

CLASS–12th

CLASSES REQUIRED	10 periods
TOPIC	Psychology and sports.and training in sports.
CONCEPT & SKILLS	Understanding stress, anxiety and its management in sports .personality and motivation in sports. Psychological benefits of exercises. Strength, endurance, speed, flexibility,methods of improving these terms .coordinative abilities and its types.
LEARNING OUTCOMES	Students will acquire the knowledge about stress, anxiety,personality and getting knowledge how we can maintain our life from these kind of things.students also acquire how exercises plays important role in our physique In training methods, students will acquire the knowledge about strength speed flexibility and endurance, they also getting the idea why these terms important in games and sports
INSTRUCTIONAL TOOLS & REFERENCES	Blackboard chalk textbook, sports equipment
PEDAGOGY	Motivation, concept formation, random questioning
ACTIVITY / ASSIGNMENT / RESEARCH	they should take right decisions during executing the skills ,behaviour of interacting with other players. How training plays important role in success.
ASSESSMENT	For training ,running ,execution of skills,should do stretching also.
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	All the topics will be in the term exam. Also conceptual question related to the chapter.