

SYLLABUS (2023-24) CLASS XII - COMMERCE

2

	SUBJ	JECT- ENGLISH CORE(301)
	: English Reader -NCERT	
Month (Days)	upplementary Reader -NCERT Syllabus	Learning Outcomes
April(19)	Flamingo: 1. The Last Lesson , 2. My Mother at Sixty-six, 3 . Lost Spring Vistas: 1. The Tiger King, 2 The Enemy	 Analyzing in detail how a key individual, event or idea is introduced in the text Understand Poetry as a literary form and analyze the various elements of poetry. Application of appropriate reading strategies for interpreting texts & Vocabulary building.
	Note making, Notice writing, Letter to the Editor, Invitation, writing, Advertisement	 Announcements of events/celebrations/instructions through formal notices, invitations and letters written in appropriate format and style. express opinions, facts, arguments in the form of articles using a variety of accurate sentence structures
	Flamingo: 4. An Elementary School Classroom in a Slum	 Integrating information as well as words to develop a coherent understanding of the topic. Analyzing and extrapolating the idea e.g. empathy, war ideology, humanity etc Objective evaluation or analysis of an event; announcement of products, services, events etc.
June(8)	Writing Skills: Comprehension Passage, Poster, Speech	 develop greater confidence and proficiency in the use of language skills necessary for social and academic purpose
July(23)	Flamingo: 5. Deep Water , 6. The Rattrap Poem: 1. A Thing of Beauty	 Identifying the main ideas in the text and making inferences based on information. Expressing opinions/ideas in an organized manner using appropriate language and format.
	Writing Skills: Report, Letter to the Editor , Advertisement, Article, Speech	Ability to write coherently and respond imaginatively to questions
August(23)	Flamingo: 7. Indigo 8. Keeping Quiet Vistas: 3.Should Wizard hit Mommy 4. On the face of It 5. The Third Level	 make use of contextual clues to infer meanings of unfamiliar vocabulary select, compile and collate information for an oral presentation

	Writing Skills: Invitation & Replies	 express opinions, facts, arguments in the sentence structures 	e form of articles using a variety of accurate
September (22)	Flamingo: 9. Poets and Pancakes Revision for Half Yearly Examination/ Half Yearly Examination Assessment of Speaking and Listening	 Perceive the overall meaning and organi reasoning 	zation of the text ; develop the skills of
October (20)	Flamingo: 10. Going Places 11. The Interview Vistas 6. Evans Tries an O-level 7. Memories of Childhood	 Ascertaining the kind of issues raised thr Identifying women as marginalized communication struggle against it. Figuring out the complexities of human reminds. 	nunity, the discrimination they face and their
	Writing Skills: Job Application	 Application of appropriate reading strategoing building 	gies for interpreting texts & Vocabulary
November (18)	Flamingo 12. Aunt Jennifer's Tigers 13. Road Side Stand Vistas: 8. Journey to the end of the Earth Writing Skills: Comprehension Passage.	 Engaging in independent reflection and e 	enquiry
	Letter of Complaint, Letter of Enquiry, Letter for Placing Orders	 promote advanced language skills with a 	n aim to develop the skills of reason
December (22)	Pre- board Examination-I		
January (22)	Pre- board Examination-II		
February (23)	Revision for CBSE 2024 Board Examination		-
Syllabus (UT-I)	Syllabus (HY)	Syllabus (UT-II)	Syllabus (Pre-borad)
Flamingo- 1,2,3 Vistas- 1,2 Notice writing, Report writing, Letter to the Editor	Flamingo- 4,5,6 Vistas- 1,2 Advertisement, Poster, Article, Speech , Note Making	Flamingo- 7,8,9 Vistas- 3,4,5 Letter of Complaint, Letter of Enquiry, Letter for Placing Orders, Job Application, Debate (Including Previous syllabus)	Whole syllabus as per C.B.S.E
ASL		nd Listening- The students will acquire neconversations, interviews, and discussions.	cessary listening skills in order to follow and he students will develop adequate speaking

SUBJECT- ACCOUNTANCY (055)

BOOKS: PART I (Not-for-Profit Organizations and Partnership Firms) &

PART II (Company Accounts and Analysis of Financial Statements) - Accountancy For Class XII - NCERT

REFERENCE: T. S. Grewal's Double Entry Book Keeping: Accounting for Not-for-Profit Organizations and Partnership Firms(Vol.I)

- T.S. Grewal's Double Entry Book Keeping Accounting for Companies (Vol.II)
 - T. S. Grewal's Analysis of Financial Statement

Month (Days)	Syllabus	Learning Outcomes
April(19)	 Unit 1. Accounting for Partnership Firms #Ch 1 - Partnership: features, Partnership Deed. #Provisions of the Indian Partnership Act 1932 in the absence of partnership deed. #Fixed v/s fluctuating capital accounts. Preparation of Profit and Loss Appropriation account- division of profit among partners, guarantee of profits. #Past adjustments (relating to interest on capital, interest on drawing, salary and profit sharing ratio). Note: Interest on a partner's loan is to be treated as a charge against profits. #Ch 2- Goodwill: meaning, factors affecting, need for valuation, #methods for calculation (average profits, super profits and capitalization) 	 Students will be able to : State the meaning of partnership, partnership firm and partnership deed. Describe the characteristic features of partnership and the contents of partnership deeds. Discuss the significance of provision of Partnership Act in the absence of partnership deed. Differentiate between fixed and fluctuating capital, outline the process and develop the understanding and skill of preparation of Profit and Loss Appropriation Account. Develop the understanding and skill of preparation profit and loss appropriation account involving guarantee of profits. Develop the understanding and skill of making past adjustments. State the meaning, nature and factors affecting goodwill using different methods.
	 #Reconstitution and Dissolution. # Ch 3 -Change in the Profit Sharing Ratio among the existing partners – sacrificing ratio, gaining ratio, #accounting for revaluation of assets and reassessment of liabilities and treatment of reserves, #accumulated profits and losses. #Preparation of revaluation account and balance sheet Note: (i) If the realized value of tangible assets is not given it should be considered as realized at book value itself. (ii) If the realized value of intangible assets is not given it should be considered as nil (zero value). (ii) In case, the realization expenses are borne by a partner, clear indication should be given regarding the payment thereof. 	 State the meaning of sacrificing ratio, gaining ratio and the change in profit sharing ratio among existing partners. Develop the understanding of accounting treatment of revaluation assets and reassessment of liabilities and treatment of reserves and accumulated profits by preparing revaluation account and balance sheet.

	Unit 1. Accounting for Partnership Firms	Students will be able to :
June(8)	 #Ch 4- Admission of a partner – effect of admission of a partner on change in the profit sharing ratio, #treatment of goodwill (as per AS 26), #treatment for revaluation of assets and re- assessment of liabilities, #treatment of reserves, accumulated profits and losses, #adjustment of capital accounts and preparation of capital, current account and balance sheet. 	 Explain the effect of change in profit sharing ratio on admission of a new partner. Develop the understanding and skill of treatment of goodwill as per AS-26, treatment of revaluation of assets and reassessment of liabilities, treatment of reserves and accumulated profits, adjustment of capital accounts and preparation of capital, current account and balance sheet of the new firm.
July(23)	 Unit 1. Accounting for Partnership Firms # Ch 5- Retirement and death of a partner: #effect of retirement / death of a partner on change in profit sharing ratio, #treatment of goodwill (as per AS 26), #treatment for revaluation of assets and reassessment of liabilities, #adjustment of accumulated profits, losses and reserves, #adjustment of capital accounts and preparation of capital, current account and balance sheet. #Preparation of loan account of the retiring partner. #Ch 6- Calculation of deceased partner's share of profit till the date of death. Preparation of deceased partner's capital account and his executor's account. 	 Students will be able to : Explain the effect of retirement / death of a partner on change in profit sharing ratio. Develop the understanding of accounting treatment of goodwill, revaluation of assets and reassessment of liabilities and adjustment of accumulated profits, losses and reserves on retirement / death of a partner and capital adjustment. Develop the skill of calculation of deceased partner's share till the time of his death and prepare deceased partner's and executor's account. Discuss the preparation of the capital accounts of the remaining partners and the balance sheet of the firm after retirement / death of a partner. Understand the situations under which a partnership firm can be dissolved. Develop the understanding of preparation of realisation accounts and other related accounts.
August (23)	 Unit 1. Accounting for Partnership Firms # Ch 7- Dissolution of a partnership firm: meaning of dissolution of partnership and partnership firm, #types of dissolution of a firm. #Settlement of accounts – preparation of realization account, and other related accounts: capital accounts of partners and cash/bank a/c (excluding piecemeal distribution, sale to a company and insolvency of partner(s)). PROJECT WORK 	 can be dissolved. Develop the understanding of preparation of realisation accounts and other related accounts.

September (22)	 Unit 2: Accounting for Companies #Accounting for Share Capital - Features and types of companies #Share and share capital: nature and types. #Accounting for share capital: issue and allotment of equity and preferences shares. #Public subscription of shares – over subscription and under subscription of shares; #issue at par and at premium, calls in advance and arrears (excluding interest), #issue of shares for consideration other than cash. #Concept of Private Placement and Employee Stock Option Plan (ESOP), Sweat Equity. #Accounting treatment of forfeiture and reissue of shares. #Disclosure of share capital in the Balance Sheet of a company. #Accounting for Debentures – Debentures: Meaning, types, #Issue of debentures at par, at a premium and at a discount. #Issue of debentures with terms of redemption; 	 Students will be able to : State the meaning of share and share capital and differentiate between equity shares and preference shares and different Types of share capital. Understand the meaning of private placement of shares and Employee Stock Option Plan. Explain the accounting treatment of share capital transactions regarding issue of shares. Develop the understanding of accounting treatment of forfeiture and re-issue of forfeited shares. Describe the presentation of share capital in the balance sheet of the company as per schedule III part I of the Companies Act 2013. Explain the accounting treatment of different categories of transactions related to the issue of debentures. Develop the understanding and skill of writing of discount / loss on issue of debentures. Understand the concept of collateral security and its presentation in the balance sheet. Develop the skill of calculating interest on debentures and its accounting treatment.
	#debentures as collateral security-concept, #interest in debentures. #Writing off discount / loss on issue of debentures.	
October(20)	 #Writing off discount / loss on issue of debentures. Unit 3: Analysis of Financial Statements Financial statements of a Company: Meaning, Nature, Uses and importance of financial Statement. Statement of Profit and Loss and Balance Sheet in prescribed form with major headings and subheadings (as per Schedule III to the Companies Act, 2013) (Note: Exceptional items, extraordinary items and profit (loss) from discontinued operations are excluded.) Financial Statement Analysis: Meaning, Significance Objectives, importance and limitations. Tools for Financial Statement Analysis: Cash flow analysis, ratio analysis. 	 Students will be able to : Develop the understanding of major headings and subheadings (as per Schedule III to the Companies Act, 2013) of the balance sheet as per the prescribed norms / formats. State the meaning, objectives and limitations of financial statement analysis. Discuss the meaning of different tools of 'financial statements analysis'. State the meaning, objectives and significance of different types of ratios. Develop the understanding of computation of current ratio and quick ratio.

November(18)	 Accounting Ratios: Meaning, Objectives, Advantage classification and computation. Liquidity Ratios: Current ratio and Quick ratio. Solvency Ratios: Debt to Equity Ratio, Total Asset Proprietary Ratio and Interest Coverage Ratio. Debtemployed Ratio. Activity Ratios: Inventory Turnover Ratio, Trade Ration and very response ratio, Trade Payables Turnover Ratio, FixTurnover Ratio, Net Asset Turnover Ratio and WorkTurnover Ratio. Profitability Ratios: Gross Profit Ratio, Operating Reprofit Ratio, Net Profit Ratio and Return on Investm (Note: Net Profit Ratio is to be calculated on the base before and after tax.) # Comparative Statements and Common Size State Unit 4: Cash Flow Statement Meaning, objectives Benefits, Cash and Cash Equiv Classification of Activities and preparation (as per A (Indirect Method only)) Note: (i) Adjustments relating to depreciation and amortizatios on sale of assets including investments, divider and interim) and tax. (ii) Bank overdraft and cash credit to be treated as a borrowings. (iii) Current Investments to be taken as Marketable sunless otherwise specified. 	to Debt Ratio, to Capital eceivables and Asset ang Capital atio, Operating ent. <i>sis of profit</i> ements valents, S 3 (Revised) ation, profit or ad (both final short term	 asset to debt ratio ratio. Develop the skill of trade receivables capital turnover ra Develop the skill operating ratio, o return on investment State the meanin statement. Develop the under 	l of computation of gross profit ratio, perating profit ratio, net profit ratio and ent.
December(22)	PROJECT WORK SUBMISSION & PRACTICALS,	Pre- board Exar	mination-I	
January (22)	Pre-board Examination-II			
February (23)	Revision for CBSE 2024 Board Examination			
Syllabus (UT-I)	Syllabus (HY) Sylla	bus (UT-II)		Syllabus (Pre-borad)
Unit I Chapter 1,2,3,4	Unit I Unit I Unit I Unit I	I and III		Full Syllabus and Project Work
PROJECT WORK	At the end, each learner will present the research w should be asked from the Research Work/ Project F by the learner is his/her own original work. In case of	ile of the learne	er. The Internal Examin	er should ensure that the study submitted

	SUBJECT- BUSINES	S STUDIES (054)
	tudies PART I (Principles and Functions of Management) PART II (Business Finance & Marketing) Textbook F DEEP GARG'S Business Studies for Class XII	or Class XII (NCERT)
Month (Days)	Syllabus	Learning Outcomes
April(19)	Unit 1: Nature and Significance of Management #Management - concept, objectives and importance #Management as Science, Art and Profession #Levels of management #Management functions - planning, organising, staffing, directing and controlling #Coordination - concept, characteristics and importance	 Students will be able to : Understand the concept of management. Explain the meaning of 'Effectiveness and Efficiency. Discuss the objectives of management. Describe the importance of management. Examine the nature of management as a science, art and profession. Understand the role of top, middle and lower levels of management Explain the functions of management Discuss the concept and characteristics of coordination. Explain the importance of coordination.
	Unit 2: Principles of Management #Principles of Management - concept, nature and significance #Fayol's principles of management #Taylor's Scientific Management - principles #Taylor's Scientific techniques	 Students will be able to : Understand the concept of principles of management. Explain the significance of management principles. Discuss the principles of management developed by Fayol. Explain the principles and techniques of 'Scientific Management'. Compare the contributions of Fayol and Taylor.
	Unit 3: Management and Business Environment #Business Environment - concept and importance #Dimensions of Business Environment - Economic, Social, Technological, Political and Legal. #Demonetisation concepts & Features.	 Students will be able to : Describe the concept, the importance of business environment Describe the various dimensions of 'Business Environment'. Understand the concept of demonetization.
June(8)	Unit 4: Planning #Concept, importance and limitations of plans. #Features of plans. #Planning process, #Single use & Standing Plans, Objectives, #Strategy, policy, procedure, method, rule & Budget.	 Students will be able to : Understand the concept, importance, limitations of planning. Describe the steps in the process of planning. Develop an understanding of single use and standing plans Describe objectives, policies, strategy, procedure, method, rule, budget and programme as types of plans

	Unit 5: Organising #Concept and importance. #Organizing Process. #Structure of organization - functional and divisional, Formal & In-formal concept. #Delegation: concept, elements and importance. #Decentralization: concept and importance. #Differentiate between Delegation & Decentralisation.	 Students will be able to : Understand the concept of organizing as a structure and as a process. Explain the importance & the steps in the process of organising. Describe functional and divisional structures of organisation. Explain the advantages, disadvantages and suitability of both. Understand the concept, the advantages, disadvantages of formal and informal organisation. Understand the concept, elements & the importance of delegation. Understand the concept & importance of decentralisation. Differentiate between delegation and decentralisation.
July(23)	Unit 6: Staffing #Concept and importance of staffing, #Staffing as a part of Human Resource Management. #Staffing process #Recruitment Process; #Selection - process #Training and Development - Concept and importance. #Methods of training- on the job and off the job- Induction training, vestibule training, apprenticeship training and internship training.	 Understand the specialized duties and activities performed by Human Resource Management Describe the concept, the importance & the steps in the process of staffing. Discuss the meaning, the sources of recruitment. Explain the merits and demerits of internal and external sources of recruitment. Describe the meaning and the steps involved in the process of selection. Understand the concept of training and development. Appreciate the importance of training to the organisation and to the employees. Discuss the meaning of induction training, vestibule training, apprenticeship training and internship training. Differentiate between training and development. Discuss on the job and off the job methods of training.

August (23)	Unit 7: Directing #Concept and importance #Elements of Directing: - Supervision - concept, #Functions of a supervisor.; #Motivation - Concept, Maslow's hierarchy of needs; #Financial and non-financial incentives; #Leadership - concept, styles - authoritative, democratic and laissez faire. #Communication - concept, formal and informal communication.	 Students will be able to : Describe the concept, the importance & the various elements of directing. Understand the concept of motivation. Develop an understanding of Maslow's Hierarchy of needs. Discuss the various financial and non-financial incentives. Understand the concept & the various styles of leadership. Understand the concept of communication Understand the elements of the communication process. Discuss the various barriers to effective communication. Suggest measures to overcome barriers to communication.
	Unit 8: Controlling #Concept, nature and importance. #Relationship between planning & Controlling. #Steps in the process of control	 Students will be able to : Understand the concept of controlling. Explain the importance of controlling. Describe the relationship between planning and controlling Discuss the steps in the process of controlling.
September (22)	Unit 9: Financial Management #Concept, role and objectives of financial management. #Financial decisions: investment, financing and dividend and factors affecting #Concept, role and objectives of financial management. #Financial decisions: investment, financing and dividend and factors affecting. #Financial Planning – concept and importance #Capital Structure – concept and factors affecting capital structure #Fixed and Working Capital – Concept and factors affecting their requirements	 Discuss the objectives of financial management Discuss the three financial decisions and the factors affecting them.

October(20)	Unit 10: Financial Markets #Financial Markets: concept and types. #Money market meaning. #Capital market and its types (primary and se #Stock Exchange - functions and trading proc #Depository Services and Demat Account. #Securities and Exchange Board of India (SE objectives and functions.	condary). eedure. condary). condary). cedure. capital market. Explain primary and s Differentiate between Distinguish between	: cept of the financial market, money market and secondary markets as types of capital market. capital market and money market. primary and secondary markets.
November(18)	Unit 11: Marketing Management #Marketing - concept and functions. #Marketing management philosophies. #Marketing Mix - concept #Product - concept, branding, labelling and pa #Price - factors determining price. #Understanding the concept of Physical distri #Promotion -concept and elements; advertisir concept, role, objections against advertising, #Selling - concept and qualities of a good sale sales promotion - concept and techniques, pur relations - concept and role	 Explain the marketing Understand the conce Describe the element Understand the conce Describe the factors of Explain the concept, factors of 	ept, the features and the functions of marketing. g philosophies. ept of marketing mix. so of the marketing mix. ept of product as an element of marketing mix. ept of branding, labelling and packaging. ept of price as an element of marketing mix. determining price of a product. the components of physical distribution.
	Unit 12: Consumer Protection #Concept of consumer protection. #Consumer Protection Act 2019 #Meaning of consumer and consumer protect #Rights and responsibilities of consumers #Who can file a complaint and against whom? #Redressal machinery. #Remedies available. #Consumer awareness – Role of consumer organisations & Non – Governmental organisa [NGO's]	 Discuss the scope of Understand the conce Explain the consumer Understand the responsion Understand who can Discuss the legal redrivations 	ept and the importance of consumer protection. Consumer Protection Act, 2019 ept of a consumer according to the CPA, 2019. r rights. onsibilities of consumers file a complaint and against whom? ressal machinery under CPA, 2019. es available to the consumer under CPA, 2019. consumer organizations and NGOs in protecting
December(22)	PROJECT WORK SUBMISSION & PRACTIC	ALS, Pre- board Examination-I	
January (22)	Pre- board Examination-II		
February (23)	Revision for CBSE 2024 Board Examination		
Syllabus (UT-I)	Syllabus (HY)	Syllabus (UT-II)	Syllabus (Pre-borad)
UNITS - 1, 2, 3 & 4	UNITS - 5, 6, 7 & 8	UNITS - 9, 10, 11 & 12	Full Syllabus and Project Work

	At the end, each learner will present the research work in the Project File to the External and Internal examiner. The questions should	
PROJECT WORK	be asked from the Research Work/ Project File of the learner. The Internal Examiner should ensure that the study submitted by the	
	learner is his/her own original work. In case of any doubt, authenticity should be checked and verified.	

	nics (NCERT) ; Indian Economic Development (NCERT) AT RAI PUBLICATION (AUTHOR – Sandeep Garg)	
Month (Days)	Syllabus	Learning Outcomes
April (19)	Unit 1: National Income and Related AggregatesBasic concepts in macroeconomics: consumption goods, capital goods, finalgoods, intermediate goods; stocks and flows; gross investment and depreciation. ;Circular flow of income (two sector model)Methods of calculating National Income - Value Added or Product method,Expenditure method, Income method.Aggregates related to National Income: Gross National Product (GNP), NetNational Product (NNP), Gross Domestic Product (GDP) and Net DomesticProduct (NDP) - at market price, at factor costReal and Nominal GDP. GDP and Welfare	Understanding of some basic economic concepts and development of economic reasoning which the learners can apply in their day-to-day life as citizens, workers and consumers. Thinking logically, mathematical calculations, solving problems team- work, appreciating the concepts of welfare.
	Unit 2: Money and Banking - Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks.; Money creation by the commercial banking system.	Realization of learners' role in nation building and sensitivity to the economic issues that the nation is facing today.
June (8)	Unit 2: Money and Banking Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker's Bank, Control of Credit through Bank Rate, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.	Application of theory learnt to real life situations
July (23)	 Unit 6: Development Experience (1947-90) and Economic Reforms since 1991: A brief introduction of the state of the Indian economy on the eve of independence. Indian economic system and common goals of Five Year Plans. Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), industry (IPR 1956; SSI – role & importance) and foreign trade. Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST Unit 7 Current Challenges facing the Indian Economy - Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education Sector in India 	Equipment with basic tools of economics and statistics to analyze economic issues. This is pertinent for even those who may not pursue this course beyond senior secondary stage

August (23)	 Unit 7 Current Challenges facing the Indian I Rural development: Key issues - credit and ma agricultural diversification; alternative farming - Employment: Growth and changes in work force informal sectors; problems and policies Sustainable Economic Development: Meanin Development on Resources and Environment, i Unit 4: Government Budget and the Econom objectives and components. Classification of rece receipts; Classification of expenditure – revenue expenditure. Balanced, Surplus and Deficit Bud deficit. 	Development of understanding that there can be more than one view on any economic issue and necessary skills to argue logically with reasoning. Drawing economic policy inferences Recognizing potential constraints in their implementation			
September (22)	Unit 5: Balance of Payments Balance of payments account - meaning and co Surplus and Deficit Foreign exchange rate - me managed floating. Determination of exchange rate demerits of flexible and fixed exchange rate. Ma system	Analyzing and reasoning Understanding foreign policies adopted by governments			
October (20)	Unit 8: Development Experience of India:A comparison with neighbours India and Pakistaeconomic growth, population, sectoral developmDevelopment IndicatorsUnit 3: Determination of Income and EmployAggregate demand and its components. Propersave (average and marginal).	Realization of global perspectives to economic issues			
November (18)	Unit 3: Determination of Income and Employment Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment. Problems of excess demand and deficient demand; measures to correct them - changes in government spending, taxes and money supply.		Analysis and reasoning -graphical skills - solving problems - sensitivity to the economic issues that the nation is facing today.		
December (22)		PROJECT WORK SUBMISSION & PRACTICALS, Pre- board Examination-I			
January (22)	Pre- board Examination-II				
February (23)	Revision for CBSE 2024 Board Examination				
Syllabus (UT-I)		yllabus (UT-II)	Syllabus (Pre Board)		
Unit – 1 & 2		nit – 3,5,8	Full Syllabus and Project Work		
Project Work	The expectations of the project work are that: Learners will complete only ONE project in the academic session ; Project should be of 3,500-4,000 words (excluding diagrams & graphs), preferably hand-written ; It will be an independent, self-directed piece of study.				

	SUBJECT-PHYSICAL EDUCATION (048)						
	sical Education (NCERT)						
REFERENCE: Health & Physical Education -Dr. V. K. Sharma (Published by- Saraswati)							
Month (Days)	Syllabus Unit I Management of Sporting Events	Learning Outcome The students will be able to					
April (19)	 Functions of Sports Events Management (Planning, Organizing, Staffing, Directing & Controlling) Various Committees & their Responsibilities (pre; during & post) Fixtures and its Procedures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic) Intramural & Extramural tournaments – Meaning, Objectives & Its Significance Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity) 	 Describe the functions of Sports Event management Classify the committees and their responsibilities in the sports event Differentiate the different types of tournaments. Prepare fixtures of knockout, league & combination. Distinguish between intramural and extramural sports events Design and prepare different types of community The students will be able to identify the Common Postural Deformities understand the Female Athletes Triad 					
June (8)	 Unit II Children & Women in Sports Exercise guidelines of WHO for different age groups. Common Postural Deformities – Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures Women's participation in Sports – Physical, Psychological, and social benefits. Special consideration (Menarche & Menstrual Dysfunction) Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders 						
July (23)	 Unit III Yoga as Preventive measure for Lifestyle Disease • Obesity, Diabetes, Asthma, Hypertension Unit IV Physical Education & Sports for CWSN (Children with Special Needs – Divyang) Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) Concept of Classification and Divisioning in Sports. Concept of Inclusion in sports, its need, and Implementation; Advantages of Physical Activities for children with special Strategies to make Physical Activities assessable for children with special 	 The students will be able to Perform yoga to Understand the benefits of it and yoga to be performed for Obesity, Diabetes, Asthma, Hypertensi The students will be able to Value the advantages of physical activities for children with special needs Differentiate between methods of categorization in sports for CWSN Understand concepts and the importance of inclusion in sports Create advantages for Children with Special Needs through Physical Activities Strategies physical activities accessible for children with special needs 					

August (23)	 Unit V Sports & Nutrition Concept of balance diet and nutrition Macro and Micro Nutrients: Food sources & functions Nutritive & Non-Nutritive Components of Diet Eating for Weight control -A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths Importance of Diet in Sports-Pre, During and Post competition requirements 	 The students will be able to Understand the concept of a balanced diet and nutrition. Classify Nutritive and Non-Nutritive components of the Diet Identify the ways to maintain a healthy weight Know about foods commonly causing food intolerance Recognize the pitfalls of dieting and food myths
September (22)	 Unit VI Test & Measurement in Sports Fitness Test – SAI Khelo India Fitness Test in school - Age group 5- 8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test ; Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls). Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise. Computing Basal Metabolic Rate (BMR) Rikli & Jones - Senior Citizen Fitness Test Chair Stand Test for lower body strength Arm Curl Test for upper body strength Chair Sit & Reach Test for lower body flexibility Back Scratch Test for upper body flexibility Eight Foot Up & Go Test for agility Six-Minute Walk Test for Aerobic Endurance Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn Unit VII Physiology & Injuries in Sports Physiological factors determining components of physical fitness Effect of exercise on Cardio-Respiratory System Physiological changes due to aging Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries – Dislocation, Fractures – GreenStick, Comminuted, Transverse Oblique & Impacted) 	 group 5-8 years/ (class 1-3) and Age group 9-18yrs/ (class 4-12) Determine physical fitness Index through Harvard Step

October (20)	 Unit VIII Biomechanics & Sports Newton's Law of Motion & its application Types of Levers and their application in Equilibrium – Dynamic & Static and Cerapplication in sports Friction & Sports Projectile in Sports 	Sports	 Understand in sports Recognize application Know about apply it in s Define Fric 	t the Centre of Gravity and will be able to	
November (18)	 Unit IX Psychology & Sports Personality; its definition & types (Jung Classification & Big Five Theory) Meaning, Concept & Types of Aggressions in Sports Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it Meaning, Concept & Types of Aggressions in Sports Psychological Attributes in Sports – Self Esteem, Mental Imagery, Self Talk, Goal Setting 		 The students will be able to Classify different types of personality and their relationship with sports performance. Recognise the concept of motivation and identify various types of motivation. Identify various reasons to exercise, its associated benefits and strategies to promote exercise adherence. Differentiate between different types of aggression in sports. Explain various psychological attributes in sports. 		
	Unit X Training in Sports • Concept of Talent Identification and Tale • Introduction to Sports Training Cycle – I • Types & Method to Develop – Strength • Types & Method to Develop – Flexibility • Circuit Training - Introduction & its impo	ent Development in Sports Micro, Meso, Macro , Endurance and Speed and Coordinative Ability	 underst method training process Unders strengtl Unders flexibilit 	and the concept of talent identification and Is used for talent development in sports and the different cycle used in the training	
December (22)	PROJECT WORK SUBMISSION & PRACTICALS, Pre- board Examination-I				
January (22)	Pre- board Examination-II				
February (23)	Revision for CBSE 2024 Board Examination				
Syllabus (UT-I)	Syllabus(HY)	Syllabus (UT-II)		Syllabus (Pre Board)	
Unit – 1, 2, & 3	Unit – 4, 5, & 6	Unit – 7, 8, & 9 Full Syllabus and Project Work			
Project Work	Model of Handball				