



# Air Force Golden Jubilee Institute

## Subroto Park New Delhi – 110010

Term – I  
Syllabus (2011-2012)  
Class – XII

### PHYSICAL EDUCATION

#### **PART-‘A’**

UNIT-1: Physical fitness and wellness

UNIT-2: Planning in sports

UNIT-3: Sports environment

UNIT-4: Postures

#### **PART-‘B’**

Any one game of student’s choice.

- History , latest general rules , Measurements of field/ court/table, tournaments, fundamental skills ,sports terminologies.
- Sports Award- Arjuna Award , Darunacharya Award, Rajiv Gandhi Khel Ratana Award.