



NOPANY HIGH

(I.C.S.E. & I.S.C Affiliated)

2-C, Nando Mullick Lane, Kolkata - 700006

Syllabus

Academic Session: (2024-2025)

Class: XII (Comm) (Unit –II)

SUBJECT: PHYSICAL AND HEALTH EDUCATION

MONTH	TOPIC	NO. OF PERIODS	ACTIVITY
September '24	1. Fitnessgram	4	<ul style="list-style-type: none">• Free Hand Exercises
	2. Cricket	4	<ul style="list-style-type: none">• Rules Ragulations• Techniques And Skills
October '24	1. Fitnessgram	4	<ul style="list-style-type: none">• Free Hand Exercises
	2. Badninton	4	<ul style="list-style-type: none">• Rules Ragulations• Techniques And Skills
November '24	1. Mass Drill & Fitnessgram	4	<ul style="list-style-type: none">• Callisthenics, Aerobics & Yoga.
	2. Basket Ball	4	<ul style="list-style-type: none">• Rules Ragulations• Techniques And Skills
December '24	1. Mass Drill & Fitnessgram	4	<ul style="list-style-type: none">• Callisthenics, Aerobics & Yoga.
	2. Football	4	<ul style="list-style-type: none">• Rules Ragulations• Techniques And Skills
January '24	1. Mass Drill & Fitnessgram	4	<ul style="list-style-type: none">• Callisthenics, Aerobics & Yoga.
	2. Table Tennis, Chess & Carrom	4	<ul style="list-style-type: none">• Rules Ragulations• Techniques And Skills

SUBJECT : SUPW

MONTH	SUPW	NO.OF PERIODS	WORKSHEETS/ACTIVITY
Textbook Name : No Book			
October' 24 to November '24	Project 2	6	Tree Plantation