Delhi Public School, Numaligarh

Class: XII **Scheme of Work: 2025-26** **Sub: English**

S.N	Month	No. of ID	Flamingo	Writing
1	March, April 2025	8+13	FLAMINGO The Last Lesson Lost Spring Deep Water My Mother at Sixty Six Keeping Quiet VISTAS The Third Level The Tiger King	Notice Writing
2	May2025	24	FLAMINGO The Rattrap Indigo A Thing of Beauty Poets and Pancakes	Formal and Informal Invitations
3	June-2025	13	The Interview A Roadside Stand Aunt Jennifer's Tigers	Job Applications
4	July-2025	09	Going Places	Letter to The Editor
5	Aug-2025	23	Journey to the End of the Earth The Enemy	Article Writing
6	Sep-2025	12	On the Face of It Memories of Childhood	Report Writing
7	Oct-2025	12	Revision	
8	Nov-2025	20	Revision	
9	Dec-2025	11	Revision and ASL	
10	Jan-2025	21	Revision and ASL	
11	Feb-2025	23	Revision and Board Exam	
12	March-2025	16	Board Exam	

Portion for Assessments-2025-26

QE-1	**The Last Lesson** **Lost Spring** **Deep Water** **My Mother at Sixty Six** **Keeping Quiet** **The Third Level** **The Tiger King**	**Notice Writing** **Formal and Informal Invitations** **Job Applications**	**Comprehension**
Pre-Board 1	**Full Syllabus**		
Pre-Board 2	**Full Syllabus**		

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
June 2025	**Project**	• **To listen to a podcast and write a report or Debate on the chosen topic**	**As per CBSE guidelines**
Nov-2025	**Assessment of Speaking and Listening**	• **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 (Science) **Scheme of Work: 2025-26** **Subject: Physics**

S.N	Month	No of ID	NCERT Physics Textbook (Part –I & II)	Practical / Activity
1	March-2025	07	Chapter- 1: Electric Charges And Fields	
2	April -2025	09	Cont'd Chapter- 1: Electric Charges And Fields	Lab on (i) Ohm's Law
3	May- 2025	25	Chapter- 2 : Electrostatic Potential and Capacitance. Chapter- 3 : Current Electricity.	Lab on (i) Meter bridge-I (ii)Meter bridge –II.
4	June-2025	10	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- 2025	09	Chapter - 6 : Electromagnetic Induction.	Lab on (i) Conversion of Galvanometer into Ammeter
6	August- 2025	23	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- 2025	16	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- 2025	20	Chapter -12: Atoms. Chapter -13 : Nuclei	Lab on (i) P-N junction diode (ii)Investigatory Projects.
9	November- 2025	22	Chapter -14: Semiconductor Electronics.	
10	December- 2025	11	Revision ,PB-II	
11	January -2026	21	Revision , PB-III	
12	February -2026	-	Self Study at Home /Hostel	
13	March -2026	19	Board Exam	

Portion for Assessments – 2025-26

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 : 2025-26** **Subject : Chemistry**

S.N	Month	No of ID	Chapters	Practicals/activities
1	March 2025	**7**		----------
2	April2025	13	1. Haloalkanes and haloarenes.	• Inorganic salt analysis
3	May 2025	25	1. Alcohols,phenols and ethers. 2. Solutions	• Inorganic salt analysis
4	June2025	16	1. Solutions(cont'd) 2. Electrochemistry Qualifying Examination(20th June)	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 2025	9	Qualifying Examination(22th July to 28th July)	• AISSCE project work to be written(summer work)
6	August 2025	24	1. Chemical kinetics 2. Aldehydes, Ketones and carboxylic acids	Detection of functional group in an organic sample + AISSCE project work synopsis submission.
7	September 2025	22	1. Biomolecules 2. Amines	• Detection of functional group in an organic sample. • content based experiment(chemical kinetics)
8	October 2025	20	1.The d and f-block elements PB-I Exam(8^{th} Oct to 17^{rd} Oct)	• content based experiment (electrochemistry).
9	November 2025	23	1.The d and f-block elements(cont'd). 2. Coordination compounds.	• Preparation of organic/inorganic crystals. • AISSCE project work to be done.
10	December 2025	11	Revision + PB-II exam(15^{th} Dec to 20^{th} Dec)	---
11	January 2026	8/21	Revision+ PB-II exam(6^{th} Jan to 9^{th} Jan)	AISSCE practical exam
12	February 2026	0/22	Self study	
13	March 2026	0/23	AISSCE2026	

Portion/Topics for Assessments :2025-26

Examinations	Chapters for Assessments	Practicals
QE-1	1. Haloalkanes and haloarenes 2. Alcohols,phenols and ethers. 3. Solutions	No Practicals

PB-1	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 1. Salt analysis 2. Titration
PB-II	Full syllabus(all 10 chapters)	Practicals-30 marks Full syllabus
AISSCE 2025-26	Full syllabus(all 10 chapters)	Practicals-30 marks Full syllabus

Examination schedule

Examination	Dates
Qualifying Examination	20th June to 28th July2025
Preboard-1	8th Oct to 15th Oct,2025
Preboard-2	16th Dec to 9th Jan 2026

Class XII (Science) **Scheme of Work: 2025-26** **Subject: Biology**

S.N	Month	No of ID	Chapters	Practical /activities
1	March 2025	07	Chapter-1: Sexual Reproduction in flowering plants	
2	April 2025	13	Chapter-1: Sexual Reproduction in flowering plants Chapter-2: Human Reproduction	
3	May 2025	25	Chapter-3: Reproductive Health Chapter-4 : Principals of Inheritance and variation .	1. DNA isolation from given samples 2. Preparing a temporary mount of pollen germination/ Spotting
4	June2025	16	Chapter-5: Molecular Basis Of Inheritance Qualifying Exam	3. Study of Plant population through quadrate method.+ Revision
5	July 2025	09	**Continuation :** Chapter-5: Molecular Basis Of Inheritance. Qualifying Exam.	
6	August 2025	24	Chapter-6: Evolution Chapter-7: Human Health and Disease.	4. Study of plant population frequency by quadrate method/ Spotting
7	September 2025	22	C hapter-8: Microbes in Human Welfare Chapter- 9: Biotechnology: Principles and Processes **Revision for PB-I**	5. Spotting 6. Prepare temporary mount of onion root tip to study mitosis
8	October 2025	20	Chapter- 10: Biotechnology and its Application Chapter- 11: Organisms and population. PB-I	7. Spotting
9	November 2025	23	**Continuation** Chapter- 11: Organisms and population. Chapter- 12: Ecosystem Chapter- 13: Biodiversity and conservation.	8. Spotting
10	December 2025	11	**Revision and** **PB II**	
11	January 2026	8/21	Practical Exam Revision	
12	February 2026	0/22	Revision	
13	March 2026	0/23	AISSCE -2026	

Portion for Assessment 2025-26

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

Projects/Subject Enrichment Activities

Month	Activity	Objective	Details/Evaluation
May-2025	Practical and Record work	Enable students to understand the theory by way of practical approach	As per CBSE syllabus Practical Record keeping
June 2025	Practical and Record work	Enable students to understand the theory by way of practical approach	As per CBSE syllabus Practical Record keeping
August-2025	Practical and Record work on	Enable students to understand to perform experiments based on theory	As per CBSE syllabus Practical Record keeping
September -2025	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

Class: XII- **Scheme of Work: 2025-26** **Sub: Computer Science**

S.N	Month	No. of ID	Computer Science with python-Sumita Arora
1	**Mar 2025**	7	**Unit 1- Computational Thinking and Programming-2** Section-1: Revision of the basics of Python covered in Class XI.
2	**Apr-2025**	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-2025**	25	**Unit 1- Computational Thinking and Programming-2** Section-2: Functions Section-3: Exception Handling Section-4 :File handling
2	**June/July:2025**	21	**Unit 1- Computational Thinking and programming-2** Section-4 : File handling Section-5: Data-structures-Stack
3	**Aug-2025**	23	**Unit 1- Computational Thinking and programming-2** Section-5: Data-structures-Stack **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-2025**	16	**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 **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-2025**	20	**Revision**
6	**Nov-2025**	22	**Revision**
7	**Dec-2025**	11	**Revision**

Portion for Assessments-2025-26

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:2025	Practical and Record work on	Enable students to understand the requirement functions	Logic, documentation/indentation, Code quality and output presentation:
Aug-2025	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:2025	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:

Class:XII **Scheme of Work: 2025-26** **Sub: Mathematics**

Sl.No.	MONTH	No. of ID	TOPICS/UNITS to be covered
1.	March & April-2025	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
3.	May-2025	25	INVERSE TRIGNOMETRIC FUNCTIONS: Definition, range, domain, principal value branch, Graphs of inverse trigonometric function
			CONTINUITY AND DIFFERENTIABILITY : Continuity and differentiability, chain rule, derivative of inverse trigonometric functions, $like$ $Sin^{-1}x$, $cos^{-1}x$ 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-2025	17	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.

Sl.No.	MONTH	No. of ID	TOPICS/UNITS to be covered
			$\int \frac{dx}{x^2 \pm a^2}, \int \frac{dx}{\sqrt{x^2 \pm a^2}}, \int \frac{dx}{\sqrt{a^2 - x^2}}, \int \frac{dx}{ax^2+bx+c}, \int \frac{dx}{\sqrt{ax^2+bx+c}}, \int \frac{px+q}{ax^2+bx+c} dx,$
			Revision for Qualifying Exam
4.	July -2025	7	Qualifying Exam for class-XII
5.	August -2025	24	INTEGRALS: Evaluation of simple integrals of the following types and problems based on them. $\int \frac{px+q}{\sqrt{ax^2+bx+c}} dx, \int \sqrt{a^2 \pm x^2}\, dx, \int \sqrt{x^2 - a^2}\, dx, \int \sqrt{ax^2 + bx + c}\, dx$ Fundamental Theorem of Calculus (without proof). Basic properties of definite integrals and evaluation of definite integrals
			APPLICATION OF INTEGRALS: Applications in finding the area under simple curves, especially lines, circles/ parabolas/ellipses (in standard form only)
			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: $\frac{dy}{dx}$+ py = q, where p and q are functions of x or constants. $\frac{dx}{dy}$+ px = q, where p and q are functions of y or constants
6.	September-2025	25	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.
			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.
			LINEAR PROGRAMMING:

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-2025	22	PROBABILITY: Random variable and its probability distribution, mean of random variable.
			Revision for Pre board Exam-1 PRE BOARDEXAM-1
8.	November-2025	23	Problem Solving from Sample papers, Doubt clearing classes Revision for Preboard-2
9.	December-2025	15	Revision: Revision for Preboard-2 PRE BOARDEXAM-2
10.	January-2026	24	PRE BOARDEXAM-II Doubt clearing classes &Remedial classes Board Practical Exam
11.	February -2026	23	Revision Doubt clearing classes &Remedial classes CBSE BOARD EXAM

Portion for Assessment-2025-26

Qualifying Exam	Chapter1:Relations and Functions Chapter3:Matrices Chapter4:Determinants Chapter5:Continuity and Differentiability Chapter6:Application of Derivatives Chapter7:Integrals(Indefinite Integrals)
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 is perpendicular to m} is symmetric but nether 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 $\vec{c}$ x ($\vec{a}$ + $\vec{b}$)= $\vec{c}$ x $\vec{a}$ + $\vec{c}$ x $\vec{b}$**
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**

Class – XII (ABC) **Scheme of Work Session 2025-2026** **Subject – Economics**

Sl.no	Month	No of I. Days	**Introductory Macroeconomics**	**Indian Economic Development**
01	March & April	09+13=22	Unit1: National Income & Related Aggregates	Unit 6: Development Experience (1947-90) and Economic reforms since 1991.
02	May	25	Unit 2: Money and Banking	Unit 6: Economic reforms since 1991, Demonetization & GST
03	June	10	Unit 3: Problem of Excess demand and Deficient demand	Unit 7: Rural Development, Human Capital Formation, Employment
04	July	09	Unit 3: Problem of Excess demand and Deficient demand	Unit 7: Rural Development, Human Capital Formation, Employment
05	August	23	Unit 4: Government Budget and Economy	Unit 7: sustainable development
06	September	16	Unit 5: Balance of Payment	Unit 8: Developmental Experience
07	October	20	Revision	Revision
08	November	22	Revision	Revision
09	December	11	Revision	Revision
10	January 2026	21	Revision	Revision
SUBJECT MAGAZINE FOR HALF YEARLY FOR EVALUATION OF 20 MARKS, SUBMISSION:24/7/25 (Internal assessment)/ presentation				
PROJECT AS PER CBSE GUIDELINES , SUBMISSION ON 24/7/2025(CBSE, Project viva), Mock Viva will be conducted / Presentation				
PORTION FOR ASSESSMENT				
09	June-July		Q.E (Unit 1: National income & Related Aggregates)	PT -1(Unit 6: Development Experience (1947-90) and Economic reforms since 1991.)
10	September - October		PB-1 (Macroeconomics) Unit : 1,2,3	PB – 1 (IED) Unit: 6,7
11	December		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	➢ 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 (24/7/25)
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.(24/7/25)

Class: XII **Scheme of Work: 2025-'26** **Sub: Painting (Theory & Practical)**

SL no	Month	No. of Days	History of Indian art by Devender Kumari
1	April & May	34	Unit-1 (a) Rajasthani School of Miniature Painting. Section – 1: Origin and development Section - 2: Main features.. Section – 3: Study of the Paintings
3	June	25	(b) Pahari School of miniature Paintings. Section – 1: Origin and development Section – 2: Main features… Section - 3: Study of the paintings.
4	July & August	24	Unit-2 (a) Mughal School of miniature Painting. Section – 1: Origin and development Section – 2: Main features…..
5	September	24	Section-3: Study of Mughal Paintings
6	October	21	(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	November	24	Unit-3 (a) The Bengal School of Painting and the Modern trends in Indian Art (About the beginning to mid of the 20th Centuary) (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…
9	December	18	(b) Introduction of modern trends in Indian art (i) Study of Modern painting
10	January	22	(i) Study of the Graphic Prints & Study of the Sculptures
12	February	23	Revision

Portion for Assessments-2025-26

Month	Activity	Objectives	Details & Evaluation
April to July -2025	Nature and object study (Completion By 31st Aug)	Exercises in pencil with light & shade and in colour from fixed point of view	Drawing-10 Treatment of colours-05 Overall impression-10
August to December-2025	Painting Composition (Completion By 30st 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-2026	Portfolio Assessment (Submission by 9th Dec 2024)	Record of the entire Years performance from sketch to finished product.	Record of the entire year's performance from sketch tofinished product. 10 marks b) Four selected nature and object study exercises in anymedia done during the session 5 marks c) Two selected works of paintings composition done bythe candidate during the year 3 marks d) One selected works based on any Indian Folk Art (Painting) 2 marks
Feb-2026	Revision		Total marks(Practical)-70

Projects/Subject Enrichment Activities

Qualifing Exam	Rajashani miniature painting and Pahari school of miniature painting. miniature chool of miniature Painting Unit 2- Pahari School of miniature Painting	Origin and development, Main features, Study of the Paintings, Sub-Schools.
PB-1	Rajasthani school of miniature Painting Pahari school of miniature painting Mughal school of miniature painting and Deccan school of miniature Painting Indian national Flag.	Origin and development, Main features, Study of the Paintings. Origin and development, Main features, Study of the Paintings,
PB-2	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 Deccan school miniature Painting Indian National flag & Bengal school of 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.

Class-XII **Scheme of Work: 2025-26** **Subject-Physical Education**

S. No	Month	No. Of ID	Health and physical education	Practical
1	April 2025	09	**Management of sporting events** • 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	May 2025	25	**Children and women in sports** • 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	June 2025	10	**Yoga as preventive measures for lifestyle disease** • Obesity- Procedure, benefits and contraindication for tadasana, katichakrasana, pawanmuktasana, matsyasana, halasana, paschimottanasana, ardh-matsyendrasana, dhanurasana, ushtrasana, 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	July 2025	09	**Physical Education and sports for CWSN** • 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	August2025	23	**Sports and nutrition** • Concept of balanced diet and nutrition • Macro and micro nutrients- food sources and functions Nutritive and non nutritive components of diet	PHYSICAL FITNESS
6	September 2025	16	**Test and measurements in sports** • 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 2025	20	**Physical education and sports for cwsn-divyang** • 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	October 2025	20	**Bio-mechanics and sports** • 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 2025	22	**Psychology and sports** • 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 2025	22	**Training in sports** • 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	December 2025	11	**Revision**	

Portion for Assessments- 2025-26 for Class-XII

ASSESSMENT	CHAPTERS	PRACTICAL
QE-1/PT-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	Physical Efficiency Test With Project File

	Unit-9: Psychology and Sports 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 2025-26** **Subject- Psychology**

S.N	Month	No. of ID	Unit to be Covered	PRACTICAL
1	March-April	8+13=21	1.Variation in Psychological Attributes	
2	May 2025	25	2. Social Influence and Group Processes 3. Attitude and Social Cognition	MPI(Maudsely Personality Inventory)
3	June 2025	10	4. Self and Personality QE-12	SCAT(Sinha's Comprehensive Anxiety Test)
4	July 2025	9	4. Self and Personality (3DAYS) QE-12	SCQ(Self Concept Questionnaire)
5	August 2025	23	5. Psychological Disorders	AISS(Adjustment Inventory for School Children)
6	Sep 2025	16	6.Therapeutic Approaches	SPM(Standard progressive matrices0
7	Oct 2025	20	7. Meeting Life Challenges PB-1(12)	Case Study
8	Nov 2025 –DEC 2025	22(NOV) 11(DEC)	Practice PB11(12)	

Portion for Assessments-2025-26

QE(June-July25)	• Variation in Psychological Attributes • Self and Personality • Attitude and Social Cognition • Social Influence and Group Processes	
PB-I (Oct25)	CH-1,2,4,5,6,7 (approx.)	
PB-II(Dec-Jan 26)	CH-1,2,3,4,5,6,7(Complete syllabus)	
NEP	----------	----------

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
May-2025	Project on Personality assessment	The students will learn and understand the concept of assessment.	• Correct information • Presentation
Sept-Oct	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	• Correct information(content) • Presentation(written in clear manner)
	2. Questionnaire	The students will learn how to make a standardized psychometric test	• Pilot survey, Scoring • Items validity and reliability