

DELHI PUBLIC SCHOOL SRINAGAR

Syllabus 2020



Class-XI
Humanities

SUBJECT: ENGLISH (301)

APRIL

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
2 ND WEEK	<i>The Portrait of a lady</i>		
3 RD WEEK	<i>Speech , A Photograph</i>		
4 TH WEEK	<i>Re-ordering of sentences (Tenses)</i>		
5 TH WEEK	<i>Notices and Letter to the Editor</i> <i>Reading Comprehension</i>		

MAY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1 ST WEEK	<i>The Voice of The Rain</i>		
2 ND WEEK	<i>The Address</i>		
3 RD WEEK	<i>Job Application, Article Writing</i>		
4 TH WEEK	<i>Editing Tasks (Tenses), ASL</i>		
5 TH WEEK	<i>The Summer of the Beautiful White Horse</i>		

JUNE

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			18
1 ST WEEK	<i>The Ailing Planet, Dialogue Completion.</i>		
2 ND WEEK	<i>Albert Einstein at School, Reading Comprehension.</i>		
3 RD WEEK	<i>Note-Making passage, Error Correction (Determiners)</i>		
4 TH WEEK	<i>Mid-Term Examination</i>		
5 TH WEEK	<i>Mid-Term Examination</i>		

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			11
1 ST WEEK	<i>Mid-Term Examination</i>		
2 ND WEEK	<i>Mid-Term Examination</i>		
3 RD WEEK	<i>Summer Break</i>		
4 TH WEEK	<i>Summer Break/ Cross Checking</i>		
5 TH WEEK	<i>Childhood, The Browning Version</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1 ST WEEK	<i>Ranga's Marriage, Birth</i>		
2 ND WEEK	<i>Mother's Day, Gap filling.</i>		
3 RD WEEK	<i>Report Writing-Newspaper and Magazine Reports</i>		
4 TH WEEK	<i>Omission /Editing Passages (Determiners)</i>		
5 TH WEEK	<i>Posters.</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1 ST WEEK	<i>Father to Son, We're not Afraid to Die....</i>		
2 ND WEEK	<i>The Tale of Melon City</i>		
3 RD WEEK	<i>Note making revision, Transformation of sentences (Modals)</i>		
4 TH WEEK	<i>Business Letters</i>		
5 TH WEEK	<i>Reading Comprehension</i>		

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			26
1 ST WEEK	<i>Grammar exercises (Change of voice)</i>		
2 ND WEEK	<i>Classified Advertisements</i>		
3 RD WEEK	<i>Classified Advertisements</i>		
4 TH WEEK	<i>Display Advertisements, ASL (Final Term)</i>		
5 TH WEEK	<i>Revision (All writing skills)</i>		

NOVEMBER (Class XII)

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
			25
1 ST WEEK	<i>Introduction to Underprivileged/Spender/Anees Jung</i>		
2 ND WEEK	<i>Elementary School Classroom in a Slum</i>		
3 RD WEEK	<i>Grammar exercises (Clauses)</i>		
4 TH WEEK	<i>Lost Spring /Saheb-e-Alam</i>		
5 TH WEEK	<i>Lost Spring /Mukesh</i>		

DECEMBER (Class XII)

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
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		17
1ST WEEK	<i>Notices (All three types)</i>	
2ND WEEK	<i>Invitations and Replies</i>	
3RD WEEK	<i>Invitations and Replies (Contd.)</i>	
4TH WEEK	<i>Winter Break</i>	

SUBJECT: HISTORY (027)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>From the beginning of time</i>	18	19
➤ <i>Early Cities</i>	15	
2ND WEEK	<i>Introduction of the world history, the story of human evolution, the precursors of modern human being, early human</i>	
3RD WEEK	<i>Ways of obtaining food, making tools. Modes of communication-language and art.</i>	
4TH WEEK	<i>Hunter-gatherer societies from the present to the past. Introduction of Mesopotamia and its geography.</i>	
5TH WEEK	<i>The significance of urbanism. the development of writing and literacy Urbanization in southern Mesopotamia Temples and kings. Life in the city, a trading in the pastoral zone. The legacy of writing.</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>An empire across the three continents</i>	15	13
➤ <i>Central Islamic Lands</i>	15	
1ST WEEK	<i>The early empire, third century crisis, economic expansion,</i>	
2ND WEEK	<i>Social hierarchies, controlling workers, late antiquity.</i>	
3RD WEEK	<i>The rise of Islam in Arabia- faith, community and politics. The Caliphate: expansion, civil wars and sect formation</i>	
4TH WEEK	<i>The Umayyad and the centralization of polity. The Abbasid revolution. The rise of sultanate.</i>	
5TH WEEK	<i>Crusades. learning and culture</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>Nomadic empire</i>	13	13
➤ <i>Three orders</i>	15	
1ST WEEK	<i>Introduction, social and political background, the career of Genghis</i>	

	<i>Khan,</i>
2ND WEEK	<i>The Mongols after Genghis Khan, social, political and military organization, Mongols in the world history</i>
3RD WEEK	<i>An introduction to Feudalism. The second order- Nobility. The Manorial Estate, The Knights</i>
4TH WEEK	Mid-Term Examination
5TH WEEK	Mid-Term Examination

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	Mid-Term Examination	
2ND WEEK	Mid-Term Examination	
3RD WEEK	Summer Break	
4TH WEEK	Summer Break/ Cross Checking	
5TH WEEK	<i>The First Order: The Clergy, The Church and Society, Social and Economic Relations, The Crisis of the Fourteenth Century, Social Unrest political changes</i>	

AUGUST

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>Changing cultural tradition</i>	15	12
➤ <i>Confrontation of cultures</i>	14	
1ST WEEK	<i>Introduction. The revival of Italian cities. The humanist view of history. The Arabs contributions in science and philosophy. Architecture</i>	
2ND WEEK	<i>The aspiration of women. Debates within Christianity.</i>	
3RD WEEK	<i>The Copernican revolution. Communities of the Caribbean and Brazil.</i>	
4TH WEEK	<i>The Aztecs, Mayas and Incas. Voyages of exploration by Europeans.</i>	
5TH WEEK	<i>Spain establishes empire in America - Cortes and Pizarro. colony and slave trade</i>	

SEPTEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>The industrial revolution</i>	15	13
➤ <i>Displacing indigenous people</i>	15	
1ST WEEK	<i>Introduction of industrial revolution in Britain. Coal and iron. Cotton spinning and weaving. Development of canals and railways.</i>	
2ND WEEK	<i>Working conditions, women, Children and Industrialization,</i>	
3RD WEEK	<i>Protest Movements, Reforms through Laws Introduction on Natives and European Imperialism,</i>	
4TH WEEK	<i>North America and the Natives, How Natives lose their land, The Gold Rush and the growth of Industries</i>	

5TH WEEK	<i>The Winds Change, Development of Australia, The Winds Change in Australia</i>
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OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>Paths of Modernization</i>	15	6
➤ <i>Map Work and Project Work</i>	10+10	4+20
1ST WEEK	<i>Introduction of Japan, The political system of Japan, The Meiji Restoration, Modernizing the Economy,</i>	
2ND WEEK	<i>Industrial workers, Westernization and Tradition, Re- emerging as a Global Economic Power,</i>	
3RD WEEK	<i>China Establishing the Republic, The Rise of the Communist Party of China,</i>	
4TH WEEK	<i>Establishing the New Democracy: 1949-65, The Story of Taiwan</i>	
5TH WEEK	<i>Map work</i>	

NOVEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT -AGE	TEACHING PERIODS
➤ <i>The Story of the first cities: Harappan Archaeology</i>	13	12
➤ <i>Political and Economic history: How inscriptions tell a story.</i>	14	
1ST WEEK	<i>Introduction of Harappan culture, planned urban centre Mohenjodaro, tracking social differences</i>	
2ND WEEK	<i>Finding out about craft production, strategies of procuring materials, seals, script, weights,</i>	
3RD WEEK	<i>the end of the civilization Prinsep and Piyadassi, the earliest states,</i>	
4TH WEEK	<i>an early empire, new notions of kingship</i>	
5TH WEEK	<i>A changing countryside, towns and trade,</i>	

DECEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT -AGE	TEACHING PERIODS
<i>Social Histories: Using the Mahabharata</i>	14	12
1ST WEEK	<i>The critical edition of Mahabharata, kinship and marriage, social differences.</i>	
2ND WEEK	<i>Beyond birth-resources and status.</i>	
3RD WEEK	<i>Explaining social differences, Handling texts, a dynamic text.</i>	
4TH WEEK	<i>Winter Break</i>	

SUBJECT: POLITICAL SCIENCE (028)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1. <i>Constitution Why and How and Philosophy of the Constitution. Constitution as a Living Document</i>	12	26
2ND WEEK	<i>Constitution: Why and How, The making of the Constitution,</i>	
3RD WEEK	<i>The Constituent Assembly, Procedural achievements and Philosophy of the Constitution.</i>	
4TH WEEK	<i>Are Constitutions static? The procedure to amend the Constitution.</i>	
5TH WEEK	<i>Why have there been so many amendments? Basic Structure and Evolution of the Constitution. Constitution as a Living Document.</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
2. <i>Rights and Duties in the Indian Constitution</i> 3. <i>Election and Representation</i>	12	29
1ST WEEK	<i>The importance of Rights, Fundamental Rights in the Indian Constitution</i>	
2ND WEEK	<i>Directive Principles of State Policy, Relationship between Fundamental Rights and Directive Principles of state policy.</i>	
3RD WEEK	<i>Elections and Democracy, Election System in India</i>	
4TH WEEK	<i>Reservation of Constituencies, Free and Fair Elections, Electoral Reforms.</i>	
5TH WEEK	<i>Why do we need a Parliament?</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
4. <i>The Legislature.</i> 5. <i>The Executive</i> 6. <i>The Judiciary</i>	12	33
1ST WEEK	<i>Why do we need a Parliament? Two Houses of Parliament. Functions and Power of the Parliament, Legislative functions, control over Executive. Parliamentary committees. Self-regulation.</i>	
2ND WEEK	<i>What is an Executive? Different Types of Executive. Parliamentary Executive in India, Prime Minister and Council of Ministers. Permanent Executive: Bureaucracy.</i>	
3RD WEEK	<i>Why do we need an Independent Judiciary? Structure of the Judiciary, Judicial Activism, Judiciary and Rights, Judiciary and Parliament</i>	
4TH WEEK	Mid-Term Examination	
5TH WEEK	Mid-Term Examination	

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Mid-Term Examination</i>	
2ND WEEK	<i>Mid-Term Examination</i>	
3RD WEEK	<i>Summer Break</i>	
4TH WEEK	<i>Summer Break/ Cross Checking</i>	
5TH WEEK	<i>Judicial Review</i>	

AUGUST

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
7. Federalism. 8. Local governments. 9. Political theory: An introduction. 10. Freedom.	12	43
1ST WEEK	<i>What is Federalism? Federalism in the Indian Constitution, Federalism with a strong Central Government, conflicts in India's federal system, Special Provisions</i>	
2ND WEEK	<i>Why do we need Local Governments? Growth of Local Government in India, 73rd and 74th Amendments, implementation of 73rd and 74th Amendments</i>	
3RD WEEK	<i>What is Politics? What do we study in Political Theory? Putting Political Theory to practice. Why should we study Political Theory?</i>	
4TH WEEK	<i>The Ideal of Freedom. What is Freedom? Why do we need constraints?</i>	
5TH WEEK	<i>Harm principle. Negative and Positive Liberty</i>	

SEPTEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
11. Equality 12. Social justice 13. Rights. 14. Citizenship.	16	45
1ST WEEK	<i>Significance of Equality. What is Equality? Various dimensions of Equality. How can we promote Equality?</i>	
2ND WEEK	<i>What is Justice? Just Distribution. Justice as fairness. Pursuing Social Justice.</i>	
3RD WEEK	<i>What are Rights? Where do Rights come from? Legal Rights and the State. Kinds of Rights. Rights and Responsibilities</i>	
4TH WEEK	<i>What is citizenship? Citizen and Nation, Universal Citizenship,</i>	
5TH WEEK	<i>Global Citizenship</i>	

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
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15. Nationalism. 16. Secularism. 17. Peace. 18. Development.	16	44
1ST WEEK	<i>Nations and Nationalism, National Self-determination, Nationalism and Pluralism.</i>	
2ND WEEK	<i>What is Secularism? What is Secular State? The Western and the Indian approaches to Secularism. Criticisms and Rationale of Indian Secularism.</i>	
3RD WEEK	<i>What is Peace? Can violence ever promote peace? Peace and the State. Different Approaches to the pursuit of peace. Contemporary challenges to peace</i>	
4TH WEEK	<i>What is development? Dominant, development Model and alternative conceptions of development</i>	
5TH WEEK	<i>Project Work/ Presentations</i>	

NOVEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>1. The cold war Era.(Class XII)</i>	6	14
1ST WEEK	<i>Emergence of two power blocs after the second world war.</i>	
2ND WEEK	<i>Arenas of the cold war.</i>	
3RD WEEK	<i>Challenges to Bipolarity: Non Aligned Movement</i>	
4TH WEEK	<i>Quest for new international economic order.</i>	
5TH WEEK	<i>India and the cold war.</i>	

DECEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>The End of Bipolarity(Class XII)</i>	6	13
1ST WEEK	<i>New entities in world politics: Russia, Balkan states and Central Asian states.</i>	
2ND WEEK	<i>Introduction of democratic politics and capitalism in post-communist regimes.</i>	
3RD WEEK	<i>India's relations with Russia</i>	
4TH WEEK	<i>Winter Break</i>	

SUBJECT: SOCIOLOGY (039)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>(Book-1)</i> <i>Introducing Sociology</i>	8	18
2ND WEEK	<i>Sociology, Society and its Relationship with other Social Sciences</i>	
3RD WEEK	<i>Introducing Society: Individuals and collectivities. Plural Perspectives</i>	
4TH WEEK	<i>Introducing Sociology: Emergence. Nature and Scope.</i>	
5TH WEEK	<i>Relationship to other Social Science disciplines</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>Terms, Concepts and their use in Sociology</i> ➤ <i>Understanding Social Institutions</i>	8+10	16+20
1ST WEEK	➤ <i>Social Groups and Society</i> ➤ <i>Social Stratification</i>	
2ND WEEK	➤ <i>Status and Role</i> ➤ <i>Society & Social Control</i>	
3RD WEEK	➤ <i>Family, Marriage and Kinship</i> ➤ <i>Work & Economic Life</i>	
4TH WEEK	➤ <i>Political Institutions</i> ➤ <i>Religion as a Social Institution</i>	
5TH WEEK	➤ <i>Education as a Social Institution</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>Culture and Socialization</i> ➤ <i>Doing Sociology: Research Methods</i>	8+3	16+10
1ST WEEK	➤ <i>Defining Culture</i> ➤ <i>Dimension of Culture</i>	
2ND WEEK	➤ <i>Socialization</i> ➤ <i>Agencies of Socialisation</i>	
3RD WEEK	➤ <i>Objectivity and Subjectivity</i> ➤ <i>Methods: Participant Observation, Survey</i>	
4TH WEEK	<i>Mid-Term Examination</i>	
5TH WEEK	<i>Mid-Term Examination</i>	

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	3	5
1ST WEEK	<i>Mid-Term Examination</i>	

2ND WEEK	<i>Mid-Term Examination</i>
3RD WEEK	<i>Summer Break</i>
4TH WEEK	<i>Summer Break/ Cross Checking</i>
5TH WEEK	<ul style="list-style-type: none"> ➤ <i>Tools and Techniques: Observation, Interview, Questionnaire</i> ➤ <i>The Significance of Field Work in Anthropology & Sociology</i>

AUGUST

	TOPICS / CHAPTERS	WEIGHT -AGE	TEACHING PERIODS
	<p><i>(Book-2): Understanding Society</i></p> <ul style="list-style-type: none"> ➤ <i>Social Structure, Stratification & Social Processes in Society</i> ➤ <i>Social Change & Social Order in Rural & Urban Society</i> 	10+10	18+20
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Social Structure</i> ➤ <i>Social Stratification</i> 		
2ND WEEK	➤ <i>Social Processes: Cooperation, Competition, Conflict</i>		
3RD WEEK	➤ <i>Social Change: Types; Causes and Consequences</i>		
4TH WEEK	➤ <i>Social Order: Domination, Authority and Law; Contestation, Crime and Violence</i>		
5TH WEEK	➤ <i>Village, Town and City: Changes in Rural and Urban Society</i>		

SEPTEMBER

	TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	<ul style="list-style-type: none"> ➤ <i>Environment and Society</i> ➤ <i>Introducing Western Sociologists</i> 	4+8	12+20
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Ecology and Society</i> ➤ <i>Environmental Crises and Social Responses</i> 		
2ND WEEK	<ul style="list-style-type: none"> ➤ <i>Sustainable Development</i> ➤ <i>Context of Sociology</i> 		
3RD WEEK	➤ <i>The Enlightenment, The French Revolution & Industrial Revolution</i>		
4TH WEEK	➤ <i>Karl Marx on Class Conflict, Historical & dialectical materialism.</i>		
5TH WEEK	➤ <i>Emile Durkheim: Division of Labour</i>		

OCTOBER

	TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	<ul style="list-style-type: none"> ➤ <i>Indian Sociologists</i> ➤ <i>Project Work</i> 	8+20	20+15
1ST WEEK	<ul style="list-style-type: none"> ➤ <i>Introduction to Indian society.</i> ➤ <i>G.S. Ghurye on Caste and Race</i> 		
2ND WEEK	➤ <i>D.P. Mukherjee on Tradition and Change</i>		
3RD WEEK	<ul style="list-style-type: none"> ➤ <i>A.R. Desai on the State</i> ➤ <i>M.N. Srinivas on the Village</i> 		

4TH WEEK	<i>PROJECT WORK (20 Marks)</i> 1. Introduction 2. Statement of Purpose
5TH WEEK	3. Research Question 4. Methodology 5. Data Analysis 6. Conclusion

NOVEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>(Book-1) Introducing Indian Society</i> <i>The Demographic Structure of the Indian Society</i>	<i>Non-evaluative</i> 6	10
1ST WEEK	➤ <i>Introducing Indian Society</i> ➤ <i>Unique features of Indian society</i>	
2ND WEEK	➤ <i>Colonialism, Nationalism, Class and Community</i>	
3RD WEEK	➤ <i>Theories and concepts in demography</i>	
4TH WEEK	➤ <i>Malthusian theory</i> ➤ <i>Demographic transition theory</i>	
5TH WEEK	➤ <i>Optimum population theory</i> ➤ <i>Rural-Urban Linkages and Divisions</i>	

DECEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
➤ <i>Social Institutions: Continuity and Change</i> ➤ <i>Market as a Social Institution</i>	6+6	10+12
1ST WEEK	➤ <i>The Caste System</i> ➤ <i>Tribal Communities</i>	
2ND WEEK	➤ <i>Family</i> ➤ <i>Kinship</i>	
3RD WEEK	➤ <i>Sociological perspectives on markets and the economy</i>	
4TH WEEK	<i>Winter Break</i>	

SUBJECT: ECONOMICS (30)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Unit 01: Statistics for Economics</i>	13	56
2ND WEEK	<i>Introduction: What is Economics? Meaning, scope, functions and importance of statistics in Economics</i>	
3RD WEEK	<i>Collection of data</i>	
4TH WEEK	<i>Organisation of data</i>	
5TH WEEK	<i>Presentation of Data</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Introductory Microeconomics: Unit 01: Introduction</i>	17	60
1ST WEEK	<i>Meaning of microeconomics and macroeconomics; positive and normative economics: What is an economy? Central problems of an economy: what, how and for whom to produce; concepts of production possibility frontier and opportunity cost.</i>	
2ND WEEK	<i>UNIT 02: Consumer's Equilibrium and Demand: meaning of utility, marginal utility, law of diminishing marginal utility, conditions of consumer's equilibrium using marginal utility analysis.</i>	
3RD WEEK	<i>Indifference curve analysis of consumer's equilibrium-the consumer's budget (budget set and budget line), preferences of the consumer (indifference curve, indifference map) and conditions of consumer's equilibrium.</i>	
4TH WEEK	<i>Demand, market demand, determinants of demand, demand schedule, demand curve and its slope, movement along and shifts in the demand curve;</i>	
5TH WEEK	<i>Price elasticity of demand - factors affecting price elasticity of demand; measurement of price elasticity of demand – percentage-change method.</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>UNIT 02: Measures of Central Tendency</i>	21	42
1ST WEEK	<i>Mean (simple and weighted), Median and Mode</i>	
2ND WEEK	<i>UNIT 03: Measures of Dispersion - absolute dispersion (range, quartile deviation, mean deviation and standard deviation); relative dispersion (co-efficient of range, co-efficient of quartile-deviation,</i>	
3RD WEEK	<i>Project Work For 20 Marks</i>	
4TH WEEK	<i>Mid-Term Examination</i>	
5TH WEEK	<i>Mid-Term Examination</i>	

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		03	14
1 ST WEEK	<i>Mid-Term Examination</i>		
2 ND WEEK	<i>Mid-Term Examination</i>		
3 RD WEEK	<i>Summer Break</i>		
4 TH WEEK	<i>Summer Break/ Cross Checking</i>		
5 TH WEEK	<i>Co-efficient of mean deviation, co-efficient of variation); Lorenz Curve: Meaning, construction and its application:</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Unit 03: Producer Behaviour & Supply:</i>		13	60
1 ST WEEK	<i>Meaning of Production Function – Short-Run and Long-Run Total Product, Average Product and Marginal Product.</i>		
2 ND WEEK	<i>Returns to a Factor: Cost: Short run costs - total cost, total fixed cost, total variable cost; Average cost; Average fixed cost, average variable cost and marginal cost-meaning and their relationships.</i>		
3 RD WEEK	<i>Revenue - total, average and marginal revenue - meaning and their relationship. Producer's equilibrium-meaning and its conditions in terms of marginal revenue marginal cost.</i>		
4 TH WEEK	<i>Supply, market supply, determinants of supply, supply schedule, supply curve and its slope, movements along and shifts in supply curve,</i>		
5 TH WEEK	<i>Price elasticity of supply; measurement of price elasticity of supply - percentage-change method.</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Unit 04: Forms of Market and Price Determination under Perfect Competition with simple applications.</i>		13	60
1 ST WEEK	<i>STATISTICS FOR ECONOMICS: Correlation – Meaning and properties, scatter diagram; Measures of correlation - Karl Pearson's method (two variables ungrouped data) Spearman's rank correlation.</i>		
2 ND WEEK	<i>Perfect competition - Features; Determination of market equilibrium and effects of shifts in demand and supply.</i>		
3 RD WEEK	<i>Other Market Forms - monopoly, monopolistic competition, oligopoly - their meaning and features.</i>		
4 TH WEEK	<i>Simple Applications of Demand and Supply: Price ceiling, price floor.</i>		
5 TH WEEK	<i>STATISTICS FOR ECONOMICS: Introduction to Index Numbers - meaning, types - wholesale price index, consumer price index and index of industrial production,</i>		

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Index Numbers Continue.</i>		20	60
1ST WEEK	<i>Uses of index numbers; Inflation and index numbers.</i>		
2ND WEEK	<i>Conditions of consumer's equilibrium. Cardinal and ordinal approaches.</i>		
3RD WEEK	<i>Producer's equilibrium-meaning and its conditions in terms of marginal revenue marginal cost.</i>		
4TH WEEK	<i>Project Work For 20 Marks:</i>		
5TH WEEK	<i>Project Work For 20 Marks:</i>		

NOVEMBER (Class XII)

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Macroeconomics: Unit 01: National Income & Related Aggregates</i>		10	60
1ST WEEK	<i>What is Macroeconomics? Basic concepts in macroeconomics: consumption goods, capital goods, final goods, intermediate goods; stocks and flows; gross investment and depreciation.</i>		
2ND WEEK	<i>Circular flow of income (two sector model); Methods of calculating National Income - Value Added or Product method, Expenditure method, Income method.</i>		
3RD WEEK	<i>Aggregates related to National Income: Gross National Product (GNP), Net National Product (NNP), Gross and Net Domestic Product (GDP and NDP) - at market price, at factor cost;</i>		
4TH WEEK	<i>Real and Nominal GDP.</i>		
5TH WEEK	<i>GDP and Welfare.</i>		

DECEMBER (Class XII)

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Development Experience (1947-90) & Economic Reforms since 1991:</i>		12	50
1ST WEEK	<i>Brief introduction of the state of Indian economy on the eve of independence.</i>		
2ND WEEK	<i>Common goals of Five-Year Plans.</i>		
3RD WEEK	<i>Main features, problems and policies of agriculture (institutional aspects and new agricultural strategy, etc.), industry (industrial licensing, etc.) and foreign trade.</i>		
4TH WEEK	<i>Winter Break</i>		

SUBJECT: PSYCHOLOGY (037)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 1: What is Psychology?</i>	7	24
2ND WEEK	<i>What is Psychology?</i> <i>Understanding Mind and Behaviour.</i> <i>Popular Notions about the Discipline of Psychology.</i> <i>Evolution of Psychology.</i> <i>Development of Psychology in India.</i>	
3RD WEEK	<i>Branches of Psychology.</i> <i>Themes of Research and Application.</i> <i>Psychology and other Disciplines.</i> <i>Psychologists at work.</i> <i>Psychology in everyday life.</i>	
4TH WEEK	<i>Goals of Psychological Enquiry.</i> <i>Nature of Psychological Data.</i>	
5TH WEEK	<i>Observational Method.</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 2: Methods of Psychological enquiry</i>	10+8	26
1ST WEEK	<i>Experimental Psychology.</i> <i>Correlational Research.</i> <i>Survey Research.</i> <i>Psychological Testing.</i> <i>Case Study.</i>	
2ND WEEK	<i>Analysis of Data.</i> <i>Limitations of Psychological Enquiry.</i> <i>Ethical Issues.</i> <i>Introduction to the Bases of Human Behaviour.</i> <i>Evolutionary Perspective.</i> <i>Biological and Cultural Roots.</i> <i>Biological Bases of Behaviour.</i>	
3RD WEEK	<i>Neuron.</i> <i>Structure and functions of Nervous System.</i>	
4TH WEEK	<i>Endocrine System and its relationship with behaviour.</i> <i>Heredity: Genes and Behaviour.</i> <i>Cultural Basis: Concept of Culture.</i> <i>Socio-Cultural Shaping of Behaviour.</i>	
5TH WEEK	<i>Enculturation</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
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<i>Chapter 3: Basis of Human Behaviour</i>		6	18
<i>Chapter 4: Human Development</i>			
1ST WEEK	<i>Socialization.</i> <i>Acculturation.</i> <i>Introduction to Human Development: Basic Concepts.</i> <i>Life-Span Perspective on Development.</i> <i>Factors influencing Development: Heredity and Environment.</i> <i>Context of Development.</i>		
2ND WEEK	<i>Prenatal Stage.</i> <i>Infancy.</i> <i>Childhood.</i>		
3RD WEEK	<i>Challenges of Adolescence.</i> <i>Adulthood.</i> <i>Old age.</i> <i>Introduction to Sensory, Attentional and Perceptual processes.</i>		
4TH WEEK	Mid-Term Examination		
5TH WEEK	Mid-Term Examination		

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Contd.</i>		-	3
1ST WEEK	Mid-Term Examination		
2ND WEEK	Mid-Term Examination		
3RD WEEK	Summer Break		
4TH WEEK	Summer Break/ Cross Checking		
5TH WEEK	<i>Nature and varieties of Stimuli.</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 5: Sensory, Attentional & Perceptual Processes.</i>		8	23
1ST WEEK	<i>Sense Modalities:</i> <i>Visual Sensation.</i> <i>Auditory Sensation.</i> <i>Other Senses.</i> <i>Attentional Processes.</i>		
2ND WEEK	<i>Selective Attention.</i> <i>Sustained Attention.</i> <i>Divided Attention.</i> <i>Perceptual Processes.</i>		
3RD WEEK	<i>Processing approaches in Perception.</i> <i>The Perceiver.</i> <i>Principles of Perceptual Organisation.</i> <i>Perception of Space, Depth and Distance.</i>		

4TH WEEK	<i>Monocular Cues and Binocular Cues. Illusions. Socio-Cultural influences on Perception. Introduction to Learning. Nature of Learning.</i>
5TH WEEK	<i>Introducing the Paradigms of Learning.</i>

SEPTEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 6: Learning Chapter 7: Memory</i>	9+8	26
1ST WEEK	<i>Classical Conditioning. Determinants of Classical Conditioning. Operant/ Instrumental Conditioning. Determinants of Operant Conditioning. Observational Learning.</i>	
2ND WEEK	<i>Cognitive Learning. Verbal Learning. Concept Learning. Skill Learning. Transfer of Learning. Factors facilitating Learning.</i>	
3RD WEEK	<i>Learning Styles. Learning Disabilities. Applications of Learning Principles. Introduction to Human Memory. Nature of Memory. The Stage Model of Memory. Memory Systems: Sensory, Short-Term and Long-Term Memory.</i>	
4TH WEEK	<i>Levels of Processing. Types of Long-Term Memory. Knowledge representation and Organisation in Memory. Memory as a Constructive Process. Nature and Causes of Forgetting.</i>	
5TH WEEK	<i>Enhancing Memory.</i>	

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 8: Thinking & Problem Solving Chapter 9: Motivation & Emotion</i>	7+7	26
1ST WEEK	<i>Introduction to Thinking. Nature of Thinking. The Process of Thinking. Problem Solving.</i>	
2ND WEEK	<i>Reasoning. Decision Making.</i>	

	<i>Nature and Process of Creative Thinking. Developing Creative Thinking. Thought and Language.</i>
3RD WEEK	<i>Development of Language and Language use. Introduction to Motivation and Emotion. Nature of Motivation. Types of Motives. Maslow's Hierarchy of Needs. Nature of Emotions.</i>
4TH WEEK	<i>Physiological Bases of Emotions. Cognitive Bases of Emotions. Cultural Bases of Emotions. Expression of Emotions. Managing Negative Emotions.</i>
5TH WEEK	<i>Enhancing Positive Emotions.</i>

NOVEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 1: Variations in Psychological Attributes.</i>	0	22
1ST WEEK	<i>Introduction to Variations in Psychological Attributes. Individual Differences in Human functioning. Assessment of Psychological Attributes. Intelligence.</i>	
2ND WEEK	<i>Psychometric Theories of Intelligence.</i>	
3RD WEEK	<i>Information Processing Theory. Theory of Multiple Intelligences. Triarchic Theory of Intelligence. PASS Model of Intelligence. Individual differences in Intelligence.</i>	
4TH WEEK	<i>Culture and Intelligence. Emotional Intelligence. Special Abilities.</i>	
5TH WEEK	<i>Creativity</i>	

DECEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>Chapter 2: Self & Personality</i>	0	24
1ST WEEK	<i>Introduction to Self and Personality. Concept of Self. Cognitive and Behavioural aspects of Self. Culture and Self.</i>	
2ND WEEK	<i>Concept of Personality. Type Approach to the study of personality. Trait Approach.</i>	

	<i>Psychodynamic Approach.</i>
3RD WEEK	<i>Behavioural Approach.</i> <i>Cultural Approach.</i> <i>Humanistic Approach.</i> <i>Assessment of Personality.</i>
4TH WEEK	<i>Winter Break</i>

SUBJECT: COMPUTER SCIENCE (083)

APRIL

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>DATA MANAGEMENT-I</i>		15	30
2 ND WEEK	<i>Database Purpose of Database DBMS Relational Database Model Database Keys (Primary key, Foreign key, Candidate key, Alternate key) Introduction to MySQL DBMS MySQL Data Types DDL vs DML Statements.</i>		
3 RD WEEK	<i>Create command Show databases command Show tables command Desc Command</i>		
4 TH WEEK	<i>Insert command Select command Selecting all rows</i>		
5 TH WEEK	<i>Selecting specific columns. Eliminating redundant records – DISTINCT Keyword</i>		

MAY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>DATA MANAGEMENT-I Contd.. COMPUTER ORGANIZATION</i>		10	20
1 ST WEEK	<i>Order by clause and Group by Clause Relational, Logical and Arithmetic Operators Update and Delete Command Alter and Drop Command</i>		
2 ND WEEK	<i>SQL Aggregate functions (Sum(), Min(), Max(), Count(), Avg()) Introduction to NoSQL databases.</i>		
3 RD WEEK	<i>Introduction to Computers Basic Computer Organization Components of a Computer (Hardware and Software) Types of software</i>		
4 TH WEEK	<i>Operating System Compiler and Interpreter</i>		
5 TH WEEK	<i>Memory and types of memory Memory Units</i>		

JUNE

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>COMPUTER ORGANIZATION Contd.</i>			
1ST WEEK	<i>Logic Gates Circuit design</i>		
2ND WEEK	<i>Introduction to Number Systems. Conversion of one number system into another.</i>		
3RD WEEK	<i>Concept of Algorithms and Flowcharts Flowchart Symbols Drawing Flowcharts</i>		
4TH WEEK	<i>Mid-Term Examination</i>		
5TH WEEK	<i>Mid-Term Examination</i>		

JULY

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>COMPUTER ORGANIZATION CONTD.</i>			
1STWEEK	<i>Mid-Term Examination</i>		
2ND WEEK	<i>Mid-Term Examination</i>		
3RD WEEK	<i>Summer Break</i>		
4TH WEEK	<i>Summer Break/ Cross Checking</i>		
5TH WEEK	<i>Cloud Computing Parallel Computing Strings – ASCII, UNICODE, ISCH, UTF8, UTF32</i>		

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
<i>PROGRAMMING AND COMPUTATIONAL THINKING-1</i>		<i>35</i>	<i>60</i>
1ST WEEK	<i>Introduction to programming Basics of python programming Features of python</i>		
2ND WEEK	<i>Simple programs in python Python tokens Python comments Input() and Print() statements Writing programs using these statements.</i>		
3RD WEEK	<i>Introduction to conditional statements If, if-else and if-elif-else Programs on conditional statements</i>		

4TH WEEK	<i>Introduction to loops</i> <i>While loop</i> <i>For loop</i> <i>Range keyword</i>
5TH WEEK	<i>Programs on loops</i>

SEPTEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>PROGRAMMING AND COMPUTATIONAL THINKING-1 contd.</i>		
1ST WEEK	<i>Introduction to errors</i> <i>Types of errors</i> <i>Debugging</i> <i>Pdb break points</i>	
2ND WEEK	<i>Introduction to lists</i> <i>Programs on lists</i>	
3RD WEEK	<i>Introduction to tuple</i> <i>Introduction to dictionary</i> <i>Programs on tuples and dictionary</i>	
4TH WEEK	<i>Bubble sort</i> <i>Selection sort</i> <i>Insertion sort</i>	
5TH WEEK	<i>Strings and String functions.</i>	

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>PROGRAMMING AND COMPUTATIONAL THINKING-1 contd.</i> <i>SOCIETY, LAW AND ETHICS-I</i>	<i>10</i>	<i>5</i>
1ST WEEK	<i>Python Modules</i> <i>Math module</i> <i>Random module</i>	
2ND WEEK	<i>Statistics module</i> <i>Working with turtle module</i>	
3RD WEEK	<i>Cyber Safety</i> <i>Threats to the security of the systems.</i>	
4TH WEEK	<i>Social networking</i> <i>Usage rules</i>	
5TH WEEK	<i>Safely Communicating Data</i>	

NOVEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
<i>DATA MANAGEMENT - 2</i>	<i>15</i>	<i>30</i>
1ST WEEK	<i>Revision of SQL queries</i>	
2ND WEEK	<i>Where, having, group by, and order by clause Interfacing python with MySQL</i>	
3RD WEEK	<i>Interfacing python with MySQL</i>	
4TH WEEK	<i>Interfacing python with MySQL</i>	
5TH WEEK	<i>Interfacing python with MySQL</i>	

DECEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Introduction to Django Framework</i>	
2ND WEEK	<i>Django Architecture How to install Django and its virtual environment Django GET and POST methods Simple web applications using django</i>	
3RD WEEK	<i>Writing on to flat file. Writing on to CSV file.</i>	
4TH WEEK	<i>Winter Break</i>	

SUBJECT: PAINTING (049)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	70/30	08
2ND WEEK	<i>Theory: Introduction and Fundamentals of ART</i> <i>Practicals: Art materials Introduction</i>	
3RD WEEK	<i>Theory: Introduction and Fundamentals of ART</i> <i>Practicals: Art materials Introduction</i>	
4TH WEEK	<i>Theory: Art and Culture.</i> <i>Practicals: Introduction to "Object study"</i>	
5TH WEEK	<i>Theory: Origin and development of different forms of fine arts in India.</i> <i>Practicals: Object study.</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	70/30	08
1ST WEEK	<i>Theory: Prehistoric Rock Paintings.</i> <i>Practicals: Object study.</i>	
2ND WEEK	<i>Theory: Study of plates (prehistoric rock paintings)</i> <i>Practicals: Introduction to Figurative Sketching.</i>	
3RD WEEK	<i>Theory: Art of Indus valley (Introduction)</i> <i>Practicals: Figurative quick Sketching.</i>	
4TH WEEK	<i>Theory: Art of Indus valley (Study of the artifacts of this period)</i> <i>Practicals: Figurative quick Sketching.</i>	
5TH WEEK	<i>Theory: Art of Indus valley (Study of art works)</i> <i>Practicals: Figurative quick Sketching.</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	70/30	08
1ST WEEK	<i>Theory: Buddhist, Jain and Hindu art (Introduction)</i> <i>Practicals: Colour and design compositions.</i>	
2ND WEEK	<i>Theory: The art during Mauryan period (Introduction)</i> <i>Practicals: Colour and design compositions</i>	
3RD WEEK	<i>Theory: The art during Mauryan period (study of sculptures)</i> <i>Practicals: Colour and design compositions</i>	
4TH WEEK	Mid-Term Examination	
5TH WEEK	Mid-Term Examination	

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	70/30	08

1ST WEEK	<i>Mid-Term Examination</i>
2ND WEEK	<i>Mid-Term Examination</i>
3RD WEEK	<i>Summer Break</i>
4TH WEEK	<i>Summer Break/ Cross Checking</i>
5TH WEEK	

AUGUST

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1ST WEEK	<i>Theory: Artistic aspect of Indian Temple and Sculptures Practicals: Object study in Colour</i>		
2ND WEEK	<i>Theory: Artistic aspect of Indian Temple and Sculptures Practicals: Object study in Colour</i>		
3RD WEEK	<i>Theory: Artistic aspect of Indian Temple and Sculptures Practicals: Object study in Colour</i>		
4TH WEEK	<i>Theory: Indian Bronze Sculptures Practicals: Object study in Colour</i>		
5TH WEEK	<i>Theory: Indian Bronze Sculptures Practicals: Object study in Colour</i>		

SEPTEMBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1ST WEEK	<i>Theory: Indian Bronze Sculptures Practicals: sketching</i>		
2ND WEEK	<i>Theory: Some artistic aspects of Indo Islamic Architecture. Practicals: Sketching</i>		
3RD WEEK	<i>Theory: Some artistic aspects of Indo Islamic Architecture. Practicals: Sketching</i>		
4TH WEEK	<i>Theory: Some artistic aspects of Indo Islamic Architecture. Practicals: Sketching</i>		
5TH WEEK	<i>Theory: Some artistic aspects of Indo Islamic Architecture. Practicals: Sketching</i>		

OCTOBER

TOPICS / CHAPTERS		WEIGHT-AGE	TEACHING PERIODS
		70/30	08
1ST WEEK	<i>Theory: The Art of Ajants Caves Practicals: Object study in Colour</i>		
2ND WEEK	<i>Theory: The Art of Ajants Caves Practicals: Object study in Colour</i>		
3RD WEEK	<i>Theory: The Art of Ajants Caves Practicals: Object study in Colour</i>		

4TH WEEK	<i>Theory: The Art of Ajants Caves</i> <i>Practicals: Object study in Colour</i>
5TH WEEK	<i>Theory: The Art of Ajants Caves</i> <i>Practicals: Object study in Colour</i>

NOVEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	<i>70/30</i>	<i>08</i>
1ST WEEK	<i>Theory: Fundamentals of Art</i> <i>Practicals: Nature and Object Study</i>	
2ND WEEK	<i>Theory: Fundamentals of Art</i> <i>Practicals: Nature and Object Study</i>	
3RD WEEK	<i>Theory: Fundamentals of Art</i> <i>Practicals: Nature and Object Study</i>	
4TH WEEK	<i>Theory: Fundamentals of Art</i> <i>Practicals: Nature and Object Study</i>	
5TH WEEK	<i>Theory: Fundamentals of Art</i> <i>Practicals: Nature and Object Study</i>	

DECEMBER (Class XII)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
	<i>70/30</i>	<i>08</i>
1ST WEEK	<i>Theory: Introduction of Indian Miniatures.</i> <i>Practicals: Sketching</i>	
2ND WEEK	<i>Theory: Rajisthani School of Art</i> <i>Practicals: Sketching</i>	
3RD WEEK	<i>Theory: Rajisthani School of Art</i> <i>Practicals: Sketching</i>	
4TH WEEK	<i>Winter Break</i>	

SUBJECT: PHYSICAL EDUCATION (048)

APRIL

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
2ND WEEK	<i>Meaning and definition of Physical Education</i>	
3RD WEEK	<i>Aims and objectives of Physical Education</i>	
4TH WEEK	<i>Career objectives in Physical Education</i>	
5TH WEEK	<i>Competitions in various sports at national and international level/ khelo India khelo</i>	

MAY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Olympic Movements :Paralympics and special Olympics</i>	
2ND WEEK	<i>Olympic symbols, ideals, objectives and values of Olympics.</i>	
3RD WEEK	<i>International Olympic committee</i>	
4TH WEEK	<i>Indian Olympic association</i>	
5TH WEEK	<i>Physical fitness and wellness: introduction, aims and objectives,</i>	

JUNE

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Meaning and importance of physical fitness and wellness.</i>	
2ND WEEK	<i>Components of Physical Fitness, Wellness and wellness/ components of health related fitness,</i>	
3RD WEEK	<i>Yoga: meaning and importance of yoga/elements of yoga introduction to Asanas</i>	
4TH WEEK	<i>Mid-Term Examination</i>	
5TH WEEK	<i>Mid-Term Examination</i>	

JULY

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Mid-Term Examination</i>	
2ND WEEK	<i>Mid-Term Examination</i>	
3RD WEEK	<i>Summer Break</i>	
4TH WEEK	<i>Summer Break/ Cross Checking</i>	
5TH WEEK	<i>Relaxation techniques for improving concentration</i>	

AUGUST

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1 ST WEEK	<i>Physical Activity and leadership training: leadership qualities and role of leader/ Creating leaders through physical education.</i>	
2 ND WEEK	<i>Meaning, objectives & types of adventure sports/safety measures to prevent sports injuries..</i>	
3 RD WEEK	<i>Test Measurement and evaluation: definition & importance of test measurement and evaluation in sports.</i>	
4 TH WEEK	<i>Test Measurement and evaluation calculation of BMI, somato types, measurement of health related fitness.</i>	
5 TH WEEK	<i>Fundamentals of Anatomy and physiology definition and importance</i>	

SEPTEMBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1 ST WEEK	<i>Functions of Skelton system classification of bones and joints, types of joints.</i>	
2 ND WEEK	<i>Properties functions and stricture of respiratory system.</i>	
3 RD WEEK	Properties of circulatory system	
4 TH WEEK	<i>Equilibrium- dynamic and static</i>	
5 TH WEEK	<i>Centre of gravity and its application in sports.</i>	

OCTOBER

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1 ST WEEK	<i>Physiology and Sports :definition and importance of physiology in phy.edu& sports/ differentiate between growth and development</i>	
2 ND WEEK	<i>Developmental characters at different stages of development/adolescent problems& their management.</i>	
3 RD WEEK	<i>Doping :concept and classification/prohibited substances and methods</i>	
4 TH WEEK	<i>Athletics responsibilities/side effects of prohibited substances.</i>	
5 TH WEEK	<i>Doping in sports/doping control procedures.</i>	

NOVEMBER (Class 12th)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1 ST WEEK	<i>Physical Education and Sports for CWSN - 1</i>	
2 ND WEEK	<i>Physical Education and Sports for CWSN – 2</i>	
3 RD WEEK	<i>Planning in Sports: meaning and objectives of planning, Various comities and their responsibilities</i>	

4TH WEEK	<i>Procedure of drawing the fixtures, Tournaments</i>
5TH WEEK	<i>Intra and extra murals/ specific sports programs.</i>

DECEMBER (Class 12th)

TOPICS / CHAPTERS	WEIGHT-AGE	TEACHING PERIODS
1ST WEEK	<i>Sports and nutrition: balanced diet and nutrition.</i>	
2ND WEEK	<i>Nutritive and non nutritive components of diet.</i>	
3RD WEEK	<i>Eating for diet control.</i>	
4TH WEEK	<i>Winter Break</i>	