



MAHARISHI VIDYA MANDIR PUBLIC SCHOOL



SITAPUR ROAD LUCKNOW

Class - XII

Subject –Physical Education

(Session: 2017-2018)

Month	Topic/Content
April & May	<ol style="list-style-type: none">1. Planning in sports2. Adventure sports and leadership training3. Sports and Nutrition
July	<ol style="list-style-type: none">4. Postures5. Children and Sports6. Women and Sports
August	<ol style="list-style-type: none">7. Test and Measurement in Sports8. Physiology and Sports
September	<ol style="list-style-type: none">9. Sports Medicine10. Biomechanics and Sports
October	<ol style="list-style-type: none">11. Psychology and Sports12. Training in Sports