

## Physical Education ACPP – Class 12 (CBSE)

Month	Unit / Chapter (CBSE Syllabus)	Key Topics Covered	Teaching Methodologies / Activities (ACPP)	Assessment / Skills Focus (Bloom's + NEP)	Interdisciplinary Linkages
<b>April</b>	Unit 1: Management of Sporting Events	Types of tournaments, fixture methods, committees, planning & organization	Discussion, Fixture-making, Mock event planning	Understanding, Applying (Fixture), Analyzing (Event mgmt.)	Business Studies, ICT
<b>May</b>	Unit 2: Children & Women in Sports	Growth & development, female participation, physiological issues, women in Olympics	Debate, Role play, Case study	Remembering, Understanding, Creating (presentation)	Biology, Sociology
<b>July</b>	Unit 3: Yoga as Preventive Measure for Lifestyle Disease	Obesity, diabetes, hypertension, asthma, yoga as therapy	Yoga practice, Meditation sessions, Peer teaching	Applying (Yoga), Evaluating (Health benefits)	Biology, Psychology
<b>August</b>	Unit 4: Physical Education & Sports for CWSN	Types of disabilities, policies, role of PE, Paralympics	Inclusive sports activities, Project work	Understanding, Applying, Creating (inclusive models)	Sociology, Political Sci.

<b>Sept.</b>	Unit 5: Sports & Nutrition	Balanced diet, eating disorders, macro & micronutrients	Seminar, Nutrition chart, Case studies	Remembering, Applying (diet plans), Evaluating	Home Science, Biology
<b>Oct.</b>	Unit 6: Test & Measurement in Sports	Motor fitness tests, anthropometric measurement, calculation methods	Practical tests, Lab work, Data analysis	Applying (tests), Analyzing (results), Evaluating	Mathematics, Data Science
<b>Nov.</b>	Unit 7: Physiology & Injuries in Sports	Muscular, respiratory, circulatory systems; injuries, RICE method	Demonstrations, Charts, First-aid drills	Understanding, Applying (First Aid), Analyzing	Biology, Health Ed.
<b>Dec.</b>	Unit 8: Biomechanics & Sports	Motion, projectile, friction, equilibrium, Newton's laws in sports	Experiments, Simulation, Practical observation	Applying (laws), Analyzing (movements), Evaluating	Physics, Math
<b>Jan.</b>	Unit 9: Psychology & Sports	Personality, motivation, anxiety, leadership, goal-setting	Case study, Role play, Group discussion	Understanding, Applying, Creating (goal plan)	Psychology, Sociology
<b>Feb.</b>	Unit 10: Training in Sports	Strength, endurance, speed, flexibility, coordinative abilities	Training drills, Fitness test, Group projects	Applying (training), Evaluating (performance), Creating	Biology, Sports Science
<b>March</b>	Revision + Practical Exams	Full syllabus revision + practicals (Athletics,	Mock tests, Practical demonstration, Viva	Evaluating, Creating (records), Analyzing	Interdisciplinary overall

Games,  
Yoga, Lab  
records,  
Viva)