



MAHARISHI VIDYA MANDIR PUBLIC SCHOOL



SITAPUR ROAD LUCKNOW

Class – XII

Subject – PHYSICAL EDUCATION

(Session: 2018-2019)

Sr. No.	Month	Topic/Content
1	April'18	Planning in sports
		Sports and Nutrition
2	May'18	Yoga And Lifestyle
3	July'18	Physical Education and Sports for Differently-Abled
		Children and Sports
4	August'18	Women and Sports
		Test and Measurement in Sports
5	September'18	Physiology and Sports
		Sports Medicine
6	October'18	Kinesiology, Biomechanics and Sports
		Psychology and Sports
7	November'18	Training in Sports
8	December'18	Revision