

MAYO COLLEGE, AJMER
SUBJECT CURRICULUM (AY 2022-23)
CBSE
SUBJECT – PHYSICAL EDUCATION & SPORTS
CLASS – IV

Exam	Concepts
Quarterly August 2022	<ol style="list-style-type: none"> 1. Gamesmanship & Sportsmanship 2. Track & Field Events 3. Kabaddi
Half Yearly November 2022	<ol style="list-style-type: none"> 1. Table Tennis 2. First Aid in Sports 3. Friction & Its types
Finals March 2023	<ol style="list-style-type: none"> 1. Badminton 2. Skating 3. Boxing

CLASS – V

Exam	Concepts
Quarterly August 2022	<ol style="list-style-type: none"> 1. Basketball 2. Physical Fitness & Its components 3. Concept of Balance Diet 4. Role of Nutrition in sports
Half Yearly November 2022	<ol style="list-style-type: none"> 1. Equestrian 2. Swimming 3. Warming up and Cooling Down
Finals March 2023	<ol style="list-style-type: none"> 1. Gymnastics 2. Effect of exercise on various human system 3. Yoga

CLASS – VI

Exam	Concepts
Quarterly August 2022	<ol style="list-style-type: none"> 1. Ancient Olympics Games 2. Modern Olympics Games 3. Postural Deformities 4. Cricket
Half Yearly November 2022	<ol style="list-style-type: none"> 1. Football 2. Tennis 3. Knockout and League Tournament
Finals March 2023	<ol style="list-style-type: none"> 1. Hockey 2. Sports Awards in India 3. Squash

CLASS – VII

Exam	Concepts
Periodic Assessment I July 2022	1. Skeleton System (Unit – 1) 2. Muscular System (Unit – 2) Revision
Periodic Assessment II September 2022	1. Respiratory system (Unit – 3) 2. Circulatory system (Unit – 4) Revision
Periodic Assessment III November 2022	1. Sports Training (Unit – 5) 2. Components of fitness (Unit – 6) Revision
Finals February 2023 (PA1+PA2+PA3 will also be tested)	1. Psychology (Unit – 7) Revision

Internal Assessments will be carried out during the Term. The students will be given Grades on the basis of Classwork, Homework and also conducting VIVA.

CLASS – VIII

Exam	Concepts
Periodic Assessment I July 2022	1. Skeleton System (Unit – 1) 2. Muscular System (Unit – 2) Revision
Periodic Assessment II September 2022	1. Respiratory system (Unit – 3) 2. Circulatory system (Unit – 4) Revision
Periodic Assessment III November 2022	1. Energy supply (Unit – 5) 2. The effects of exercise on the body (Unit – 6) Revision
Finals February 2023 (PA1+PA2+PA3 will also be tested)	1. Diet and energy sources (Unit – 7) 2. Methods of training Revision

Internal Assessments will be carried out during the Term. The students will be given Grades based on Classwork, Homework and conducting VIVA.

CLASS – IX & X (CAMBRIDGE IGCSE)

Exam	Concepts
<p>Periodic Assessment I July 2022</p>	<p>Chapter-1 The skeletal and muscular system 1.1 The skeleton and its functions 1.2 Joint types, structure, and formation 1.3 Movement at joints 1.4 Muscles 1.5 Antagonistic muscle action 1.6 Muscle fibre types</p> <p>Chapter – 6 Health and well-being 6.1 Health and well-being 6.2 Fitness 6.3 Diet and energy sources 6.4 Components of fitness 6.5 Fitness testing 6.6 VO₂ max (maximum oxygen uptake)</p> <p>Revision</p>
<p>Periodic Assessment II September 2022</p>	<p>Chapter – 2 Respiratory System 2.1 The pathway of air and gaseous exchange 2.2 The mechanics of breathing 2.3 Breathing volumes and minute ventilation</p> <p>Chapter – 8 Skills and skill acquisition 8.1 Skill and ability 8.2 Skilled performance 8.3 Skill classification 8.4 Simple information-processing model 8.5 The stages of learning 8.6 Feedback 8.7 Guidance</p> <p>Revision</p>
<p>Periodic Assessment III November 2022</p>	<p>Chapter – 3 Circulatory system 3.1 Components of blood 3.2 Heart structure and function 3.3 Cardiac output</p> <p>Chapter – 7 Training 7.1 Principles of training and overload 7.2 Methods of training 7.3 Warming up and cooling down</p> <p>Revision</p>

Finals February 2023 (PA1+PA2+PA3 will also be tested)	Chapter – 10 Social and cultural 10.1 Leisure, recreation, and the growth of leisure activities 10.2 The sports development pyramid 10.3 Access and participation in sport 10.4 Sponsorship 10.5 Media 10.7 Professional and amateur performers 10.8 Technology in sport Revision
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Internal Assessments will be carried out during the Term. The students will be given Grades on the basis of Classwork, Homework, Assessment of Speaking and Listening (ASL), Book Reading and Project based Learning.

CLASS – XI

Exam	Curriculum
Periodic Assessment I July 2022	1. Unit I - Planning in Sports <ul style="list-style-type: none"> • Meaning & Objectives of Planning • Various Committees & its Responsibilities (pre; during & post) • Tournament – Knock-Out, League or Round Robin & Combination 2. Unit II - Sports & Nutrition <ul style="list-style-type: none"> • Balanced Diet & Nutrition: Macro & Micro Nutrients • Nutritive & Non-Nutritive Components of Diet 3. Unit III - Yoga & Lifestyle <ul style="list-style-type: none"> • Asanas as preventive measures • Obesity: Procedure, Benefits & contraindications for Vajrasana,
Periodic Assessment II September 2022	1. Unit IV - Physical Education & Sports for CWSN <ul style="list-style-type: none"> • Concept of Disability & Disorder • Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability) • Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD) 2. Unit V - Children & Women in Sports <ul style="list-style-type: none"> • Motor development & factors affecting it • Exercise Guidelines at different stages of growth & Development • Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures 3. Unit VI - Test & Measurement in Sports <ul style="list-style-type: none"> • Motor Fitness Test • General Motor Fitness – Barrow three item general motor ability • Measurement of Cardio Vascular Fitness • Rikli & Jones - Senior Citizen Fitness Test

	<p>4. Unit VII - Physiology & Injuries in Sports</p> <ul style="list-style-type: none"> • Physiological factor determining component of Physical Fitness • Effect of exercise on Cardio Respiratory System • Effect of exercise on Muscular System
<p>Half Yearly November 2022</p>	<p>1. Unit VIII - Biomechanics & Sports</p> <ul style="list-style-type: none"> • Meaning and Importance of Biomechanics in Sports • Types of movements (Flexion, Extension, Abduction & Adduction) • Newton's Law of Motion & its application in sports • Friction & Sports <p>2. Unit IX - Psychology & Sports</p> <ul style="list-style-type: none"> • Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory • Motivation, its type & techniques <p>3. Unit X - Training in Sports</p> <ul style="list-style-type: none"> • Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic • Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training
<p>Pre Board I January 2023</p>	<ol style="list-style-type: none"> 1. Unit I - Planning in Sports 2. Unit II - Sports & Nutrition 3. Unit III - Yoga & Lifestyle. 4. Unit IV - Physical Education & Sports for CWSN 5. Unit V - Children & Women in Sports 6. Unit VI - Test & Measurement in Sports 7. Unit VII - Physiology & Injuries in Sports 8. Unit VIII - Biomechanics & Sports 9. Unit IX - Psychology & Sports 10. Unit X - Training in Sports
<p>Pre -Board II February 2023</p>	<ol style="list-style-type: none"> 1. Unit I - Planning in Sports 2. Unit II - Sports & Nutrition 3. Unit III - Yoga & Lifestyle. 4. Unit IV - Physical Education & Sports for CWSN 5. Unit V - Children & Women in Sports 6. Unit VI - Test & Measurement in Sports 7. Unit VII - Physiology & Injuries in Sports 8. Unit VIII - Biomechanics & Sports 9. Unit IX - Psychology & Sports 10. Unit X - Training in Sports

CLASS – XII

Exam	Curriculum
Periodic Assessment I July 2022	<p>1. Unit I - Planning in Sports</p> <ul style="list-style-type: none"> • Meaning & Objectives of Planning • Various Committees & its Responsibilities (pre; during & post) • Tournament – Knock-Out, League or Round Robin & Combination • Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic) • Intramural & Extramural – Meaning, Objectives & Its Significance • Specific Sports Programme <p>2. Unit II - Sports & Nutrition</p> <ul style="list-style-type: none"> • Balanced Diet & Nutrition: Macro & Micro Nutrients • Nutritive & Non-Nutritive Components of Diet • Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths <p>3. Unit III - Yoga & Lifestyle</p> <ul style="list-style-type: none"> • Asanas as preventive measures • Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana • Prevention of lifestyle diseases- Diabetes, Asthma, Hypertension, Back Pain
Periodic Assessment II September 2022	<p>1. Unit IV - Physical Education & Sports for CWSN</p> <ul style="list-style-type: none"> • Concept of Disability & Disorder • Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability) • Types of Disorder, its cause & nature • Disability Etiquettes • Advantage of Physical Activities for children with special needs • Strategies to make Physical Activities assessable for children with special need. <p>2. Unit V - Children & Women in Sports</p> <ul style="list-style-type: none"> • Motor development & factors affecting it • Exercise Guidelines at different stages of growth & Development • Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures • Sports participation of women in India • Special consideration (Menarche & Menstrual Disfunction) • Female Athletes Triad (Osteoporosis, Amenoria, Eating Disorders) <p>3. Unit VI - Test & Measurement in Sports</p> <ul style="list-style-type: none"> • Motor Fitness Test • General Motor Fitness – Barrow three item general motor ability • Measurement of Cardio Vascular Fitness • Rikli & Jones - Senior Citizen Fitness Test <p>4. Unit VII - Physiology & Injuries in Sports</p> <ul style="list-style-type: none"> • Physiological factor determining component of Physical Fitness • Effect of exercise on Cardio Respiratory System • Effect of exercise on Muscular System

	<ul style="list-style-type: none"> • Physiological changes due to ageing • Sports injuries: Classification • Bone & Joint Injuries • First Aid – Aims & Objectives
Half Yearly November 2022	<p>1. Unit VIII - Biomechanics & Sports</p> <ul style="list-style-type: none"> • Meaning and Importance of Biomechanics in Sports • Types of movements (Flexion, Extension, Abduction & Adduction) • Newton’s Law of Motion & its application in sports • Friction & Sports <p>2. Unit IX - Psychology & Sports</p> <ul style="list-style-type: none"> • Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory • Motivation, its type & techniques • Exercise Adherence; Reasons to Exercise, Benefits of Exercise • Strategies for Enhancing Adherence to Exercise • Meaning, Concept & Types of Aggressions in Sports <p>3. Unit X - Training in Sports</p> <ul style="list-style-type: none"> • Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic • Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training • Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run • Flexibility – Definition, types & methods to improve flexibility • Coordinative Abilities – Definition & types • Circuit Training - Introduction & its importance
Pre-Board I January 2023	<ol style="list-style-type: none"> 1. Unit I - Planning in Sports 2. Unit II - Sports & Nutrition 3. Unit III - Yoga & Lifestyle. 4. Unit IV - Physical Education & Sports for CWSN 5. Unit V - Children & Women in Sports 6. Unit VI - Test & Measurement in Sports 7. Unit VII - Physiology & Injuries in Sports 8. Unit VIII - Biomechanics & Sports 9. Unit IX - Psychology & Sports 10. Unit X - Training in Sports
Pre -Board II February 2023	<ol style="list-style-type: none"> 1. Unit I - Planning in Sports 2. Unit II - Sports & Nutrition 3. Unit III - Yoga & Lifestyle. 4. Unit IV - Physical Education & Sports for CWSN 5. Unit V - Children & Women in Sports 6. Unit VI - Test & Measurement in Sports 7. Unit VII - Physiology & Injuries in Sports 8. Unit VIII - Biomechanics & Sports 9. Unit IX - Psychology & Sports 10. Unit X - Training in Sports