


 CLASS 12 PHYSICAL EDUCATION (048) — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE) Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)						
Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)	Practicals / Activities (Minimum)	Assessment / Exams
Apr 2026	23	PE: Unit 1 Management of Sporting Events (Complete)	Unit 1 complete: functions of sports events management; committees and responsibilities; fixtures and procedures (knock-out, league and combination tournaments); intramural and extramural tournaments; community sports programme. Portion boundary: Unit 1 complete.	LO10, LO11, LO12, LO16, LO17	Committee formation, fixture preparation (knock-out and league), mini intramural event planning. Practical-3 initiation: field/equipment diagram + rules/terminologies/skills of one IOA-recognized game.	Project RAIL (April portion): 05-05-2026
May 2026	14	PE: Unit 2 Children and Women in Sports (Complete); PE: Unit 3 Yoga as Preventive Measure for Lifestyle Disease (Start)	Unit 2 complete: WHO exercise guidelines for different age groups; common postural deformities and corrective measures; women's participation in sports; special considerations; female athlete triad. Unit 3 start: yoga module for obesity and diabetes. Portion boundary: Unit 2 complete; Unit 3 Part-I complete.	LO1, LO2, LO3, LO4, LO6, LO7, LO8, LO9	Posture screening + corrective exercise drill; women in sports case discussion; yoga practice set for obesity and diabetes; BMI/basic body parameters recording.	Project RAIL (May portion): 16-06-2026
Jun 2026	12	PE: Unit 3 Yoga as Preventive Measure for Lifestyle Disease (Continue/Finish)	Unit 3 continued and completed: yoga protocols for asthma, hypertension, back pain and arthritis; procedure, benefits and contraindications; active lifestyle and prevention orientation. Portion boundary: Unit 3 complete.	LO1, LO3, LO7, LO8, LO17	Supervised yogic practice for all prescribed lifestyle diseases; Practical-2 draft write-up of asanas; short oral explanation of benefits and contraindications.	Project RAIL (June portion): 07-07-2026
Jul 2026	23	PE: Unit 4 Physical Education & Sports for CWSN (Complete); PE: Unit 5 Sports & Nutrition (Start/Continue)	Unit 4 complete: organisations promoting disability sports; classification and divisioning; concept of inclusion; advantages of physical activities for CWSN; accessibility strategies. Unit 5 start: balanced diet, macro and micronutrients, nutritive and non-nutritive components, basics of sports nutrition. Portion boundary: Unit 4 complete; Unit 5 Part-I complete.	LO1, LO3, LO4, LO5, LO6, LO9, LO12	Inclusive games with modified rules; buddy support strategies; sports diet chart preparation; food sources and functions worksheet; continue Practical-3 skill practice.	Project RAIL (July portion): 04-08-2026
Aug 2026	22	PE: Unit 5 Sports & Nutrition (Finish); PE: Unit 6 Test and Measurement in Sports (Start/Continue)	Unit 5 complete: eating for weight control, healthy weight, pitfalls of dieting, food intolerance, food myths, importance of diet in sports — pre, during and post competition. Unit 6 start: meaning and importance of test, measurement and evaluation; BMI, waist-hip ratio, skinfold; somatotypes; health-related fitness measurement (intro). Portion boundary (Half-Yearly): Units 1–5 complete; Unit 6 started.	LO3, LO4, LO5, LO6, LO12	Diet planning for athletes (pre/during/post event); myth-busting discussion; SAI Khelo India fitness test orientation; anthropometric measurement demo; record file update.	Half Yearly Examination: 07-09-2026 to 12-09-2026 (covers Apr–Aug taught portion)
Sep 2026	14	PE: Unit 6 Test and Measurement in Sports (Finish); PE: Unit 7 Physiology & Injuries in Sport (Start/Continue)	Unit 6 complete: SAI Khelo India test, Harvard Step Test, BMR, Rikli & Jones Senior Citizen Fitness Test, Johnson-Metheny Test of Motor Educability. Unit 7 start: physiological factors determining components of fitness; effects of exercise on muscular and cardiorespiratory systems. Portion boundary: Unit 6 complete; Unit 7 Part-I complete.	LO1, LO6, LO12, LO18	Fitness test administration and data recording; Harvard Step Test demo; BMR computation; physiology charts and case-based discussion; post half-yearly remediation.	Project RAIL (September portion): 06-10-2026

 CLASS 12 PHYSICAL EDUCATION (048) — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE) Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)						
Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)	Practicals / Activities (Minimum)	Assessment / Exams
Oct 2026	21	PE: Unit 7 Physiology & Injuries in Sport (Finish); PE: Unit 8 Biomechanics and Sports (Complete)	Unit 7 complete: physiological changes due to ageing; classification, causes, prevention and management of sports injuries; first aid aims and objectives. Unit 8 complete: Newton's laws and application in sports; levers; equilibrium; centre of gravity; friction and projectile. Portion boundary: Units 7–8 complete.	LO11, LO13, LO14, LO15, LO18	First-aid box and injury management drill; lever model activity; projectile and equilibrium demonstration; Practical-2 finalisation of asana write-ups; concept-based worksheets.	Project RAIL (October portion): 03-11-2026
Nov 2026	16	PE: Unit 9 Psychology and Sports (Complete); PE: Unit 10 Training in Sports (Complete) + Quick Revision	Unit 9 complete: personality, motivation, exercise adherence, aggression, psychological attributes in sports. Unit 10 complete: talent identification and development, training cycles, methods to develop strength/endurance/speed/flexibility/coordinative ability, circuit training, skill/technique/tactics/strategies, doping and disadvantages. Portion boundary: Full syllabus completed (Units 1–10).	LO11, LO13, LO14, LO15, LO18, LO19	Circuit training session; psychological attribute self-assessment; doping awareness chart; mock skill test for Practical-3; practical record completion and viva question bank.	Syllabus completion target for Class 12: Nov 2026
Dec 2026	15	Full Syllabus Practice & Remedial (Pre-Board Block) + Practical/Viva Revision	Full syllabus mixed practice: unit-wise recap, case-based and concept-based questions, fitness test interpretation, sport psychology and training concepts, yoga protocols, targeted remedial teaching.	LO3, LO4, LO5, LO6, LO7, LO8, LO13, LO14, LO15, LO18	2 full mock papers + analysis; practical rehearsal: fitness test, yogic practices and one chosen game/sport; record file completion and viva practice.	Pre-Board + Remedial + Practice: 07-12-2026 to 12-12-2026 (Full syllabus)
Jan 2027	17	Revision + Sample Papers + Previous Year Questions + Pre-Board-II / Mock Test (Full syllabus)	Complete syllabus revision through chapter/unit-wise recap and mixed board-pattern practice; focus on weak areas identified in Pre-Board, answer presentation, time management and concept retention.	LO3, LO4, LO5, LO6, LO7, LO8, LO13, LO14, LO15, LO18	Weekly timed mock tests + item-wise analysis + doubt clearance + targeted remediation.	Pre-Board-II / Mock Test (Full syllabus): as per Board/school schedule
Feb 2027	18	Board Examination Preparation / Board Examination	Final revision and examination readiness; mixed practice of important terms, diagrams / numericals / source-based / case-based / application questions as applicable to the subject.	LO3, LO4, LO5, LO6, LO7, LO8, LO13, LO14, LO15, LO18	Rapid revision sheets + oral viva / practical / project support (where relevant) + teacher feedback.	Board Examination (as per Board schedule)
Mar 2027	20	Board Examination (continued, if applicable) / Post-exam Academic Support	Board examination continuation / light post-exam academic engagement, bridge work, reading / enrichment / record completion as applicable.	LO3, LO4, LO5, LO6, LO7, LO8, LO13, LO14, LO15, LO18	Bridge activities / portfolio / reading enrichment / feedback.	Board Examination / Post-exam school support (as applicable)

LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)


 CLASS 12 PHYSICAL EDUCATION (048) — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE) Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)						
Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)	Practicals / Activities (Minimum)	Assessment / Exams
LO ID	NCERT Learning Outcome					
L01	identifies factors affecting health and well-being.					
L02	analyses factors affecting growth and development during adolescence period.					
L03	explains the need of nutritious food as pertinent to health.					
L04	lists appropriate foods to provide adequate energy, eating at appropriate times in relation to physical activities as preventive measures.					
L05	plans diet for healthy living of adolescents.					
L06	measures body parameters such as pulse rate, height, body weight, and girth using correct procedure.					
L07	performs yogic activities, cooperative games, and student invented games for holistic health.					
L08	performs and practice Anulom/ Vilom Pranayama (Alternate Nostril Breathing), kriya and meditation.					
L09	exhibits sensitivity toward individual differences in different types of games and sports.					
L010	acquaints with rules and regulation of the games and sports.					
L011	displays leadership qualities with special reference to planning, contributing, and resource mobilisation in games and sports meet organisation and administration.					
L012	records and documents the performance in various games, sports and other physical activities.					
L013	demonstrates the use of first-aid during common injuries or CPR.					
L014	applies first aid principles and survival skills during injuries and emergency.					
L015	displays different ways to manage stress and aggression.					
L016	displays sportsmanship, group leadership and ethics with special reference to team games.					
L017	collaborates with peers, respects both genders and actively participates in group and individual activities.					
L018	establishes linkages of games and sports learnings with other subject areas.					
L019	expresses responsible behaviour regarding substance misuse.					



**CLASS 12 PHYSICAL EDUCATION (048) — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) +
Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint
(For CM SoE & Non-CM SoE)
Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)**

Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)	Practicals / Activities (Minimum)	Assessment / Exams
A. THEORY BLUEPRINT						
S.No.	Unit / Block			Marks	Details / Scope	
1	Unit 1 — Management of Sporting Events			05 + 04b*		
2	Unit 2 — Children and Women in Sports			07		
3	Unit 3 — Yoga as Preventive Measure for Lifestyle Disease			06 + 01b*		
4	Unit 4 — Physical Education & Sports for CWSN			04 + 04b*		
5	Unit 5 — Sports & Nutrition			07		
6	Unit 6 — Test and Measurement in Sports			08		
7	Unit 7 — Physiology & Injuries in Sport			04 + 04b*		
8	Unit 8 — Biomechanics and Sports			10		
9	Unit 9 — Psychology and Sports			07		
10	Unit 10 — Training in Sports			09		
	TOTAL THEORY			70		

C. TYPOLOGY OF QUESTIONS

	CLASS 12 PHYSICAL EDUCATION (048) — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE) Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)					
	Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)	Practicals / Activities (Minimum)
Item	Details					
Theory Design	Theory paper follows official unit-wise allotment across Units 1–10.					
Concept-Based Items	Marks shown with b* denote concept-based questions such as tactile diagram / data interpretation / case-based study for visually impaired child, as indicated in the syllabus.					

C. PRACTICAL BLUEPRINT

S.No.	Component	Marks	Details
1	Practical / Lab Work (including 3 practicals)	30	
	GRAND TOTAL	100	Theory 70 + Practical 30