

Delhi Public School, Numaligarh

Class: XII

Scheme of Work: 2026-27

Sub: English

S.N	Month	No. of ID	Flamingo	Writing
1	March, April 2026	10	<p style="text-align: center;">FLAMINGO</p> The Last Lesson Lost Spring Deep Water My Mother at Sixty Six Keeping Quiet	Notice Writing Formal and Informal Invitations
2	May2026	23	<p style="text-align: center;">FLAMINGO</p> The Rattrap Indigo A Thing of Beauty Poets and Pancakes <p style="text-align: center;">VISTAS</p> The Third Level The Tiger King	Letter to The Editor Job Applications
3	June-2026	13	Notes	Article Writing
4	July-2026	09	<p style="text-align: center;">FLAMINGO</p> The Interview A Roadside Stand Aunt Jennifer's Tigers	
5	Aug-2026	23	<p style="text-align: center;">FLAMINGO</p> Going Places <p style="text-align: center;">VISTAS</p> Journey to the End of the Earth The Enemy	
6	Sep-2026	17	<p style="text-align: center;">VISTAS</p> On the Face of It Memories of Childhood	Report Writing
7	Oct-2026	21	Revision	
8	Nov-2026	21	Revision	

9	Dec-2026	10	Revision and ASL	
10	Jan-2026	20	Revision and ASL	
11	Feb-2026	23	Revision and Board Exam	
12	March-2026	20	Board Exam	

Portion for Assessments-2026-27

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 2026	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
Nov-2026	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 : 2026-27

SUB-Applied Mathematics(241)

Sl.no.	Month	No.of ID	Topics
1	March	6	Unit 0 Review <ul style="list-style-type: none"> • Functions and Differential Calculus • Coordinate geometry of 2D
2	April	17	Unit I Numbers, Quantification and Numerical Applications <ul style="list-style-type: none"> • Modulo Arithmetic • Congruence modulo • Allegation and Mixture • Numerical problems on boats and streams; pipes and cistern; races and games.
3	May	23	Unit I Numbers, Quantification and Numerical Applications (Contd.) <ul style="list-style-type: none"> • Numerical inequalities Unit II Algebra <ul style="list-style-type: none"> • Matrices and types of matrices • Algebra of matrices • Determinants • Inverse of a matrix • Cramer's rule and its application • Simple applications of matrices and determinants including solution of simultaneous linear equations by matrix inversion method. Unit III Calculus Differentiation and it's Applications <ul style="list-style-type: none"> • Higher order derivatives • Application of derivatives (Rate measurer, equation of tangent and normal)
4	June	15	Unit III Calculus (Contd.) <ul style="list-style-type: none"> • Increasing and Decreasing functions • Maxima and Minima • Marginal cost and marginal revenue using derivatives Integration and its Application <ul style="list-style-type: none"> • Integration • Indefinite integral as family of curves • Definite integral as area under the curve • Integration of simple algebraic functions (primitive, by substitution, by parts)

			<ul style="list-style-type: none"> • Application of Integration (consumer surplus-producer surplus) • Differential equation (definition, order, degree) • Formulating and solving linear differential equation • Application of differential equation (Growth and Decay Model) <p style="text-align: right;">Revision for QE</p>
5	July	4	Unit IV Probability <ul style="list-style-type: none"> • Probability Distribution • Mathematical Expectation
6	Aug	23	Unit IV Probability (contd.) <ul style="list-style-type: none"> • Variance • Binomial Distribution • Poisson distribution • Normal distribution • Basic applications and inferences Unit V Inferential Statistics <ul style="list-style-type: none"> • Population and sample • Parameter, statistic and statistical inferences • t-Test (one sample t-test and two independent groups t-test)
7	Sept	17	Unit VI Index numbers and Time-based data <ul style="list-style-type: none"> • Index numbers, uses of index numbers • Construction of index numbers (simple and weighted) • Tests of adequacy of index numbers (unit test and time reversal test) • Time series, Time series analysis for univariant data sets • Trend analysis by moving average method • Trend analysis by fitting of linear trend line using method of least squares Unit VII Financial Mathematics <ul style="list-style-type: none"> • Perpetuity, Sinking funds • Valuation of Bonds (Present value approach and Relative price approach) • Calculation of EMI • Calculation of returns, nominal rate of return, effective rate of interest • Compound annual growth rate • Linear method of depreciation

8	Oct	21	<p>Unit VIII Linear Programming</p> <ul style="list-style-type: none"> • Introduction and related terminologies (constraints, objective function, optimization) • Mathematical formulation of linear programming problems • Different types of linear programming problems (Transportation and assignment problem) • Graphical method of solution for problems in two variables • Feasible and infeasible regions (bounded and unbounded) • Feasible and infeasible solutions, optimal feasible solutions (up to three non-trivial constraints) <p style="text-align: right;">Revision for PB-1</p>
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Portion for Assessments-2026-27

QE	<p>Unit I Numbers, Quantification and Numerical Applications</p> <ul style="list-style-type: none"> • Modulo Arithmetic • Congruence modulo • Allegation or Mixture • Numerical problems on boats and streams; pipes and cistern; races and games. <p>Unit II Algebra</p> <ul style="list-style-type: none"> • Matrices and types of matrices • Algebra of matrices • Determinants • Inverse of a matrix • Cramer's rule and its application • Simple applications of matrices and determinants including solution of simultaneous linear equations by matrix inversion method. <p>Unit III Calculus</p> <p>Differentiation and its Applications</p> <ul style="list-style-type: none"> • Higher order derivatives • Application of derivatives (Rate measurer, equation of tangent and normal) • Increasing and Decreasing functions • Maxima and Minima • Marginal cost and marginal revenue using derivatives <p>Integration and its Application</p> <ul style="list-style-type: none"> • Integration • Indefinite integral as family of curves • Definite integral as area under the curve
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	<ul style="list-style-type: none"> • Integration of simple algebraic functions (primitive, by substitution, by parts) • Application of Integration (consumer surplus-producer surplus) • Differential equation (definition, order, degree) • Formulating and solving linear differential equation • Application of differential equation (Growth and Decay Model)
PB-I	Entire Syllabus
PB- II	Entire Syllabus

PRACTICALS

1. Plot the graphs of functions on excel and study the graph to find out point of maxima/minima
2. Probability and dice roll simulation
3. Matrix multiplication and inverse of a matrix
4. Stock Market data sheet on excel
5. Collect the data on weather, price, inflation, and pollution; analyze the data and make meaningful inferences
6. Collect data from newspapers on traffic, sports activities and on market trends and use excel to study future trends.

PROJECTS

1. Check out the local newspaper and cut out examples of information depicted by graphs. Draw your own conclusions from the graph and compare it with the analysis given in the report.
2. Analysis career graph of a cricketer (batting average for a batsman and bowling average for a bowler). Conclude the best year of his career.
3. Each day newspaper tells us about the maximum temperature, minimum temperature, humidity. Collect the data for a period of 30 days and represent it graphically. Compare it with the data available for the same time period for the previous year
4. Analysis of population migration data – positive and negative influence on urbanization;

ASSESSMENT OF PRACTICAL AND PROJECT

Sr.No.	Area and weightage	Assessment Area	Marks allocated
1	Project work (10 marks)	Project work and record	5
		Year End Presentation/Viva of the Project	5
2	Practical work (10 marks)	Performance of practical and record	5
		Year end test of any one practical	5
Total			20

Sl.no	Month	No of Inst. Days	Introductory Macroeconomics	Indian Economic Development
01	March & April	07+12=19	Unit1: National Income & Related Aggregates	Unit 6: Development Experience (1947-90) and Economic reforms since 1991.
02	May	23	Unit 2: Money and Banking	Unit 6: Economic reforms since 1991, Demonetization & GST
03	June	13	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	17	Unit 5: Balance of Payment	Unit 8: Developmental Experience
07	October	21	Revision	Revision
08	November	21	Revision	Revision
09	December	10	Revision	Revision
10	January 2026	20	Revision	Revision
SUBJECT MAGAZINE FOR HALF YEARLY FOR EVALUATION OF 20 MARKS, SUBMISSION:28/7/26 (Internal assessment)/ presentation				
PROJECT AS PER CBSE GUIDELINES , SUBMISSION ON 28/7/2026(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

** If any syllabus it will be intimated.

Class: XII Hum**Scheme of Work: 2026-27****Sub: Geography**

S.N	Month	No. of ID	Fundamentals of Human Geography	India: People and Economy	Practical work
1	March-2026	9	Human Geography Nature and Scope (L 1)		
2	April-2026	13	The World Population (L 2) Human Development (L 4)	Population: Distribution, Density, Growth and Composition (L 1)	Data—Its source and compilation
3	May-2026	23	Primary Activities (L 5) Secondary Activities (L 6)	Human settlement (2)	Data—Its source and compilation Data Processing—mean, median mode
4	June-2026	13		Land Resources and Agriculture (L 3) Mineral and Energy Resources (L 5) (Holiday Homework) Water Resources (L 4)	Construction of diagrams: Line graphs, Bar graphs ,Pie diagram,
5	July-2026	09	Qualifying Exam	Qualifying Exam	Construction of diagrams: Line graphs, Bar graphs ,Pie diagram,
6	Aug-2026	23	Tertiary Activities and Quaternary Activities (L 7)	Planning and Sustainable Development in India (L 9) Transport and communication(L 10)	Classification on the basis of construction Dot maps, Choropleth Maps, Isopleths Maps
7	Sep-2026	17	Transport and Communication (L 8)	International Trade (L 11)	
8	Oct-2026	21	International Trade (L 9) Pre Board 1	Geographical perspective on selective issues and problems (L 12) Pre Board 1	Spatial Information Technology
9	Nov-2026	15	Revision	Revision	
10	Dec-2026	13	Revision & Pre Board 2	Pre Board 2	
11	Jan-2027	11	Pre Board 2	Pre Board 2	Board Practical examination
12	Feb-2027	23	Board Examination		
13	March-2027	20 days	Board Examination		

Portion for Assessments-2026-2027

Qualifying Exam	Pre Board 1	Pre Board 2
1. Fundamentals of Human Geography: Unit 1,2,3 2. India: People and Economy:Unit 1,2 (Except Minerals)	Complete Syllabus	Complete Syllabus

क्र. स.	माह	कार्य दिवस	आरोह- 2	वितान - 2	अभिव्यक्ति और माध्यम
1	मार्च / अप्रैल 2026	10	पाठ- 11 भक्ति पाठ - 12 बाज़ार दर्शन पाठ - 4 कैमरे में बंद अपाहिज		
2	मई-2026	23	पाठ 1: 1. आत्म परिचय 2. एक गीत पाठ 14: पहलवान की ढोलक पाठ 8: बादल राग, पाठ 6 उषा	पाठ - 1 सिल्वर वेडिंग	पाठ: 3 और 4
3	जून-2026	13	पाठ 17: शिरीष के फूल पाठ 10: (1) छोटा मेरा खेत (2) बगुलों के पंख	पाठ - 2 जूझ	पाठ: ५
4	जुलाई-2026	09	पाठ -2 पतंग (कविता)		
5	अगस्त -2026	23	पाठ 13: काले मेघा पानी दे पाठ 14. (1) कविता के बहाने (2) बात सीधी थी पर	पाठ - 3 अतीत में दबे पाँव	पाठ 11 और 12
6	सितंबर-2026	17	अभ्यास	अभ्यास	अभ्यास
7	अक्टूबर - 2026	21	पाठ 18: (1) श्रम विभाजन और जाति-प्रथा (2) मेरी कल्पना का आदर्श समाज पाठ 8: (1) कवितावली (2) लक्ष्मण मूर्छा और राम का विलाप		पाठ: 13
8	नवंबर-2026	21	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास
9	दिसंबर-2026	10	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास
10	जनवरी -2027	20	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास
11	फ़रवरी -2027	23	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास	पुनरावर्तन और अभ्यास
12	मार्च -2027	20	परीक्षा	परीक्षा	परीक्षा

परीक्षा के लिए भाग

PT-1	भक्तिन, बाज़ार दर्शन, कैमरे में बंद अपाहिज,	सिल्वर वेडिंग	पाठ: 3 और 4
Half Yearly Exam	भक्तिन, बाज़ार दर्शन, कैमरे में बंद अपाहिज, सिल्वर वेडिंग आत्म परिचय एक गीत पहलवान की ढोलक बादल राग	जूझ, सिल्वर वेडिंग	पत्रकारीय लेखन के विभिन्न आयाम, विभिन्न माध्यमों के लिए लेखन
PT-2	शिरीष के फूल, छोटा मेरा खेत, बगुलों के पंख, श्रम विभाजन और जाति-प्रथा, मेरी कल्पना का आदर्श समाज, कवितावली, लक्ष्मण मूर्छा और राम का विलाप	अतीत में दबे पाँव	
Annual Exam	संपूर्ण पाठ्यक्रम	संपूर्ण पाठ्यक्रम	संपूर्ण पाठ्यक्रम

परियोजना / विषय संवर्धन गतिविधि

माह	गतिविधि	उद्देश्य	मूल्यांकन बिंदु
मई 2026	वाचन कौशल : (आशुभाषण) दिए गए विषय पर अपने विचार प्रस्तुत करना	बोलने के समय की हिचकिचाहट को दूर करना	आत्म विश्वास, शब्द चयन तारतम्यता
जुलाई- 2026	श्रवण और वाचन कौशल : एक कहानी को सुनकर उस पर आधारित प्रश्नों के उत्तर दिए जाँएँगे	ध्यान पूर्वक सुनने की क्षमता का विकास होगा	प्रासंगिकता और प्रस्तुतीकरण
नवंबर- 2026	वाचन कौशल : (आशुभाषण) दिए गए विषय पर अपने विचार प्रस्तुत करना	बोलने के समय की हिचकिचाहट को दूर करना	आत्म विश्वास, शब्द चयन तारतम्यता
दिसंबर- 2026	(वाच्य एवं श्रवण कौशल) - ध्वनि प्रस्तुति को ध्यानपूर्वक सुनकर पूछे गए प्रश्नों के उत्तर दीजिए।	वाच्य एवं श्रवण कौशल का विकास।	स्मृति शक्ति, उच्चारण, एकाग्रता, बोध स्तर, आत्मविश्वास

S.N	Month	No. of ID	THEMES IN INDIAN HISTORY
1.	March-2026	08	Themes in Indian History Part-I Theme 1: Bricks, Beads and Bones (The story of first Cities: Harappan Archaeology)
2.	April-2026	13	Themes in Indian History Part-I Theme 2: Kings, Farmers and Towns- Early States and Economies (c. 600 BCE-600 CE)
3.	May-2026	24	Themes in Indian History Part-I 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) Theme 5: Through the eyes of Travelers- Perceptions of Society (c. 10 th – 17 th century)
4.	June-2026	15	Themes in Indian History Part-II Theme 5: Through the eyes of Travelers- Perceptions of Society (c. 10 th – 17 th century) contd.
5.	July-2026	04	Themes in Indian History Part-II Theme 6: Bhakti-Sufi Traditions- Changes in Religious Beliefs and Devotional Texts c. 8 th -18 th century)
6.	Aug-2026	21	Themes in Indian History Part-II Theme 6: Bhakti-Sufi Traditions- Changes in Religious Beliefs and Devotional Texts c. 8 th -18 th century) contd. 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)
7.	Sep-2026	14	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 Theme 11: Mahatma Gandhi and the Nationalist Movement- Civil Disobedience and Beyond
8.	Oct-2026	21	Themes in Indian History Part-III Theme: 12 Framing the Constitution- The Beginning of a New Era
9.	Nov-2026	21	Revision
10.	Dec-2026	10	Revision
11.	Jan-2027	20	CBSE conducted Practical Exam
12.	Feb & March 2027		AISSCE

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Details & Evaluation
June-October 2026	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 time management. • 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-2026	Map Work	As prescribed in the CBSE curriculum	
Jan-2027		AISSCE PRACTICAL EXAM	

S.N	Month	No. of ID	Chapter	Practical
1.	March and April- 2026	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 • Life skills for livelihood • Ergonomics • Entrepreneurship 	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- 2026	25	Unit 2- Nutrition, Food Science and Technology Chapter 2- Clinical Nutrition and Dietetics <ul style="list-style-type: none"> • Introduction • Significance 17 • Basic concepts • Diet therapy • Types of diets: Regular Diet and Modified diets • Prevention of chronic diseases • Preparing for career • Scope Chapter 3-Public Nutrition and Health Introduction • Significance • Basic concept Public health nutrition > Nutritional Problems of India ✓ Protein energy malnutrition ✓ Micro nutrient deficiencies (Iron deficiency Anemia, Vitamin A deficiency, Iodine deficiency disorders) strategies /Intervention to tackle Nutritional problems Nutrition programmes operating in India • Health Care • Scope	Activity 5- Prepare a power point presentation of distinguished women in Science, Technology, Mathematics, sports,Education,Literature,Medicine and other important areas.
2.	June -2026	13	Unit 2- Nutrition, Food Science and Technology Chapter 5 – Food Processing and Technology <ul style="list-style-type: none"> • Introduction • Significance • Basic Concepts > Food Science > Food Processing > Food Technology > Food Manufacturing • Development of food processing and technology • Importance of Food processing and Preservation • Classification of food on the basis of perishability and extent and type of processing • Preparing for a career • Scope 	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-2026	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-2026	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-2026	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	Preparation of any one article using applied textile design techniques; tie and dye/batik/block printing. Remove different types of stains from white cotton cloth –Ball pen, curry, grease, ink, lipstick, tea and coffee.
6.	October-2026	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-2026	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-2026	09	Revision	
9.	Jan-2027	23	-	
10.	Feb-2027	22	-	
11.	Mar-2027	19		

Portion for Assessments-2026-27

QA	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
PB-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 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-2	Full Syllabus
PB-3	Full Syllabus
AISSCE 2026-27	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.

S. No.	Month	No. Of ID	Health and physical education	Practical
1	April 2026	10	Management of sporting events <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	May 2026	23	Children and women in sports <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	June 2026	13	Yoga as preventive measures for lifestyle disease <ul style="list-style-type: none"> • 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-halasan, sarala matsyasana, gomukhasana, uttanmandukasana, vakrasana, bhujangasana, makrasana, shavasana, nadishoddhan pranayam, sheetli pranayam 	HISTORY OF MAIN GAME
4	July 2026	09	Physical Education and sports for CWSN <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	August 2026	22	Sports and nutrition <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	September 2026	17	Test and measurements in sports <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 2026	21	Physical education and sports for cwsn-divyang <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	October 2026	21	Bio-mechanics and sports <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 2026	21	Psychology and sports <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 2026	22	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 2026	10	Revision	

Portion for Assessments- 2026-27 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 Unit-9: Psychology and Sports Unit-10: Training in sports	Physical Efficiency Test With Project File
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

S.N	Month	No. of ID	Contemporary World Politics	Politics in India Since Independence
1	April-2026	10	Chapter-1: The End of Bipolarity.	Chapter 1: Challenges of Nation Building.
2	May-2026	23	Chapter-2: Contemporary Centres of Power.	Chapter 2: Era of One-Party Dominance
3	June-2026	13	Chapter-3: Contemporary South Asia.	Chapter 3: Politics of Planned Development
4	July-2026	09	Chapter-4: International Organizations	Chapter 4: India's External Relations
5	August-2026	23	Chapter-5: Security in the Contemporary World.	Chapter 5: Challenges to and Restoration of the Congress system
6	September-2026	17	Chapter-5: Security in the Contemporary World.	Chapter 6: The Crisis of Democratic Order
7	October-2026	21	Chapter-6: Environment and Natural Resources	Chapter 7: Regional Aspirations.
8	November-2026	21	Chapter-7: Globalization.	Chapter 8: Recent Developments in Indian Politics.
9	December-2026	10	Practice Sample Papers	Discussion - Previous Years Question Papers.
10	January-2027	20	Revision	Revision
11	February-2027	23	Revision	Revision
12	March-2027	20	AISSCE -2027	-----

Portion for Assessments-2026-'27

PT-1/ QE- XII	Chapter-1: The End of Bipolarity. Chapter-2: Contemporary Centres of Power. Chapter-3: Contemporary South Asia	Chapter-1: The Challenges of Nation Building Chapter 2: Era of One-Party Dominance. Chapter 3: Politics of Planned Development
Half Yearly Exam	Chapter-4: International Organizations Chapter 5: Security in the Contemporary World. Chapter-6: Environment and Natural Resources	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 - 2026	Full Syllabus	Full Syllabus

Projects/Subject Enrichment Activities

Month	Activity	Objective/s	Rubrics for Evaluation
2026 -27	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>

S.N	Month	No. of ID	Unit to be Covered	PRACTICAL
1	Mar-April 2026	9+13	1.Variation in Psychological Attributes	
2	May 2026	23	2. Social Influence and Group Processes 3. Attitude and Social Cognition	MPI(Maudsely Personality Inventory)
3	June 2026	13	4. Self and Personality QE-12	SCAT(Sinha's Comprehensive Anxiety Test)
4	July 2026	9	4. Self and Personality (3DAYS) QE-12	SCQ(Self Concept Questionnaire)
5	Aug 2026	21	5. Psychological Disorders	AISS(Adjustment Inventory for School Children)
6	Sep 2026	22	6.Therapeutic Approaches	SPM(Standard progressive matrices0
7	Oct 2026	21	7. Meeting Life Challenges PB-1(12)	Case Study
8	Nov 2026 –DEC 2026	21(NOV) 9(DEC)	Practice PB11(12)	

Portion for Assessments-2026-27

QE(June-July25)	<ul style="list-style-type: none"> • 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-2026	Project on Personality assessment	The students will learn and understand the concept of assessment.	<ul style="list-style-type: none"> • Correct information • Presentation
September- Oct-26	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

S.N	Month	No. of ID	Chapters
1	Mar-09 Apr-13 days	22	Chapter 2: The Demographic structure of the Indian society Chapter 3: Social Institutions continuity and change
2	May	23	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 Planning- Selection of Topic and Survey
4	July	09	Qualifying Examination
5	Aug	21	Chapter 9: Cultural Change Chapter 11: Change and development in rural society
6	Sep	22	Chapter 12: Change and Development in Industrial Society Pre Board I
7	Oct	21	Chapter 15: Social Movements Pre Board I
8	Nov	21	Sample Papers
9	Dec	09	Pre Board II
10	Jan'27	20	Revision

Portion for Assessments-2026-27

Qualifying Exam	<ul style="list-style-type: none"> • The Demographic structure of the Indian society • Social Institutions continuity and change
Pre Board I	<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
Pre Board II	<ul style="list-style-type: none"> • Full Syllabus

Project

Duration	Activity	Objective	Details & Evaluation
The Academic year 2026-27	Project for the Academic Year	To analyze a social issue and to prepare a report	The Project Report-15 marks Viva- 5 marks