## English Annual & Weekly Syllabus Split-Up - 2025-26 Grade XII

S.No	Month	No. of Working Days		No. of Days	Торіс	Sub Topic	Resources	Activity	Mid April Test	Periodic Test 1	Pre Mid Term	Mid Term	Periodic Test 2	Post Midterm	Annual
		Days	Week 1	,-											
			Week 2		1. Management of Sporting		To make the students understand the								
	N4			6	Events 2. Children & Women in	Management (Planning, Exercise guidelines of	need and meaning of planning in To make students understand the	of Sports Event Differentiate exercise							
1	March		Week 3	5		WHO for different age  1. Obesity: Procedure,	exercise guidelines of WHO for To make students Understand about	guidelines for different Identify the asanas							<del> </del>
			Week 4	6	measure for Lifestyle	Benefits &	the main life style disease Obesity,	beneficial for different							
			Week 5	6											
			Week 1		4. Physical Education and Sports for CWSN	Organizations     promoting Disability	To make students understand the concept of Disability and Disorder -	Value the advantages of physical activities							
		•	Week 2		5. Sports & Nutrition	1. Concept of balanced diet	To make the students understand the importance of a balanced diet -	of a balanced diet and nutrition. Classify							
2	APRIL	23	Week 3	5	5. Sports & Nutrition	and nutrition - 2. Macro and	the importance of a balanced diet -	nutrition. Classify	1.						
	711112			4	6. Test & Measurement	1. Fitness Test – SAI	To make students Understand and	India Fitness Test in	Manageme						
			Week 4	6	in Sports										
			Week 5	3											
3	JUNE	19	Week 1	0											
			Week 2	6											
			Week 3		7. Physiology & Injuries in Sport		Understanding the physiological factors determining the components	Recognize the physiological factors							
			Week 4		8. Biomechanics and Sports		Understanding Newton's Laws of Motion and their Application in	Understand Newton's Law of Motion and its							
		•	Week 5				3. Women								
			Week 1	5						voilleii					
			Week 2		9. Psychology and Sports	1. Personality; its	To make students understand	Classify different							
4	JULY	27	Week 3		•	definition & types (Jung  1. Concept of Talent	Personality & its classifications-to Making the students understand the								
7	JOLI	27		6	10. Training in Sports	Identification and Talent	concept of talent identification and	concept of talent							
			Week 4	6											<u> </u>
			Week 5	4							_				
			Week 1	2							5. Sports				
			Week 2	5											
5	AUGUST	23	Week 3	5											

			Week 4	6								
			Week 5	5								
6			Week 1	5	Term 1				1. Manage			
			Week 2	6	Term 1							
	EPTEMBE	25	Week 3	6								
			Week 4	6								
		•	Week 5	2								
7			Week 1	3								
	ОСТОВЕР	13	Week 2	6								
			Week 3	4								
			Week 4	0								
			Week 5	0								
8		23	Week 1	0								
			Week 2	5								
	IOVEMBE		Week 3	6								
					Week 4	6						
		•	Week 5	6								
9			Week 1	6								
			Week 2 6									
	PECEMBE 20 Week 3 6											
			Week 4	2								
			Week 5	0								
		22	Week 1	0								
			Week 2	6								
10	JANUARY		Week 3	5								
			Week 4	6								
			Week 5	5								

11	EBRUAR'	23	Week 1	6																
			Week 2	6																
			Week 3	5																
									Week 4	6										
			Week 5	0																
12	MARCH	22	Week 1	5																
			Week 2	6																
			-	22	22	22	22	22	22	22	1 22	ARCH 22	22	Week 3	5					
									Week 4	5										
			Week 5	1																