

INTERNATIONAL INDIAN PUBLIC SCHOOL – RIYADH

Subject: Physical Education

Grade: XII

I Term Plan [23 March 2021 to 24 October 2022]

Sr. No	Week	Chapter	Class Work	Home Work
1	23/03 to 25/03	1. Planning in sports	Explanation , Making fixture and discussion	Fixture
2	28/03 to 01/04		Continuation Ch-1	
3	04/04 to 08/04		Continuation Ch-1	
4	11/04 to 15/04	2. Sports and nutrition	Discussion & Explanation	Question / Answer
5	18/04 to 22/04		Continuation Ch-2	
6	25/04 to 29/04		Continuation Ch-2	
7	02/05 to 17/05	Ramadan holidays		
8	18/05 to 20/05	3. Yoga and lifestyle	Demonstration ,Explanation and discussion	Perform various yogic Asanas
9	23/05 to 27/05		Demonstration ,Explanation and discussion	
10	30/05 to 03/06		Continuation Ch-3	
11	06/06 to 10/06	4. Physical Education and sports for CWSN	Explanation and discussion	Question / Answer
12	13/06 to 17/06		Continuation Ch-4	
13	20/06 to 24/06		Continuation Ch-4	
14	27/06 to 03/07	5. Children and women in sports	Explanation and discussion	Question / Answer
15	04/07 to 11/07	Unit Test –I		
16	12/07 to 14/07		Continuation Ch-5	
17	15/07/2021	PTM		
18	18/07 to 09/09	Summer holidays		
19	12/09 to 16/09	Practical	Demonstration, Explanation & Discussion	To write Journal
20	19/09 to 23/09	6. Test and measurement in sports	Demonstration ,Explanation and discussion	Conduct the test -BMI &Test for old citizens
21	26/09 to 30/09		Continuation Ch- 6	
22	03/10 to 14/10	First -Term Examination		
23	17/10 to 21/10	Non-Instructional Days		

Jamal Ashraf

Teacher's Name

Teacher's Sign

II Term Plan [25 October 2021 to March 2022]

Sr. No	Week	Chapter	Class Work	Home Work
1.	25/10 to 28/10	7. Physiology and injuries in sports	Demonstration, Explanation & Discussion	Question /Answer
2.	31/10 to 04/11		Continuation Ch - 7	
3.	07/11 to 11/11	8. Biomechanics & Sports	Explanation & Discussion	Question /Answer
4.	14/11 to 18/11		Continuation Ch- 8	
5.	21/11 to 25/11	9. Psychology & Sports	Explanation & Discussion	Question /Answer
6.	28/11 to 02/12	10. Training in sports	Demonstration, Explanation & Discussion	Question /Answer
7.	05/12 to 08/12		Continuation Ch- 10	
8.	09/12 to 16/12	Unit Test -II		
9.	19/12 to 22/12	Auxiliary Term End Assessment (2021-2022)		
10.	23/12/2021	PTM		
11	-	Winter holidays		
12	18/01 to 30/01/2022	Pre Board- I Examination		
13	06/02/2022	Results		
14	07/02 to 09/02	Remedial classes		
15	10/02 to 22/02	Pre Board- II Examination		
16	23/02 to 28/02	Remedial classes		

JAMAL ASHRAF

Teacher's Name

Teacher's Sign