

## SYLLABUS (2024-25) CLASS XII - COMMERCE

	SUB	JECT- ENGLISH CORE(301)	
	: English Reader -NCERT		
2. Vistas: Supplementary Reader -NCERT			
Month (Days) April(19)	Syllabus Flamingo: 1. The Last Lesson , 2. My Mother at Sixty-six, 3 . Lost Spring Vistas: 1. The Tiger King, 2 The Enemy	<ul> <li>Analyzing in detail how a key individual, event or idea is introduced in the text</li> <li>Understand Poetry as a literary form and analyze the various elements of poetry.</li> <li>Application of appropriate reading strategies for interpreting texts &amp; Vocabulary building.</li> </ul>	
	Note making, Notice writing, Letter to the Editor, Invitation, writing, Advertisement	<ul> <li>Announcements of events/celebrations/instructions through formal notices, invitations and letters written in appropriate format and style.</li> <li>express opinions, facts, arguments in the form of articles using a variety of accurate sentence structures</li> </ul>	
	Flamingo: 4. An Elementary School Classroom in a Slum	<ul> <li>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</li> <li>Objective evaluation or analysis of an event; announcement of products, services, events etc.</li> </ul>	
June(8)	Writing Skills: Comprehension Passage, Poster, Speech	<ul> <li>develop greater confidence and proficiency in the use of language skills necessary for social and academic purpose</li> </ul>	
July(23)	Flamingo: 5. Deep Water, 6. The Rattrap Poem: 1. A Thing of Beauty	<ul> <li>Identifying the main ideas in the text and making inferences based on information.</li> <li>Expressing opinions/ideas in an organized manner using appropriate language and format.</li> </ul>	
	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	<ul> <li>make use of contextual clues to infer meanings of unfamiliar vocabulary</li> <li>select, compile and collate information for an oral presentation</li> </ul>	

	Writing Skills: Invitation & Replies	<ul> <li>express opinions, facts, arguments in the sentence structures</li> </ul>	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	<ul> <li>Perceive the overall meaning and organization of the text; develop the skills of reasoning</li> </ul>		
October (20)	Flamingo: 10. Going Places 11. The Interview Vistas 6. Evans Tries an O-level 7. Memories of Childhood	<ul> <li>Identifying women as marginalized comn struggle against it.</li> </ul>	Figuring out the complexities of human relationships; impact on impressionable	
	Writing Skills: Job Application	<ul> <li>Application of appropriate reading strategorial building</li> </ul>	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	Engaging in independent reflection and enquiry		
	Writing Skills: Comprehension Passage. 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	n		
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		ind Listening- The students will acquire neconversations, interviews, and discussions. The cademic		

## **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)	Srewal's Analysis of Financial Statement  Syllabus	Learning Outcomes
Worth (Days)		
April(19)	#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)	<ul> <li>Students will be able to:</li> <li>State the meaning of partnership, partnership firm and partnership deed.</li> <li>Describe the characteristic features of partnership and the contents of partnership deeds.</li> <li>Discuss the significance of provision of Partnership Act in the absence of partnership deed.</li> <li>Differentiate between fixed and fluctuating capital, outline the process and develop the understanding and skill of preparation of Profit and Loss Appropriation Account.</li> <li>Develop the understanding and skill of preparation profit and loss appropriation account involving guarantee of profits.</li> <li>Develop the understanding and skill of making past adjustments.</li> <li>State the meaning, nature and factors affecting goodwill</li> <li>Develop the understanding and skill of valuation of goodwill using different methods.</li> </ul>
	#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.	<ul> <li>State the meaning of sacrificing ratio, gaining ratio and the change in profit sharing ratio among existing partners.</li> <li>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.</li> </ul>

June(8)	### Unit 1. Accounting for Partnership Firms  ###################################	Students will be able to:  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)	#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.	<ul> <li>Students will be able to:</li> <li>Explain the effect of retirement / death of a partner on change in profit sharing ratio.</li> <li>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.</li> <li>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.</li> <li>Discuss the preparation of the capital accounts of the remaining partners and the balance sheet of the firm after retirement / death of a partner.</li> <li>Understand the situations under which a partnership firm can be dissolved.</li> <li>Develop the understanding of preparation of realisation accounts and other related accounts.</li> </ul>
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	<ul> <li>can be dissolved.</li> <li>Develop the understanding of preparation of realisation accounts and other related accounts.</li> </ul>

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September (22)	#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; #debentures as collateral security-concept, #interest in debentures. #Writing off discount / loss on issue of debentures.	<ul> <li>Students will be able to:</li> <li>State the meaning of share and share capital and differentiate between equity shares and preference shares and different Types of share capital.</li> <li>Understand the meaning of private placement of shares and Employee Stock Option Plan.</li> <li>Explain the accounting treatment of share capital transactions regarding issue of shares.</li> <li>Develop the understanding of accounting treatment of forfeiture and re-issue of forfeited shares.</li> <li>Describe the presentation of share capital in the balance sheet of the company as per schedule III part I of the Companies Act 2013.</li> <li>Explain the accounting treatment of different categories of transactions related to the issue of debentures.</li> <li>Develop the understanding and skill of writing of discount / loss on issue of debentures.</li> <li>Understand the concept of collateral security and its presentation in the balance sheet.</li> <li>Develop the skill of calculating interest on debentures and its accounting treatment.</li> <li>State the meaning of redemption of debentures.</li> </ul>
October(20)	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.	<ul> <li>Discuss the meaning of different tools of 'financial statements analysis'.</li> </ul>

	<ul> <li>Accounting Ratios: Meaning, Objectives, A classification and computation.</li> <li>Liquidity Ratios: Current ratio and Quick rations.</li> <li>Solvency Ratios: Debt to Equity Ratio, Total Proprietary Rationand Interest Coverage Rational Employed Ratio.</li> <li>Activity Ratios: Inventory Turnover Ratio, Turnover Ratio, Trade Payables Turnover Rational Turnover Ratio.</li> <li>Profitability Ratios: Gross Profit Ratio, Open Profit Ratio, Net Profit Ratio and Return on Informational (Note: Net Profit Ratio is to be calculated on before and after tax.)</li> <li># Comparative Statements and Common Size</li> </ul>	atio. al Asset to Debt Ratio, tio. Debt to Capital  Trade Receivables atio, Fixed Asset and Working Capital  erating Ratio, Operating avestment. a the basis of profit	asset to debt ratio ratio.  Develop the skill of trade receivables capital turnover ratio operating ratio, or return on investments.	I of computation of gross profit ratio, perating profit ratio, net profit ratio and
November(18)	·		statement.  • Develop the under	erstanding of preparation of Cash Flow and methods as per AS 3 with given
December(22)	PROJECT WORK SUBMISSION & PRACTI	CALS, Pre- board Exar	mination-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)
Unit I Chapter 1,2,3,4	Unit I Chapter 1,2,3,4,5,6,7	Unit II and III		Full Syllabus and Project Work
PROJECT WORK	At the end, each learner will present the resession should be asked from the Research Work/F by the learner is his/her own original work. In	Project File of the learne	er. The Internal Examin	er should ensure that the study submitted

## **SUBJECT- BUSINESS STUDIES (054)**

BOOKS: Business Studies PART I (Principles and Functions of Management)
PART II (Business Finance & Marketing) Textbook For Class XII (NCERT)
REFERENCE: SANDEEP GARG'S Business Studies for Class XII

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	<ul> <li>Explain the meaning of 'Effectiveness and Efficiency.</li> <li>Discuss the objectives of management.</li> <li>Describe the importance of management.</li> <li>Examine the nature of management as a science, art and profession</li> </ul>	
	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.	<ul> <li>Students will be able to:</li> <li>Understand the concept, importance, limitations of planning.</li> <li>Describe the steps in the process of planning.</li> <li>Develop an understanding of single use and standing plans</li> <li>Describe objectives, policies, strategy, procedure, method, rule, budget and programme as types of plans</li> </ul>	

	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.	<ul> <li>Students will be able to:</li> <li>Understand the concept of organizing as a structure and as a process.</li> <li>Explain the importance &amp; the steps in the process of organising.</li> <li>Describe functional and divisional structures of organisation.</li> <li>Explain the advantages, disadvantages and suitability of both.</li> <li>Understand the concept, the advantages, disadvantages of formal and informal organisation.</li> <li>Understand the concept, elements &amp; the importance of delegation.</li> <li>Understand the concept &amp; importance of decentralisation.</li> <li>Differentiate between delegation and decentralisation.</li> </ul>
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.	<ul> <li>Understand the specialized duties and activities performed by Human Resource Management</li> <li>Describe the concept, the importance &amp; the steps in the process of staffing.</li> <li>Discuss the meaning, the sources of recruitment.</li> <li>Explain the merits and demerits of internal and external sources of recruitment.</li> <li>Describe the meaning and the steps involved in the process of selection.</li> <li>Understand the concept of training and development.</li> <li>Appreciate the importance of training to the organisation and to the employees.</li> <li>Discuss the meaning of induction training, vestibule training, apprenticeship training and internship training.</li> <li>Differentiate between training and development.</li> <li>Discuss on the job and off the job methods of training.</li> </ul>

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.	<ul> <li>Students will be able to:</li> <li>Describe the concept, the importance &amp; the various elements of directing.</li> <li>Understand the concept of motivation.</li> <li>Develop an understanding of Maslow's Hierarchy of needs.</li> <li>Discuss the various financial and non-financial incentives.</li> <li>Understand the concept &amp; the various styles of leadership.</li> <li>Understand the concept of communication</li> <li>Understand the elements of the communication process.</li> <li>Discuss the concept of formal and informal communication.</li> <li>Discuss the various barriers to effective communication.</li> <li>Suggest measures to overcome barriers to communication.</li> </ul>
	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	<ul> <li>Discuss the objectives of financial management</li> <li>Discuss the three financial decisions and the factors affecting them.</li> </ul>

October(20)	Unit 10: Financial Markets #Financial Markets: concept and types. #Money market meaning. #Capital market and its types (primary and set) #Stock Exchange - functions and trading professional Professional Securities and Exchange Board of India (SE) objectives and functions.	capital market. econdary). cedure.  capital market. Explain primary and secondary Differentiate between capital market.  Differentiate between prime	of the financial market, money market and ondary markets as types of capital market. Dital market and money market. Dital market and money market. Dital market and markets.	
November(18)	Unit 11: Marketing Management  #Marketing - concept and functions.  #Marketing management philosophies.  #Marketing Mix - concept  #Product - concept, branding, labelling and part of the product of the	<ul> <li>Explain the marketing ph</li> <li>Understand the concept</li> <li>Describe the elements of</li> <li>Understand the concept</li> <li>Understand the concept</li> <li>Understand the concept</li> <li>Describe the factors dete</li> <li>Explain the concept, the</li> </ul>	of marketing mix.  If the marketing mix.  of product as an element of marketing mix.  of branding, labelling and packaging.  of price as an element of marketing mix.  ermining price of a product.  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 organis  [NGO's]	Discuss the scope of Corection.  Understand the concept Explain the consumer rige Understand the responsi Understand who can file Discuss the legal redress Examine the remedies as		
December(22)	PROJECT WORK SUBMISSION & PRACTICALS, Pre- board Examination-I			
January (22)	Pre- board Examination-II			
February (23)	Revision for CBSE 2024 Board Examination	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	

## **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 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.

	SUBJECT – ECONOMICS (030)	
	mics (NCERT); Indian Economic Development (NCERT)	
Month (Days)	AT RAI PUBLICATION (AUTHOR – Sandeep Garg)  Syllabus	Learning Outcomes
April (19)	Unit 1: National Income and Related Aggregates  Basic concepts in macroeconomics: consumption goods, capital goods, final goods, 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), Net National Product (NNP), Gross Domestic Product (GDP) and Net Domestic Product (NDP) - at market price, at factor cost Real 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 teamwork, 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	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
	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	

August (23)	Unit 7 Current Challenges facing the Indian Economy Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming Employment: Growth and changes in work force participation rate in formal and informal sectors; problems and policies Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming Unit 4: Government Budget and the Economy - Government budget - meaning,		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	
	objectives and components. Classification of receipts - revenue receipts and capital receipts; Classification of expenditure – revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget – measures of government deficit.		Recognizing potential constraints in their implementation	
	Unit 5: Balance of Payments  Balance of payments account - meaning and co	omponents: Balance of payments –	Analyzing and reasoning	
September (22)	Surplus and Deficit Foreign exchange rate - me		, mary 2mg and reasoning	
. ,	managed floating. Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate. Managed Floating exchange rate		Understanding foreign policies adopted by governments	
	system			
October (20)	Unit 8: Development Experience of India:  A comparison with neighbours India and Pakistan India and China Issues: economic growth, population, sectoral development and other Human Development Indicators		Realization of global perspectives to economic issues	
(20)	Unit 3: Determination of Income and Employment Aggregate demand and its components. Propensity to consume and propensity to save (average and marginal).		economic issues	
November (18)	Unit 3: Determination of Income and Employ Short-run equilibrium output; investment multiple full employment and involuntary unemployment deficient demand; measures to correct them - contaxes 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	S, Pre- board Examination-I		
January (22)	Pre- board Examination-II			
February (23)	Revision for CBSE 2024 Board Examination	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)								
BOOKS: Health & Physical Education (NCERT)								
REFERENCE: Health & Physical Education -Dr. V. K. Sharma (Published by- Saraswati)  Month (Days)  Syllabus  Learning Outcome								
April (19)	<ul> <li>Unit I Management of Sporting Events</li> <li>Functions of Sports Events Management (Planning, Organizing, Staffing, Directing &amp; Controlling)</li> <li>Various Committees &amp; their Responsibilities (pre; during &amp; post)</li> <li>Fixtures and its Procedures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> <li>Intramural &amp; Extramural tournaments – Meaning, Objectives &amp; Its Significance</li> <li>Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause &amp; Run for Unity)</li> </ul>	<ul> <li>The students will be able to</li> <li>Describe the functions of Sports Event management</li> <li>Classify the committees and their responsibilities in the sports event</li> <li>Differentiate the different types of tournaments.</li> <li>Prepare fixtures of knockout, league &amp; combination.</li> <li>Distinguish between intramural and extramural sports events</li> <li>Design and prepare different types of community</li> </ul>						
June (8)	<ul> <li>Unit II Children &amp; Women in Sports</li> <li>Exercise guidelines of WHO for different age groups.</li> <li>Common Postural Deformities – Knock Knee; Bow Legs; Flat Foot; Round Shoulders; Lordosis, Kyphosis, and Scoliosis and their corrective measures</li> <li>Women's participation in Sports – Physical, Psychological, and social benefits.</li> <li>Special consideration (Menarche &amp; Menstrual Dysfunction)</li> <li>Female Athletes Triad (Osteoporosis, Amenorrhea, Eating Disorders</li> </ul>	The students will be able to     identify the Common Postural Deformities     understand the Female Athletes Triad						
July (23)	<ul> <li>Unit III Yoga as Preventive measure for Lifestyle Disease</li> <li>Obesity, Diabetes, Asthma, Hypertension</li> <li>Unit IV Physical Education &amp; Sports for CWSN (Children with Special Needs – Divyang)</li> <li>Organizations promoting Disability Sports (Special Olympics;</li> <li>Paralympics; Deaflympics)</li> <li>Concept of Classification and Divisioning in Sports.</li> <li>Concept of Inclusion in sports, its need, and Implementation;</li> <li>Advantages of Physical Activities for children with special</li> <li>Strategies to make Physical Activities assessable for children with special</li> </ul>	<ul> <li>The students will be able to         <ul> <li>Perform yoga to Understand the benefits of it and yoga to be performed for Obesity, Diabetes, Asthma, Hypertensi</li> </ul> </li> <li>The students will be able to         <ul> <li>Value the advantages of physical activities for children with special needs</li> <li>Differentiate between methods of categorization in sports for CWSN</li> <li>Understand concepts and the importance of inclusion in sports</li> <li>Create advantages for Children with Special Needs through Physical Activities</li> <li>Strategies physical activities accessible for children with special needs</li> </ul> </li> </ul>						

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

October (20)	<ul> <li>Unit VIII Biomechanics &amp; Sports</li> <li>Newton's Law of Motion &amp; its application</li> <li>Types of Levers and their application in</li> <li>Equilibrium – Dynamic &amp; Static and Cenapplication in sports</li> <li>Friction &amp; Sports</li> <li>Projectile in Sports</li> </ul>	Sports	<ul> <li>in sports</li> <li>Recognize to application</li> <li>Know about apply it in sport apply it in</li></ul>	Newton's Law of Motion and its application the concept of Equilibrium and its in sports.  It the Centre of Gravity and will be able to	
November (18)	<ul> <li>Unit IX Psychology &amp; Sports</li> <li>Personality; its definition &amp; types (Jung of Theory)</li> <li>Meaning, Concept &amp; Types of Aggressic</li> <li>Exercise Adherence: Reasons, Benefits Enhancing it</li> <li>Meaning, Concept &amp; Types of Aggressic</li> <li>Psychological Attributes in Sports – Self Self Talk, Goal Setting</li> <li>Unit X Training in Sports</li> <li>Concept of Talent Identification and Tale</li> </ul>	ons in Sports & Strategies for ons in Sports Esteem, Mental Imagery, ent Development in Sports	relationship Recognise for various type Identify various type Iden	rerent types of personality and their with sports performance. The concept of motivation and identify es of motivation.  Ous reasons to exercise, its associated distrategies to promote exercise adherence. The between different types of aggression in the ious psychological attributes in sports.  Fill be able to and the concept of talent identification and is used for talent development in sports and the different cycle used in the training is the concept of talent development in sports and the different cycle used in the training is the concept of talent development in sports and the different types & methods to develop -	
	<ul> <li>Introduction to Sports Training Cycle – N</li> <li>Types &amp; Method to Develop – Strength</li> <li>Types &amp; Method to Develop – Flexibility</li> <li>Circuit Training - Introduction &amp; its important production in the control of the control o</li></ul>	, Endurance and Speed and Coordinative Ability rtance	<ul><li>Underst flexibility</li><li>Underst</li></ul>	n, endurance, and speed in sports training. cand different types & methods to develop – y and coordinative ability. cand Circuit training and its importance	
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				