



MAYO COLLEGE
Academic Curriculum - 2021-22
Subject – Physical Education
CLASS – XII

ASSESSMENT 1	ASSESSMENT 2	HALF YEARLY	PRE BOARDS
Unit-I: Planning in Sports	Unit-VII: Test & Measurement in Sports	Unit-I: Planning in Sports	Unit-I: Planning in Sports
Unit-II: Sports & Nutrition	Unit-VIII: Physiology & Sports	Unit-II: Sports & Nutrition	Unit-II: Sports & Nutrition
Unit-III: Yoga & Lifestyle	Unit-IX: Sports Medicine	Unit-III: Yoga & Lifestyle	Unit-III: Yoga & Lifestyle
Unit-IV: Physical Education & Sports for Differently-Abled	Unit-X: Kinesiology, Biomechanics & Sport	Unit-IV: Physical Education & Sports for Differently-Abled	Unit-IV: Physical Education & Sports for Differently-Abled
Unit-V: Children & Sports	Unit-XI: Psychology & Sports	Unit-V: Children & Sports	Unit-V: Children & Sports
Unit-VI: Women & Sports	Unit-XII: Training in Sports	Unit-VI: Women & Sports	Unit-VI: Women & Sports
		Unit-VII: Test & Measurement in Sports	Unit-VII: Test & Measurement in Sports
		Unit-VIII: Physiology & Sports	Unit-VIII: Physiology & Sports
		Unit-IX: Sports Medicine	Unit-IX: Sports Medicine
		Unit-X: Kinesiology, Biomechanics & Sport	Unit-X: Kinesiology, Biomechanics & Sport
		Unit-XI: Psychology & Sports	Unit-XI: Psychology & Sports
		Unit-XII: Training in Sports	Unit-XII: Training in Sports



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CLASS – XI

ASSESSMENT 1	ASSESSMENT 2	HALF YEARLY	FINALS
Unit-I: Changing Trends & Career in Physical Education	Unit-VI: Physical Activity & Leadership Training	Unit-I: Changing Trends & Career in Physical Education	Unit-I: Changing Trends & Career in Physical Education
Unit-II: Olympic Value Education	Unit-VII: Test, Measurement & Evaluation	Unit-II: Olympic Value Education	Unit-II: Olympic Value Education
Unit-III: Physical Fitness, Wellness & Lifestyle	Unit-VIII: Anatomy, Physiology & Kinesiology	Unit-III: Physical Fitness, Wellness & Lifestyle	Unit-III: Physical Fitness, Wellness & Lifestyle
Unit-IV: Physical Education & Sports for CWSN	Unit-IX: Psychology & Sports	Unit-IV: Physical Education & Sports for CWSN	Unit-IV: Physical Education & Sports for CWSN
Unit-V: Yoga	Unit-X: Training and Doping in Sports	Unit-V: Yoga	Unit-V: Yoga
		Unit-VI: Physical Activity & Leadership Training	Unit-VI: Physical Activity & Leadership Training
		Unit-VII: Test, Measurement & Evaluation	Unit-VII: Test, Measurement & Evaluation
		Unit-VIII: Anatomy, Physiology & Kinesiology	Unit-VIII: Anatomy, Physiology & Kinesiology
		Unit-IX: Psychology & Sports	Unit-IX: Psychology & Sports
		Unit-X: Training and Doping in Sports	Unit-X: Training and Doping in Sports