NORTHPOINT DAY SCHOOL CLASS -XII COMMERCE

\Diamond INDEX \Diamond

SL. NO.	SUBJECTS	PAGE NO.
1.	ENGLISH	3
2.	MATHEMATICS	4-8
3.	ACCOUNTANCY	8-10
4.	ECONOMICS	11-13
5.	BUSINESS STUDIES	13-17
6.	ENTREPRENEURSHIP	17-19
7.	PHYSICAL EDUCATION	19-22

SUBJECT: - ENGLISH LANGUAGE & LITERATURE

SI.	Month	Chapter	Tanias and sub tanias
No.	Month	/Unit No.	Topics and sub topics

1	April'25	Literature, Language & Comm. Skills	My mother at Sixty Six The Last Lesson The Lost Spring The Third Level Notice Drafting	
2	May'25 Literature, Language & Comm. Skills		Deep Water Keeping Quiet The Tiger King Letter to the Editor Reading Comprehension Formal/ Informal Invitation and Replies	
			UT1-EXAMINATION	
3	June'25	Literature, Language & Comm. Skills	The Rattrap Indigo The Journey to the end of the Earth Article Writing	
4	July'25	Literature, Language & Comm. Skills	The Thing of Beauty The Interview Report Writing	
5	Aug'25	Literature, Language & Comm. Skills	Poets and Pancakes The Enemy The Roadside Stand Job Application MID TERM EXAMINATION	
6	Sept'25	Literature, Language	On the face of it	

7	Oct'25	Literature, Language & Comm. Skills	Aunt Jennifer's Tiger Memories of Childhood Writing Skills Revision
8	Nov'25	Literature, Language & Comm. Skills	Going Places Reading Comprehension Writing Skills Revision
9	Dec'25		PRE-BOARD EXAMINATION

SUBJECT:-MATHEMATICS

SI.	N 4 a -a 4 la	Chapter	Tanias and subtanias
No.	Month	/Unit No.	Topics and sub topics

1	April'25	CH – 3	. Matrices	
	April'25	CH - 4 CH - 12	Matrices 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. Simple properties of addition, multiplication and scalar multiplication. Non commutatively of multiplication of matrices and existence of non-zero matrices whose product is the zero matrix (restrict to square matrices of order 2). Invertible matrices and proof of the uniqueness of inverse, if it exists; (Here all matrices will have real entries). Determinants Determinants Determinants of a square matrix (up to 3 x 3 matrices), Determinants 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 of system of linear equations by examples, solving system of linear equations in two or three variables (having unique solution) using inverse of a matrix. Linear Programming Introduction, related terminology such as constraints, objective function, optimization	
2	May'25		Linear Programming	
			· Graphical method of solution for problems in	

 two variables, feasible and infeasible regions (bounded or unbounded), feasible and
infeasible solutions, optimal feasible solutions
(up to three non-trivial constraints).

Vectors

- Vectors and scalars, magnitude and direction of a vector.
- Direction cosines and direction ratios of a vector.
- Types of vectors (equal, unit, zero, parallel and collinear vectors),
- position vector of a point, negative of a vector, components of a vector,
- Addition of vectors, multiplication of a vector by a scalar, position vector of a point dividing a line segment in a given ratio.
- Definition, Geometrical Interpretation, properties and application of scalar (dot) product of vectors, vector (cross) product of vectors.

Three - dimensional Geometry

- 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.

Relations and Functions

Types of relations:
 reflexive, symmetric, transitive and
 equivalence relations. Activity:1:

To verify that angle in a semi-circle is a right angle, using vector method.

Activity:2:

To locate the points to given coordinates in space, measure the distance between two points in space and then to verify the distance using distance formula.

UNIT TEST-1

3	June'25	CH - 12	Relations and Functions	
			· One to one and onto functions.	
			Inverse Trigonometric Functions	
		OU 10	Definition, range, domain, principal value branch.	
		CH - 10	Graphs of inverse trigonometric functions.	

			· Properties of Inverse Trigonometric Functions.(In deleted syllabus)		
			Activity: 3: To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m): l \perp m\}$ is symmetric but neither reflexive nor transitive. Activity: 4: To verify that the relation R in the set L of all lines in a plane, defined by $R = \{(l, m): l \mid m\}$ is an equivalence relation.		
4	July'25	CH - 5	 Continuity and Differentiability Continuity and differentiability Chain rule, derivative of inverse trigonometric functions, like sin⁻¹,cos⁻¹and tan⁻¹, Derivative of implicit functions. Concept of exponential and logarithmic functions. Derivatives of logarithmic and exponential functions. Logarithmic differentiation. Activity:5: To demonstrate a function which is not one-one but is onto. Activity:6: To demonstrate a function which is one-one but not onto. 		

5	Aug'25	CH - 5	Continuity and Differentiability	
		CH – 6	 Derivative of functions expressed in parametric forms. Second order derivatives. Applications of <u>Derivatives</u> 	
			 Applications of derivatives: rate of change of quantities, 	
			 Increasing/decreasing functions, 	
		CH - 7 SYLLABU	Maxima and minima (first derivative test motivated geometrically and second	
		S	derivative test given as a provable tool).	
		COMPLE TION FOR	Simple problems (that illustrate basic principles and understanding of the subject as well as real life situations).	
		TERM I	Activity:7:	
			To find analytically the limit of a function $f(x)$ at $x = c$ and also to check the continuity of the function at	

that point.		
Activity :8:		
To understand the concepts of local maxima and point of inflexion. Activity:9:		
To construct an open box of maximum volume from a given rectangular sheet by cutting equal squares from each corner.		
<u>Integrals</u>		
 Integration as inverse process of differentiation. 		
 Integration of a variety of functions by (i) Substitution, (ii) Partial fractions and by parts, (iii) Evaluation of simple integrals of the following types and problems based on them. 		
dx dx dx		

	X 2 ∅ a 2	, X2 ∅a2	, a₂ ∅x₂ ,
	dx	dx	dx
	x₂⊠a₂, dx	X 2 ∅ a 2,	a₂⊠x₂, dx
	ax² ⊠bx	C, ax	∫ ₂ Øbx Øc ' px Øq
	<i>px</i> ∅ <i>q</i>	_	
	$ax_{2} \boxtimes bx \boxtimes a$ $ax_{2} \boxtimes bx \boxtimes a$	<u>cdx</u> , ax2∑b cdx	x ⊠cdx ,

6	Sept'25		MID-TERM EXAMINATION
		CH - 7	<u>Integrals</u>
			Fundamental Theorem of Calculus (without proof). Basic properties of definite integrals and evaluation of definite integrals.
7	Oct'25	CH - 8	Applications of the Integrals
			 Applications in finding the area under simple curves, especially lines, circles/ parabolas/ellipses (in standard form only)
			 Area between the curves. (simple curves as mentioned in exercise 8:2)
		CH - 9	Differential Equations
			 Definition, order and degree, general and particular solutions of a differential equation.
			 Solution of differential equations by method of separation of variables,
			 Solutions of homogeneous differential equations of first order and first degree.
			Solutions of linear differential equation of the
			type: <i>d y</i>
			$\mathbb{Z} py$ q, p,q are function of x or constants dx
			dx
			$ \mathbb{Z} px q$, p,q are function of y or constants dy

8	Nov'25	CH - 13	Probability
			 Conditional probability,
			 Multiplication theorem on probability,
			 Independent events,
			 Total probability,
			Bayes' theorem,
			 Random variable and its probability distribution
			 Mean of random variable.
			Activity :10:
			To explain the computation of
			conditional probability of a given event A,
			when event B has already occurred, through an
			example of throwing a pair of dice.
9	Dec'25		PRE-BOARD EXAMINATION

SUBJECT:- ACCOUNTANCY

SI. No.	Months	Unit / Chapter	Topic / Sub. Topic
1	April'25	Accounting for Partnership	 Fundamental Theory of partnership. Partners Capital Account (fixed and fluctuating) Profit and Loss Appropriation. Interest on drawings, Interest on Loan Guarantee of Profit
		Accounting for	Fundamental ● Past Adjustment. (including interest on capital,

Partnership	interest on drawings, salary)
Valuation of Goodwill	Goodwill Valuation ●Theory of Goodwill- meaning and nature
	 Methods for valuation – Average Profit Method Super Profit Method and Capitalisation Method

2	May'25	Reconstructi on of Partnership	 Profit Ratio/Sacrificing Ratio/Gaining Ratio Admission of partner—
		Reconstructi on of Partnership	Retirement of partner – • Accounting treatment Journal & Revaluation Accounts • Adjustment of Capital - Partners' Capital A/c • Preparation of balance sheet • Retired Partners Loan Account • UNIT TEST-1
3	June'25	Reconstructi on of Partnership	 Death of partner Calculation of share of profit of death partner Accounting treatment — Journal, Deceased Partner's Capital A/c Adjustment of Capital (including Executor's A/c) • Executor's Loan A/c
		Analysis of Financial Statement	 Statement of Profit & Loss Balance Sheet of Company Major headings and Sub-headings of Financial Statement
4	July'25		SUMMER VACATION
	-	Dissolution of Partnership Firm	Dissolution of Partnership − • Theory of dissolution of partnership • Accounting treatment journal, Realisation A/c, Partners' Capital A/c & Cash or Bank A/c
5	August' 25	Company Accounts	 Issue of Shares Theory of company accounting. Issue of Share – at Par, premium Issue of shares other than Cash Forfeiture and Reissue of shares Disclosure of Share Capital in Company's B/s. ● Employees Stock Option Plan (ESOP)

		Company Accounts	Issue of Debentures Theory of debentures. Issue of Debentures-at par, premium, discount Issue of debenture other than cash Interest on debentures (including TDS) Issue Debentures as Collateral Security Write off Discount / Loss on debenture
6	Sept'25		REVISION FOR FIRST TERM EXAM MID-TERM EXAMINATION
		Analysis of Financial Statement	Tools of Analysis of Financial Statement
7	Oct'25	Analysis of Financial Statement	Tools of Analysis of Financial Statement Accounting Ratios Solvency Ratio : • Debt to Equity • Total Assets to Debt • Proprietary Ratio • Interest Coverage ratio • Debt to Capital Employed Ratio Activity Ratio : • Inventory Turnover • Debtors Turnover • Payable turnover • Working Capital Turnover • Fixed Assets Turnover Ratio • net Assets Turnover Ratio
8	Nov'25	Analysis of Financial Statement	Accounting Ratios Profitability Ratio :- ● Gross Profit ● Operating ratio ● Operating Profit ratio ● Net Profit ● Return on Investment
		Analysis of	Project Work- Project on Accounting Ratios

		Financial Statement Analysis of Financial Statement	Tools of Analysis of Financial Statement Cash Flow Statement Theory – Meaning and objectives. • Methods of preparation of Cash Flow Statement (As per Revised Standard issued by ICAI) AS-10
			☐ Indirect Method Project Work- Project on CFS
9	Dec'25		PRE-BOARD EXAMINATION

SUBJECT:-ECONOMICS

SI. No.	Month	Unit/ Chapter	Topic/Sub-topic
1	April'25	Unit 2 Unit 6	Money – meaning and functions, supply of money - Currency held by the public and net demand deposits held by commercial banks. Money creation by the commercial banking system. 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, CRR, SLR, Repo Rate and Reverse Repo Rate, Open Market Operations, Margin requirement. A brief introduction of the state of Indian economy on the eve of independence. Indian economic system and common goals of Five Year Plans.

2	May'25	Unit 4 Unit 6	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. 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.
3	June'25	Unit 1 Unit 7	National Income and Related Aggregates: What is Macroeconomics? Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation. Circular flow of income (two sector model); Methods of calculating National Income - Value Added or Product method, Expenditure method, Income method. 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.
4	July'25 (9 days)	Unit 1 Unit 7	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. GDP and Welfare.

Rural development: Key issues - credit and marketing -

role of cooperatives; agricultural diversification;

alternative farming - organic farming.

multiplier and its mechaning of and involution and involution problems of excess define assures to correct the spending, taxes and make the sectors; problems and sectors; problems and sectors; problems and sectors.	equilibrium output; investment nanism. full employment untary unemployment. emand and deficient demand; hem - changes in government oney supply. and changes in work the in formal and informal policies. Development: Meaning, evelopment on	
- meaning and con Term	Balance of Payments: Balance of payments account – meaning and components. Revision for First Term FIRST TERM EXAMINATION	
7 Oct'25 Unit 5 Balance of payments – Foreign exchange rate rates and managed float Project Work.	e - meaning of fixed and flexible	
Merits and demerits of rate. Managed Float Development Experies with neighbors: India a lissues: economic grant g	hange rate in a free market, of flexible and fixed exchange ting exchange rate system. ence of India: A comparison and Pakistan, India and China, rowth, population, sect oral other Human Development	
9 Dec'25 PRE-BOARD EXAMINA	ATION	

SL. No.	Month	Ch. No. /Topic	Topic and sub topic
1	Apr'25	1.	NATURE & SIGNIFICANCE OF MANAGEMENT:
			Meaning, Concept, Objectives, Features & Importance of Management.
			 Nature of Management as Science, Art & Profession,
		2.	Levels of Management, Top-Middle-Lower Level of Management
			 Functions of Management, Coordination- Meaning, Features.
			► Coordination: Essence of Management, Importance of Coordination.
			 PRINCIPLES OF MANAGEMENT: ▶ Concept, Features and Significance of Management Principles. ▶ Henry Fayol's General Management Principle ▶ Frredric Winslow Taylor's Scientific Management Principles & Techniques. Advantages of Scientific Management. ▶ Relevance & Comparison between Fayol's& Taylor's Contributions.
2	May'25	3.	BUSINESS ENVIRONMENT: ► Concept, Features& Importance of Business Environment.
		4.	 Dimensions of Business Environment – Economic, Social, Political, Legal & Technological. New Industrial Policy & LPG, Impact of Economic Reforms on the Business. Demonetisation- Meaning, features & Impact. PLANNING: Meaning, Concept, Features, Importance & Limitations of Planning (Internal External Limitations of Planning).

	 Steps in Planning process. Types of Plans & Distinctions between different

			plans.
3	Jun'25	5.	ORGANISING: ➤ Concept, Importance & Process of Organising. ➤ Organisational Structure – Meaning, Importance and Types of Organisational Structure – Functional & Divisional, its advantages, disadvantages and suitability. ➤ Formal and Informal organisation - Concept, its features, advantages & disadvantages. ➤ Distinguish between Functional & Divisional Structure, Formal & Informal organisation. ➤ Delegation of Authority – Concept, Element & Importance of Delegation of Authority. Distinction between the elements. ➤ Centralisation & Decentralisation—Concept, Features & Importance of Decentralisation. ➤ Distinguish between Delegation & Decentralisation. ➤ Distinguish between Delegation SUMMER VACATION

4	Jul'25		SUMMER VACATION
		11.	 MARKETING MANAGEMENT: Concept & Features of Marketing ► Marketing Management Philosophies. Functions of Marketing. Marketing Mix - Concept & Elements of Marketing Mix i.e. (a) Product (b) Price (c) Place/ Physical Distribution & (d) Promotion. Product Mix - Concept & Elements of Product Mix. Price Mix - Concept & Factors determining price. Place/ Physical Distribution Mix - Concept, Channel & Components of Physical distribution. Factors determining level of inventory.
5	Aug'25	11. (Contd.) 6.	 Promotion Mix – Concept & Elements of Promotion Mix. Place/ Physical Distribution Mix – Concept, Channel &Components of Physical distribution. Factors determining level of inventory. Promotion Mix – Concept & Elements of Promotion Mix. STAFFING:

	► Concept, Importance & Process of Staffing.
	► Staffing as a part of Human Resource Management.
	 Components/ Elements/ Aspects of Staffing – Recruitment, Selection, Training & Development.
7.	 Recruitment – Concept, Sources & its types with merits and demerits. Distinction between Internal & External sources of recruitment.
	 Selection – Concept & Process of Selection. Distinction - Recruitment and Selection.
	► Training & Development – Concept, Need & Importance, Methods of training. Distinction between Training & Development. DIRECTING:
	Concept, Features & Importance of Directing.
	► Elements of Direction—(a) Supervision (b) Motivation (c) Leadership & (d) Communication.
	PROJECT REPORT (Project-1)

6	Sep'25	7. (Contd.)	 Supervision – Concept & Role of Supervisor. Motivation – Concept, Interrelated Terms, Features/ Importance. Maslow's Need Hierarchy Theory with assumption. Financial & Non-financial Incentives with their types. Leadership – Concept, Features & Different
		8.	Styles of Leadership with their advantages & disadvantages. Communication — Concept & Process of Communication. Forms of Organisational Communication with their features & types. Barriers to effective Communication. Measures for improving communication effectiveness. CONTROLLING: Concept, Nature/ Features & Importance of Controlling. Relationship between Planning & Controlling. Process of Controlling. Techniques of Control. REVISION FIRST TERM EXAMINATION

7	Oct'25	9.	FINANCIAL MANAGEMENT:
			Concepts, Role & Objectives
			of Financial Management.
			Financial Decisions-Investment,
			Financing & Dividend decision.
			Factors affecting these decisions.
			Financial Planning- Meaning & Objectives of
			Financial Planning, Importance
			of Financial Planning.
			Capital Structure- Meaning & Objectives, Financial
			Leverage or Trading on Equity, Factors affecting
		10	Capital Structure.
		10.	Fixed Capital or Capital Budgeting decision, its
			importance & factors affecting Fixed Capital
			decision.
			Working Capital- Meaning, Types and Factors
			affecting Working Capital Decision.
			FINANCIAL MARKET:
			Concept, Functions and Classification of Financial
			Market.
			Money Market – Concept, features and
			Instruments of Money Market. Capital Market – Maaning, features and types of
			Capital Market – Meaning, features and types of Capital Market.
			Primary Market and Methods of Floatation of Securities in Primary Market.
			occurries in i minary iviaritet.

8	Nov'25	10. (Contd.)	Secondary Market (Stock Exchange) & its functions. Distinguish between Capital & Money Market, Primary & Secondary Market. Trading Procedure on a Stock Exchange. Dematerialisation, Depositary System and benefits of on line stock exchange. SEBI-(Securities & Exchange Board of India) Objectives & Functions. PROJECT WORK (Project-2) CONSUMER PROTECTION: Concept & Importance of Consumer Protection. Consumer Protection Act 1986. Legal Protection to Consumers – Consumer Rights & Responsibilities Quality Mark of different types of product. Relief/ Remedies are available to Consumer on
9	Dec'25		Complaints filed by him. Redressal Agencies under the Consumer Protection Act, 1986. Role of Consumer Organisation and NGOs. REVISION PREBOARD EXAMINATION

SUBJECT:-ENTRPRENEURSHIP

SL.	N. 4 4 l -	Ch. No.	Tania and aub tania
No.	Month	/Topic	Topic and sub topic

1	Apr'25	UNIT-1	ENTREPRENEURIAL OPPORTUNITY Business opportunity, Elements of a business opportunity. Exploring opportunities in environment, Perceiving and sensing opportunities, Factors involved in sensing opportunities. Environmental scanning & Importance & Analysis. Environmental factors & PESTEL Model Problem identification and its uses Idea generation and various sources of idea fields Idea and opportunity assessment- steps involved Market assessment and details preparation. Trend spotting and its ways. Creativity and process of creativity. Elements in the innovation process.
2	May'25	UNIT-2	ENTREPRENEURIAL PLANNING Economic Activities and its types Forms of business organisation. Sole proprietorship, Partnership, Joint Stock Company Starting a company and its formalities Starting a company and its formalities Business Plan, Components of business plan. Types of plan. Assessment of risk.
3	Jun'25	UNIT-3	ENTERPRISE MARKETING: Business goal and rules for goal setting. SMART goals Marketing Mix- Product, Price, Place, Promotion. Product Mix: Elements- Branding, Packaging &Labelling. Trade Marks

			Price Mix: Pricing Strategy and factors affecting
			pricing decision.
			Place Mix: Channels of distribution & factors, Sales
			Strategy & its types. Transportation.
			Brand Name & its types, Brand Marks, Trade Marks.
			Logo & Tagline
			SUMMER VACATION
4	Jul'25		SUMMER VACATION
		UNIT-3	Promotion Mix: Components of promotion mix-
		(Contd.)	Advertisement, Personal Selling & Public Relations,
		,	Negotiation and Its methods
			Customer Relationship Management
			(CRM), Employee Relationship
			Management (ERM) & its factors
			Vendor management.
			Business failure and its causes.
5	Aug'25	UNIT-4	ENTERPRISE GROWTH STRATEGIES-
	Aug 20	Oldii 4	Growth- Internal & External.
			External Expansion- Franchising, Merger &
			Acquisition.
			Franchising, types, advantages and disadvantages.
			Merger & types of merger. Acquisition, types of
			acquisition.
			Value addition and types of value addition.
			Primary and Supporting activities, requirements for
		UNIT-5	, · · · · · · · · · · · · · · · · · · ·
		OIIII 3	BUSINESS ARITHMETIC: Unit of sale, Unit price and
			Unit cost.
			Break Even Analysis- BEP in Quantity & Sales Price
			Cash Flow Projection, its uses and how to develop
			CFP.
			Budgeting and Managing Finance-
			Financial Management, Objectives and Process. PROJECT REPORT (Project-1)

6	Sep'25	UNIT – 5 (Contd.)	 Budgeting, its types & Budgeting process. Benefits of Budgeting, Budget & Budgeting. Working Capital- Needs and types. REVISION TERM I Examination
7	Oct'25	UNIT – 5 (Contd.)	Inventory Control and Economic Order Quantity- calculation of EOQ. Pareto's Principle and ABC analysis.
		UNIT-6	Return on Investment & Return on Equity-Calculation of ROI RESOURCE MOBILIZATION: Finance, Requirement of finance for an enterprise. Sources of finance-Internal & External. Some special sources of finance-Capital Markets, Angel Investors, Venture Capital, Specialized Financial Institutions. PROJECT WORK (Project-2)
8	Nov'25	UNIT- 6 (Contd.)	Capital Market- Primary and Secondary Market Primary Market- Methods of floatation of new issue- Public issue through prospectus, Right issue, Private placement, Offer to employee (ESOP) Secondary Market (Stock Exchange): Features, Functions and Importance. Organisation and Management of Stock Exchange. Securities and Exchange Board of India (SEBI): History, Establishment & Powers. Angel Investors: Features. Venture Capital- Features, Funding and stages of requirement of such funding. Specialised Financial Institution: Needs and Importance. Types of Specialised Financial institutions: At National level- IDBI, SIDBI, IFCI, ICICI, NABARD, IIBI. At State level- SFCs, TFCI, SIDC. REVISION
9	Dec'25		PRE-BOARD EXAMINATION

SUBJECT:-PHYSICAL EDUCATION

SI. No.	Month	Chapter /Unit No.	Topics and sub topics
1	April'25	1,2	MANAGEMENT OF SPORTING EVENTS: (Unit-1)
			 Function of Sports events Management(Planning, Organising, staffing, Directing & Controlling)
			 Various Committees and its responsibilities(pre, during and post)
			 Fixture and its Procedures—Knock out,(Bye & Seeding) & League (Staircase, Cyclic & Tabular Method) Combination Tournament.
			 Intramural and Extramural Tournaments-
	Ι		
			Meaning , Objectives and its significance. Specific sports programme- (Sports Day, Run for Fun, Health Run, Run For specific causes & Run for unity.) CHILDREN & WOMEN IN SPORTS: (UNIT-2)
			 Exercise guide lines Of WHO for different age groups.
			 Common Postural deformities- Knock Knee, Bow legs, Flat foot, Round Shoulders, Lordosis, Kyphosis, Scoliosis and their corrective measures.
			 Special consideration (Menarche & Menstrural Dyfunction)
			 Women participation in sports- Physical,
			Psychological and social benefits.
			 Female athlete triad(Osteoporosis, Amenorrhea, Eating disorder)

2	May'25	3	Yoga as preventive measure for Lifestyle Disease:
			 Obesity: Procedure Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsyasana, Halasana, Pachimuttansana, Ardha- Matsyendrasana, Dhanurasana, Ushtrasana, Surybedhan Pranayama.
			 Diabetes: Procedure Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana,Shalabhasana, Supta-Vajrasana, Pachimuttansana, Ardha- Matsyendrasana, Dhanurasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalbhati.
			 Asthma: Procedure Benefits & Contraindications for Tadasana, Urdhwahastottanasana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapabhati, Gomukhasana, Matsyasana, Anulom-Vilom.
			Hypertension: Procedure Benefits &
			Contraindications for Tadasana, Uttanpadasana, Katichakrasana, ArdhaHalasana, SaralaMatyasana, Gomukasana, Uttanmandukasana, Vakrasana, Bhujangasana, Makrasana, Shavasana, Nadishodhanapranayam, SitlipranayamBack pain and Arthritis- Procedure, benefits &contrainidication.
3	June'25	4,5	Physical Education & Sports for CWSN(Children with

			Special Needs- Divyang) : (Unit-4)
			 Organisations Promoting Disability Sports (Special Olympics, Paralympics, deaflympics)
			 Classification &division in sports. Concept of Inclusion in sports, its need and Implementation.
			 Advantages of Physical Activities for children with special needs.
			 Strategies to make physical Activities assessable for children with special needs.
			SPORTS AND NUTRITION: (Unit -5)
			 Balance diet and Nutrition: Macro and Micro Nutrients.
			Nutritive and Non nutritive Component of diet.
			 Eating for weight control- A healthy weight, the pitfalls of dieting, Food Intolerance and food myth. Importance of diet in sports -Pre, During and post competition requirements
4	July'25	6	Test & Measurement in Sports.(Unit-6) Fitness Test-SAI Khelo India Fitness Test in school:
4	July'25	6	<u> </u>
4	July'25	6	Fitness Test- SAI Khelo India Fitness Test in school: • Age Group- 5-8 years/ class 1-3 : BMI, Flamingo
4	July'25	6	 Fitness Test- SAI Khelo India Fitness Test in school: Age Group- 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test, Age Group- 9-18 years/ class 4-12: BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push –ups for Boys and Modified push- ups for
4	July'25	6	 Fitness Test- SAI Khelo India Fitness Test in school: Age Group- 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test, Age Group- 9-18 years/ class 4-12: BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push –ups for Boys and Modified push- ups for Girls). Measurement of cardio-vascular fitness- Harvard
4	July'25	6	 Fitness Test- SAI Khelo India Fitness Test in school: Age Group- 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test, Age Group- 9-18 years/ class 4-12: BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push – ups for Boys and Modified push- ups for Girls). Measurement of cardio-vascular fitness- Harvard step Test. Computing Basal Metabolic Rate.
4	July'25	6	 Fitness Test- SAI Khelo India Fitness Test in school: Age Group- 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test, Age Group- 9-18 years/ class 4-12: BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push –ups for Boys and Modified push- ups for Girls). Measurement of cardio-vascular fitness- Harvard step Test. Computing Basal Metabolic Rate. Rikli& Jones- Senior Citizen Fitness Test: Chair stand test for lower body strength.
4	July'25	6	 Fitness Test- SAI Khelo India Fitness Test in school: Age Group- 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test, Age Group- 9-18 years/ class 4-12: BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push – ups for Boys and Modified push- ups for Girls). Measurement of cardio-vascular fitness- Harvard step Test. Computing Basal Metabolic Rate. Rikli& Jones- Senior Citizen Fitness Test: Chair stand test for lower body strength. Arm curl test for upper body strength.
4	July'25	6	 Fitness Test- SAI Khelo India Fitness Test in school: Age Group- 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test, Age Group- 9-18 years/ class 4-12: BMI, 50 mt Speed Test, 600 mt Run/ walk test, Sit & Reach flexibility test, Strength test(Abdomina Partial Curl up, push –ups for Boys and Modified push- ups for Girls). Measurement of cardio-vascular fitness- Harvard step Test. Computing Basal Metabolic Rate. Rikli& Jones- Senior Citizen Fitness Test: Chair stand test for lower body strength.

			 Eight foot up & Go test for Agility. Six Minute walk Test for Aerobic Endurance
5	Aug'25	7,8	Physiology & Injuries in Sports- (Unit-7):
			 Physiological factors determining components of physical fitness.
			Effect of exercise on muscular system.
			Effect of exercise on Cardio respiratory system Dhysiological shapes due to aging
			Physiological changes due to aging.
			 Sports Injuries: Classification(Soft Tissue injuries- Abrasion, Contusion, Laceration,
			Incision, Sprain, Strain, Bone & joint injuries- Dialogation, Fractures, Green stick, Comminuted Output Dialogation, Fractures, Green stick, Gree
			Dislocation, Fractures, Green stick, Comminuted, Transverse Oblique & Impacted) Biomechanics & Sports-(Unit-8):
			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 sportsFriction and sports Projectile in sports

6	Sept'25	9	 Psychology and Sports-(Unit-9): Personality: Its definition & types (Jung classification & Big five theory) Motivation, its type and Techniques Exeecise 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 REVISION FIRST TERM EXAMINATION
7	Oct'25	10	Training in Sports-(Unit-10):
	00123	10	 Concept of Talent Identification and Talent Development in sports.
	00125	10	 Concept of Talent Identification and Talent Development in sports.
	00125	IU	 Concept of Talent Identification and Talent Development in sports. Introduction to Sports training Cycle- Micro, Meso,
8	Nov'25		 Concept of Talent Identification and Talent Development in sports. Introduction to Sports training Cycle- Micro, Meso, Macro Cycle. Types & Method to Develop- Strength, Edurance and Speed. Types and Develop- Flexibility and Coordinative

Subject - Hindi (UNIT TEST-1)

आरोह- (गद्य भाग)- भक्तिन, बाज़ार दर्शन (पद्य भाग)- आत्मपरिचय, दिन जल्दी-जल्दी ढलता है वितान- सिल्वर वेडिंग अभिव्यक्ति और माध्यम- पाठ-3 लेखन- रचनात्मक लेखन, पत्र लेखन

Half Yearly

आरोह- (गद्य भाग)- काले मेघा पानी दे, पहलवान की ढोलक, शिरीष के फूल, श्रम विभाजन और जाति प्रथा + (1st Unit **Test Syllabus**) (पद्य भाग)- कविता के बहाने, पतंग, कैमरे में बंद अपाहिज, उषा, बादल राग, कवितावली, लक्ष्मण मूर्छा और राम का विलाप, रुबाइयां, छोटा मेरा खेत, बगुलो के पंख + (1st Unit Test Syllabus) वितान- सिल्वर वेडिंग, जूझ, अतीत में दबे पांव अभिव्यक्ति और माध्यम- पाठ- 4, 5,11,13 लेखन- रचनात्मक लेखन, पत्र लेखन। परियोजना कार्य- आज का युग उपभोक्तावाद का युग है। कथन को सिद्ध कीजिए। (पाठ- बाज़ार दर्शन) ए.एस.एल- भाषण का विषय-इंटरनेट पर वरिष्ठ सामाजिक नेटवर्किंग से लाभ या हानि।

इसके अतिरिक्त सस्वर कविता-पाठ, कथा-कहानी अथवा कोई घटना सुनाना भी शिक्षार्थी कर सकते हैं। PRE - BOARD संपूर्ण पाठ्यक्रम।

Bengali syllabus (Code 105)

Unit Test 1 (40 marks)
গদ্য- কে বাঁচায় কে বাঁচে পদ্যআমি দেখি
Supplementary reader- গারো
পাহাড়ের নিচে নাটক- নানা রঙের
দিন নির্বাচন (নির্বাচিত অংশ)
ব্যাকরণ- বাগধারা, ধ্বনিতত্ত্ব
(স্বরভক্তি, অভিশ্রুতি)
শব্দার্থতত্ত্ব- (অর্থের
উৎকর্ষ, অর্থের অপকর্ষ)

Mid-Term. (40 marks)
গদ্য- ভাত, পদ্য- ক্রন্দনরতা
জননীর পাশে,
রূপনারায়ণের কূলে
Supplementary Reader -ছাতি
বদলে হাতি
নাটক- নানা রঙের দিন (নির্বাচিত
অংশ)
ব্যাকরণ- ধ্বনিতত্ত্ব (অপিনিহিতি,
স্বরসঙ্গতি)
শব্দার্থতত্ত্ব- (অর্থের সংকোচন,
অর্থের প্রসারণ),বাগধারা
নির্মিতি- প্রতিবেদন পঠন

Unit 1 Syllabus included

Pre Board Examination (80 marks)
গদ্য- ভারতবর্ষ, পদ্য- পড়তে
জানে এমন মজদুরের প্রশ্ন
Supplementary Reader- মেঘের
গায়ে জেলখানা,
পাতালপুরীর রাজ্যে
নাটক- নানা রঙের দিন (সম্পূর্ণ)
ব্যাকরণ- ধ্বনিতত্ত্ব, শব্দার্থতত্ত্ব
(সম্পূর্ণ),বাগধারা
নির্মিতি- বিজ্ঞাপন লিখন
Unit Test 1 + Mid-term
Syllabus included