

MAHATMA GANDHI MISSION				
				
PRIMARY & SECONDARY SCHOOL(ENGLISH MEDIUM)				
- 2, Sec-8, Nerul, Navi Mumbai-400706, Tel No:-022 -65198604				
CBSE Affiliation No : 1130333 School No. 30262 U-Dise No. 27211007103				
YEAR PLAN 2026-2027				
STD:- XII		SUB:- English		Teacher Name:- Mrs. Neha Sunil Trimukhe
MONTH	Days	Lesson	TOPIC	Activity
APRIL	24	PROSE & POEM	1. THE LAST LESSON(prose)	BASIC 10 SENTENCES IN 5 DIFFERENT FOREIGN
			1. MOTHER AT 66 (poem	VISIT AN OLD AGE HOME OR ARTICLE ON ADOPTION OF OLD PEOPLE FROM OLD AGE HOME
JUNE	23	PROSE & Supplementary	2. LOST SPRING (prose)	EXPERIENCE WORKING WITH AN NGO
			1. THE THIRD LEVEL (supp)	PPT ACTIVITY FOR INTERNALS
			JUNE CT-1 (10th TO 16 june)	
JULY	27	PERIODIC TEST-1 (6th TO 12th JULY) CREATIVE WRITINGS, THE LAST LESSON, MOTHER AT 66, LOST SPRING, THE THIRD LEVEL		
		PROSE & Supplementary	3. DEEP WATER (PROSE) 2. THE TIGER KING (SUPP)	PEN DOWN FIVE SELF FEARS U POSSES AND TRY FIND A SOLUTION OF ATLEAST 1
AUGUST	19	POEM & PROSE	3. KEEPING QUIET(POEM), 3. JOURNEY.. (SUPP)	A 10 MINUTE MINDFUL SILENCE ZONE CREATED AND NOTE DOWN ITS REFLECTIONS// DEBATE Dr SADAO ACTED RIGHT OR WRON
			4. THE RATRAP (PROSE), 4. THE ENEMY (SUPP)	
SEPTEMBER	19	GANPATI VACATION (14-Sep-26 to 19-Sep-26)		
		POEM & PROSE	4.A THING OF BEAUTY (POEM),5. INDIGO(PROSE), 5. A ROADSIDE STAND (POEM)	ROLE PLAY ON CHARACTERS OF INDIGO
		Half Yearly Exam(3 October to 14 october), SYLLABUS:		
OCTOBER	25	POEM & PROSE	6.AUNT JENNIFERS TIGERS(POEM),6. ON THE FACE OF IT (SUPP), 8. MEMORIES (SUPP)	STUDENTS SPEAK ON THEMES OF FREEDOM, OPPRESSION , SELF EXPRESSION. STUDENTS SPEAK ON THEMES OF FREEDOM, OPPRESSION , SELF EXPRESSION
NOVEMBER	9	DIWALI VACATION (06-Nov-26 to 23-Nov-26)		
			NOVEMBER CT-3 (25/11 TO 30/11)	
		UNIT_2(23 Nov to 30 Nov), SYLLABUS:		
DECEMBER	21	Revision		
		Prelim Exam_1 (14 December to 23 J December), SYLLABUS:		
		Christmas Vacation 25-Dec-26 to 01-Jan-27		
JANUARY	23	Prelim Exam _2(14 January to 25 January) & Board Practical Exam		
FEBRUARY	23	Revisiom & Annual Exam		



MAHATMA GANDHI MISSION

PRIMARY & SECONDARY SCHOOL(ENGLISH MEDIUM)

Class- 2, Sec-8, Nerul, Navi Mumbai-400706, Tel No:-022 -65198604

CBSE Affiliation No : 1130333 School No. 30262 U-Dise No. 27211007103

YEAR PLAN 2026-2027

STD: - XII

SUB:-Physics

Teacher Name: - Mayuri Tonge

MONTH	DAYS	UNIT	TOPIC	ACTIVITY
MARCH	15	1.Electric charges and fields	Semiconductor diode - I-V characteristics in forward and reverse bias, application of junction diode - diode as a rectifier.	Use of multimeter to see the unidirectional flow of current in case of a diode and an LED and check whether a given electronic component (e.g., diode) is in working order. 3. To study effect of intensity of light (by varying distance of the source) on an LDR
APRIL	24		Electric field due to a point charge, electric field lines, electric dipole, electric field due to a dipole, torque on a dipole in uniform electric field.	To determine resistivity of two / three wires by plotting a graph for potential difference versus current.
			Uniformly charged infinite plane sheet and uniformly charged thin spherical shell (field inside and outside).	To find resistance of a given wire / standard resistor using metre bridge.
		2. Electrostatic Potential and Capacitance	Electric potential, potential difference, electric potential due to a point charge, a dipole and system of charges; equipotential surfaces, electrical potential energy of a system of two-point charges and of electric dipole in an electrostatic field.	To verify the laws of combination (series) of resistances using a metre bridge.
			Conductors and insulators, free charges and bound charges inside a conductor. Dielectrics and electric polarization, capacitors and capacitance, in series and in parallel.	To measure resistance, voltage, and check continuity of a given circuit using a multimeter.
CT1 19 June to 25 June 2026				
JUNE	19	3:Current electricity	Electric current, flow of electric charges in a metallic conductor, drift velocity, mobility and their relation with electric current; Ohm's law, V-I characteristics (linear and non-linear), electrical energy and power, electrical resistivity and conductivity,	To determine resistivity of two / three wires by plotting a graph for potential difference versus current.
			temperature dependence of resistance, Internal resistance of a cell, potential difference and emf of a cell, combination of cells in series and in parallel, Kirchhoff's rules, Wheatstone bridge.	To assemble household circuit comprising three bulbs, three switches, a fuse and a power source.
		4: Moving Charges and Magnetism	Concept of magnetic field, Oersted's experiment. Biot - Savart law and its application to current carrying circular loop. Ampere's law and its applications to infinitely long straight wire. Straight solenoid , force on a moving charge in uniform magnetic and electric fields.	To assemble the components of a given circuit.

UT1 6 July to 11 July 2026 Lesson 1,2,3				
JULY	27		Force on a current-carrying conductor in a uniform magnetic field, force between two parallel current-carrying conductors-definition of ampere, torque experienced by a current loop in uniform magnetic field; Current loop as a magnetic dipole and its magnetic dipole moment, moving coil galvanometer- its current sensitivity and conversion to ammeter and voltmeter.	
		5: Magnetism and Matter	Bar magnet, as an equivalent solenoid (qualitative treatment only), magnetic field intensity due to a magnetic dipole along its axis and perpendicular to its axis (qualitative treatment only), torque on a magnetic dipole (bar magnet) in a uniform magnetic field (qualitative treatment only), magnetic field lines	To identify diode, LED, a resistor, and a capacitor from a mixed collection of such items.
			Magnetic properties of materials- Para-, dia- and ferro - magnetic substances with examples, Magnetization of materials, effect of temperature	To study effect of intensity of light on an LDR.
AUGUST	24	CT2 18 to 24 August 2025		
		6& 7: Electromagnetic Induction Electromagnetic And Alternating current	induction; Faraday's laws, induced EMF and current; Lenz's Law, Self and mutual induction. Alternating currents, peak and RMS value of alternating current/voltage; reactance and impedance	Use of multimeter to see the unidirectional flow of current in case of a diode ,and an LED and check whether a given electronic components is in working state.
			LCR series circuit (phasors only), resonance, power in AC circuits, power factor, wattless current. AC generator, Transformer.	
SEPTEMBER	10	8: Electromagnetic Waves	Electromagnetic spectrum (radio waves, microwaves, infrared, visible, ultraviolet, X-rays, gamma rays) including elementary facts about their uses	
		Half Yearly Exam 26/09/2026 to 14/10/2026 Chapter 1 to 8		
		9: Ray Optics and Optical Instruments	Ray Optics: Reflection of light, spherical mirrors, mirror formula, refraction of light, total internal reflection and optical fibers, refraction at spherical surfaces, lenses, thin lens formula, lens maker's formula, magnification, power of a lens, combination of thin lenses in contact, refraction of light through a prism.	To find the focal length of a convex mirror, using a convex lens.
		10: Wave Optics	Optical instruments: Microscopes and astronomical telescopes (reflecting and refracting) and their magnifying powers.	To find the focal length of a concave lens, using a convex lens.

SEPTEMBER	17		Wave front and Huygen’s principle, reflection and refraction of plane wave at a plane surface using wave fronts. Proof of laws of reflection and refraction using Huygen’s principle.	To determine angle of minimum deviation for a given prism by plotting a graph between angle of incidence and angle of deviation
			Interference, Young's double slit experiment and expression for fringe width (No derivation final expression only), coherent sources and sustained interference of light, diffraction due to a single slit, width of central maxima (qualitative treatment only).	To find the focal length of a convex lens by plotting graphs between u and v or between 1/u and 1/v
OCTOBER	25	11: Dual Nature of Radiation and Matt	Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's photoelectric equation-particle nature of light.	Physics Investigating project work submission
			Experimental study of photoelectric effect Matter waves-wave nature of particles, de-Broglie relatio	Activity
		12: Atoms	Alpha-particle scattering experiment; Rutherford's model of atom; Bohr model of hydrogen atom,	
			Expression for radius of nth possible orbit, velocity & energy of electron in nth orbit, hydrogen line spectra	
		13 Nuclei	Composition and size of nucleus, nuclear force Mass-energy relation, mass defect; binding energy per nucleon and its variation with mass number; nuclear fission, nuclear fusion.	
		Diwali Vacation06/11/2026 TO 23/11/2026		
NOVEMBER	9		UT2 25/11/2026 TO 02/12/2026	
Preboard Exam I 14/12/2026 TO 23/12/2026				
DECEMBER	21		Practical exam AISSCE	
Preboard Exam II 13/01/2027 TO 25/01/2027				
JANUARY	23		Revision and Sample paper Solving	
FEBRUARY			AISSCE 2026-27	

 Mahatma Gandhi Mission Primary & Secondary School Phase – II, Sector – 8, Nerul, Navi Mumbai				
YEAR PLAN 2026-2027				
STD: -XII	CHEMISTRY			Mrs. Manasvi Shigwan
MONTH	NO. OF DAYS	LESSON	TOPIC	Activity
MARCH	7	BOARD PAPERS EVALUATION DUTY		
		6. Haloalkanes and Haloarenes	Introduction, Classification, Nomenclature, Basics discussion from organic Chemistry	Practicals on Salt analysis
				Students Presentation on SN1 and SN2 mechanism
APRIL	24	6. Haloalkanes and Haloarenes	Electrochemical cell, cell representation, Nernst equation, Gibbs equation, Faraday's law	Students Presentation on Primary and secondary cells.
		Electrochemistry		
		4.d and f Block Elements	physical and Chemical properties. Reactions of Potassium	Chart making on d and f block elements

JUNE	19		dichromate and permagnate,	
		JUNE CT-1 (19/6 to 25/6) Syllabus lesson-6,4		
		7.Alcohols, Phenols,ethers	Classification, Nomenclature, Preparation, physical properties, chemical reactions	Practicals volumetric Analysis of oxalic acid
JULY	27	JULY UT-1 (6/07 to 11/07) Exam portion-chapters 2,4,6,7		
		1.Solutions	Concentration of solutions, solubility , Colligative properties,Vanthoff factor	Practicals volumetric Analysis of Mohr's Salt
AUGUST	24	5.Coordination Compounds	Important terms, Werner's Theory, Types of ligands, Homoleptic, Heteroleptic Complexes, VBT,CFT	Practicals on analysis of Food sample (Carbohydrate,Protein, Fats)
		AUGUST CT-2 (17/8 to 22/8) no exam for 12		
SEPTEMBER	19	8.Aldehydes ,Ketones and	Structure, Nomenclature, Chemical reactions of Aldehydes	salt analysis,Portfolio work on name reaction
		Ganpati vacation 14/9 to 19/9/2026		
		Half Yearly exam (3/10 to 14/10) lesson no-1,2,5,4,6,7,8		
		10.Biomolecules	Carbohydrates: MonoSaccharides: Glucose, Fructose	student's presentation on Biomolecules
		Amines , Chemical kinetics		
		9.Amines	classification, Nomenclature, Preparation, physical properties, chemical reactions	Sample paper solving
NOVEMBER	9	3.Chemical kinetics	Rate of reaction, graphical representation, factors affecting rate of reaction, order of reaction, molecularity,Integrated rate equations	sample paper solving
		DIWALI VACATION 16/10/26 to 23/10/26		
		Revision and Sample paper Solving		
DECEMBER	21	NOV CT-2 (25/11 TO 1/12)		
		Preboard Exam- I (14/12 to 19/12) FULL PORTION		
		Christmad Vacation 25/12 to 1/12		
JANUARY	23	Board Practical Exam		
		Revision and Sample paper Solving		
FEBRUARY	23	Preboard Exam II		
		Revision and Sample paper Solving		
		Annual Exam		

				
MAHATMA GANDHI MISSION PRIMARY & SECONDARY SCHOOL(ENGLISH MEDIUM) Phase- 2, Sec-8, Nerul, Navi Mumbai-400706, Tel No:-022 -65198604 CBSE Affiliation No : 1130333 School No. 30262 U-Dise No. 27211007103 YEAR PLAN 2026-2027				
STD: - XII		SUB:- Biology		Teacher Name: -Shalini tiwari
MONTH	Days	Unit	TOPIC	Activity

APRIL & MARCH	24+10	1. Sexual reproduction in flowering plant	Flower structure, male and female gametophytes, pollination, outbreeding devices, pollen pistil interaction, double fertilization, post fertilisation event-- formation of embryo, seed, fruit, apomixis, parthenocarpy, polyembryony, significance of seed dispersal and fruit development	core-Prepare a temporary mount to observe pollen grain, Spot Flower, adapted to pollination, pollen tube development through permanent slide, controlled pollination
		2. Human reproduction	Male and female reproductive system, microscopic anatomy of testis and ovaries, gametogenesis- spermatogenesis & oogenesis, menstrual cycle, fertilization, embryo development, implantation, pregnancy, placenta, parturition	TS of testis and Ovaries and blastula through permanent slide
		3. Reproductive health	Need for reproductive health, STD, birth control, Contraception, & MTP, amniocentesis, infertility, and assisted reproductive technologies-- IVF, ZIFT, GIFT	AV presentation of infertility topic
JUNE	19	4. Principle of inheritance and variation	Heredity and variation, Mendelian inheritance, deviation from Mendelian- incomplete dominance, co-dominance, multiple alleles, inheritance of blood group, pleiotropy, polygenic inheritance, chromosomal theory of inheritance, chromosomes and	spot-Mendelian inheritance through seed - monohybrid and dihybrid Spot- pedigree analysis of rolling tongue, blood group, ear lobes, widow peak, colour blindness
		5. Molecular basis of inheritance	Search for genetic material and DNA as a genetic material, Structure of DNA and RNA, DNA packaging, DNA replication, Central dogma, transcription, genetic code, translation. Gene expression and regulation-- lac operon, Genome, Human and rice genome, DNA fingerprinting	Core-meiosis in onion bud
JULY	27	6. Evolution	origin of life, biological evolution, evidences, embryology, molecular evidences, Darwin contribution, modern synthetic theory of evolution, - variation, and natural selection and its types, gene flow, genetic drift, Hardy-Weinberg principle, adaptive radiation, human evolution	Spot- Flash card model showing example of homologous and analogous organ
		7. Human health and diseases	Pathogens, parasites causing organism, malaria, dengue, typhoid, filariasis, ascariasis, pneumonia, basic concept of immunology, - vaccine, cancer, HIV, AIDS, Adolescence, - drug and alcohol abuse	Spot- common diseases causing organism- plasmodium, ascaris, Entamoeba, ringworm

		8. Microbes in human welfare	Microbes in food processing, industrial production, sewage treatment, sewage treatment, energy production, bio control agent, bio fertilizer, Antibiotics, production and judicious use	Prepare microbes chart
AUGUST	24	9. Biotechnology principle and	Recombinant DNA technology	core- Isolation of DNA
		10. Biotechnology and its application	Application of biotechnology in health and agriculture, human insulin, and vaccine production, stem cell technology, gene therapy, GMO-Bt crop, transgenic animals, biosafety issue, biopiracy, and patent	
SEPTEMBER	19	11. Organism and population	population interaction, - mutualism, competition, predation, parasitism, population attributes-- growth, birth rate death rate, migration	core- Population density and frequency by quadrant chart
		GANPATI VACATION (14-Sep-26 to 19-Sep-26)		
		Revision		
		Half Yearly Exam (3 October to 14 October), SYLLABUS: Lesson No)		
OCTOBER	25	12. Ecosystem	Ecosystem, pattern, component, productivity, and decomposition energy, pyramid of number, biomass, energy	spot- root nodule of leguminous plant, cuscuta on host, lichen
		13. Biodiversity and conservation	Biodiversity concept, pattern, importance, loss of biodiversity, biodiversity conservation - hot spot, endangered organism, extinction, red data book, sacred grove, biosphere reserve, national park, wildlife, sanctuaries, and Ramsar sites.	List of endangered organism
NOVEMBER	9	DIWALI VACATION (06-Nov-26 to 23-Nov-26)		
		Revision		
DECEMBER	21	Revision		
		Preliminary exam Exam I (14/12/2026 - 23/12/2026) SYLLABUS: Complete		
		Revision		
JANUARY	23	Christmas Vacation 25-Dec-26 to 01-Jan-27		
		Preliminary exam Exam II (13/01/26- 25/01/27) SYLLABUS: Complete		
FEBRUARY	23	Revision		
		Revision		
		Revision & Annual Exam		
MARCH				
		Annual Exam (01 March to 12 March), SYLLABUS: Lesson		

				
MAHATMA GANDHI MISSION				
PRIMARY & SECONDARY SCHOOL (ENGLISH MEDIUM)				
Phase- 2, Sec-8, Nerul, Navi Mumbai-400706, Tel No:-022 -65198604				
CBSE Affiliation No : 1130333 School No. 30262 U-Dise No. 27211007103				
YEAR PLAN 2026-2027				
D: - XI		SUB:- COMP SCIENCE(083)		Teacher Name: -MRS SANGEETA GUNJI
MONTH	Days	Unit	TOPIC	Activity

APRIL	24	12.Relational database	Purpose of DBMS, Relational Database Model, Accessing Database in MySQL.	Lab Work: 1. CREATE TABLE EMP, INSERT INTO 10 RECORD AND DISPLAY RECORD AS PER QUERY	
		13.Simple SQL Queries	1. Creating Tables 2. Inserting data into Table	Lab Work: 1.Sort By clause and Group By Clause	
		14.Table Creation and Data Manipulation	1. Ordering records in result 2. Grouping Records		
		15. Grouping Records, Joins in SQL	1.Keywords & identifiers 2.Looping statements 3.String in Python	Lab Work. 1.Write a program to reverse the string	
		1.Python Revision Tour_1 2.Python Revision Tour_2	1.Keywords & identifiers 2.Looping statements 3.String in Python . Lists,Tuples, Dictionaries in python	Lab Work 1.Recursively find the Factorial of a Natural number	
JULY	27	UT1 Exam(6 July to 11 July), SYLLABUS:Lesson 1,2,11,12,13,14			
		3. Working with Functions	Understanding of Function	Lab Work 1. Write a python function sin(x,n) to calculate the value of sin(x) using its Taylor series expansion up to n terms.	
		4. Using Python Libraries	What is Library Importing Modules in a python Creating a python Library	Lab Work. 1. Write a program to get http request information from www.ted.com and open it from within your program	
		5. Recursion	Recursive Function	Lab Work 1. Write a recursive function to print a string backwards	
		6. Computer Network	Types of Network Network Devices	What is a Network?What are its goals and Application?	
		7. Computer Network	Modulation Techniques, Main Idea of R	What is Modulation? What is the need of Modulation?	
SEPTEMBER	19	GANPATI VACATION (14-Sep-26 to 19-Sep-26)			
		8. Data Structures-I: Linear Lists	1. Elementary Data Representation	Lab work. 1. Linear searching in an array(Linear list)	
		9.Data Structures-II : Stacks and Queues	1. Introduction 2.Stacks and Queues	1. Write a python program to implement a stack	
		Half Yearly Exam(3 October to 14 october), SYLLABUS:			
OCTOBER	25	10.Interface Python with MySQL	Connecting to MySQL from Python	Design a Python application that fetches all the record from pet tables of Menagere Database	
NOVEMBER	9	DIWALI VACATION (06-Nov-26 to 23-Nov-26)			
		11.File Handling	Data Files Opening and closing Files	Lab Work: 1. Read a file line and print it 2.Remove all the lines that contain the character 'a' in a file and write it to another file.	
		UNIT_2(23 Nov to 30 Nov), SYLLABUS:			
DECEMBER	21	Revision			
		Prelim Exam_1 (14 December to 23 J December), SYLLABUS:			
		Christmas Vacation 25-Dec-26 to 01-Jan-27			
JANUARY	23	Prelim Exam _2(14 January to 25 January) & Board Practical Exam			
FEBRUARY	23	Revision & Annual Exam			



MAHATMA GANDHI MISSION

PRIMARY & SECONDARY SCHOOL(ENGLISH MEDIUM)

Phase- 2, Sec-8, Nerul, Navi Mumbai-400706, Tel No:-022 -65198604

CBSE Affiliation No : 1130333 School No. 30262 U-Dise No. 27211007103				
YEAR PLAN 2026-2027				
STD: - XII		SUB:-Mathematics		Teacher Name: -Supriya Dunde
MONTH	DAYS	UNIT	TOPIC	ACTIVITY
MARCH	15			
APRIL	24	3.Matrices	Order of matrix , Types of matrices,Equality of Matrices, Operation on matrices, Properties of matrix of addition and Scalar Multiplication Multiplication of Matrices,Transpose of matrix,Symmetric and skew symmetric matrices	Matrix Operations Cube activity
		4.Determinants	Determinant of matrix of order 2,Determinant of matrix of order 3×3 , Area of a triangle, Minors and cofactors,adjoint and inverse of a matrix	Study of Dominant Determinant
		12.Linear Programming	Mathematical formulation of the problem , Graphical method od solving linear programing problems	Formulating Problems and graphing feasible region
		1.Relation and function	Types of relations, Types of functions, Binary operations	1.To verify equivalence relation 2.To Demonstrate a function which is bijective
CT1 19 June to 25 June 2026				
JUNE	19	2.Inverse Trigonometric Functions	Basic concepts, properties of inverse trigonometric functions	Graph of an Inverse trigonometric function
		5.Continuity	Continuity,Algebra of continuous function	To find continuity and discontinuity of a function at a point
		5.Differentiability	Differentiability , Derivatives of composite functions, Chain rule, Derivtives of implicit functions, Derivatives of inverse trigonometry functions, Exponential and Logarithmic functions, Logarithmic Differentiation, Derivatives of functions in parametric forms, Second order derivative	To Verify diffrentiability of a function at a point.
UT1 6 July to 11 July 2026 Lesson 1,2,3				
JULY	27			
		6.Application of derivative	Rate of change of Quantities, Increasing and Decreasing Functions, Maxima and Minima	To find maxima and minima by using piece of chart paper.
AUGUST	24	7.Integrals	Methods of integration, integrals of some Particular functions, integration by partial fractions,	To evaluate the definite integral as the limit of a sum and verify it by actual integration
		8.Application of Integrals	Area under simple curves, area between two curves	Math lab activity : area bounded by x axis
Half Yearly Exam 26/09/2026 to 14/10/2026 Chapter 1 to 8				
		9.Differential Equation	Basic concepts, General and Particular Solutions of a Differential Equations, Methods of Solving First Order,First Degree Differential Equations.	Formulation of linear differential equation

SEPTEMBER	19	10.Vector Algebra	Types of Vectors,Addition of Vectors, Multipliacion of Vector by Scolor, Vector joining two point, Section formula, Product of two vectors,Vector product of two vectors	To verify geometrically that $c \times (a + b)= c \times a + c \times b$
OCTOBER	25	11.Three Dimensional Geometry	Direction cosines and Direction ratios of a line, Equation of a line in space,Shortest distance between two line, Distance between parallel line	To measure the shortest distance between two skew lines and verify it analytically
		13.Probablity	Conditional probability , Multiplication theorem on probability, Independent events, Bayes theorem	To explain the computation of conditional probablity by using throwing a pair of dice
		Diwali Vacation06/11/2026 TO 23/11/2026		
NOVEMBER	9		UT2 25/11/2026 TO 02/12/2026	
Preboard Exam I 14/12/2026 TO 23/12/2026				
DECEMBER	21		Practical exam AISSCE	
Preboard Exam II 13/01/2027 TO 25/01/2027				
JANUARY	23		Revision and Sample paper Solving	
FEBRUARY			AISSCE 2026-27	

 MAHATMA GANDHI MISSION PRIMARY & SECONDARY SCHOOL(ENGLISH MEDIUM) Phase- 2, Sec-8, Nerul, Navi Mumbai-400706, Tel No:-022 -65198604 CBSE Affiliation No : 1130333 School No. 30262 U-Dise No. 27211007103				
YEAR PLAN 2026-2027				
STD: - XII		SUB:- PHYSICAL EDUCATION		Teacher Name: -MANISHA D S
MONTH	Days	Unit-Topic	Activity	learning outcome
APRIL	24	Unit 1: Management of Sporting Events	Functions of sports event management; committees; fixtures; knockout, league and combination tournaments; intramural & extramural	Students explain sports-event management and prepare basic fixtures and committees.
Cycle Test _1(19 June to 25 June), SYLLABUS:Lesson				
JUNE	19	Unit 2: Children & Women in Sports	WHO exercise guidelines; common postural deformities; women's participation; special considerations for women; physical activities for children	Students identify postural problems and understand the importance of physical activity for children and women.
PT1 Exam(6 July to 11 July), SYLLABUS:Lesson				
JULY	27	Unit 3: Yoga as Preventive Measure for Lifestyle Disease	Obesity, diabetes, asthma, hypertension and back pain; relevant asanas and their benefits Demonstration and practice of selected asanas; pranayama; relaxation	Students perform appropriate yoga practices and explain their preventive/management benefits.
Cycle Test _2(17 August to 22 August), SYLLABUS:Lesson				

AUGUST	24	Unit 4: Physical Education & Sports for CWSN	Disability and disorder; classification; organisations promoting disability sports; advantages of physical activity; strategies for inclusion	Students understand inclusion and demonstrate sensitivity toward CWSN through adapted physical activities.
SEPTEMBER	19	Unit 5: Sports & Nutrition	Balanced diet; macro/micro nutrients; nutrition before, during and after competition; food myths; diet planning	Students identify appropriate nutrients and prepare a basic diet plan for physical activity.
		GANPATI VACATION (14-Sep-26 to 19-Sep-26)		
		Revision		
		Half Yearly Exam(28 Sept to 9 october), SYLLABUS:Lesson No 1 to 4)		
OCTOBER	25	Unit 6: Test & Measurement in Sports . Unit 7: Physiology & Injuries in Sports	SAI Khelo India Fitness Test; Harvard Step Test; BMR; Rikli & Jones Senior Citizen Fitness Test; Johnson-Metheny Test Physiological factors affecting performance; effects of exercise on muscular, cardiovascular and respiratory systems; sports injuries; prevention and management	Students administer basic fitness tests, calculate relevant scores and interpret fitness levels.Students explain physiological adaptations and demonstrate basic injury-prevention/first-aid procedures.
NOVEMBER	9	DIWALI VACATION (06-Nov-26 to 23-Nov-26)		
		Unit 8: Biomechanics & Sports	Newton's laws; levers; equilibrium; centre of gravity; friction; projectile; application in sports	Students apply biomechanical principles to understand and improve sports movements
		Cycle Test_3(25 Nov to 01 December), SYLLABUS:Lesson		
DECEMBER		Unit 9: Psychology & Sports	Personality; motivation; aggression; anxiety; stress; coping strategies; concentration; team cohesion	Students understand psychological factors influencing performance and apply basic coping strategies.
	21	PT2 Exam (14 Dec to 19 December), SYLLABUS:Lesson		
		Unit 10: Training in Sports	Strength, endurance, speed, flexibility and coordinative abilities; training methods; circuit training; interval training; fartlek; flexibility methods; planning	Students understand training principles and design a basic training programme for a selected fitness component.
		Christmas Vacation 25-Dec-26 to 01-Jan-27		
JANUARY	23	Complete Revision	Revision of Units 1-10; important questions; case-based questions; practical revision	Mock tests; group revision; viva; practical demonstrations Students consolidate concepts and improve examination readiness.
FEBRUARY	23	PRELIMS 1,2,3		
MARCH		Board exam		