

## Monthly allocation of Syllabus

Skill Subject: Physical education and sports

Level: 1

Duration :

Class: IX

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
July	23	Unit Code - PS101 - NQ 2013 Foundation of Physical education	18	5
August	24	Unit Code - PS102 - NQ 2012 Health & Fitness	20	4
September	12	Unit Code = PS103 - NQ 2012 Game & Sports.	8	4
October	21	Unit Code = PS104 - NQ 2012 Developing An Athlete	16	5
November	23	Unit Code = PS104 - NQ 2012 Developing An Athlete	17	6
December	18	Unit Code = PS105 - NQ 2012 Teaching - Learning.	12	6

*It is certified that this "monthly allocation syllabus" covers the whole syllabus*

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## Monthly allocation of Syllabus

Skill Subject: Physical education and sport

Level: 1

Duration :

Class: IX

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
January	14	Unit Code = PS106 - NQ 2012 Managing sports events	10	4
February	22	Unit Code = PS107 - NQ 2012 Nutrition.	18	4

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## Monthly allocation of Syllabus

Skill Subject: Physical education and sports

Level: 8

Duration :

Class: X

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
July	23	Evolution of physical education	18	5
August	24	Health fitness	20	4
September	12	Game & sports.	8	4
October	21	Developing an athlete	16	5
November	23	Developing an athlete	17	6
December	28	Teaching - learning	12	6

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## Monthly allocation of Syllabus

Skill Subject: *Physical education and sports*

Level: *2*

Duration :

Class: *X*

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
<i>January</i>	<i>14</i>	<i>Managing sports events.</i>	<i>12</i>	<i>2</i>
<i>February</i>	<i>22</i>	<i>Nutrition.</i>	<i>18</i>	<i>4</i>

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## Monthly allocation of Syllabus

Skill Subject : Physical education and sports

Level : 3

Duration :

Class : XI

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
July	23	About Phy. edu. & sports sector.	18	5
August	24	Health & fitness	21	3
September	19	Game & Sports.	9	3
October	21	Developing an athlete.	16	5
November.	23	Developing an athlete	18	5
December	18	Teaching - Learning	14	4

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## Monthly allocation of Syllabus

Skill Subject: *Physical education and sports.*

Level: *3.*

Duration :

Class: *XI*

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
<i>January</i>	<i>14</i>	<i>Teaching-Learning</i>	<i>10</i>	<i>4</i>
<i>February</i>	<i>22</i>	<i>managing sports events.</i>	<i>18</i>	<i>4</i>

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## Monthly allocation of Syllabus

Skill Subject: Physical education and sports

Level: ~~III~~ 4

Duration:

Class: ~~XII~~

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
July	23	Role & Responsibilities of Phy. edu. Teacher & sports Coach.	17	6
August	24	Lesson Plan for the Year.	19	5
September	12	Identify & Conduct of events in schools.	10	2
October	21	Maintain everyday Health & Hygiene.	14	7
November	23	Teaching age appropriate activities to children.	18	5
December	18	Learn to Coach & build school team.	14	4

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## Monthly allocation of Syllabus

Skill Subject: Physical education and sports

Level: 4

Duration :

Class: XII

Month	No. of Working days	Title	No. of Teaching Periods	No. of Revision Periods
January	14	Introduction to Information & Communication Technology	10	4
February	22	Introduction to Information & Communication Technology	18	4

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