

## Syllabi for Class XII : Session 2022 -23

<b>Subject</b>	<b>Month</b>	<b>Chapter / Topics to be done</b>
English Language	April	Composition- Short Story Writing, Directed Writing- Speech Writing; SoP Grammar - Prepositions & Phrasal Verbs Comprehension
	May	Composition - Argumentative Directed Writing - Cultural Programme Review Grammar- Direct/ Indirect Speech; Transformation of Sentences
	June	Composition- Descriptive Directed Writing- Article Writing; Film review; Proposal Writing Grammar- Subject -Verb Agreement Oral and Aural Exam
	July	Composition- Narrative Directed Writing-Play Review; Book Review; Proposal Writing Grammar-Tenses and their Uses , Prepositions
	August	Composition- Reflective Directed Writing - Personal Profile Grammar- Active Passive; Conditional Sentences
	September	Directed Writing - Newspaper Report Grammar- Transformation of Sentences; Use of Adjectives Revision for First Term Examination
	October	Composition- Discursive (One Word Topic) Comprehension Language Project (10 Marks)
	November	Revision-Composition; Cultural Programme Review; Grammar ; Practice of Specimen Papers Revision for Rehearsal Examination
	December	Revision and solving of test papers
	January	Revision and solving of test papers
	February	Revision and solving of test papers
Literature in English	April	The Tempest - Act 4 Sc 1 Short Story - The Story of an Hour

		Poem - Dover Beach
	May	The Tempest - Act 4 Sc 1 Prose - The Singing Lesson Poem-Dover Beach
	June	The Tempest - Act 4 Sc 1 Prose-To Build a Fire Poem- Birches
	July	The Tempest - Act 5 Sc 1 Prose- To Build a Fire Poem- Crossing the Bar
	August	The Tempest Act 5 Sc 1 Poem- the Darkling Thrush Revision for Term 1 Examination Submission of Literature Project
	September	The Tempest- Epilogue Revision for Term 1 Examination
	October	The Tempest- Revision Prose- The Sound Machine Poem- We are the Music Makers
	November	Prose- B. Wordsworth Revision for Rehearsal Examination
	December	Revision and Solving of Test Papers
	January	Revision and Solving of Test Papers
	February	Revision and Solving of Test Papers
Bengali	April	একটি তুলসিগাছের কাহিনি , বাক্যপরিবর্তন , বানান
	May	যদি নির্বাসন দাও, মুকুট , প্রবন্ধ রচনা , বানান
	June	মুকুট , বাবরের প্রার্থনা , বানান , প্রবন্ধ রচনা
	July	নুন , না পাহারার পরীক্ষা , বানান , বাগধারা
	August	মুকুট , বনলতা সেন , বোধ-পরীক্ষণ, বানান
	September	বর্ণপরিচয় , ঠাকুরদা , মুকুট , বাক্যপরিবর্তন , বানান
	October	তাসের ঘর , মুকুট , বাগধারা , বানান
	November	সলেমনের মা , প্রবন্ধ রচনা , বোধ-পরীক্ষণ
	December	মুকুট , অনাচার , পূব-পশ্চিম , বানান

	January	ওরা কাজ করে,জোড়াসাঁকোর ধারে , মুকুট ,বানান
	February	একাদশ ও দ্বাদশ শ্রেণির সম্পূর্ণ পাঠ্যক্রম
Hindi	April	साहित्य- भक्तिन, जाग तुझको दूर जाना है व्याकरण- शुद्ध - अशुद्ध
	May	साहित्य- मजबूरी, आषाढ़ का एक दिन (अंक -३) व्याकरण- मुहावरें
	June	साहित्य- उद्यमी नर, आषाढ़ का एक दिन(अंक -३) व्याकरण- अपठित गद्यांश
	July	साहित्य- संस्कृति क्या है ?, बादल को घिरते देखा है । आषाढ़ का एक दिन (अंक-३) व्याकरण- निबंध, Project work
	August	साहित्य- अँधेरे का दीपक, दासी व्याकरण- शुद्ध – अशुद्ध वाक्य, निबंध , मुहावरें
	September	साहित्य- दासी ( continuation) · Project work
	October	REVISION
	November	REVISION AND PAPER SOLVING
	December	REVISION AND PAPER SOLVING
	January	REVISION
	February	REVISION AND PAPER SOLVING
History	April	<p><b>Revision of WWII, Continuation of Protest Movements:</b></p> <ul style="list-style-type: none"> <li>● Racial Problems and civil rights in USA</li> <li>● Anti-Apartheid Movement in South Africa</li> <li>● Second Wave Feminist Movement in USA</li> </ul>

	May	<p><b>Towards Independence and Partition: The Last Phase (1935-1947):</b></p> <ul style="list-style-type: none"> <li>● Important political developments</li> <li>● Working of provincial autonomy</li> <li>● National Movement during the 2nd WW</li> <li>● Subhash Bose &amp; the INA</li> <li>● Transfer of Power (1945-1947)</li> </ul>
	June	<p><b>The Cold War (1945-91)</b></p> <ul style="list-style-type: none"> <li>● Origin of the Cold War</li> <li>● The Cold War expands</li> <li>● Breakup of the USSR &amp; changes in Eastern Europe</li> </ul> <p><b>De-colonisation - in Africa</b></p> <ul style="list-style-type: none"> <li>● Ghana</li> <li>● Kenya</li> </ul>
	July	<p><b>Continuation of De-colonisation - in Asia</b></p> <ul style="list-style-type: none"> <li>● China</li> <li>● China</li> </ul> <p><b>Establishment and development of Indian democracy (1947-1966):</b></p> <ul style="list-style-type: none"> <li>● Refugee problem</li> <li>● Origin of Kashmir problem</li> <li>● Foundation of Indian Democracy</li> <li>● The linguistic reorganization of states</li> </ul>

	August	<p><b>Challenges to Indian Democracy:</b></p> <ul style="list-style-type: none"> <li>● The role of the Syndicate</li> <li>● Naxal Movement</li> <li>● JP movement</li> <li>● Emergency</li> </ul> <p><b>Changing face of the Indian Democracy (1977-1986):</b></p> <ul style="list-style-type: none"> <li>● The Janata Government (1977-1979)</li> <li>● Return of Congress to power (1979-1986)</li> </ul>
	September	<p><b>Continuation of Changing face of the Indian Democracy (1977-1986):</b></p> <ul style="list-style-type: none"> <li>● Punjab separatist demands and the Centre's responses.</li> <li>● Demands in the North-East.</li> </ul> <p>Revision for the Term 1 Examination</p>
	October	<p><b>India's Foreign Policy:</b></p> <ul style="list-style-type: none"> <li>● NAM</li> <li>● Pakistan</li> <li>● Sino-Indian War</li> </ul>
	November	<p><b>Movements for Women's Rights:</b></p> <ul style="list-style-type: none"> <li>● Towards Equality Report (1974)</li> <li>● Development in the anti-dowry movement</li> </ul>
	December	<p><b>Middle East:</b></p> <ul style="list-style-type: none"> <li>● Post War conflict in Palestine after WWI till the formation of the state of Israel.</li> <li>● The impact of WWII and the intensification of the conflict.</li> <li>● 8The Arab-Israeli Wars from 1948 to Camp David Accord (1979)</li> <li>● Oslo Peace Accords (1993)</li> </ul> <p>Revision for the ISC Examination &amp; Pre-Boards.</p>
	January	Revision for the ISC Examination
	February	Revision for the ISC Examination

Geography	April	<ul style="list-style-type: none"> <li>· <b>Unit-I – Physical Environment</b> <ul style="list-style-type: none"> <li>Ø Locational setting of India</li> <li>Ø Geological evolution and structure</li> <li>Ø Relief</li> <li>Ø Drainage</li> </ul> </li> <li>· <b>Practical</b></li> <li>· <b>Map work (locational setting of India, mountains, peaks, plains, plateaus, peninsula)</b></li> </ul>
	May	<ul style="list-style-type: none"> <li>· <b>Unit-I – Physical Environment</b> <ul style="list-style-type: none"> <li>Ø Climate</li> <li>Ø Natural Vegetation</li> </ul> </li> <li>· <b>Practical</b></li> <li>· <b>Map work (lakes, water bodies, passes, rivers, climate of India)</b></li> </ul>
	June	<ul style="list-style-type: none"> <li>· <b>Unit II -Population and Human settlements</b> <ul style="list-style-type: none"> <li>Ø Population</li> <li>Ø Migration Trends</li> <li>Ø Demographic attributes</li> </ul> </li> <li><b>Practical</b></li> </ul>
	July	<ul style="list-style-type: none"> <li>· <b>Unit III- Resources of India and Their Utilization</b> <ul style="list-style-type: none"> <li>Ø Rural settlements</li> <li>Ø Urban settlements</li> <li>Ø Environmental management and land use pattern</li> </ul> </li> </ul>

		<p style="text-align: center;"><b>∅ Water resources and types of irrigation</b></p> <ul style="list-style-type: none"> <li>· <b>Practical</b></li> <li>· <b>Map work (resources of India, agriculture, minerals, power resources)</b></li> <li>· <b>Practical</b></li> </ul>
	August	<p><b>AUGUST-</b></p> <ul style="list-style-type: none"> <li>· <b>Unit IV – Infrastructural resources</b></li> <li style="padding-left: 40px;"><b>∅ Transport and communication</b></li> </ul>
	September	<ul style="list-style-type: none"> <li>· <b>Unit V – Regional economic development</b></li> <li style="padding-left: 40px;"><b>∅ Regional economic development (case studies)</b></li> </ul> <p><b>First Terminal Examination</b></p>
	October	<ul style="list-style-type: none"> <li>· <b>UNIT-III- Resources of India and Their Utilization</b></li> <li style="padding-left: 40px;"><b>∅ Agriculture</b></li> <li style="padding-left: 40px;"><b>∅ Fisheries</b></li> <li style="padding-left: 40px;"><b>∅ Minerals and power resources</b></li> <li>· <b>Revision</b></li> </ul>
	November	<ul style="list-style-type: none"> <li>· <b>Unit IV – Infrastructural resources</b></li> <li style="padding-left: 40px;"><b>∅ Industries</b></li> <li style="padding-left: 40px;"><b>∅ Tourism industry</b></li> <li>· <b>Map work (industries, transport, ports, hinterland)</b></li> <li>· <b>Practical</b></li> <li>· <b>Map work</b></li> <li>· <b>Revision</b></li> </ul>

	December	<ul style="list-style-type: none"> <li>· <b>Practical (Toposheet and survey continued)</b></li> <li>· <b>Map work</b></li> <li>· <b>Revision</b></li> <li>· <b>Rehearsal Examination</b></li> </ul>
	January	<ul style="list-style-type: none"> <li>· <b>Practical</b></li> <li>· <b>Map work</b></li> <li>· <b>Revision</b></li> </ul>
	February	Revision
Sociology	April	Social Institutions. Family Marriage Kinship
	May	Definition of Religion, Theories of Religion, Functions and Dysfunctions of religion, Project Work
	June	Communalism, Fundamentalism, Secularism, Morality and Social Control
	July	Political Organisation-Panchayat Raj, Role of the Panchayats, Empowerment of women and Children
	August	Economic Organisation- Free and Economic Goods, Economies of Indian Tribes, MGNREGA, Jajmani System, Traditional Markets
	September	Tribal India- Past, Present and Future, Social Stratification
	October	Race and Ethnicity
	November	Gender- Sex and Gender, Ethnicity, Gender Issues, Bills and Amendments.
	December	Social Change-Aspects of Development, Social Movements,
	January	Social Development, Role of Mass Media
	February	Final Project and Revision



	October	
Psychology	April	Intelligence and ability
	May	Personality
	June	Lifespan Development
	July	Stress and Stress Management
	August	Psychological disorders and psycho-therapies
	September	Social thought and social behaviour
	October	Attitudes
	November	Applications of Psychology
	December	Revision of entire syllabus and completion of projects
	January	
	February	
Economics	April	THEORY OF DEMAND ELASTICITY OF DEMAND SUPPLY AND ELASTICITY OF SUPPLY
	May	THEORY OF CONSUMER BEHAVIOUR MONEY
	June	BANKING EQUILIBRIUM PRICE AND QUANTITY
	July	LAWS OF RETURNS COST AND REVENUE ANALYSIS FORMS OF MARKET
	August	PRODUCER'S EQUILIBRIUM EQUILIBRIUM PRICE AND OUTPUT UNDER PERFECT COMPETITION THEORY OF INCOME AND EMPLOYMENT I
	September	FISCAL POLICY GOVERNMENT BUDGET
<sup>2</sup>	October	BALANCE OF PAYMENTS
	November	NATIONAL INCOME
	December	REVISION

	January	REVISION
	February	REVISION
Political Science	April	Indian Constitution Democracy in India
	May	Local Self Government
	June	Forms of Government
	July	Constitution
	August	Fundamental Rights and Directive Principles Franchise and Representation
	September	Executive
	October	Legislature
	November	Judiciary
	December	Project
	January	Revision
	February	Revision
Physics	April	Electric Fields , Gauss'Theorem
	May	Electric potential , Capacitors
	June	Dielectrics , Electric Resistance
	July	DC circuits , Magnetism, torque on a current loop ,Magnetic Fields
	August	Earth's Magnetism, Magnetic classification,Electromagnetic Induction,Photoelectric Effect,Matter Waves
	September	Alternating Current , Ray Optics First Term Exam
	October	Ray Optics continues,Wave Optics
		Bohr's Theory , Radioactivity,Nuclear fission and fusion
	December	Mass Energy Equivalence, Electronic Devices
	January	Revision Preboard Exam

	February	Revision ISC Practical
CHEMISTRY	April	<ol style="list-style-type: none"> <li>1. Solutions</li> <li>2. Haloalkanes and Haloarenes</li> </ol>
	May	<ol style="list-style-type: none"> <li>1. Alcohols, Phenols and Ethers</li> </ol>
	June	<ol style="list-style-type: none"> <li>1. The Solid State</li> <li>2. Isolation of Elements (Metallurgy)</li> </ol>
	July	<ol style="list-style-type: none"> <li>1. Electro-chemistry</li> <li>2. p- Block Elements</li> <li>3. Aldehydes, Ketones and Carboxylic acid (Part-1)</li> <li>4. Unit Test - 1</li> </ol>
	August	<ol style="list-style-type: none"> <li>1. Aldehydes, Ketones and Carboxylic acid (Part-2)</li> <li>2. d- and f-Block elements</li> <li>3. Coordination Chemistry ( Part - 1)</li> </ol>
	September	<ol style="list-style-type: none"> <li>1. Coordination compounds (Part - 2)</li> <li>2. First Terminal Examination</li> </ol>
	October	<ol style="list-style-type: none"> <li>1. Chemical Kinetics</li> </ol>
	November	<ol style="list-style-type: none"> <li>1. Surface Chemistry</li> <li>2. Organic Compounds Containing Nitrogen</li> </ol>
	December	<ol style="list-style-type: none"> <li>1. Chemistry in Everyday Life</li> <li>2. Revision</li> </ol>
	January	<ol style="list-style-type: none"> <li>1. Rehearsal Examination</li> <li>2. Revision and Solving Question Papers</li> </ol>
	February	<ol style="list-style-type: none"> <li>1. Revision and Sample Paper Solving</li> <li>2. Practical Practice/ ISC Practical Examination</li> </ol>
Biology	April	<ol style="list-style-type: none"> <li>1. Reproduction in Organisms</li> <li>2. Sexual Reproduction in flowering Plants</li> <li>3. Human Reproduction</li> <li>4. Reproductive Health</li> </ol>
	May	<ol style="list-style-type: none"> <li>1. Organisms and Environment</li> <li>2. Ecosystem</li> </ol>
	June	<ol style="list-style-type: none"> <li>1. Biodiversity and Conservation</li> <li>2. Environmental issues</li> </ol>
	July	<ol style="list-style-type: none"> <li>1. Principles of Inheritance</li> <li>2. Molecular basis of Inheritance</li> </ol>

	August	<ol style="list-style-type: none"> <li>Human Health and Disease</li> <li>Strategies for Enhancement in Food Production</li> </ol>
	September	<ol style="list-style-type: none"> <li>Biotechnology and its Application</li> <li>Biotechnology and its Principles</li> </ol>
	October	<ol style="list-style-type: none"> <li>Microbes in Human Welfare</li> </ol>
	November	<ol style="list-style-type: none"> <li>Principles of Inheritance</li> <li>Molecular basis of Inheritance</li> </ol>
	December	<ol style="list-style-type: none"> <li>Revision</li> </ol>
	January	<ol style="list-style-type: none"> <li>Biotechnology and its Principles</li> <li>ISC paper to be solved</li> </ol>
	February	<ol style="list-style-type: none"> <li>ISC Paper to be solved.</li> </ol>
Computer Science	April	<p><b>Theory :SOP and POS representation; Maxterms &amp; Minterms, Canonical and Cardinal representation, reduction using Karnaugh maps and Boolean algebra. K-map,</b></p> <p><b>Practical: Number program</b></p>
	May	<p><b>stack(theory), address calculation(theory),array program(practical)</b></p>
	June	<p><b>Wrapper class, recap of Boolean algebra</b></p> <p><b>Practical: String program</b></p>
	July	<p><b>Recursion</b></p> <p><b>Practical: Number program</b></p>
	August	<p><b>Inheritance, Interfaces and Polymorphism</b></p>
	September	<p><b>Revision</b></p> <p><b>Practical: Array &amp; Number program</b></p>

	October	<b>Data structures</b> <b>Practical: Number &amp; array program</b>
	November	<b>Complexity and Big O notation</b>
	December	<b>Revision of recursion</b> <b>Practical: Array program</b>
	January	<b>Revision</b>
	February	<b>Revision</b>
Mathematics	April	Differentiation, Inverse Trigonometric Function, Indeterminate Form.
	May	Matrices
	June	Determinants, Vectors (Sec B), Application of Calculus in Economics and Commerce (Sec C).
	July	Integration
	August	Application of Derivatives, Relation and Function
	September	Continuity, 3 D Geometry (Sec B), Linear Regression.
	October	Differential Equations, Linear Programming
	November	Probability, Application of Integration
	December	REVISION
	January	REVISION
	February	REVISION
Accounts	April	Fundamental of Partnership.
	May	Goodwill.
	June	Admission of a partner.
	July	Admission, Retirement and death of a partner.
	August	Death of a partner, Dissolution of a partnership firm.

	September	Financial Statement Analysis, Issue of shares.
	October	Issue of shares and Debentures. Redemption of Debentures.
	November	Final Accounts of Companies, Ratio Analysis.
	December	Cash Flow Statement.
	January	Revision
	February	Revision
Commerce	April	Capital: Fixed and Working Sources of Finance for a Joint Stock Company
	May	Sources of Finance for a Joint Stock Company Banking and it's latest trends Marketing: Concept and Functions
	June	Marketing Mix Consumer Protection Act
	July	Management: Concept Principles of Management
	August	Principles of Management Functions of Management
	September	Directing Planning
	October	Controlling Organizing
	November	Staffing
	December	Business Environment
	January	Revision
	February	Revision
Business Studies	April	Introduction to HRM Job and Manpower Planning Staff Recruitment
	May	Staff Selection Staff Training Staff Morale
	June	Staff Motivation

		Staff Remuneration
	July	Staff Leadership Staff Appraisal Staff Promotion
	August	Staff Separation Emerging trends in Human Resources Business Communication
	September	Business Correspondence Report Writing Various Business Entities
	October	Sources of Business Finance Globalisation E- Business
	November	Outsourcing Business Regulators and Intermediaries.
	December	Revision
	January	Revision
	February	Project Evaluation & Rev
Home Science	April	Techniques and Methods of cooking Preliminary treatment of foods before cooking Culinary terms
	May	Effects of cooking on food components Methods of increasing nutritive value of foods Traditional Textiles
	June	Traditional textiles
	July	Traditional textiles MealPlanning Eating Disorders Special Diets
	August	Resource Management Consumer Education
	September	Communication and Extension Education
	October	Human Development -Adolescence

	November	HumanDevelopment -Adulthood
	December	Revision
	January	Revision
	February	Preboards
Tabla	April	Eminent musician- Pt. Kishen Maharaj. Topics of general interest related to music
	May	Five Pranas of Taal- Grah,Jaati,Yati,Prastar,Laya. Four kism in Keharwa,Dadra,Jhaaptaal
	June	Brief history of origin and evolution of Tabla, Drawing and labelling with descriptions and tuning
	July	Classification of Indian musical instruments-Tath,Sushir,Avanadya,Ghan.Gat,Laggi,Ladi, Chakkardar,Tukda,Padan in Teentaal
	August	Terms related to Tabla-Tehai,Gat,Kaida,Palta,Rela,Laggi,Ladi,Chakkardar,Tukda,Paran
	September	Talas- Jhaptaal,Dadra,Teental,Dhamar,Jhoomra,Kaharba. Taal notation Thah,Dugun,Tigun,Chaugun with characteristics.
	October	Eminent musician -Ustad Ahamad Jaan Tirkuwa. Terms related to Tabla-Sam,Tali,Khali,Vibhag,Lehra
	November	Ektaal solo and accompaniment, Jhaaptaal kaida and tukda.
	December	Topics of general interest related to music and revision.
	January	Revision of previous lessons.
	February	Revision of previous lessons.
Art	April	Still life study, shading, basics of perspective Vegetable study Basics of designing
	May	Still life with 2 objects Flower study Greeting card design
	June	Watercolour basics Still life study with 3 objects Fruit drawing with watercolour Book cover and poster design



	July	Still life with 3 objects Fruit study Book cover design
	August	Still life with Water colour Fruit study Poster design
	September	Still life study with 3 objects Fruit drawing with watercolour Book cover and poster design
	October	Still life study with 3 objects Fruit drawing, potted plant with watercolour Book cover, poster design, greeting card
	November	Still life study with 4 objects Drawing individual specimen with watercolour Book cover and poster design
	December	Still life study with 4 objects Fruit, flower drawing with watercolour Book cover and poster design, greeting card
	January	Still life study with 4 objects Fruit, flower drawing with watercolour Book cover and poster design
	February	Still life study with 7 objects Fruits drawing with watercolour Book cover and poster design
Physical Education	April	<p><b>Athletics</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Learning / improving basic athletic motor skills. Game</p> <p><b>FOOTBALL</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises.) Physical conditioning training(Endurance run, speed, take of power, strength and mobility) Strength training , Free play Game</p>
	May	<p><b>Athletics</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Introduction of general safety and competition rules.Game.</p> <p><b>FOOTBALL</b>-General warm-up, General and specific</p>

		<p>exercises like, Toe-to-head or Head-to-Toe exercises. Compound technical exercises(Receiving a ball &amp; kicking, Kicking &amp; heading Technical training(Passing, Shooting),core exercises. Free play game</p>
	June	<p><b>Athletics</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Awareness about sports terminologies. Methods of strength and endurance development. Free play (games and sports)</p> <p><b>FOOTBALL</b>- General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises .Technical training like dribbling, heading).Tactics (Attacking &amp; Defensive Principle) Group tactics in attack &amp; defence. Free Play game</p>
	July	<p><b>Athletics</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Physical fitness training(Endurance aerobic &amp; anaerobic &amp; strengthening) Game.</p> <p><b>FOOTBALL</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises Physical fitness training(Endurance aerobic &amp; anaerobic &amp; strengthening) passing skill. Free play game</p>
	August	<p><b>Athletics</b>- General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Methods of speed and flexibility development.Free play ( games and sports) Improving team spirit.</p> <p><b>FOOTBALL</b>-General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Compound technical training(receiving a ball &amp; kicking,dribbling &amp; shooting,kicking &amp; heading) Goal keeper training. Game</p>
	September	<p><b>Athletics</b>- General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises.</p>

		<p>Develop sprinting like, sprint distances of 30 to 120 mts and practice types of sprint start Sports day practice. Free play.</p> <p><b>FOOTBALL-</b> General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Group tactics(combination play to maintain possession)goal keeper training. Save play &amp; functional training.</p>
	October	<p><b>Athletics-</b> General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Means of fitness development and measuring of pulse rate. Sports day practice. Game.</p> <p><b>FOOTBALL-</b>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Physical fitness training (Endurance with &amp; without ball, strength, Set play &amp; functional training &amp; Goal keeper training. Heading ,dribbling. Sports day practice.</p>
	November	<p><b>Athletics-</b> General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Develop reaction sprint, different kinds of relays and shuttle sprint over a distance. Sports Day practice. Game</p> <p><b>FOOTBALL-</b>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Group tactics (combination play to maintain possession &amp; score) Crossing &amp; Shooting into the goal. Sports day practice. Game</p>
	December	<p><b>Athletics-</b> General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Improving jump-power, Co-ordination and increasing speed running different techniques. Sports Day Practice. Game</p> <p><b>FOOTBALL-</b>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Physical fitness training (Endurance, strength, speed) Sports day practice. Attacking tactics and defensive tactics. Free play game</p>
	January	<p><b>Athletics-</b> General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning training. Develop shot-put technique (O Brian) Rhythm activity like marching on command etc. Game</p> <p><b>FOOTBALL-</b>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning training. Game Compound technical exercise Team tactics(the speed attack &amp; defence</p>

		concepts)Game
	February	<p><b>Athletics-</b> General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Develop an understanding of physical body movement, balance and control. All kinds of technical training. Game</p> <p><b>FOOTBALL-</b>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. All kinds of technical training. Functional training &amp; Goal keeper training.</p>