



CAMBRIAN PUBLIC SCHOOL KANKE ROAD RANCHI

Class – XII (Session 2026-27)

LEARNING PLAN OUTCOMES

Subject: Physical Education (048)

Sl. No.	Month	Units / Topics	Learning Outcomes
1	April	Unit 1: Management of Sporting Events	Students will understand planning, organization, committees, budgeting, and management of sporting events.
2	May	Unit 2: Children & Women in Sports; Unit 3: Yoga as Preventive Measure for Lifestyle Diseases	Students will explain sports participation for children and women, identify common issues, and understand yoga practices for prevention of lifestyle diseases.
3	June	Unit 4: Physical Education & Sports for CWSN; Unit 5: Sports & Nutrition	Students will understand inclusive sports for CWSN, recognize their needs, and explain the importance of balanced nutrition for sports performance.
4	July	Unit 6: Test & Measurement in Sports	Students will apply fitness tests, evaluate performance, and interpret measurement results in sports.
5	August	Unit 7: Physiology & Injuries in Sports; Unit 8: Biomechanics & Sports	Students will explain physiological changes during exercise, identify sports injuries and their management, and understand biomechanical principles in sports.
6	September	Revision & Half-Yearly Examination	Students will consolidate learning from Units 1–8 and demonstrate understanding through assessment.
7	October	Unit 9: Psychology & Sports; Unit 10: Training in Sports	Students will understand psychological factors affecting performance and explain principles and methods of sports training.
8	November	Revision for Pre-Board Examination	Students will review and strengthen concepts from all units for examination readiness.
9	December	Pre-Board Examination & Revision	Students will assess their preparation, identify learning gaps, and improve conceptual understanding.
10	January	Revision & Practice Papers	Students will enhance problem-solving, analytical skills, and examination performance through practice papers.
11	February–March	CBSE Board Examination	Students will demonstrate comprehensive knowledge and application of Physical Education concepts in the Board Examination.