical kinetics 4. Biomolecules 5. Haloalkanes and haloarenes. 6. Alcohols,phenols and ethers. 7. Aldehydes, ketones and carboxylic acids. 8. Amines. 	Practicals- 30 marks <ol style="list-style-type: none"> 1. Salt analysis 2. Titration
PB-II	Full syllabus(all 10 chapters)	Practicals-30 marks Full syllabus
AISSCE 2024	Full syllabus(all 10 chapters)	Practicals-30 marks Full syllabus

Examination schedule

Examination	Dates
Qualifying Examination	22 nd June to 31 st July
Preboard-1	15 th Oct to 23 rd Oct
Preboard-2	13 th Dec to 6 th Jan'24

Sl.No.	MONTH	No. of ID	TOPICS/UNITS to be covered
1.	April-2024	24	MATRICES: Introduction, Matrix, Types of Matrices, Operations on Matrices, Addition and multiplication of Matrices, Multiplication with a scalar, Simple properties of Addition, Multiplication and Scalar multiplication of Matrices, Transpose of a Matrix, Symmetric and Skew Symmetric Matrices, Invertible Matrices ,Proof of uniqueness of inverse , if it exists
			DETERMINANTS: Determinant of a square matrix (up to 3 x 3 matrices), minors, co-factors and applications of determinants in finding the area of a triangle, Adjoint and inverse of a square matrix. Consistency, inconsistency and number of solutions of system of linear equations by examples, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix
			RELATIONS AND FUNCTIONS: Types of relations: reflexive, symmetric, transitive and equivalence relations. One to one and onto functions
			INVERSE TRIGONOMETRIC FUNCTIONS: Definition, range, domain, principal value branch, Graphs of inverse trigonometric functions
3.	May-2024	25	CONTINUITY AND DIFFERENTIABILITY : Continuity and differentiability, chain rule, derivative of inverse trigonometric functions, <i>like</i> $\sin^{-1}x$, $\cos^{-1}x$ and $\tan^{-1}x$, derivative of implicit functions. Concept of exponential and logarithmic functions. Derivatives of logarithmic and exponential functions. Logarithmic differentiation, derivative of functions expressed in parametric forms. Second order derivatives.
			APPLICATION OF DERIVATIVES: Applications of derivatives: rate of change of bodies, increasing/decreasing functions, maxima and minima (first derivative test motivated geometrically and second derivative test given as a provable tool) Simple problems (that illustrate basic principles and understanding of the subject as well as real life situations).
4.	June-2024	20	INTEGRALS: Integration as inverse process of differentiation. Integration of a variety of functions by substitution, by partial fractions and by parts, Evaluation of simple integrals of the following types and problems based on them. $\int \frac{dx}{x^2 \pm a^2}$, $\int \frac{dx}{\sqrt{x^2 \pm a^2}}$

Sl.No.	MONTH	No. of ID	TOPICS/UNITS to be covered
			$\int \frac{dx}{\sqrt{a^2-x^2}}, \int \frac{dx}{ax^2+bx+c}$
			Revision for Qualifying Exam
4.	July -2024	7	Qualifying Exam for class-XII
5.	August -2024	24	<p>INTEGRALS: Evaluation of simple integrals of the following types and problems based on them.</p> $\int \frac{dx}{\sqrt{ax^2+bx+c}}, \int \frac{px+q}{\sqrt{ax^2+bx+c}} dx,$ $\int \frac{px+q}{ax^2+bx+c} dx, \int \sqrt{a^2 \pm x^2}, \int \sqrt{x^2 - a^2} dx, \int \sqrt{ax^2 + bx + c} dx$ <p>Fundamental Theorem of Calculus (without proof). Basic properties of definite integrals and evaluation of definite integrals</p> <p>APPLICATION OF INTEGRALS: Applications in finding the area under simple curves, especially lines, circles/ parabolas/ellipses (in standard form only)</p> <p>DIFFERENTIAL EQUATION: Definition, order and degree, general and particular solutions of a differential equation. Solution of differential equations by method of separation of variables, solutions of homogeneous differential equations of first order and first degree. Solutions of linear differential equation of the type:</p> $\frac{dy}{dx} + py = q, \text{ where } p \text{ and } q \text{ are functions of } x \text{ or constants.}$ $\frac{dx}{dy} + px = q, \text{ where } p \text{ and } q \text{ are functions of } y \text{ or constants}$
6.	September-2024	25	<p>VECTOR ALGEBRA: Vectors and scalars, magnitude and direction of a vector. Direction cosines and direction ratios of a vector, Types of vectors (equal, unit, zero, parallel and collinear vectors), position vector of a point, negative of a vector, components of a vector, addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio, Definition, Geometrical Interpretation, properties and application of scalar (dot) product of vectors, vector (cross) product of vectors.</p> <p>THREE DIMENSIONAL GEOMETRY: Direction cosines and direction ratios of a line joining two points. Cartesian equation and vector equation of a line, skew lines, shortest distance between two lines, Angle between two lines.</p> <p>LINEAR PROGRAMMING:</p>

Sl.No.	MONTH	No. of ID	TOPICS/UNITS to be covered
			Introduction, related terminology such as constraints, objective function, optimization, graphical method of solution for problems in two variables, feasible and infeasible regions (bounded or unbounded), feasible and infeasible solutions, optimal feasible solutions (up to three non-trivial constraints).
			PROBABILITY: Conditional probability, multiplication theorem on probability, independent events, total probability, Bayes' theorem,
7.	October-2024	22	PROBABILITY: Random variable and its probability distribution, mean of random variable.
			Revision for Pre board Exam-1 PRE BOARDEXAM-I
8.	November-2024	23	Problem Solving from Sample papers, Doubt clearing classes Revision for Preboard-II
9.	December-2024	15	Revision: Revision for Preboard-II PRE BOARDEXAM-I
10.	January-2025	24	PRE BOARDEXAM-II Doubt clearing classes & Remedial classes Board Practical Exam
11	February -2025	23	Revision Doubt clearing classes & Remedial classes CBSE BOARD EXAM

Portion for Assessment-2024-25

Qualifying Exam	Chapter1:Relations and Functions Chapter3:Matrices Chapter4:Determinants Chapter5:Continuity and Differentiability Chapter6:Application of Derivatives Chapter7:Integrals(Indefinite Integrals)
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Preboard-1	Chapter1:Relations and Functions Chapter2:Inverse trigonometric Functions Chapter3:Matrices Chapter4:Determinants Chapter5:Continuity and Differentiability Chapter6:Application of Derivatives Chapter7:Integrals Chapter8:Application of Integrals Chapter9:Differential Equation Chapter10:Vector Algebra Chapter:11Three Dimensional Geometry Chapter:12Linear Programming Problem Chapter:13Probability
Preboard-2	Full Syllabus

Activities to be performed during the year:

1. To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m) : l \text{ is perpendicular to } m\}$ is symmetric but neither reflexive nor transitive.
2. To draw the graph of $\sin^{-1} x$, using the graph of $\sin x$ and demonstrate the concept of mirror reflection (about the line $y=x$).
3. To find analytically the limit of a function $f(x)$ at $x=c$ and also to check the continuity of the function at that point.
4. To verify Equivalence Relation.
5. To demonstrate a function which is not one-one but it is onto.
6. To construct an open box of maximum volume from a given rectangular sheet by cutting equal squares from each corner.
7. To verify that amongst all the rectangles of the same perimeter the square has the maximum area.
8. To verify geometrically that $\vec{c} \times (\vec{a} + \vec{b}) = \vec{c} \times \vec{a} + \vec{c} \times \vec{b}$
9. To verify that the angle in a semicircle is a right angle, using vector method.
10. To explain the computation of conditional probability of a given event A, when event B has already occurred through an example of throwing a pair of dice.
 - The activities performed by the student throughout the year and record keeping: **5 marks**
 - Assessment of the activity performed during the year end test: **3 marks**
 - Viva voce: **2 marks**

Scheme of Work: 2024-25

Class XII (Science)

Subject: Biology (044)

S.N	Month	No of ID	Chapters	Practical /activities
1	March 2024	03	Chapter-2: Sexual Reproduction in flowering plants	
2	April 2024	18	Chapter-2: Sexual Reproduction in flowering plants Chapter-3: Human Reproduction	
3	May 2024	25	Chapter-4: Reproductive Health Chapter-5 : Principals of Inheritance and variation	1. DNA isolation from given samples 2. Preparing a temporary mount of pollen germination/ Spotting
4	June2024	13	Chapter-6: Molecular Basis Of Inheritance	3. Study of Plant population through quadrate method.+ Revision
5	July 2024	07	Qualifying Exam	
6	August 2024	25	Chapter-6: Molecular Basis Of Inheritance Chapter-7: Evolution	4. Study of plant population frequency by quadrate method/ Spotting
7	September 2024	25	Chapter-8: Human Health and Disease Chapter-10: Microbes in Human Welfare+ Revision Chapter- 11: Biotechnology: Principles and Processes	5. Spotting 6. Prepare temporary mount of onion root tip to study mitosis
8	October 2024	16	Chapter- 11: Biotechnology: Principles and Processes Chapter- 12: Biotechnology and its Application	7. Spotting
9	November 2024	20	Chapter- 13: Organisms and population Chapter- 14: Ecosystem	8. Spotting
10	December 2024	09	Chapter-15: Biodiversity and conservation PBII	
11	January 2025	22	Practical Exam Revision	
12	February 2025	22	Revision	
13	March 2025	19	AISSCE -2025	

Portion for Assessment 2024-25

PT-1/Qualifyin Exam	Chapter-2: Sexual Reproduction in flowering plants Chapter-3: Human Reproduction Chapter-4: Reproductive Health
Half yearly/PB-1	Chapter-1: Reproduction in organisms Chapter-2: Sexual Reproduction in flowering plants Chapter-3: Human Reproduction Chapter-4: Reproductive Health Chapter-5: Principals of Inheritance and variation Chapter-6: Molecular Basis Of Inheritance Chapter-7: Evolution Chapter-8: Human Health and Disease
PB-II	Full syllabus

Projects/Subject Enrichment Activities

Month	Activity	Objective	Details/Evaluation
May-2024	Practical and Record work	Enable students to understand the theory by way of practical approach	As per CBSE syllabus Practical Record keeping
August-2024	Practical and Record work on	Enable students to understand to perform experiments based on theory	As per CBSE syllabus Practical Record keeping
September -2024	Practical and Record work Final Investigatory Project based on research and review of literature.	Enable students to understand by way of field visit Enable students to understand byway of experiential learning in investigatory approach	As per CBSE syllabus Practical Record keeping and investigatory report preparation

S.N	Month	No. of ID	Computer Science with python-Sumita Arora
1	Mar-Apr-2024	3+18	Unit 1- Computational Thinking and Programming-2 Section-1: Revision of the basics of Python covered in Class XI. Section-2: Functions
1	May-2024	25	Unit 1- Computational Thinking and Programming-2 Section-3: Exception Handling Section-4 : File handling
2	June/July:2024	21	Unit 1- Computational Thinking and programming-2 Section-5: Data-structures-Stack
3	Aug-2024	25	Unit-3 Database Management Section-1: Database Concepts Section-2: Relational data model Section-3: Structured Query Language Section-4: Interface of Python with an SQL database
4	Sep-2024	19	Unit 2-Computer Networks Section-1: Evolution of Networking Section-2 : Data Communication terminologies Section-3 : Transmission media Section-4 : Network devices Section-5 : Network Topologies and types Section-6 : Network Protocol Section-7 : Mobile Telecommunication Technologies Section-8 : Introduction To Web services
5	Oct-2024	21	Revision
6	Nov-2024	20	Revision
7	Dec-2024	09	Revision

Portion for Assessments-2024-25

Qualifying Examination	Unit 1- Computational Thinking and Programming Section-1 to 4
PB-1	Complete Syllabus
PB-2	Complete Syllabus

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
July-Aug:2024	Practical and Record work on	Enable students to understand the requirement functions	Logic, documentation/indentation, Code quality and output presentation:
Aug-2024	Practical and Record work on	Enable students to understand the way of dealing with file handling	Logic, documentation/indentation, Code quality and output presentation:
Sep-Oct:2024	Practical and Record work Final Project on Python and SQL	Enable students to understand the recursion, data structures , enable students to develop software, used in real life using Python and SQL	Logic, documentation/indentation, Code quality and output presentation: Logic, documentation/indentation, Code quality and output presentation:

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)

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-halasana, 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	Training in sports <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 • 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 • Circuit training- introduction and its importance 	
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 Unit-4: Sports and nutrition Unit-5: Test and measurements in sports Unit-6: Physical education and sports for cwsn-divyang Unit-7: Bio-mechanics and sports Unit-8: Physiology and injuries in sports Unit-9: Psychology and Sports	Physical Efficiency Test With Project File

	Unit-10: Training in sports	
PB-2	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 Unit-6: Physical education and sports for cwsn-divyang Unit-7: Bio-mechanics and sports Unit-8: Physiology and injuries in sports Unit-9: Psychology and Sports Unit-10: Training in sports	Physical Efficiency Test With Project File

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