

Syllabus
PHYSICAL EDUCATION AND SPORTS
CLASS-XII (2025-26)

THEORY

1. Physical Fitness
2. Sport Training
3. Careers in Physical Education and Sports Awards
4. Sport Injuries
5. Disability
6. Sociological and Psychological Aspects & Physical Education

PRACTICALS

(A) Track and field events (Common for boys and girls)

Any two events can be opted, Sprints-100m- 200m. 400m. 800m. 3000m.

- 1) 110 m Hurdles for Boys (Hurdle should be 96.4 cm high and ten heights) 100 m hurdle for girls (Hurdle should be 76.2 cm high and eight heights) relay race 4× 100 m (for boys), 4× 100 m (for girls).
- 2) Hammer throw, Discus throw, Javelin throw, Shot-put, Long jump, High jump, Triple jump, Pole vault.

(B) Any two games can be opted. Games (for boys and girls)

Group 1. Cricket, Kho Kho, Wrestling, Swimming, lawn tennis.

Group 2. Hockey, Badminton, Soft ball, judo, Weight lifting.

(C) Achievements in sports

Zonal Representation

District Representation

State Representation

National Representation

(D) Practical Copy, Chart or Model

(E) Viva Voce

Note: At the time of practical the student must be in the sports kit.