

Punjab Board

SYLLABUS

2024-2025

Syllabus
PHYSICAL EDUCATION AND SPORTS
CLASS-XII (2024-25)

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.

Study Materials

aglasem.com

Model Papers

Sample Papers

Half Yearly Sample Papers

Important Resources

Periodic Table

Writing Skills / Formats

Maps of India / World

Notes

- [ ] Class 6 Notes
- [ ] Class 7 Notes
- [ ] Class 8 Notes
- [ ] Class 9 Notes
- [ ] Class 10 Notes
- [ ] Class 11 Notes
- [ ] Class 12 Notes

Books and Solutions

NCERT Books

NCERT Book Solutions

HC Verma Chapter Wise Solutions

RD Sharma Solutions

CGBSE Solutions