



SOM LALIT SCHOOL

ANNUAL PLANNER 2026-27

CLASS : XII

SUBJECT : P.E.

BOOK : Saraswati

Months	Chapter Number & Name
April & May	Unit :-1 Management of Sporting Events Unit:- 3 Yoga as Preventive Measure for Lifestyle Disease Unit:-6 Test and Measurement in Sports:
June	Unit:-6 Test and Measurement in Sports: Unit:-2 Children and Women in Sports Unit:- 4 Physical Education & Sports for CWSNPhysical Education & Sports for CWSN
July	Unit:- 5 Sports & Nutrition: Unit:- 4 Physical Education & Sports for CWSNPhysical Education & Sports for CWSN
August	Unit:- 7 Physiology & Injuries in Sport
September	Unit :- 8 Biomechanics and Sports Under:- 9 Psychology and Sports
October	Unit :- 9 Psychology and Sports
November	Unit :- 10 Training in Sports
December	Revision
January	Pre Board
February	Board Exam
March	Revision & Annual exams