

**CLASS-VIII**

**HINDI**

**FA 1**

- 1---- पाठ 1--- हम पंछी उन्मुक्त गगन के( ज्ञान सागर और अभ्यास सागर)
- 2---- पाठ 2 -- असल धन( ज्ञान सागर और अभ्यास सागर)
- 3 ---- पाठ 3-- अच्छे पड़ोसी के गुण( ज्ञान सागर और अभ्यास सागर)
- 4---- पाठ 4 दोपहरी( केवल अभ्यास सागर)

**F A 2 Syllabus**

- पाठ 6 ---- आश्रम के अतिथि और संस्मरण( ज्ञान सागर और अभ्यास सागर)
- पाठ 7 ---- अन्याय के खिलाफ लड़ाई( ज्ञान सागर और अभ्यास सागर)
- पाठ 8 ----- दोहे( केवल अभ्यास सागर)
- पाठ 9 ----- जब भोलाराम ने पंप लगाया( ज्ञान सागर और अभ्यास सागर)
- पाठ 10 ----- बातचीत की कला( केवल अभ्यास सागर)

**S A 2 Syllabus---- F A 3**

- पाठ 11 ----- सितारों से आगे( ज्ञान सागर और अभ्यास सागर)
- पाठ 12 ---- पौधे के पंख( ज्ञान सागर और अभ्यास सागर)
- पाठ 13 ----- सूर और तुलसी के पद ( केवल अभ्यास सागर)
- पाठ 14 ----- बहू की विदा( ज्ञान सागर और अभ्यास सागर)
- पाठ 15 ---- कामचोर( ज्ञानसागर और अभ्यास सागर)

**F A 4 -----**

- पाठ 16 एक तिनका( केवल पढ़ने के लिए)
- पाठ 17 ---- सोना( केवल अभ्यास सागर)
- पाठ 18 ---- दुख में हार न मानो( ज्ञान सागर और अभ्यास सागर)
- पाठ 19 ----- जीवन का सच( केवल अभ्यास सागर)
- पाठ 20 ----- ईर्ष्या : तू न गई मेरे मन से( ज्ञान सागर और अभ्यास सागर)

## **SOCIAL SCIENCE**

### **Fa 1**

- 1)Resources utilisation and development
- 2) natural resource land soil and water
- 3)the modern period
- 4)our constitution

### **Fa 2**

- 1) natural resource vegetation and wildlife
- 2)the first war of independence
- 3) the fundamental rights and duties and directive principles of state policy

### **SA1(fa1+fa2)**

### **Fa 3**

- 1) agriculture
- 2)the nationalist movement 1870-1947
- 3)the union government the legislature

### **FA4**

- 1) India marches ahead
- 2) the union government the executive
- 3) the judiciary

## **MATHS**

### **FA - 1**

- 1 : Squares and Square Roots
- 2 : Cubes and Cube Roots
- 3 : Mensuration

### **FA : 2**

- 1 : Algebraic Identities
- 2 : Direct and Inverse Variation
- 3 : Parallel lines
- 4 : Introduction to Graph

### **SA - 1 ( F A-1 + F A- 2)**

### **F A- 3**

- 1 : Exponents and Radicals
- 2 : Polynomials
- 3 : Understanding Quadrilaterals
- 4 : Construction of Quadrilaterals

### **FA - 3 Activity : Properties of Quadrilaterals , Laws of Exponents**

### **FA -4**

- 1 : Linear Equations in One Variable
- 2 : Statistics and Probability

### **FA - 4 Activity :**

Double Bar Graph .  
Pie Circle Graph.

## **SCIENCE**

### **FA1 syllabus:**

- Chapter 1 The Cell- It's structure and functions
- Chapter 2 Microorganisms: Friends and Foe
- Chapter 3 Force and pressure
- Chapter 4 Friction
- Chapter 5 Combustion

Activity: draw a labelled diagram of candle flame.

**FA2 syllabus:**

Chapter 6 conservation of plants and animals

Chapter 7 sources of energy

Chapter 8 electric current and its effect

Chapter 9 earthquake

Chapter 10 pollution of air

**Fa2 activity**,: demonstrate the strong and weak electrolyte and electrolysis

**FA1+FA2= SA1 Syllabus**

**F3 syllabus**

Chapter 11 metals and nonmetals

Chapter 12 Metals and non metals

Chapter 13 Refraction and Dispersion of Light.

Chapter 14 Human Eye

**FA 3 activity**: make a model of human eye or Make a model of Newton's Disc.

**FA 4 syllabus**

Chapter 15 Crop Production and it's management

Chapter 16 Reproduction in Animals

Chapter 17 Reaching the age of adolescent

Chapter 18 sound

Chapter 19 Stars and Solar System

**FA 4 activity**: Make a balanced diet chart as per the requirements of teenagers

**Summative assessment 2 includes whole syllabus of FA1 + FA2+ FA3+FA4.**

**SANSKRIT**

विकासात्मक मूल्यांकन एक :-

पाठ 1 सुवचनानि

पाठ 2 वसुधैव कुटुंबकम्

पाठ 3 अहम् नदी अस्मि ।

विकासात्मक मूल्यांकन 2

पाठ 4 क्षमस्व महर्षे ।

पाठ 5 दिव्या गीर्वाणभारती ।

पाठ 6 मधुराणि वचनानि ।

विकासात्मक मूल्यांकन- 3

पाठ 7. सफलं तस्य जीवितम्

पाठ 8. क्रोधेन कार्यं न सिध्यति

पाठ 9. अविश्वस्ते न विश्वसेत्

विकासात्मक मूल्यांकन- 4

पाठ 12. स्वाध्यायात् मा प्रमदः

व्याकरण भाग :- पुस्तकांतर्गत मात्र ।

हटाया गया पाठ्यक्रम :-

रचनात्मक कार्य :- अनुवाद के प्रश्न में लोट और विधि लिंग लकार ।

अनुप्रयुक्त व्याकरण :-

संधि - यण संधि ।

धातु रूप - रूच धातु ।

प्रत्यय - क्त और क्तवतु ।

## नैतिक शिक्षा।

### **विकासात्मक मूल्यांकन एक :-**

- पाठ 1 ओंकार ध्वज
- पाठ 2 ईश्वर का सर्वश्रेष्ठ नाम
- पाठ 3 आत्मबोध
- पाठ 4 गीता के दो श्लोक
- पाठ 5 गायत्री जप का प्रभाव

### **विकासात्मक मूल्यांकन 2**

- पाठ 6 संस्कृत भाषा
- पाठ 7 राष्ट्रभाषा हिंदी
- पाठ 8 पंच महायज्ञ
- पाठ 9 डी.ए.वी. गान
- पाठ 10 योग की पहली सीढ़ी यम।

### **विकासात्मक मूल्यांकन- 3**

- पाठ 11 योग की द्वितीय नियम
- पाठ 12 वर्ण व्यवस्था का स्वरूप
- पाठ 13 आश्रम व्यवस्था
- पाठ 14 किस दर जाऊं मैं
- पाठ 15 आर्य समाज के नियम ( 7 से 10 तक )

### **विकासात्मक मूल्यांकन- 4**

- पाठ 16 सत्यार्थ प्रकाश
- पाठ 17 डी.ए.वी. संस्थाएं
- पाठ 18 न्यायमूर्ति डॉ मेहर चंद महाजन
- पाठ 19 राष्ट्रीय गीत
- पाठ 20 नित्य कर्म के मंत्र ( केवल स्मरणीय।)
- संकलनात्मक मूल्यांकन - 2 , ( FA-3+FA-4 )

**DAV PUBLIC SCHOOL CHAMBA**

**NEW SYLLABUS (session 2020-21)**

**CLASS: IX**

**English**

**Pre Mid Term**

Beehive

- 1) The fun they had
- 2) The sound of music

Moment

- 1) The Lost child
- 2) The Adventures of Toto

**Mid Term**

Beehive

- 1) My childhood
- 2) Packing

Moment

- 1) In the kingdom of fools
- 2) The Happy prince

**POST TERM**

BEEHIVE(Literature Reader)

Prose

The Bond of Love

If I were You

**Poems**

On Killing a Tree

The snake Trying

Supplementary Reader (Moments)

The Last Leaf

A House Is Not A Home.

The Beggar

**WRITING SKILLS**

Letter writing

Story writing

Paragraph writing

**GRAMMER**

Tenses

Voice

Narration

Modals

Re arrange

Editing

Omission

**Maths**

**Pre mid term**

- 1) number system
- 2) polynomials
- 3) co-ordinate geometry
- 4) lines and angles
- 5) triangles

**Mid term**

- 1) linear equation in two variables

- 2) quadrilateral
- 3) statistics
- 4) heron's formula

### **Post midterm**

- 1) circles
- 2) constructions
- 3) surface areas and volumes
- 4) probability

## **Science**

### **PRE MID TERM**

#### Biology

1. Fundamental unit of life
2. Tissue

#### Physics

- Motion and force

#### Chemistry

1. Matter in our surrounding
2. Is matter around us pure? (half)

### **MID TERM**

#### Biology

1. Tissue
2. Why do we fall ill?

#### Physics

- Gravitation

#### Chemistry

1. Is matter around us pure? (half)
2. Structure of atom

### **POST TERM**

#### Biology

1. Natural resources : Our environment

#### Physics

- Work, energy and power

#### Chemistry

- Atom and molecules

## **Hindi**

### **Pre Mid term-----**

- पाठ 1---- दो बैलों की कथा ( क्षितिज)
- पाठ 2 ----- लहासा की ओर( क्षितिज)
- काव्य खंड से---- वाख ---- ललदय( क्षितिज)
- पाठ 2 ----- मेरे संग की औरतें( कृतिका)
- व्याकरण भाग से---- उपसर्ग प्रत्यय, समास

### **Mid Term Syllabus-----**

- पाठ 4---- सांवले सपनों की याद( क्षितिज)

पाठ 1 ----- दो बैलों की कथा( क्षितिज)

पाठ 3----- रीढ़ी की हड्डी ( कृतिका)

काव्य खंड----- पाठ 12 कैदी और कोकिला( क्षितिज)

व्याकरण भाग----- उपसर्ग प्रत्यय, समास, अर्थ के आधार पर वाक्य भेद, अनुच्छेद लेखन, संवाद

### **Post Term syllabus ----**

पाठ 6 --- प्रेमचंद के फटे जूते( क्षितिज)

पाठ 12 --- कैदी और कोकिला( काव्य खंड क्षितिज)

पाठ 17 ----- बच्चे काम पर जा रहे हैं( क्षितिज)

पाठ 4----- माटी वाली( कृतिका)

व्याकरण भाग-----

उपसर्ग प्रत्यय, समास, अलंकार, अर्थ के आधार पर वाक्य भेद, अनुच्छेद, संवाद, लघु कथा लेखन

## **Social Science**

### **Pre mid term**

- 1) India size and location
- 2) physical features of India
- 3) French revolution
- 4) what is democracy and why democracy
- 5) constitutional design
- 6) story of village Palampur

### **Mid term**

- 1) socialism in Europe
- 2) climate
- 3) electoral politics
- 4) constitutional design (India subpart)
- 5) people as a resource

### **Post mid term)**

- 1) poverty as challenge
- 2) working of institutions
- 3) natural vegetation and wildlife
- 4) Nazism and rise of hitler

**DAV PUBLIC SCHOOL CHAMBA**

**NEW SYLLABUS (session 2020-21)**

**CLASS : X**

**English**

**Pre Mid Term**

First Flight

- 1) A Letter to God
- 2) Nelson Mandela Long Walk to freedom

Footprint without feet

- 1) A Triumph of Surgery
- 2) The Thief's story

**Mid Term**

Hundred Dresses1

Hundred dresses2

Glimpses of India

Ball poem

Amanda poem

Footprints without feet

Making of a scientist

Necklace

**Post mid term syllabus:**

Madam rides the bus

The serman at Benares

The proposal

Animals poem

The tale of custard the dragon poem

The Havk driver

Bholi

**Maths**

**Pre mid term**

- 1) real numbers
- 2) polynomials
- 3) pair of linear equations in two variables
- 4) triangles
- 5) introduction to trigonometry

**Midterm**

- 1) quadratic equations
- 2) arithmetic progression
- 3) statistics
- 4) some applications of trigonometry
- 5) circles

**Post mid term**

- 1) co-ordinate geometry
- 2) surface areas and volumes
- 3) probability
- 4) areas related to circles
- 5) constructions



## Science

### **PRE MID TERM**

1. Biology
  - Chapter -6 LIFE PROCESSES
2. Chemistry
  - Chapter – 1 CHEMICAL REACTION AND EQUATION
  - Chapter – 2 ACIDS, BASES AND SALT (Half chapter)
3. Physics
  - Chapter – 10 LIGHT- REFLECTION AND REFRACTION

### **MID TERM**

1. Biology
  - Chapter – 6 LIFE PROCESSES
  - Chapter – 8 HOW DO ORGANISM REPRODUCE
2. Chemistry
  - Chapter – 2 ACIDS, BASES AND SALT
  - Chapter – 3 METALS AND NONMETALS
3. Physics
  - Chapter – 12 ELECTRICITY

### **POST TERM**

1. Biology
  - Chapter – 8 HOW DO ORGANISM REPRODUCE
  - Chapter – 15 OUR ENVIRONMENT
2. Chemistry
  - Chapter -4 CARBON AND ITS COMPOUNDS
  - Chapter -5 PERIODIC CLASSIFICATION OF ELEMENTS
3. Physics
  - Chapter -13 MAGNETIC EFFECTS OF ELECTRIC CURRENT

## Hindi

### **पूर्व मध्य अवधि -**

सूरदास के पद  
तुलसीदास (संवाद)

### **1. काव्य खंड :**

### **2. गद्य खंड :**

क्षितिज- नेताजी का चश्मा  
बालगोबिन भगत  
कृतिका- माता का आँचल

### **3. व्याकरण :**

पद परिचय  
वाक्य रचना

### **मध्य अवधि -**

### **1. काव्य खंड :**

सूरदास के पद  
उत्साह, अट नहीं रही

### **2. गद्य खंड :**

क्षितिज- बालगोबिन भगत  
लखनवी अंदाज़  
कृतिका- माता का आँचल  
जॉर्ज पंचम की नाक

3. व्याकरण:

पद परिचय  
वाक्य रचना  
वाच्य

4. अनुच्छेद + विज्ञापन

मध्य पद -

1. काव्य खंड:

तुलसीदास(संवाद)  
कन्यादान

2. गद्य खंड:

क्षितिज- नेताजी का चश्मा  
मानवीय करुणा की दिव्य चमक  
कृतिका- जॉर्ज पंचम की नाक  
साना-साना हाथ जोड़ि

3. व्याकरण:

पद परिचय  
वाक्य रचना  
वाच्य  
रस

4. संदेश + पत्र

**Social Science**

**Pre midterm syllabus**

- 1 Nationalism in Europe
- 2 resource and development
- 3 power sharing
- 4 federalism
- 5 development

**Midterm syllabus**

- 1 Nationalism in India
- 2 agriculture
- 3 political parties
- 4 sector of Indian economy
- 5 Money and Credit

**Post Term**

- 1) Manufacturing Industries
- 2) Life line of National Economy
- 3) Outcome of democracy
- 4) Globalization

**DAV PUBLIC SCHOOL CHAMBA**

**NEW SYLLABUS (session 2020-21)**

**CLASS : XI**

**English**

**(Term1)**

**Hornbill**

- 1) The Portrait of a Lady
- 2) We are not afraid to Die

**Snapshot**

- 1) The summer of the beautiful white Horse
- 2) The Address

**TERM-2**

**Hornbill**

1. The browning version
2. Childhood poem.

**Snapshot**

1. Albert Einstein at school

**FIRST TERM**

Hornbill:

The portrait of a lady

We Are not afraid to die

Discovering Tut

Landscape of the soul

The Ailing planet

The Browning version

Silk Road

A photograph

The Laburnum Top

The voice of rain

Childhood

Snapshot

The summer of the beautiful white horse

The Address

Ranga's marriage

Albert Einstein at school

Mother's Day

Birth

**SECOND TERM**

Full syllabus.

**Maths**

**First unit test**

- 1) sets
- 2) trigonometry
- 3) complex numbers and quadratic equation
- 4) statistics

**Second unit test**

- 1) relations and functions
- 2) linear inequalities
- 3) permutations and combinations
- 4) sequences and series

5) three dimensional geometry

**First term**

First unit test + second unit test

**Third unit test**

- 1) straight lines
- 2) limits and derivatives
- 3) conic sections
- 4) probability

**Second term**

- 1) Third unit test 2) sequences and series 3) trigonometry

**Physics**

**UNIT TEST 1 SYLLABUS-**

**UNIT TEST 1-**

1. Physical world and measurement
2. Kinematics.

**UNIT TEST 2-**

- 1) laws of motion
- 2) work energy and power

**TERM 1-**

- 1) physical world and measurement
- 2) kinematics
- 3) laws of motion
- 4) work energy and power
- 5) rotational motion.

**UNIT TEST 3-**

1. Gravitation
2. Properties of bulk matter

**TERM 2-**

- 1) Gravitation
- 2) properties of bulk matter
- 3) thermodynamics
- 4) kinetic theory of gases
- 5) waves and oscillations

**Chemistry**

**Unit test 1**

- 1) Some basic concepts of chemistry
- 2) Structure of atom
- 3) Classification of elements and periodicity in properties

**Unit test 2**

- 1) chemical bonding and molecular structure
- 2) States of matter
- 3) Redox reactions

**Term 1**

- 1) Some basic concepts of chemistry
- 2) Structure of atom

- 3) Classification of elements and periodicity in properties
- 4) Chemical bonding and molecular structure
- 5) States of matter
- 6) Redox reactions
- 7) s block elements

### **Unit 3**

- 1) p block elements
- 2) Some basic concepts of organic Chemistry
- 3) Hydrogen

### **Unit test 4**

- 1) Thermodynamics
- 2) Equilibrium
- 3) Hydrocarbons

### **Term 2**

- 1) p block elements
- 2) Some basic concepts of chemistry
- 3) Hydrogen
- 4) Thermodynamics
- 5) Equilibrium
- 6) Hydrocarbons

### **Preboard**

### **Term 1+ term 2**

## **Biology**

### **UNIT TEST - 1**

#### **UNIT I: DIVERSITY IN THE LIVING WORLD**

Chapter – 1 The living world

Chapter – 2 Biological classification

#### **UNIT III: CELL STRUCTURE AND FUNCTIONS**

Chapter – 1 Cell: the unit of life

Chapter – 2 Biomolecules

Chapter – 3 Cell cycle and division

### **UNIT TEST - 2**

#### **UNIT I: DIVERSITY IN THE LIVING WORLD**

Chapter – 3 Plant kingdom

Chapter – 4 Animal kingdom

#### **UNIT II: ORGANISATION IN PLANTS AND ANIMALS**

Chapter -1 Morphology of flowering plants

### **TERM – 1**

UNIT I: Diversity in the living world

UNIT II: Organisation in plants and animals

UNIT III: Cell structure and functions

### **UNIT TEST - 3**

#### **UNIT II: ORGANISATION IN PLANTS AND ANIMALS**

Chapter – 2 Structural organization in animals

#### **UNIT IV: PLANT PHYSIOLOGY**

Chapter – 1 Photosynthesis in higher plants

Chapter – 2 Respiration in plants

Chapter – 3 Plant growth and development

#### **UNIT V: HUMAN PHYSIOLOGY**

Chapter – 1 Breathing and exchange of gases

### **TERM - 2**

## UNIT IV: PLANT PHYSIOLOGY

Chapter – 1 Photosynthesis in higher plants

Chapter – 2 Respiration in plants

Chapter – 3 Plant growth and development

## UNIT V: HUMAN PHYSIOLOGY

Chapter – 2 Body fluids and circulation

Chapter – 3 Excretory products and their elimination

Chapter – 4 Locomotion and movement

Chapter – 5 Neural control and coordination

Chapter – 6 Chemical coordination and integration

## **PHYSICAL EDUCATION**

### **Unit test 1**

Chapter 1: Changing Trends and career in physical education

Chapter II : Olympic value education

Chapter III : Physical fitness Wellness and lifestyle

### **Unit test II**

Chapter IV : Physical education and sports for CWSN ( children with special needs - Divyang)

Chapter V : yoga

Chapter VI : Physical activity and leadership training

### **Term 1**

### **Unit test 1 +unit test 2**

### **Unit test III**

Chapter VII : Test measurement and evaluation

Chapter VIII : Fundamental of anatomy physiology and kinesiology in sports

### **Unit test IV**

Chapter IX : Psychology and sports

Chapter X : Training and doping in sports

### **Term II**

### **Unit test III + unit test IV**

**DAV PUBLIC SCHOOL CHAMBA**  
**NEW SYLLABUS (session 2020-21)**  
**CLASS - XII**  
**MATHS**

**First unit test**

- 1) Inverse trigonometric functions
- 2) Matrices
- 3) Determinants
- 4) Continuity and differentiability
- 5) Linear programming

**Second unit test**

- 1) Applications of derivatives
- 2) Integrations

**First term**

First unit test + second unit test

**Third unit test**

- 1) Applications of integrals
- 2) Differential equations
- 3) Vectors
- 4) Probability

**Fourth unit test**

- 1) Three dimensional geometry
- 2) Relations and functions

**PHYSICS**

**UNIT TEST 1-**

- 1) Electrostatics
- 2) Current electricity

**UNIT TEST 2-**

- 1) Magnetism
- 2) Electromagnetic induction and ac circuit.

**TERM-1**

1. Electrostatics
2. Current electricity
3. Magnetism
4. Electromagnetic induction in AC circuit
5. Electromagnetic wave.

**UNIT TEST 3-**

1. Dual nature of matter
2. Optics

**PREBOARD -1**

1. Electrostatics
2. Current electricity
3. Magnetism
4. Electromagnetic induction and ac circuit
5. Electromagnetic waves
6. Dual nature of matter
7. Optics
8. Atom and nuclei

9. Semiconductor.

**CHEMISTRY**

**UNIT TEST 1**

- 1) Solutions
- 2) Electrochemistry
- 3) Chemical kinetics

**UNIT TEST 2**

- 1) Solid state
- 2) Surface chemistry
- 3) Haloalkanes and haloarenes
- 4) Coordination compounds

**Term 1**

- 1) Solutions
- 2) Electrochemistry
- 3) Chemical kinetics
- 4) Solid state
- 5) Surface chemistry
- 6) Haloalkanes and haloarenes
- 7) Coordination compounds

**Unit test 3**

- 1) d n f block elements
- 2) Alcohol ,phenol and ethers
- 3) Aldehydes ,ketones and carboxylic acids

**Unit test 4**

- 1) p block elements
- 2) Organic compounds containing nitrogen
- 3) Biomolecules

**Preboard**

Term 1 + term 2

**BIOLOGY**

**UNIT TEST - 1**

**UNIT I: REPRODUCTION**

- Chapter -1 Sexual reproduction in flowering plants  
Chapter – 2 Human reproduction  
Chapter – 3 Rproductive health

**UNIT II: GENETICS AND EVOLUTION**

- Chapter – 1 Principles of inheritance and variations  
Chapter – 2 Molecular basis of inheritance (half chapter)

**UNIT TEST - 2**

**UNIT III: BIOLOGY IN HUMAN WELFARE**

- Chapter -1 Human health & diseases  
Chapter – 2 Microbes in human welfare

**TERM – 1**

**UNIT I:** REPRODUCTION

**UNIT II:** GENETICS AND EVOLUTION

**UNIT III:** BIOLOGY IN HUMAN WELFARE

**UNIT TEST - 3**



## UNIT IV: BIOTECHNOLOGY

Chapter 1 Biotechnology : Principles and processes

Chapter 2 Biotechnology and its application.

### **PREBOARD - 1**

UNIT I: Reproduction

UNIT II: Genetics and evolution

UNIT III: Biology in human welfare

UNIT IV: Biotechnology

UNIT V: Ecology (Chapter – 1 Organisms and populations  
Chapter -2 Biodiversity and conservation)

## **ENGLISH**

### **UNIT TEST-1**

#### **Flamingo**

1.The last lesson.

2.Lost Spring

#### **POETRY**

1.My mother at sixty six.

2.An Elementary School, Classroom in a slum

#### **VISTAS**

1.The Third Level

2.The Enemy

### **UNIT TEST -2**

#### **Flamingo**

1. Indigo

#### **Poetry**

1. Keeping quite

#### **VISTA**

1. On the face of it

### **Syllabus for First Term**

Flamingo

Prose

The last lesson

Lost spring

Deep water

Indigo

#### **Poetry**

A thing of beauty

Aunt Jennifer's Tiger

An elementary school classroom in a slum

Vistas

On face of it

Evans tries o-level

The enemy

#### **Writing section**

Advertisement

Letter (formal)

#### **Articles**

Unseen passage

### **Syllabus of Term- 2**

Full Syllabus

## **PHYSICAL EDUCATION**

Syllabus

### **Unit test 1**

Chapter 1 planning in sports

Chapter 2nd sports and nutrition

Chapter III yoga and lifestyle

### **Unit test II**

Chapter IV physical education and sports for CWSN (children with special needs - Divyang)

Chapter V children and women in sports

Chapter VI test and measurement in sports

**Term I = unit test 1+ unit test II**

### **Unit test III**

Chapter VII physiology and injuries in sports

Chapter VIII biomechanics and sports

### **Unit test IV**

Chapter IX psychology and sports

Chapter X Training in Sports

**Pre board = full syllabus**