

Class – XII(Humanities)(2026-27)
Detailed Syllabus - 2026 -2027

ENGLISH CORE
Subject Code – 301
Classes XII (2026-27)

One Theory Paper

Marks: 80

Section	Competencies	Total Marks
Reading Skills	Conceptual understanding, decoding, Analyzing, inferring, interpreting, appreciating, literary, conventions and vocabulary, summarizing and using appropriate format/s.	22
Creative Writing Skills	Conceptual Understanding, application of rules, Analysis, Reasoning, appropriate style and tone, using appropriate format and fluency, inference, analysis, evaluation and creativity.	18
Literature Text Book and Supplementary Reading Text	Recalling, reasoning, appreciating literary convention, inference, analysis, creativity with fluency, Critical Thinking.	40
	TOTAL	80
Internal Assessment	Assessment of Listening and Speaking Skills <ul style="list-style-type: none"> • Listening • Speaking 	10 5+5
	Project Work	10
	GRAND TOTAL	80

COURSE STRUCTURE

Learning Objectives
<ul style="list-style-type: none"> • listen and comprehend live as well as recorded oral presentations on a variety of topics • develop greater confidence and proficiency in the use of language skills necessary for social and academic purpose to participate in group discussions and interviews, by making short oral presentation on given topics • perceive the overall meaning and organisation of the text (i.e., correlation of the vital portions of the text) • identify the central/main point and supporting details, etc., to build communicative competence in various lexicons of English • promote advanced language skills with an aim to develop the skills of reasoning, drawing inferences, etc. through meaningful activities • translate texts from mother tongue(s) into English and vice versa • develop ability and acquire knowledge required in order to engage in independent reflection and enquiry

- read and comprehend extended texts (prescribed and non-prescribed) in the following genres: science fiction, drama, poetry, biography, autobiography, travel and sports literature, etc.
- text-based writing (i.e., writing in response to questions or tasks based on prescribed or unseen texts), understand and respond to lectures, speeches, etc.
- write expository / argumentative essays, explaining or developing a topic, arguing a case, etc, write formal/informal letters and applications for different purposes
- make use of contextual clues to infer meanings of unfamiliar vocabulary
- select, compile and collate information for an oral presentation
- produce unified paragraphs with adequate details and support
- use grammatical structures accurately and appropriately
- write items related to the workplace (minutes, memoranda, notices, summaries, reports etc.
- filling up of forms, preparing CV, e-mail messages., making notes from reference materials, recorded talks etc

Month	Topic
March	<ol style="list-style-type: none"> 1. My mother at sixty – six 2. Aunt Jennifer’s Tigers 3. The Last Lesson
April/ May	<ol style="list-style-type: none"> 1. Keeping Quiet 2. A Thing of Beauty 3. A Roadside Stand 4. Notice Writing 5. Lost Spring 6. Deep Water 7. Invitations & Replies
July	<ol style="list-style-type: none"> 1. The Rattrap 2. Indigo 3. The Interview 4. Articles 5. Reports
August	<ol style="list-style-type: none"> 1. Going Places 2. The Third Level 3. The Tiger King
September	<ol style="list-style-type: none"> 1. Letter Writing 2. Revision 3. A.L.S
October	<ol style="list-style-type: none"> 1. Journey to the end of the Earth 2. On the face of it 3. Poets & Pancakes
November	<ol style="list-style-type: none"> 1. The Enemy 2. Memories of Childhood 3. A.L.S 4. Revision
December	Pre - Board

January	Final A.L.S
----------------	-------------

Prescribed Books:

1. Flamingo, Class XII, Published by NCERT
2. Vistas, Class XII, Published by NCERT

ENGLISH CORE (301) - ASSESSMENT PLANNER -2026-27
XII ABCD

ASSESSMENT	SYLLABUS
PA 1 (20 Marks)	<ol style="list-style-type: none"> 1. My mother at sixty – six 2. Aunt Jennifer’s Tigers 3. Keeping Quiet 4. A Thing of Beauty 5. A Roadside Stand 6. Notice Writing
HALF YEALY EXAM (80 Marks)	All the chapters from Flamingo From Vistas <ol style="list-style-type: none"> 1. Tiger King 2. The Third Level 3. Writing Skills
PA 2 (20 Marks)	<ol style="list-style-type: none"> 1. Letter Writing 2. Report Writing 3. Invitations & Replies 4. Journey to the end of the Earth
ANNUAL EXAM THEORY (80 MARKS)	Full Syllabus

DETAILED SYLLABUS (2026-2027)
POLITICAL SCIENCE (028)
CLASS XII
COURSE STRUCTURE

Chapter No.	Chapter Name	Marks Allotted
PART A- CONTEMPORARY WORLD POLITICS		
1	The End of Bipolarity	6
2	Contemporary Centres of Power	6
3	Contemporary South Asia	6
4	International Organizations	6
5	Security in the Contemporary World	6
6	Environment and Natural Resources	6
7	Globalisation	4

	PART A- Total	40
PART B-POLITICS IN INDIA SINCE INDEPENDENCE		
1	Challenges of Nation-Building	6
2	Era of One-Party Dominance	4
3	Politics of Planned Development	2
4	India's External Development	6
5	Challenges to and Restoration of the Congress System	4
6	The Crisis of Democratic Order	4
7	Regional Aspirations	6
8	Recent Developments in Indian Politics	8
	PART B- Total	40
	Total	80

AIMS AND OBJECTIVES

PART A- Contemporary World Politics

- Enable an understanding of the nature of political interactions amongst the sovereign states in the World.
- Trace the key political events and processes in the post-cold war era.
- Analyse the all-encompassing impact of various global institutions, processes, and events.
- Promote international understanding and respect for humanity.

PART B- Politics in India since Independence

- Understand and analyse constitutional institutions and their working in the post-independence era.
- Appreciate the contribution of political leaders in Nation Building.
- Develop the capacity to link Government structure, processes, and their policies with contemporary political realities.
- Acquaint the students to the changing trends and developments in India.

MONTH	TOPIC
March	<p><u><i>PART A- Contemporary World Politics</i></u></p> <p>Ch1 The End of Bipolarity</p> <ul style="list-style-type: none"> • The Soviet System • Gorbachev and the disintegration • Causes and Consequences of disintegration of Soviet Union • Shock Therapy and its consequences • Tensions and conflicts in the former Soviet Republics • Relationship between India and the post-communist countries
April	<p>Ch2 Contemporary Centres of Power</p> <ul style="list-style-type: none"> • European Union • ASEAN • Rise of China as an economic power • Japan and South Korea as emerging powers <p>Ch3 Contemporary South Asia</p> <ul style="list-style-type: none"> • Military and Democracy in Pakistan and Bangladesh

	<ul style="list-style-type: none"> • Monarchy and Democracy in Nepal • Ethnic conflict and Democracy in Sri Lanka • India-Pakistan conflicts • India and its neighbours • Peace and Cooperation
May	<p>Ch4 International Organisations</p> <ul style="list-style-type: none"> • Meaning and Importance of international organisations • Evolution of UN and principal organs of UN • Structure and function of International Organisations • Need for reforms in the changing world • India and the UN reforms • Key agencies and NGO • Implications and Future of International Organisations
July	<p>Ch5 Security in the Contemporary World</p> <ul style="list-style-type: none"> • Meaning and type of security • Traditional concept of security • Non-Traditional notions of security • New sources of threats • Cooperative security • India's Security strategy <p>Ch6 Environment and Natural Resources</p> <ul style="list-style-type: none"> • Environmental concerns • Global Commons • Common but differentiated responsibilities • India's stand on environmental issues • Environmental movements • Resource Geopolitics • Rights of Indigenous people <p>Ch7 Globalisation</p> <ul style="list-style-type: none"> • Concept of Globalisation • Causes and Consequences of globalisation • India and globalisation • Resistance to globalisation • India and resistance to globalisation
August	<p><u>PART B- Politics in India since Independence</u></p> <p>Ch1 Challenges of Nation Building</p> <ul style="list-style-type: none"> • Challenges for the new nation • Partition: Displacement and Rehabilitation • Integration of Princely States • Reorganisation of States

	<p>Ch2 Era of One-Party Dominance</p> <ul style="list-style-type: none"> • Challenges of building democracy • Congress dominance in the first three general elections • Emergence of opposition parties <p>Ch3 Politics of Planned Development</p> <ul style="list-style-type: none"> • Ideas of Development • Planning Commission • The First Five Year Plan • Rapid Industrialisation
September	<p>Ch4 India's External Relations</p> <ul style="list-style-type: none"> • International Context • The Policy of Non-Alignment • Peace and conflict with China • India's Nuclear Policy <p>REVISION</p>
October	<p>Ch5 Challenges to and Restoration of the Congress System</p> <ul style="list-style-type: none"> • Challenges of Political Succession • Fourth General Election 1967 • Split in the Congress • The 1971 Election and Restoration of Congress <p>Ch6 The Crisis of Democratic Order</p> <ul style="list-style-type: none"> • Background to Emergency • Declaration of Emergency • Lessons of Emergency • Politics after Emergency
November	<p>Ch7 Regional Aspirations</p> <ul style="list-style-type: none"> • Region and the Nation: areas of tension, Jammu and Kashmir • Punjab • The Northeast <p>Ch8 Recent Developments in Indian Politics</p> <ul style="list-style-type: none"> • Context of 1990s • Era of Coalition • Political rise of the Backward classes • Communalism, Secularism and Democracy • Lok Sabha Elections 2004 • Growing Consensus <p>REVISION</p>
December	Pre Board Exam

January	Revision
February	Board Exam

Project Work: 20 Marks

Prescribed Books:

1. Contemporary World Politics, Class XII, Published by NCERT
2. Politics in India since Independence, Class XII, Published by NCERT

ASSESSMENT PLANNER: SESSION 2026-2027

SUBJECT: POLITICAL SCIENCE (028)

CLASS: XII

TEST	MAX. MARKS	SYLLABUS
PERIODIC ASSESSMENT 1	20	<p><u>PART A- CONTEMPORARY WORLD POLITICS</u></p> <ul style="list-style-type: none"> • The End of Bipolarity • Contemporary Centres of Power
MID TERM EXAM	80	<p><u>PART A- CONTEMPORARY WORLD POLITICS</u></p> <ul style="list-style-type: none"> • The End of Bipolarity • Contemporary Centres of Power • Contemporary South Asia • International Organizations • Security in the Contemporary World • Environment and Natural Resources • Globalisation
PERIODIC ASSESSMENT 2	20	<p><u>PART B- POLITICS IN INDIA SINCE INDEPENDENCE</u></p> <ul style="list-style-type: none"> • Challenges of Nation-Building • Era of One Party Dominance

ANNUAL EXAM	80	<p><u>PART A- CONTEMPORARY WORLD POLITICS</u></p> <ul style="list-style-type: none"> • The End of Bipolarity • Contemporary Centres of Power • Contemporary South Asia • International Organizations • Security in the Contemporary World • Environment and Natural Resources • Globalisation
		<p><u>PART B- POLITICS IN INDIA SINCE INDEPENDENCE</u></p> <ul style="list-style-type: none"> • Challenges of Nation-Building • Era of One Party Dominance • Politics of Planned Development • India's External Relations • Challenges to and Restoration of the Congress System • The Crisis of Democratic Order • Regional Aspirations • Recent Developments in Indian Politics

PSYCHOLOGY
Subject Code – 037
Classes XII (2026-27)

One Theory Paper

Marks: 70

Units	Topics	Marks
I	Variations in Psychological Attributes	13
II	Self and Personality	13
III	Meeting Life Challenges	9
IV	Psychological Disorders	12
V	Therapeutic Approaches	9
VI	Attitude and Social Cognition	8
VII	Social Influence and Group Processes	6
	Total	70

Learning Objectives

- To help students understand the nature of psychological knowledge and its relevance to different aspects of life.
- To encourage students to be observant, socially aware, and reflective.
- To reduce stigma and increase awareness of psychological well-being by educating students about mental health.
- To help students understand their own thoughts, emotions and behaviors fostering personal growth and resilience, preparing them to become responsible global members of society.

COURSE CONTENT	
Month	Topic
April	<p>Unit 1 Variations in Psychological Attributes</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity
May/ July	<p>Unit II Self and Personality</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural Aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ol style="list-style-type: none"> a. Type Approach b. Trait Approach c. Psychodynamic Approach d. Behavioural Approach e. Cultural Approach f. Humanistic Approach 8. Assessment of Personality <ol style="list-style-type: none"> a. Self-report Measures b. Projective Techniques c. Behavioural Analysis

<p>July</p>	<p>Unit III Meeting Life Challenges</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Stress Resistant Personality • Life Skills • Positive Health
<p>July/August</p>	<p>Unit IV Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction <ul style="list-style-type: none"> • Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders
<p>August</p>	<p>Unit V Therapeutic Approaches</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Nature and Process of Psychotherapy <ul style="list-style-type: none"> • Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> • Psychodynamic Therapy

	<ul style="list-style-type: none"> • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Biomedical Therapy • Alternative Therapies Rehabilitation of the Mentally Ill
October	Unit VI Attitude and Social Cognition <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice
November	Unit VII Social Influence and Group Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation
December	Pre-Board
Practical Marks 30 <ul style="list-style-type: none"> • 5 Psychological Test • 1 Case Profile Prescribed Books: <ol style="list-style-type: none"> 1. Psychology, Class XII, Published by NCERT 	

PSYCHOLOGY - ASSESSMENT PLANNER -2026-27
XII ABD

TEST	SYLLABUS
PA 1 (20 Marks)	Unit -1 Variations in Psychological Attributes Unit – 2 Self and Personality
MID TERM EXAM (70 Marks)	Unit -1 Variations in Psychological Attributes Unit – 2 Self and Personality Unit – 3 Meeting Life Challenges Unit – 4 Psychological Disorders
PRE-BOARD (70 Marks)	Unit -1 Variations in Psychological Attributes Unit – 2 Self and Personality Unit – 3 Meeting Life Challenges Unit – 4 Psychological Disorders Unit – 5 Therapeutic Approaches Unit – 6 Attitude and Social Cognition Unit – 7 Social Influence and Group processes

Class 12 - Mathematics(2026-27)

No.	Units	Marks
I.	Sets and Functions	23
II.	Algebra	25
III.	Coordinate Geometry	12
IV.	Calculus	08
V.	Statistics and Probability	12
	Total	80
	Internal Assessment	20

LEARNING OUTCOMES

September	Ch-12 Linear Programming <ul style="list-style-type: none"> Introduction, related terminology such as constraints, objective function, optimization, graphical method of solution for problems in two variables, feasible and infeasible regions (bounded or unbounded).
October	Ch-10 Vectors <ul style="list-style-type: none"> Vectors and scalars, magnitude and direction of a vector. Direction cosines and direction ratios of a vector. Types of vectors, addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio. properties and application of scalar (dot) product of vectors, vector (cross) product of vectors. Ch-11 Three Dimensional Geometry <ul style="list-style-type: none"> Direction cosines and direction ratios of a line joining two points. Cartesian equation and vector equation of a line, skew lines, shortest distance between two lines. Angle between two lines. Ch-13 Probability <ul style="list-style-type: none"> Conditional probability, multiplication theorem on probability, independent events, total probability, Bayes' theorem, Random variable and its probability distribution, mean of random variable.
November	Ch-3 Matrices <ul style="list-style-type: none"> Concept, notation, order, equality, types of matrices, zero and identity matrix, transpose of a matrix, symmetric and skew symmetric matrices. Operations on matrices: Addition and multiplication and multiplication with a scalar. Invertible matrices and proof of the uniqueness of inverse, if it exists; (Here all matrices will have real entries). Ch-4 Determinants <ul style="list-style-type: none"> Determinant of a square matrix (up to 3 x 3 matrices), minors, co-factors and applications of determinants in finding the area of a triangle. Adjoint and inverse of a square matrix. Consistency, inconsistency and number of solutions, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix. Ch-1 Relations and Functions <ul style="list-style-type: none"> Types of relations: reflexive, symmetric, transitive and equivalence relations. One to one and onto functions.
December	Revision & Pre Board
January	• Revision
February	• Board exam
	INTERNAL ASSESSMENT 20 MARKS Periodic Test :- 10 Marks Mathematics Activities :- 10 Marks PRESCRIBED BOOKS 1. Mathematics Part I - Textbook for Class XII, NCERT Publication 2. Mathematics Part II - Textbook for Class XII, NCERT Publication 3. Mathematics Lab Manual class XII, published by NCERT

ASSESSMENT PLANNER : SESSION 2026- 2027

SUBJECT : Mathematics

CLASS : XII

TEST	MAX. MARKS	SYLLABUS
PERIODIC ASSESSEMENT 1	20	<ul style="list-style-type: none"> • Inverse trigonometry • Continuity and differentiability
MID TERM EXAMS	80	<ul style="list-style-type: none"> •Inverse trigonometry •Continuity and differentiability •Application of derivatives •Integration •Application of Integration •Differential equation •Linear programming problems
PRE BOARD	80	<ul style="list-style-type: none"> • Relation and Functions • Inverse trigonometry • Matrices • Determinants • Continuity and Differentiability • AOD • Integration • AOI • Differential equations • Vectors • 3D • Linear programming problems • Probability

ECONOMICS
Subject Code – 030
Classes XII (2026-27)

One Theory Paper

Marks: 80

Units	Topics	Marks
Part A	Introductory Macro Economics	40
	National Income Accounting and Related Aggregate	10
	Money and Banking	6
	Determination of Income and Employment	12
	Government Budget and the Economy	6
	Balance of Payment	6
Part B	Indian Economic Development	40
	Development experiences (1947 - 90) and Economic reforms since 1991	12
	Current challenges facing Indian Economy	12
	Development Experiences of India and a comparison with Neighbours	8

	TOTAL	80
Part C	Project Report	20

Learning Objectives

Efficient Allocation of Resources

Economics aims to ensure that limited resources are used in the best possible way to produce maximum satisfaction.

Economic Growth

It focuses on increasing the production of goods and services over time to improve the standard of living.

Full Employment

One major goal is to provide employment opportunities so that all willing and able people can work.

Price Stability

Economics tries to control inflation and deflation to maintain stable prices in the economy.

Equitable Distribution of Income. It aims to reduce inequality and ensure a fair distribution of income and wealth among people.

COURSE CONTENT

Month	Topic
March/April	<p>Unit 1: National Income and Related Aggregates</p> <p>What is Macroeconomics?</p> <p>Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.</p> <p>Circular flow of income (two sector model);</p> <p>Methods of calculating National Income - Value Added or Product method, Expenditure method, Income method.</p> <p>Aggregates related to National Income: Gross National Product (GNP), Net National Product (NNP), Gross Domestic Product (GDP) and Net Domestic Product (NDP) - at market price, at factor cost; Real and Nominal GDP</p> <p>GDP Deflator, GDP and Welfare</p>
May	<p>Unit 2: Money and Banking</p> <p>Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks.</p> <p>Money creation by the commercial banking system.</p> <p>Central bank and its functions (example of the Reserve Bank of India): Bank of issue, Govt. Bank, Banker’s Bank, Control of Credit through Bank Rate, Cash Reserve Ratio (CRR), Statutory Liquidity Ratio (SLR), Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement.</p>

<p>July</p>	<p>Unit 3: Determination of Income and Employment Aggregate demand and its components. Propensity to consume and propensity to save (average and marginal). Short-run equilibrium output; investment multiplier and its mechanism. Meaning of full employment and involuntary unemployment. Problems of excess demand and deficient demand; measures to correct them – Changes in government spending, taxes and money supply.</p> <p>Unit 4: Government Budget and the Economy Government budget – meaning, objectives and components. Classification of receipts – revenue receipts and capital receipts; Classification of expenditure – revenue expenditure and capital expenditure. Balanced, Surplus and Deficit Budget – measures of government deficit.</p>
<p>August</p>	<p>Unit 5: Balance of Payments Balance of payments account - meaning and components; Balance of payments – Surplus and Deficit Foreign exchange rate - meaning of fixed and flexible rates and managed floating. Determination of exchange rate in a free market, Merits and demerits of flexible and fixed exchange rate. Managed Floating exchange rate system</p> <p>Part B: Indian Economic Development</p> <p>Unit 6: Development Experience (1947-90) and Economic Reforms. since 1991: A brief introduction of the state of Indian economy on the eve of independence.</p>
<p>August</p>	<p>Indian economic system and common goals of Five Year Plans. Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy), industry (IPR 1956; SSI – role & importance) and foreign trade. Economic Reforms since 1991: Features and appraisals of liberalisation, globalisation and privatisation (LPG policy); Concepts of demonetization and GST</p>

<p>September/ October</p>	<p>Unit 7: Current challenges facing Indian Economy Human Capital Formation: How people become resource; Role of human capital in economic development; Growth of Education Sector in India Rural development: Key issues - credit and marketing - role of cooperatives; agricultural diversification; alternative farming - organic farming Employment: Growth and changes in work force participation rate in formal and informal sectors; problems and policies Sustainable Economic Development: Meaning, Effects of Economic Development on Resources and Environment, including global warming</p>
<p>November</p>	<p>Unit 8: Development Experience of India: A comparison with Neighbours India and Pakistan India and China Issues: economic growth, population, sectoral development and other Human Development Indicators</p>
<p>December</p>	<p>Pre-Board</p>
<p>Practical Marks 20 Project in Economics</p> <p>Prescribed Books:</p> <ol style="list-style-type: none"> 1. Indian Economic Development, NCERT 2. Macroeconomics, NCERT 3. Supplementary Reading Material in Economics, CBSE 	

ECONOMICS - ASSESSMENT PLANNER -2026-27
XII A & C

TEST	SYLLABUS
<p>PA 1 (20 Marks)</p>	<p>Unit -1 National Income Accounting</p>

MID TERM EXAM (80 Marks)	<ol style="list-style-type: none"> 1. National Income Accounting 2. Money and Banking 3. Theory of Income and Employment 4. Government Budget 5. Balance of Payment 6. India on the Eve of Independence.
PRE-BOARD (80 Marks)	Full syllabus

HISTORY
SUBJECT CODE- 027
CLASS XII

LEARNING OUTCOMES

In class XII the focus will shift to a detailed study of some themes in ancient, medieval, and modern Indian history although the attempt is to soften the distinction between what is conventionally termed as ancient, medieval and modern. The object would be to study a set of these themes in some detail and depth rather than survey the entire chronological span of Indian history. In this sense the course will be built on the knowledge that the students have acquired in the earlier classes.

Each theme in class XII will also introduce the students to one type of source for the study of history. Through such a study, students would begin to see what different types of sources can reveal and what they cannot tell. They would come to know how historians analyse these sources, the problems, and difficulties of interpreting each type of source, and the way a larger picture of an event, a historical process, or a historical figure, is built by looking at different types of sources. Each theme for class XII will be organized around four sub heads:

1. A detailed overview of the events, issues, and processes under discussion.
2. A summary of the present state of research on the theme.
3. An account of how knowledge about the theme has been acquired.
4. An excerpt from a primary source related to the theme, explaining how it has been said by historians.

While the themes in both the classes (XI and XII) are arranged in a broad chronological sequence, there are overlaps between them.

This is intended to convey a sense that chronological divides and periodization do not always operate in a neat fashion. In the textbooks each theme would be located in a specific time and place. But these discussions would be situated within a wider context by.....

- Plotting the specific event within timelines.
- Discussing the event or process in relation to the developments in other places and other times.

COURSE STRUCTURE

S.No.	Part	Marks
1	Themes in Indian History Part--I	25
2	Themes in Indian History Part—II	25
3	Themes in Indian History Part—III	25
4	Map	05
	Total	80

<p>MARCH</p>	<p>1 BRICKS, BEADS AND BONES The Harappan Civilisation Broad overview: Early urban centres Story of discovery: Harappan civilization Excerpt: Archaeological report on a major site Discussion: How it has been utilized by archaeologists/ historians</p>
<p>APRIL</p>	<p>2 KINGS, FARMERS AND TOWNS Early States and Economies (c.600 BCE -600 CE) Broad overview: Political and economic History from the Mauryan to the Gupta period Story of discovery: Inscriptions and the Decipherment of the script. Shifts in the Understanding of political and economic history. Excerpt: Ashokan inscription and Gupta period land grant Discussion: Interpretation of inscriptions by historians</p>
<p>APRIL/MAY</p>	<p>3 KINSHIP, CASTE, AND CLASS Early Societies (c. 600 BCE-600 CE) Broad overview: Social Histories: Using the Mahabharata Issues in social history, including caste, class, kinship and gender Story of discovery: Transmission and publications of the Mahabharat Excerpt: from the Mahabharata, illustrating how it has been used by historians. Discussion: Other sources for reconstructing social history</p>
<p>MAY</p>	<p>4 THINKERS, BELIEFS AND BUILDINGS Cultural Developments (c. 600 BCE-600 CE) Broad overview: A History of Buddhism: Sanchi Stupa a) A brief review of religious histories of Vedic religion, Jainism, Vaishnavism, Shaivism (Puranic Hinduism) b) Focus on Buddhism. Story of discovery: Sanchi stupa. Excerpt: Reproduction of sculptures from Sanchi. Discussion: Ways in which sculpture has been interpreted by historians, other sources for reconstructing the history of Buddhism.</p>
<p>JULY</p>	<p>5 THROUGH THE EYES OF TRAVELLERS Perceptions of Society (c. tenth to seventeenth centuries) Broad Overview: outlines of social and cultural life as they appear in traveller’s account. Story of their writings: A discussion of where they travelled, what they wrote and for whom they wrote. Excerpts: from Al Biruni, Ibn Battuta, Francois Bernier. Discussion: What these travel accounts can tell us and how they have been interpreted by historians</p>
<p>JULY</p>	<p>6 BHAKTI –SUFİ TRADITIONS Changes in Religious Beliefs and Devotional Texts (c. eighth to eighteenth centuries) Broad overview: a. Outline of religious developments during this period</p>

	<p>saints.</p> <p>b. Ideas and practices of the Bhakti-Sufi</p> <p>Story of Transmission: How Bhakti-Sufi compositions have been preserved.</p> <p>Excerpt: Extracts from selected Bhakti-Sufi works.</p> <p>Discussion: Ways in which these have been interpreted by historians.</p>
AUGUST	<p>7 AN IMPERIAL CAPITAL: VIJAYANAGARA (c. fourteenth to sixteenth centuries)</p> <p>Broad Over View: New Architecture: Hampi</p> <p>a. Outline of new buildings during Vijayanagar period-temples, forts, irrigation facilities.</p> <p>b. Relationship between architecture and the political system</p> <p>Story of Discovery: Account of how Hampi was found.</p> <p>Excerpt: Visuals of buildings at Hampi Discussion: Ways in which historians have analyzed and interpreted these structures.</p>
AUGUST	<p>8 PEASANTS, ZAMINDARS AND THE STATE Agrarian Society and the Mughal Empire (c. sixteenth seventeenth centuries)</p> <p>Broad overview: The Aini-Akbari</p> <p>a. Structure of agrarian relations in the 16th and 17th centuries.</p> <p>b. Patterns of change over the period.</p> <p>Story of Discovery: Account of the compilation and translation of Ain I Akbari</p> <p>Excerpt: from the Ain-iAkbari.</p> <p>Discussion: Ways in which historians have used texts to reconstruct history</p>
AUGUST	<p>09 COLONIALISM AND THE COUNTRYSIDE Exploring Official Archives</p> <p>Broad overview: Colonialism and Rural Society: Evidence from Official Reports</p> <p>a) Life of zamindars, peasants and artisans in the late18thcentury</p> <p>b). Permanent Settlement, Santhals and Paharias</p> <p>Story of official records: An account of why official Investigations in to rural societies were undertaken and the types of records and reports produced.</p> <p>Excerpts: From Fifth Report</p> <p>Discussion: What the official records tell and do not tell, and how they have been used by historians.</p>
SEPTEMBER	<p>10 REBELS AND THE RAJ: 1857 Revolt and its Representations</p> <p>Broad overview: a. The eventsof1857-58.</p> <p>b. Vision of Unity</p> <p>c. How these events were recorded and narrated.</p> <p>Focus: Lucknow Excerpts: Pictures of 1857. Extracts from contemporary accounts. Discussion: How the pictures of 1857 shaped British opinion of what had happened.</p>

SEPTEMBER	11 MAHATMA GANDHI AND THE NATIONALIST MOVEMENT Civil Disobedience and Beyond Broad overview: a. The Nationalist Movement 1918 -48. b. The nature of Gandhian politics and leadership. Focus: Mahatma Gandhi and the three movements and his last days as “finest hours” Excerpts: Reports from English and Indian language newspapers and other contemporary writings. Discussion: How newspapers can be a source of history.
OCTOBER	12 FRAMING THE CONSTITUTION The Beginning of a New Era Broad overview: The Making of the Constitution an overview: a. Independence and then new nation state. b. The making of the Constitution Focus: The Constituent Assembly Debates Excerpts: from the debates Discussion: What such debates reveal and how they can be analysed. REVISION

PRESCRIBED TEXTBOOKS: THEMES IN INDIAN HISTORY PART-I (NCERT)
THEMES IN INDIAN HISTORY PART-II
THEMES IN INDIAN HISTORY PART-III

ASSESSMENT PLANNER

SUBJECT: HISTORY (027)

CLASS: XII

TEST	SYLLABUS
PERIODIC ASSESSMENT – I (20 MARKS)	<ul style="list-style-type: none"> ● KINGS, FARMERS AND TOWNS ● BRICKS BEADS AND BONES
MID TERM EXAM (80 MARKS)	<ul style="list-style-type: none"> ● BRICKS, BEADS AND BONES ● KINGS, FARMERS AND TOWNS ● KINSHIP, CASTE AND CLASS ● THINKERS, BELIEFS AND BUILDINGS ● THROUGH THE EYES OF THE TRAVELLERS ● BHAKTI AND SUFI TRADITIONS ● AN IMPERIAL CAPITAL-VIJAYANAGARA ● PEASANTS, ZAMINDARS AND THE STATE
PERIODIC ASSESSMENT – II (20 MARKS)	<ul style="list-style-type: none"> ● COLONIALISM AND THE COUNTRYSIDE ● REBELS AND THE RAJ: REVOLT OF 1857

ANNUAL EXAM
&
PRE-BOARD
EXAM
(80 MARKS)

- BRICKS, BEADS AND BONES
- KINGS, FARMERS AND TOWNS
- KINSHIP, CASTE AND CLASS
- THINKERS, BELIEFS AND BUILDINGS
- THROUGH THE EYES OF THE TRAVELLERS
- BHAKTI AND SUFI TRADITIONS
- AN IMPERIAL CAPITAL-VIJAYANAGARA
- PEASANTS, ZAMINDARS AND THE STATE
- COLONIALISM AND THE COUNTRYSIDE
- REBELS AND THE RAJ: REVOLT OF 1857
- GANDHI AND THE NATIONALIST MOVEMENT
- FRAMING OF THE CONSTITUTION

SOCIOLOGY
Subject Code – 039
Classes XII (2026-27)

One Theory Paper

Marks: 80

Units	Marks
Book I Indian Society	
2. The Demographic Structure of the Indian Society	10
3. Social Institutions: Continuity and Change	10
5. Patterns of Social Inequality and Exclusion	10
6. The Challenges of Cultural Diversity	10
Book II Social Change and Development in India	
1. Structural Change	5
2. Cultural Change	5
4. Change and Development in Rural Society	10
5. Change and Development in Industrial Society	10
8. Social Movements	10
Total	80
Project Work	20

COURSE STRUCTURE

Learning Objectives	
<ul style="list-style-type: none">- Explain the structure and characteristics of Indian society.- Understand concepts such as social institutions, social stratification, and social change.- Identify the role of family, caste, class, tribe, and gender in society, and unity in diversity.- Analyze issues related to social exclusion and inclusion.- Discuss issues such as poverty, unemployment, communalism, and regionalism.- Understand government policies and social movements related to these issues.- Understand sociological research methods such as surveys, observation, and interviews.- Interpret social data and information.	
Month	Topic
April	CH 2 THE DEMOGRAPHIC STRUCTURE OF INDIAN SOCIETY <ul style="list-style-type: none">- Meaning of demography.- Theories and concepts in demography- Population size, growth and distribution in India.- Age structure and sex ratio.- Literacy rate and occupational structure.- Demographic indicators and their social implications.- Rural-Urban Linkages and Divisions- Population Policy in India
May	CH 3 SOCIAL INSTITUTIONS CONTINUITY AND CHANGE <ul style="list-style-type: none">- Meaning of social institutions.- Family, marriage and kinship in India.- Changes in family structure (joint to nuclear).- Changing patterns of marriage.- Role of caste and kinship in society.- Tribal Communities
July	CH 5 PATTERNS OF SOCIAL INEQUALITY AND EXCLUSION <ul style="list-style-type: none">- Meaning of social inequality.- Social Inequality and Social Exclusion- Caste inequality and untouchability.- Tribe and tribal issues.- Gender inequality.- The Struggle for Women's Equality and Rights- The Struggle of the Differently Abled- Policies for social inclusion.
August	CH 6 THE CHALLENGES OF CULTURAL DIVERSITY <ul style="list-style-type: none">- Meaning of cultural diversity.- Cultural Communities and the nation state- Problems of communalism and regionalism.- National integration and unity.- Cultural rights and minority rights.- Importance of tolerance and respect for diversity.- State and Civil Society
September	CH 8 STRUCTURAL CHANGE <ul style="list-style-type: none">- Meaning of structural change in society.- Understanding Colonialism, Industrialisation and Urbanisation- Changes in social institutions and occupations.- Impact of industrialisation and urbanisation.

	<ul style="list-style-type: none"> - Migration and its effects. <p>CH 9 CULTURAL CHANGE</p> <ul style="list-style-type: none"> - Meaning of cultural change. - Social Reform Movements - Sanskritisation. - Westernisation. - Modernisation. - Secularisation - Impact of global culture.
October	<p>CH 11 CHANGE AND DEVELOPMENT IN RURAL SOCIETY</p> <ul style="list-style-type: none"> - Agrarian structure in India- Caste & Class in Rural India - Land reforms and Green Revolution. - Changes in rural economy. - Rural poverty and development programmes. - Migration from villages to cities. - Globalisation, Liberalisation and Rural Society
November	<p>CH 12 CHANGE AND DEVELOPMENT IN INDUSTRIAL SOCIETY</p> <ul style="list-style-type: none"> - Industrialisation in India- From Planned Industrialisation to Liberalisation - Working class and labour issues. - Trade unions and labour movements. - Impact of industries on society. - How people find jobs - Home based work - Strike and Union <p>CH 15 SOCIAL MOVEMENTS</p> <ul style="list-style-type: none"> - Meaning of social movements. - Types of movements: reform, revolutionary and new social movements. - Theories of Social Movements - Environmental movements. - Women's movements and tribal movements. - Class-based Movements: Workers, Peasants - Caste-based Movements: Dalit Movement, Backward class/Castes, Trends in Upper Caste Response - Tribal Movements
December	<p>REVISION</p> <p>PRE-BOARD I</p>
<p>Practical (20 marks)</p> <ul style="list-style-type: none"> • One Project <p>Prescribed Books:</p> <p>1. Sociology, Class XII, Published by NCERT</p>	

SOCIOLOGY - ASSESSMENT PLANNER -2026-27

XII B

ASSESSMENT	SYLLABUS
PA 1 (20 Marks)	Ch 2 The Demographic Structure of Indian Society Ch 3 Social Institutions Continuity and Change
HALF YEALY EXAM (80 Marks)	Ch 2 The Demographic Structure of the Indian Society Ch 3 Social Institutions: Continuity and Change Ch 5 Patterns of Social Inequality and Exclusion Ch 6 The Challenges of Cultural Diversity
PA 2 (20 Marks)	Ch 8 Structural Change Ch 9 Cultural Change
ANNUAL EXAM THEORY (80 MARKS)	Ch 2 The Demographic Structure of the Indian Society Ch 3 Social Institutions: Continuity and Change Ch 5 Patterns of Social Inequality and Exclusion Ch 6 The Challenges of Cultural Diversity Ch 8 Structural Change Ch 9 Cultural Change Ch 11 Change and Development in Rural Society Ch 12 Change and Development in Industrial Society Ch 15 Social Movements

MARKETING
(SUBJECT CODE-812)
CLASS XII (2026-27)

Theory Paper (Marks: 60)

Practical (Marks: 40)

	Units	Topics	Marks
Part A (Employability Skills)	I	Communication Skills-IV	2
	II	Self-Management Skills-IV	2
	III	ICT Skills-IV	2
	IV	Entrepreneurial Skills-IV	2
	V	Green Skills-IV	2
Part B (Subject Specific skills)	I	Product	10
	II	Price Decision	10
	III	Place Decision: Channels of Distribution	10
	IV	Promotion	10
	V	Emerging Trends in Marketing	10
		Total	60

Learning objectives

- To understand the classical marketing perspectives and contrasts these with newer views from relational and service-based schools of marketing
- To understand the dynamics of various environmental factors on marketing so that students can think about a feasible marketing plan (process)
- To understand the utility of STP of marketing (i.e. segmentation, targeting, positioning)
- To have an elementary knowledge of marketing mix, consumer behavior, and other preliminary concepts and roles of marketing in society
- Familiarize the students regarding various dimensions of retail management and career opportunities available in these fields.

MONTH	CONTENT
March/ April	<p>UNIT 1 PRODUCT</p> <ul style="list-style-type: none"> • Meaning and importance of product in Marketing • Components of Product • Characteristics of Product • Importance of Product to a firm • Product levels • Factors influencing product mix • Consumer goods : their types and features • Industrial goods : types and features • Product Life cycle : stages • Packaging: concept, role, importance and functions • Qualities of good packaging and their types • Labelling : concept, contents
May	<p>UNIT Communication Skills</p> <ul style="list-style-type: none"> • Active Listening • Parts of speech • Writing sentences <p>UNIT Self –Management Skills</p> <ul style="list-style-type: none"> • Motivation and positive attitude • Result Orientation • Self - awareness <p>Project Work discussion</p>
July	<p>UNIT 2 PRICE</p> <ul style="list-style-type: none"> • Meaning of Price and Pricing • Importance of Pricing to a firm and a Consumer • Factors affecting Price: Internal and External • Types of Pricing, basis of different pricing methods <p>UNIT 3 PLACE & DISTRIBUTION</p> <ul style="list-style-type: none"> • Meaning & importance of place : role and definition of place • Participants of distribution system • Functions performed by channels of distribution • Direct and indirect channels and channel intermediaries • Functions of intermediaries • Factors affecting selection of channels of distribution
August	<p>UNIT 4 PROMOTION</p> <ul style="list-style-type: none"> • Concept and importance of promotion • Elements of promotion mix • Factors affecting selection of promotion mix
September	<p>Revision</p> <p>Mid-Term Examination</p>
October	<p>UNIT 5 EMERGING TRENDS IN MARKETING</p> <ul style="list-style-type: none"> • Meaning and importance of service marketing • Meaning and importance of online marketing • Meaning and importance of social media marketing <p>UNIT ICT SKILLS</p>

	<ul style="list-style-type: none"> • Spreadsheet – basic operations • Data and formatting text • Advanced features in spreadsheet • Presentation software : opening, closing, printing and saving a presentation • Working with slides and text in a presentation • Advanced features used in a presentation
November	UNIT ENTREPRENEURIAL SKILLS <ul style="list-style-type: none"> • Entrepreneurship and entrepreneur • Barriers to Entrepreneurship • Entrepreneurial attitudes • Entrepreneurial competencies UNIT GREEN SKILLS <ul style="list-style-type: none"> • Green jobs • Importance of green jobs
December	Pre- Board Examination
January	CBSE Practical Examination
February	CBSE Examination
Practical 40 Marks <ul style="list-style-type: none"> • Project (10 marks) • Practical File (10 marks) • Viva (10 marks) • Demonstration of skill competency in Lab (10 marks) Prescribed Books Study material prescribed by CBSE (to be downloaded from https://cbseacademic.nic.in/skill-education.html)	

MARKETING ASSESSMENT PLANNER
CLASS XII (2026-27)

TEST	SYLLABUS
PA 1 (2600 Marks)	<ol style="list-style-type: none"> 1. Product 2. Communication skills
Mid-Term Exam (60 Marks)	<ol style="list-style-type: none"> 1. Product 2. Price 3. Place 4. Promotion 5. Communication skills 6. Self- management skills
ANNUAL EXAM (60 Marks)	Full syllabus as prescribed by CBSE

PHYSICAL EDUCATION

Subject Code – 048

Classes XII (2026-27)

One Theory Paper

Marks: 70

Units	Topics	Marks
I	Management of Sporting Events	9
II	Children & Women in sports	7
III	Yoga as Preventive measure for Lifestyle Disease	7
IV	Physical Education and Sports for CWSN	8
V	Sports & Nutrition	7
VI	Test and Measurement in Sports	8
VII	Physiology & Injuries in Sport	8
VIII	Biomechanics & Sports	10
IX	Psychology and Sports	7
X	Training and in Sports	9
Total	Theory 70 + Practical 30	Theory 70 Practical- 30 Total - 100 marks

COURSE STRUCTURE**Learning Objectives**

- *Physical Education plays an essential role in the overall development of a child by supporting physical, intellectual, emotional, social, personal, and moral growth.
- * It helps build a positive attitude toward physical education as a career and develops skills required for organizing sports events, while also improving motor abilities such as strength, speed, endurance, coordination, and flexibility.
- *It also provides an understanding of the human body and how it functions during physical activity, along with knowledge about growth and its relationship to physical health.
- *The subject contributes to socio-psychological development by promoting emotional stability, balanced behavior, leadership skills, teamwork, and the ability to follow instructions effectively. Moreover,
- * It examines the effects of physical and physiological training, especially in relation to women athletes, and encourages the practice of yoga, including asanas and pranayama, to help prevent lifestyle-related diseases. It also emphasizes the importance of proper nutrition and maintaining a balanced diet.
- *In addition, Physical Education includes the application of basic physics principles in sports, addresses the needs of children with special requirements through adapted activities, and provides methods for conducting physical and physiological fitness

COURSE CONTENT

Month	Topic

<p>April</p>	<p>Unit I Management of Sporting Events * Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) * Various Committees & their Responsibilities (pre; during & post) * Fixture and it's Procedures - Knock - Out (Bye & Seeding) & League (Staircase, Cyclic and Tabular Method) * Intramural & Extramural tournaments – Meaning, Objectives & Its Significance *Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)</p> <p>Unit II Children & Women in sports * Exercise guidelines of WHO for different age groups. * Common Posture Deformities - knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. *Women’s participation in Sports – Physical, Psychological, and social benefits *Special consideration (menarche and menstrual dysfunction) * Female athlete triad (osteoporosis, amenorrhea, eating disorders).</p>
<p>May</p>	<p>Unit III Yoga as Preventive measure for Lifestyle Disease * Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama.</p> <p>* Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta vajarasana Paschimottanasana, Ardha-Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati.</p> <p>*Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasan-Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, Anuloma Viloma.</p> <p>* Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan-a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi shodhanapranayam, Sitlipranayam</p> <p>.</p> <p>* Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi Shodhana pranayama</p> <p>Unit IV Physical Education and Sports for CWSN (Children with Special Need-Divyang) * Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) * Concept of Classification and Divisioning in Sports. * Concept of Classification and Divisioning in Sports. *Advantages of Physical Activities for children with special needs *Strategies to make Physical Activities accessible for children with special needs.</p>

<p>July</p>	<p>Unit V Sports & Nutrition * Concept of balanced diet and nutrition * Macro and Micro Nutrients: Food sources & functions *Nutritive & Non-Nutritive Components of Diet * Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths * Importance of Diet in Sports-Pre, During and Post competition Requirements</p> <p>Unit VI Test, Measurement in Sports * Fitness Test – SAI Khelo India Fitness Test in school:Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping TestAge group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push Ups for boys, Modified Push-Ups for girls).</p> <p>*Measurement of Cardio Vascular Fitness –Harvard Step Test –Duration of the Exercise in Seconds x100/5.5 X Pulse count of 1-1.5 Min after Exercise. *. Computing Basal Metabolic Rate (BMR)</p> <p>* Rikli & Jones - Senior Citizen Fitness Test Chair Stand Test for lower body strength Arm Curl Test for upper body strength Chair Sit & Reach Test for lower body flexibility Back Scratch Test for upper body flexibility Eight Foot Up & Go Test for agility Six-Minute Walk Test for Aerobic Endurance *Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping , Half Turn, Jumping Full Turn)</p>
<p>August</p>	<p>Unit VII Physiology & Injuries in Sport * Physiological factors determining components of physical fitness *Effect of exercise on the Muscular System *Effect of exercise on the Cardio-Respiratory System *Physiological changes due to aging *Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries -Dislocation, Fractures -Green Stick, Comminuted, Transverse Oblique And impacted)</p> <p>Unit VIII Biomechanics & Sports * Newton’s Law of Motion & its application in sports *Types of Levers and their application in Sports. * Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports *Friction & Sports * Projectile in Sports</p>
<p>September</p>	<p>Unit IX Psychology and Sports *Personality; its definition & types (Jung Classification & Big Five Theory) * Motivation, its type & techniques. * Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it *Meaning, Concept & Types of Aggressions in Sports * Psychological Attributes in Sports -Self-Esteem, Mental Imagery, Self Talk, Goal Setting.</p>

	MID TERM EXAM (70 Marks)
October /November	Unit X Training in Sports * Concept of Talent Identification and Talent Development in Sports * Introduction to Sports Training Cycle – Micro,Meso, Macro Cycle * Types & Methods to Develop – Strength, Endurance, and Speed * Types & Methods to Develop – Flexibility and Coordinative Ability. * Circuit Training -Introduction & its importance & * REVISION
December	PRE-BOARD
Prescribed Books	PHYSICAL EDUCATION CLASS X11 , PUBLISHED BY S P
Practical (30 marks) Viva + Practical(Physical fitness test , Yoga and record File.	

PHYSICAL EDUCATION - ASSESSMENT PLANNER -2026-27

XII ABC&D

ASSESSMENT	SYLLABUS
PA 1 (20 Marks)	Unit -1 Management of Sporting Events Unit -2 Children & Women in sports
MID TERM EXAM (70 Marks)	Unit -1 Management of Sporting Events Unit -2 Children & Women in sports Unit -3 Yoga as Preventive measure for Lifestyle Disease Unit -4 Physical Education and Sports for CWSN Unit -5 Sports & Nutrition
PRE BOARD EXAM. (70 MARKS)	Unit -1 Management of Sporting Events Unit -2 Children & Women in sports Unit -3 Yoga as Preventive measure for Lifestyle Disease Unit -4 Physical Education and Sports for CWSN Unit -5 Sports & Nutrition Unit- 6 Test and Measurement in Sports Unit -7 Physiology & injuries in Sports Unit -8 Biomechanics and Sports Unit -9 Psychology and Sports UNIT-10 Training in Sports