

KAMLA NEHRU PUBLIC SCHOOL, PHAGWARA

SYLLABUS SESSION 2026–27

Class: XII

Subject: Physical Activity Trainer (code 845)

Prescribed Book(s): Physical Activity Trainer CBSE

Month	No. of Working Days	Chapters / Topics Covered	SDG Link	Assessment
April	21	Unit 1: Overview of physical education and sports sector 1.1 Job profile 1.2 Differentiating Physical Activity, games sports Recreation 1.3 Describe importance life skill in sports	SDG 3	Class Test Activity Practical
May	24	Unit 2: Assessment of Students (1 Meaning, 2 Types) (3 Factors, 4 Assessment Tools) (5 Evaluation, 6 Qualitative Assessment (7 Quantitative Assessment) 8 PTM, 9 Evaluation Explanation) + Revision Unit 2: Emergency Management (2.1–2.3)	SDG 4	Unit test 1 Practical
June	Summer Vacation	Summer Vacation	-----	Practical File work
July	26	Unit 23: Emergency Management 3.1–3.3)	SDG 4	Activity Practical
August	22	Unit 4: Health & Hygiene 4.1–4.3)	SDG 3	Unit test 2
September	13	Term 1 Assessment		Half Yearly
October	22	Unit 4 (4.4 Inspection, 4.5 Maintenance)	SDG 3	Activity Practical
November	21	Practical Work /Revision		Final Prep
December	18	Practical work / revision		Practical work
January	22	Practical		Final Practical
February	23	Full Revision		Final prep Final Exam
March	Term II Assessment	Final Exam		Final Exam

Division of Syllabus (Assessment-wise)

Assessment	Syllabus Covered
Unit Test 1 (20 marks)	Unit 1
First Assessment (50 marks)	Unit 1 & Unit 2
Unit Test 2 (20 marks)	Unit 3
Pre Board/Final Assessment (50 marks)	Unit 1,2,3,4

Internal Assessment/Project/Practical (50 Marks):**Components:****Fitness Test & Practical Activities -10 marks****Record File (Assessment Sheets, Excel work) – 10 marks****Viva / PTM Interaction - 10 marks****Rubrics:****Participation – 5 marks****Skill & Fitness Performance – 5 marks****Record Work – 5 marks****Viva – 5 marks****Assessment Pattern****Unit Test Pattern**

Section	Type	Marks
A	MCQ / Objective	09
B	Short Answer	06
C	Long Answer	05
Total		20

First & Final Examination Pattern

Section	Type of Questions	Marks
A	MCQ (Part A -04, 05,05,05)	19
B	Very Short Answer	06
C	Short Answer	08
D	Long Answer	12
E	Case Study / Source Based	--
Total		50

Note:

- Internal Assessment may vary as per CBSE Guidelines.
- Pattern of Examination would be adopted as per CBSE Guidelines.

Teacher Name & Signature: **RAJENDER KUMAR**

Coordinator Name & Signature: _____

Principal (Academics) Signature: _____