

DELHI
PUBLIC
SSCHOOL
DDHALIGAON



SYLLABUS BREAK UP

CLASS: XII (COMMERCE)

SESSION:2026-27

NAME:- _____

SECTION:- _____ ROLL NO:- _____

MONTH	NO. OF WORKING DAYS
APRIL	20
MAY	23
JUNE	18
JULY	10
AUGUST	24
SEPTEMBER	23
OCTOBER	17
NOVEMBER	22
DECEMBER	21
JANUARY	20
FEBRUARY	22
MARCH	24

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SUBJECT-ENGLISH

SL NO	MONTH	TOPICS & SUB.TOPIC	ACTIVITY/PRAC
1	April'26	My mother at Sixty Six The Last Lesson The Lost Spring The Third Level Notice Drafting	Contrast Photography Letter to younger self Last Post/ Last journal entry Mother tongue wall Lost Spring/The world Shadow Journalist 1894 Travel Brochure The Psychiatrist's file(Conversation) Class board décor
2	May'26	Deep Water Keeping Quiet The Tiger King Letter to the Editor Reading Comprehension	All we have to fear PODCAST 60 seconds Black out Stop the war collage Mock Press Conference Wooden Tiger Obituary(Humour)
3	June'26	The Rattrap The Journey to the end of the Earth Article Writing	Metaphor Map Photo Essay/Digital Poster Newspaper/Journal Reading
4	July'26	The Thing of Beauty The Interview Formal Invitation & Replies	Nature Walk & Haiku Podcast Invitation Letter Collage
5	Aug'26	Poets and Pancakes The Enemy The Roadside Stand	The Gemini Studio Vlog The Boss Interview Inner Conflict T-chart Pitch your product Social Media Campaign
6	Sept'26	FIRST TERM Indigo Informal Invitation & Replies	The court room trial enactment
7	Oct'26	Aunt Jennifer's Tiger On the face of it Job application	Symbolism Sketch Modernising Aunt Jennifer The Ugly(?)Beautiful(?) Walk
8	Nov'26	Memories of Childhood Going Places Reading Comprehension 1 st PRE-BOARD	The 'untouchability' awareness campaign Sophie's Room mood board DaneyCassy -FACT CHECK
9	Dec'26	1 st &2nd PRE-BOARD	Continued
10	Jan'27	2nd PRE-BOARD	*****

SUBJECT: ACCOUNTANCY

SL NO	MONTH	TOPICS & SUB.TOPIC
1	April'26	<p>Accounting for Partnership :- Fundamentals</p> <ul style="list-style-type: none"> ● Theory of partnership. ● Partners Capital Account (fixed and fluctuating) ● Profit and Loss Appropriation. ● Interest on drawings, Interest on Capital, Interest on Loan, Managers Commission ● Guarantee of Profit-by the firm and by the partner ● Past Adjustment.(including interest on capital, interest on drawings, salary etc.) <p>Goodwill Valuation</p> <ul style="list-style-type: none"> ● Theory of Goodwill- meaning and nature ● Methods for valuation – Average Profit Method , Super Profit Method and Capitalisation Method
2	May'26	<p>Reconstruction of Partnership :- Valuation of Profit Sharing Ratio and Change in profit sharing ratio</p> <ul style="list-style-type: none"> ● Profit Ratio/Sacrificing Ratio/Gaining Ratio ● Change in profit sharing ratio-Accounting treatment <p>Admission of partner—</p> <ul style="list-style-type: none"> ● Treatment of goodwill(AS-26) ● Revaluation of Assets and Re-assessment of Liabilities – Journal & Revaluation Accounts ● Adjustment of Capitals -Partners' Capital A/c ● Preparation of balance sheet <p>Retirement of partner –</p> <ul style="list-style-type: none"> ● Accounting treatment Journal & Revaluation A/c ● Adjustment of Capital - Partners' Capital A/c ● Preparation of balance sheet ● Retired Partners Loan Account
3	June'26	<p>Reconstruction of Partnership Retirement of partner –</p> <ul style="list-style-type: none"> ● Accounting treatment Journal & Revaluation A/c ● Adjustment of Capital - Partners' Capital A/c ● Preparation of balance sheet ● Retired Partners Loan Account <p>Death of partner</p> <ul style="list-style-type: none"> ● Calculation of share of profit of death partner ● Accounting treatment -- Journal, Deceased Partner's Capital A/c ● Adjustment of Capital (including Executor's A/c) ● Executor's Loan A/c <p>-----</p> <p>PART-B ::Analysis of Financial Statement</p> <ul style="list-style-type: none"> ● Statement of Profit & Loss ● Balance Sheet of Company ● Major headings and Sub-headings of Financial Statement <p>Project Work-1</p>

4	July'26	Dissolution of Partnership Firm <ul style="list-style-type: none"> ●Theory of dissolution of partnership ●Accounting treatment.- journal, Realisation A/c, Partners' Capital A/c & Cash or Bank A/c
5	Aug'26	Dissolution of Partnership Firm <ul style="list-style-type: none"> ●Theory of dissolution of partnership ●Accounting treatment.- journal, Realisation A/c, Partners' Capital A/c & Cash or Bank A/c Company Accounts:- Issue of Shares <ul style="list-style-type: none"> ●Theory of company accounting. ●Issue of Share – at Par, premium ●Issue of shares other than Cash ●Forfeiture and Reissue of shares ●Disclosure of Share Capital in Company's B/s. ●Employees Stock Option Plan (ESOP) PART-B ::of Financial Statement <u>Tools of Analysis of Financial Statement</u> <ul style="list-style-type: none"> ●Comparative Statement ●Common Size Statement Project Work-1 (contd)
6	Sept'26	REVISION FOR FIRST TERM EXAM
7	Oct'26	Company Accounts :-Issue of Debentures <ul style="list-style-type: none"> ●Theoryof debentures. ●Issue of Debentures-at par, premium , discount ●Issue of debenture other than cash ●Interest on debentures (excluding TDS) ●Issue Debentures as Collateral Security ●Write off Discount / Loss on debenture <hr/> PART-B ::Analysis of Financial Statement Accounting Ratios Types of ratios Liquidity Ratio :- ●Current Ratio and ●Liquid Ratio. Solvency Ratio :- ●Debt to Equity ●Total Assets to Debt ●Proprietary Ratio ●Interest Coverage ratio●Debt to Capital Employed Ratio Activity Ratio :- ●Inventory Turnover ●Debtors Turnover● Payable turnover● Working Capital Turnover ●Fixed Assets Turnover Ratio ●net Assets Turnover Ratio Project Work- 2 Project on Ratio
8	Nov'26	PART-B ::Analysis of Financial Statement Accounting Ratios Profitability Ratio :- ●Gross Profit ●Operating ratio ●Operating Profit ratio ●Net Profit ● Return on Investment ----- PART-B ::Analysis of Financial Statement Cash Flow Statement Theory – Meaning and objectives. ●Methods of preparation of Cash Flow Statement

		(As per Revised Standard issued by ICAI) AS-10 → Indirect Method Project Work- 2 Project on Ratio & CFS 1 st PRE-BOARD
9	Dec'26	1 st & 2 nd PRE-BOARD
10	Jan'27	2 nd PRE-BOARD

SUBJECT: BUSINESS STUDIES

SL NO	MONTH	CHAP/UNIT NO	TOPICS & SUB.TOPIC
1	April'26	1. 2.	<p>NATURE & SIGNIFICANCE OF MANAGEMENT:</p> <ul style="list-style-type: none"> ➤ Meaning, Concept, Objectives, Features & Importance of Management. ➤ Nature of Management as Science, Art & Profession, ➤ Levels of Management, Top-Middle-Lower Level of Management ➤ Functions of Management, Coordination- Meaning, Features. ➤ Coordination: Essence of Management, Importance of Coordination. <p>PRINCIPLES OF MANAGEMENT:</p> <ul style="list-style-type: none"> ➤ Concept, Features and Significance of Management Principles. ➤ Henry Fayol's General Management Principle ➤ Frredric Winslow Taylor's Scientific Management Principles & Techniques. Advantages of Scientific Management. ➤ Relevance & Comparison between Fayol's& Taylor's Contributions.
2	May'26	3. 4.	<p>BUSINESS ENVIRONMENT:</p> <ul style="list-style-type: none"> ➤ Concept, Features& Importance of Business Environment. ➤ Dimensions of Business Environment – Economic, Social, Political, Legal & Technological. ➤ New Industrial Policy & LPG, Impact of Economic Reforms on the Business. ➤ Demonetisation- Meaning, features & Impact. <p>PLANNING:</p> <ul style="list-style-type: none"> ➤ Meaning, Concept, Features, Importance & Limitations of Planning (Internal& External Limitations of Planning). ➤ Steps in Planning process. <p>Types of Plans & Distinctions between different plans.</p> <p>ORGANISING :</p> <ul style="list-style-type: none"> ➤ Concept, Importance & Process of Organising. ➤ Organisational Structure – Meaning, Importance and Types of Organisational Structure - Functional & Divisional, its advantages, disadvantages and suitability.
3	June'26	5 12.	<ul style="list-style-type: none"> ➤ Formal and Informal organisation - Concept, its features, advantages & disadvantages. ➤ Distinguish between Functional & Divisional Structure, Formal & Informal organisation. ➤ Delegation of Authority – Concept, Element & Importance of Delegation of Authority. Distinction between the elements. ➤ Centralisation&Decentralisation–Concept, Features & Importance of Decentralisation. ➤ Distinguish between Delegation &Decentralisation. <p>MARKETING MANAGEMENT :</p> <ul style="list-style-type: none"> ➤ Concept & Features of Marketing ➤ Marketing Management Philosophies. ➤ Functions of Marketing. <p>SUMMER VACATION</p>
4	July'26		<p>SUMMER VACATION</p> <ul style="list-style-type: none"> ➤ Marketing Mix – Concept & Elements of Marketing Mix i.e. (a) Product (b) Price (c) Place/ Physical Distribution & (d) Promotion. ➤ Product Mix – Concept & Elements of Product Mix. ➤ Price Mix – Concept & Factors determining price. ➤ Place/ Physical Distribution Mix – Concept, Channel &Components of Physical distribution. Factors determining level of inventory. ➤ Promotion Mix – Concept & Elements of Promotion Mix.

		11.	<ul style="list-style-type: none"> ➤ Place/ Physical Distribution Mix – Concept, Channel & Components of Physical distribution. Factors determining level of inventory. ➤ Promotion Mix – Concept & Elements of Promotion Mix.
5	Aug'26	11. (Contd) 6. 7.	STAFFING : <ul style="list-style-type: none"> ➤ Concept, Importance & Process of Staffing. ➤ Staffing as a part of Human Resource Management. ➤ Components/ Elements/ Aspects of Staffing – Recruitment, Selection, Training & Development. ➤ Recruitment – Concept, Sources & its types with merits and demerits. Distinction between Internal & External sources of recruitment. ➤ Selection – Concept & Process of Selection. Distinction - Recruitment and Selection. ➤ Training & Development – Concept, Need & Importance, Methods of training. Distinction between Training & Development. DIRECTING : <ul style="list-style-type: none"> ➤ Concept, Features & Importance of Directing. ➤ Elements of Direction–(a) Supervision (b) Motivation (c) Leadership & (d) Communication. Supervision – Concept & Role of Supervisor. ➤ Motivation – Concept, Interrelated Terms, Features/ Importance. Maslow's Need Hierarchy Theory with assumption. Financial & Non-financial Incentives with their types. PROJECT WORK
6	Sept'26	7. (Contd) 8. 9.	<ul style="list-style-type: none"> ➤ Leadership – Concept, Features & Different Styles of Leadership with their advantages & disadvantages. ➤ Communication – Concept & Process of Communication. Forms of Organisational Communication with their features & types. Barriers to effective Communication. Measures for improving communication effectiveness. CONTROLLING : <ul style="list-style-type: none"> ➤ Concept, Nature/ Features & Importance of Controlling. Relationship between Planning & Controlling. Process of Controlling. Techniques of Control. FINANCIAL MANAGEMENT: <ul style="list-style-type: none"> ➤ Concepts, Role & Objectives of Financial Management. ➤ Financial Decisions-Investment, Financing & Dividend decision. Factors affecting these decisions. ➤ Financial Planning- Meaning & Objectives of Financial Planning, Importance of Financial Planning. REVISION&HALF-YEARLY EXAMINATION
7	Oct'26	9. 10.	<ul style="list-style-type: none"> ➤ Capital Structure- Meaning & Objectives, Financial Leverage or Trading on Equity, Factors affecting Capital Structure. ➤ Fixed Capital or Capital Budgeting decision, its importance & factors affecting Fixed Capital decision. ➤ Working Capital- Meaning, Types and Factors affecting Working Capital Decision. FINANCIAL MARKET : <ul style="list-style-type: none"> ➤ Concept, Functions and Classification of Financial Market. ➤ Money Market – Concept, features and Instruments of Money Market. ➤ Capital Market – Meaning, features and types of Capital Market. ➤ Primary Market and Methods of Floatation of Securities in Primary

8	Nov'26	<p>10. (Contd)</p> <p>12.</p>	<ul style="list-style-type: none"> ➤ Secondary Market (Stock Exchange) & its functions. ➤ Distinguish between Capital & Money Market, Primary & Secondary Market. ➤ Trading Procedure on a Stock Exchange. Dematerialisation, Depository System and benefits of online stock exchange. ➤ SEBI-(Securities & Exchange Board of India) Objectives & Functions. <p>PROJECT WORK</p> <p>CONSUMER PROTECTION :</p> <ul style="list-style-type: none"> ➤ Concept & Importance of Consumer Protection. Consumer Protection Act 1986. ➤ Legal Protection to Consumers – Consumer Rights & Responsibilities ➤ Quality Mark of different types of product. ➤ Relief/ Remedies are available to Consumer on Complaints filed by him. ➤ Redressal Agencies under the Consumer Protection Act, 1986. ➤ Role of Consumer Organisation and NGOs. <p>1st PRE-BOARD</p>
9	Dec'26		1 st & 2 nd PRE-BOARD
10	Jan'27		2 nd PRE-BOARD

SUBJECT: ECONOMICS

SL NO	MONTH	CHAP/UNIT NO	TOPICS & SUB.TOPIC
1	April'26	Unit-1 Unit-6	National Income and Related Aggregates: Basic concepts in macroeconomics, Circular flow of income (two sector model), Development Experience (1947-90): Indian economy on the eve of independence, Indian economic system and common goals of Five Year Plans.
2	May'26	Unit-1 Unit-6	Methods of calculating National Income, Aggregates related to National Income, GDP Deflator, GDP and Welfare. Problems and policies of agriculture , industries and Foreign Trade. Economic Reforms since 1991: LPG policy, Concepts of demonetization and GST.
3	June'26	Unit-2 Unit-7	Money and Banking: meaning and functions of money, Money Supply, Money Creation by the Commercial banking system. Current challenges facing Indian Economy: Human Capital Formation.
4	July'26	Unit-2 Unit-7	Banking: Central bank and its functions, Control of Credit through various instruments. Rural development: credit and marketing, role of cooperatives, diversification and organic farming.
5	Aug'26	Unit-3 Unit-7	Determination of Income and Employment- AD, Propensity to consume and propensity to save, Short-run equilibrium output, Investment Multiplier (mechanism), full employment and involuntary unemployment. Project Work- introduction and initiation- 10 periods. Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply. Employment: work force participation rate in formal and informal sectors; problems and policies.
6	Sept'26	Unit-4	Government budget - meaning, objectives and components. Classification of receipts and expenditure. Balanced, Surplus and Deficit Budget. Half Yearly Examination
7	Oct'26	Unit-4,5 & 7	Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming. Balance of Payments: meaning and components, Surplus and Deficit. Foreign exchange rate: fixed and flexible rates and managed floating. Determination of exchange rate in a free market, Managed Floating exchange rate system. Project work Completion- 10 periods.
8	Nov'26	Unit-8	Development Experience of India: A comparison with neighbours: India, Pakistan and China. Issues: economic growth, population, sectoral development and other Human Development Indicators. 1 st PRE-BOARD
9	Dec'26		1 st & 2 nd PRE-BOARD
10	Jan'27		2 nd PRE-BOARD

SUBJECT:-ENTREPRENEURSHIP

Sl. No.	Month & (W. Days)	Chapter /Unit No.	Topics and sub topics
1	April'26	1.	<p>ENTREPRENEURIAL OPPORTUNITY Business opportunity, Elements of a business opportunity. Exploring opportunities in environment, Perceiving and sensing opportunities, Factors involved in sensing opportunities. Environmental scanning & Importance & Analysis. Environmental factors &PESTEL Model Problem identification and its uses Idea generation and various sources of idea fields Idea and opportunity assessment- steps involved Market assessment and details preparation. Trend spotting and its ways. Creativity and process of creativity. Elements in the innovation process.</p>
2	May'26	2.	<p>ENTREPRENEURIAL PLANNING Economic Activities and its types Forms of business organisation. Sole proprietorship, Partnership, Joint Stock Company Starting a company and its formalities Starting a company and its formalities Business Plan, Components of business plan. Types of plan. Assessment of risk.</p>
3	June'26	3.	<p>ENTERPRISE MARKETING: Business goal and rules for goal setting. SMART goals Marketing Mix- Product, Price, Place, Promotion. Product Mix: Elements- Branding, Packaging & Labelling. Trade Marks Price Mix: Pricing Strategy and factors affecting pricing decision. Place Mix: Channels of distribution & factors, Sales Strategy & its types. Transportation. Brand Name & its types, Brand Marks, Trade Marks. Logo & Tagline SUMMER VACATION</p>
4	July'26		<p>SUMMER VACATION Promotion Mix: Components of promotion mix- Advertisement, Personal Selling & Public Relations, Negotiation and Its methods Customer Relationship Management (CRM), Employee Relationship Management (ERM) & its factors Vendor management. Business failure and its causes.</p>
5	Aug'26	4.	<p>ENTERPRISE GROWTH STRATEGIES- Growth- Internal & External. External Expansion- Franchising, Merger & Acquisition. Franchising, types, advantages and disadvantages. Merger & types of merger. Acquisition, types of acquisition. Value addition and types of value addition. Primary and Supporting activities, requirements for value chain management BUSINESS ARITHMETIC: Unit of sale, Unit price and Unit cost.</p>

		5.	<p>Break Even Analysis- BEP in Quantity & Sales Price calculation.</p> <ul style="list-style-type: none"> ➤ Cash Flow Projection, its uses and how to develop CFP. <p>Budgeting and Managing Finance- Financial Management, Objectives and Process.</p> <p>PROJECT REPORT</p>
6	Sept'26		<p>Budgeting, its types & Budgeting process. Benefits of Budgeting, Budget & Budgeting.</p> <p>Working Capital- Needs and types.</p> <p>REVISION</p> <p><u>TERM I Examination</u></p>
7	Oct'26	6.	<p>Inventory Control and Economic Order Quantity- calculation of EOQ. Pareto's Principle and ABC analysis.</p> <p>Return on Investment & Return on Equity- Calculation of ROI</p> <p>RESOURCE MOBILIZATION:</p> <p>Finance, Requirement of finance for an enterprise.</p> <p>Sources of finance- Internal & External.</p> <p>Some special sources of finance- Capital Markets, Angel Investors, Venture Capital, Specialized Financial Institutions.</p> <p>PROJECT WORK</p>
8	Nov'26	6	<p>Capital Market- Primary and Secondary Market</p> <p>Primary Market- Methods of floatation of new issue- Public issue through prospectus, Right issue, Private placement, Offer to employee (ESOP)</p> <p>Secondary Market (Stock Exchange): Features, Functions and Importance. Organisation and Management of Stock Exchange.</p> <p>Securities and Exchange Board of India (SEBI): History, Establishment & Powers.</p> <p>Angel Investors: Features. Venture Capital- Features, Funding and stages of requirement of such funding.</p> <p>Specialised Financial Institution: Needs and Importance.</p> <p>Types of Specialised Financial institutions: At National level- IDBI, SIDBI, IFCI, ICICI, NABARD, IIBI. At State level- SFCs, TFCI, SIDC.</p> <p>1st PRE-BOARD</p>
9	Dec'26		1 st & 2nd PRE-BOARD
10	Jan'27		2nd PRE-BOARD

SUBJECT- APPLIED MATHEMATICS

SL NO	MONTH	TOPICS & SUB.TOPIC
1	April'26	Foundation week <ul style="list-style-type: none"> Revisiting all important concepts of Class 11 which are useful in Class 12. Matrices Determinants
2	May'26	<ul style="list-style-type: none"> Method of differentiation Applications of derivatives
3	June'26	<ul style="list-style-type: none"> Integration Applications of Integration
4	July'26	<ul style="list-style-type: none"> Differential Equations Linear Programming Problem
5	Aug'26	<ul style="list-style-type: none"> Modular Arithmetic Alligation and Mixture Probability
6	Sept'26	<ul style="list-style-type: none"> Probability Revision for the first terminal examination
7	Oct'26	<ul style="list-style-type: none"> Inferential Statistics Time Based Data
8	Nov'26	<ul style="list-style-type: none"> Time Based Data Financial Mathematics 1st PRE-BOARD
9	Dec'26	1st & 2nd PRE-BOARD
10	Jan'27	2nd PRE-BOARD

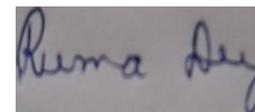
SUBJECT-MUSIC

Sl. No.	Month & (W. Days)	CHAP NO	Topics and sub topics
1	April'26	1.1 5.2	Theory: Brief study of the following :- Alankar, Kan, Meend, Khatka, Murki, Gamak Practical : (1) Alankar Practice (2) Raag: Bhairav (VilambitKhayal : with simple elaborations and few Tanas etc.)
2	May'26	1.2 5.2 4.1	Theory : Brief study of the following Gram, Murchhana, Alap,Tana. Practical : (1)Raag: Bhairav (ChhotaKhayal : with simple elaborations and few Tanas etc.) (2) Taal :Jhaptaal - Description of Talas along with Tala Notation (Recitation of the Thekas with Dugun, Tigun and Chaugun, keeping Taal with handbeats.)
3	June'26	2.1 5.2 4.1	Theory : Historical development of Time Theory of Ragas Practical : (1) Raag: Bageshri (VilambitKhayal : with simple elaborations and few Tanas etc.) (2) Taal :RupakTaal (Recitation of the Thekas with Dugun, Tigun and Chaugun, keeping Taal with handbeats.) SUMMER VACATION
4	July'26	3.1 3.2 5.2 4.1	SUMMER VACATION Theory : (1) Detail study of (i) SangeetRatnakar (ii)SangeetParijat. (2) Life sketch and Cotribution of (i) Faiyaz Khan. Practical : (1) Raag: Bageshri (VilambitKhayal : with simple elaborations and few Tanas etc.) (2) Taal :DhamarTaal (Recitation of the Thekas with Dugun, Tigun and Chaugun, keeping Taalwith handbeats.)
5	Aug'26	3.2 5.2	Theory : Life sketch and Cotribution of (ii) Bade Ghulam Ali Khan, (iii) Krishna Rao,ShankarPandit. Practical : (1) Raag: Malkauns (VilambitKhayal : with simple elaborations and few Tanas etc.) (2) Practical :Tarana with dugun and chaugun in any one of the prescribed Ragas.
6	Sept'26	4.1	Theory : Description of Prescribed Talas along with Tala Notation with Tah, Dugun, Tigun and ChaugunJhaptalaRupakDhamar Practical : (1) Dhamar with dugun and chaugun in any one of the prescribed Ragas. (2)Ability to recognize the Ragas from the Phrases of Swaras REVISION & HALF-YEARLY EXAMINATION
7	Oct'26	4.2 5.1 5.2	Theory : (1) Tuning of Tanpura (2) Critical study of Prescribed Ragas along with recognizing Ragas from phrases of Swaras and elaborating them (3) Description and writing in notation of prescribed Raags and Taals. Practical :Tuning of Tanpura.
8	Nov'26		REVISION & PRACTICE 1 st PRE-BOARD
9	Dec'26		1 st &2nd PRE-BOARD
10	Jan'27		2nd PRE-BOARD

3	June'26	UNIT-5	<p><u>SPORTS AND NUTRITION:</u></p> <ul style="list-style-type: none"> • Balance diet and Nutrition: Macro and Micro Nutrients. • Nutritive and Non nutritive Component of diet. • Eating for weight control- A healthy weight, the pitfalls of dieting, Food Intolerance and food myth. • Importance of diet in sports –Pre, During and post competition requirements. • Practical: Yoga(Asana & Pranayama)
4	July'26	UNIT-6	<p><u>Test & Measurement in Sports.</u></p> <p>Fitness Test- SAI Khelo India Fitness Test in school:</p> <ul style="list-style-type: none"> • Age Group- 5-8 years/ class 1-3 : BMI, Flamingo Balance Test, Plate Tapping Test, • Age Group- 9-18 years/ class 4-12 : BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push –ups for Boys and Modified push- ups for Girls). • Measurement of cardio-vascular fitness- Harvard step Test. • Computing Basal Metabolic Rate. <p>Rikli& Jones- Senior Citizen Fitness Test:</p> <ul style="list-style-type: none"> • Chair stand test for lower body strength. • Arm curl test for upper body strength. • Chair sit & reach test for lower body flexibility. • Back scratch test for upper body flexibility. • Eight foot up & Go test for Agility. • Six Minute walk Test for Aerobic Endurance. <p>Practical: Yoga(Asana & Pranayama)</p>
5	Aug'26	UNIT-7 UNIT-8	<p><u>Physiology & Injuries in Sports- :</u></p> <ul style="list-style-type: none"> • Physiological factors determining components of physical fitness. • Effect of exercise on muscular system. • Effect of exercise on Cardio respiratory system • Physiological changes due to aging. • Sports Injuries: Classification(Soft Tissue injuries- Abrasion, Contusion, Laceration, Incision, Sprain, Strain, Bone & joint injuries- Dislocation, Fractures, Green stick, Comminuted, Transverse Oblique & Impacted) <p><u>Biomechanics & Sports- (Unit-8):</u></p> <ul style="list-style-type: none"> • Newton’s Law of motion & its application in sports. • Types of Levers and their application in sports. • Equilibrium- Dynamic & Static and Centre of Gravity and its application in sports. • Friction and sports • Projectile in sports. <p>Practical: Anyone one IOA Recognized Sport/Game of choice.</p>
6	Sept'26		<p><u>REVISION AND FIRST TERM</u></p>

7	Oct'26	UNIT-9 UNIT-10	<p>Psychology and Sports-(Unit-9):</p> <ul style="list-style-type: none"> • Personality: Its definition & types (Jung classification & Big five theory) • Motivation, its type and Techniques • Exercise Adherence reasons. Benefits & strategies for enhancing it. • Meaning , concept & types of Aggressions in sports. Psychological Attributes in sports- Self Esteem, Mental Imagery, Self Talk, Goal Setting <p>Training in Sports-(Unit-10):</p> <ul style="list-style-type: none"> • Concept of Talent Identification and Talent Development in sports. • Introduction to Sports training Cycle- Micro, Meso, Macro Cycle. • Types & Method to Develop- Strength, Edurance and Speed. • Types and Develop- Flexibility and Coordinative Ability • Circuit training and its importance. • Practical: Anyone one IOA Recognized Sport/Game of choice
8	Nov'26		REVISION & PRACTICE 1 st PRE-BOARD
9	Dec'26		1 st &2nd PRE-BOARD
10	Jan'27		2nd PRE-BOARD


Principal



ACADEMIC I/C