



USHA MARTIN WORLD SCHOOL, PATNA

(Session : 2023–24)

SPLIT UP SYLLABUS : CLASS – XII

Subject : ENGLISH

MONTH	WORKING DAYS (Approx.)	LESSON/TOPICS
APRIL	17	FLAMINGO (POETRY)- (MY MOTHER AT SIXTY SIX (2P), KEEPING QUIET (2P), PROSE-THE LAST LESSON (3P), LOST SPRIG (3P), DEEP WATER (2P)
MAY	16	WRITING-: ADVERTISEMENTS (6P), NOTICE (3P), WRITING PRCTICE
JUNE	9	WRITING-(LETTER) LETTER TO THE EDITOR (3P) ,APPLICATION FOR JOB(2P)
JULY	23	VISTAS-THIRD LEVEL (3P), THE TIGER KING (3P), THE ENEMY (3P), JOURNEY TO THE END OF THE EARTH (3P), WRITING- LETTER OF PLACING -ORDER, COMPAINT & INQUIRIES (6P), SPEECH (2P), REPORT (2P), WRITING PRACTICE P.A-1 EXAMINATION
AUGUST	23	FLAMINGO (PROSE) DEEP WATER (2P), THE RAT TRAP (4P) POETRY- A THING OF BEAUTY (2P), A ROADSIDE STAND (2P) ,VISTAS –ON THE FACE OF IT(4P), WRITING PRCTICE
SEPTEMBR	20	WRITING –REPORT (3P), DEBATE (3P) FLAMINGO (POETRY) AUNT JENNIFER’S TIGERS (2P), WRITING PRACTICE....., SPEKING & LISTENING HALF YEARLY EXAMINATION
OCTOBER	21	VISTAS –MEMORIES OF CILDHOOD (5P), FLAMINGO (PROSE) INDIGO (4P), POETS AND PANCAKES (4P)
NOVEMBER	15	FLAMINGO (PROSE) THE INTERVIEW (4P), GOING PLACES (4P) Poets and Pancakes
DECEMBER	20	REVISION OF LITERATURE AND WRITING PRACTICE P.A-2 EXAMINATION
JANUARY	21	ASL RECORDING XII -A+B+C PRACTIAL EXAMINATION
FEBRUARY	20	REVISION & PRE-BOARD EXAMINATION
MARCH		BOARD EXAMINATION



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SPLIT UP SYLLABUS :CLASS – XII

Subject : Mathematics

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	3. Matrices 4. Determinants
MAY	16	4. Determinants Cont.
June	09	1. Relations and Functions 2. Inverse trigonometric functions
July	23	5. Continuity and Differentiability P.A-1 EXAMINATION
August	23	7. Integrals
September	20	6. Application of Derivatives 12. Linear Programming HALF YEARLY EXAMINATION
October	21	9. Differential Equations
November	15	8. Application of Integrals 10. Vector Algebra
December	20	11. Three Dimensional Geometry P.A-2 EXAMINATION
January	21	13. Probability PRACTICAL EXAMINATION
February	20	REVISION & PRE-BOARD EXAMINATION
March		BOARD EXAMINATION



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SPLIT UP SYLLABUS : CLASS – XII

Subject : Physics

MONTH	Working Days (Approx.)	UNIT	Lessons/Topics
April	13	1	CHP: 1 ELECTROSTATICS [UPTO GAUSS THEOREM]
May	09	1	CHP: 2 ELECTROSTATICS [Electric potential and capacitance, capacitors parallel plate]
June	09	2	CHP: 3 CURRENT ELECTRICITY [HALF PART]
July	14-(8+6)	3	CHP: 3 CURRENT ELECTRICITY [REMAINING HALF] CHP:4 MOVING CHARGE AND MAGNETISM [HALF PART] P.A-1 EXAMINATION
August	15-(5+10)	3	CHP:4 MOVING CHARGE AND MAGNETISM [REMAING HALF] CHP:5 MAGNETISM AND MATTER
September	14-(8+6)	4	CHP:6 ELECTROMAGNETIC INDUCTION CHP:7 ALTERNATING CURRENT HALF YEARLY EXAMINATION
October	12-(6+6)	5	CHP: 7 ALTERNATING CURRENT CHP: 8 ELECTROMAGNETIC WAVES
November	17	6	CHP: 9 OPTICS (RAY OPTICS AND OPTICAL INSTRUMENT) CHP:10 WAVE OPTICS
December	13	7 8 8	CHP:11 DUAL NATURE OF RADIATIONS CHP:12 ATOMS CHP:13 NUCLEI P.A-2 EXAMINATION
January	19	9	CHP: 14 ELECTRONIC DEVICE PRACTICAL EXAMINATION
February	20		REVISION & PRE-BOARD EXAMINATION
March			ANNUAL EXAMINATION



USHA MARTIN WORLD SCHOOL, PATNA

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SPLIT UP SYLLABUS : CLASS – XII

Subject : CHEMISTRY

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	SOLUTION
MAY	12	ELECTROCHEMISTRY
June	07	CHEMICAL KINETICS
July	23	HALOALKANES AND HALOARENS P.A-1 EXAMINATION
August	19	ALCOHOLS, PHENOLS AND ETHERS d- AND f- BLOCK ELEMENTS
September	22	ALDEHYDES KETONES AND CARBOXYLIC ACIDS HALF YEARLY EXAMINATION
October	19	ORGANIC COMPOUNDS CONTAINING NITROGEN ELECTROCHEMISTRY
November	15	CO- ORDINATION COMPOUNDS BIOMOLECUES
December	20	CHEMICAL KINETICS Revision P.A-2 EXAMINATION
January	18	Revision & PRACTICAL EXAMINATION
February	19	Revision & PRE-BOARD EXAMINATION
March	BOARD EXAMINATION	



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SPLIT UP SYLLABUS: CLASS – XII

Subject:-BIOLOGY

Month	Working Days	Lessons/ Topics/Days
April	17	Chap-2 sexual reproduction in flowering plants
May	16	Chap-3 Human Reproduction
June	9	Chap- 4 Reproductive Health
July	23	Chap-5 Principles of inheritance and variation
August	23	Chap-6 Molecular basis of Inheritance Chap-7 Evolution
September	20	Chap -8 Human Health and disease Chap-10 Microbes in human welfare
October	21	Chap-11 Biotechnology: Principles and processes
November	15	Chap-12 Biotechnology and it's application Chap-13 Organisms and population. Chap-14 Ecosystem
December	20	Chap-15 Biodiversity and conservation
January	21	Buffer and practical (Pre board)
February	20	Board Exam.



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(Session :2023–24)

SPLIT UP SYLLABUS : CLASS – XII

Subject : HISTORY

MONTH	TEACHING DAYS (APROX.)		LESSION
APRIL	17	Set – 01	Book – Themes in Indian History (Part – 1) Theme:-1 Bricks, Beads & Bones. The Harappan Civilization
		Set – 02	Theme:-1 Bricks, Beads & Bones. The Harappan Civilization
		Set – 03	Theme:-1 Bricks, Beads & Bones. The Harappan Civilization
MAY	15	Set – 04	Book – Themes in Indian History (Part – 1) Theme:-2 Kings, Farmers & Towns. Early States & Economies
		Set – 05	Theme:-2 Kings, Farmers & Towns. Early States & Economies
JUNE	09	Set – 06	Book – Themes in Indian History (Part – 1) Theme:-3 Kinship, Caste & Class. Early Societies
		Set - 07	Theme:-3 Kinship, Caste&Class, Early Societies
JULY	12	Set – 08	Book – Themes in Indian History (Part – 2) Theme:-3 Kinship, Caste & Class. Early Societies
		Set – 09	Theme:-4 Thinkers, Beliefs & Buildings. Cultural Development
		Set – 10	Theme:-4 Thinkers, Beliefs & Buildings. Cultural Development
AUGUST	23	Set – 11	Book – Themes in Indian History (Part – 2) Theme:-5 Through The Eyes Of Travelers: Perception of Society
		Set – 12	Theme:-6 Bhakti – Sufi Tradition : Changes In Religious Beliefs & Devotional Texts

		Set – 13	Theme:-6 Bhakti – Sufi Tradition : Changes In Religious Beliefs & Devotional Texts
		Set – 14	Theme:-7 An Imperial Capital: Vijaynagara
SEPTEMBER	10	Set – 15	Book – Themes in Indian History (Part – 2)
			Theme:-7 An Imperial Capital: Vijaynagara
		Set – 16	Theme:-8 (Half Chapter) Peasants, Zamindars & the State : Agrarian Society & the Mughal Empire.
			Revision
			HALF-YEARLY EXAMINATION



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SPLIT UP SYLLABUS : CLASS – XII

Subject : GEOGRAPHY

MONTH	TEACHING DAYS (Approx.)	LESSION/TOPICS
APRIL	17	Set – 01 Book – (1)- Fundamentals Of Human Geography UNIT - 1 Chapter:-01 - Human Geography Nature & Scope
		Set – 02 UNIT - 1 Chapter:-01 - Human Geography Nature & Scope
		Set – 03 UNIT - 2 Chapter:-02 - The World Pop. Distribution, Density & Growth
MAY	15	Set – 04 Book – (1)- Fundamentals Of Human Geography UNIT - 2 Chapter:-04 - Human Development
		Set – 05 UNIT - 2 Chapter:-04 - Human Development
JUNE	09	Set – 06 Book – (1)- Fundamentals Of Human Geography UNIT -3 Chapter:-05 - Primary Activities
		Set – 07 Book – (1)- Fundamentals Of Human Geography UNIT -3 Chapter:-05 - Primary Activities
JULY	12	Set – 08 Book – (2)- India People & Economy UNIT –1 Chapter:-01 - Population: Distribution, Density, Growth,
		Set – 09 Book – (2)- India People & Economy UNIT –1 Chapter:-01 - Population: Distribution, Density, Growth, & Composition
		Set - 10 UNIT –1 Chapter:-02 - Migration: Book Types, Causes & Consequences
AUGUST	23	Set – 11 Book– (2)- India People & Economy UNIT –1 Chapter:-03 –Human Development
		Set – 12 UNIT –2 Chapter:- 04 - Human Settlements
		Set – 13 UNIT –2 Chapter:- 04 - Human Settlements
		Set – 14 Book – (3)- Practical Work In Geography – Part – 2 Chapter:-1 - Data its source & compilation Chapter:-2 - Data Processing (Half Chapter)
SEPTEMBR	10	Set – 15 Book –(2)- India People & Economy UNIT –3 Chapter:-05 - Land Resources & Agriculture Chapter:-06 - Water Resources (Half Chapter)

		Set – 16	Book – (3)- Practical Work In Geography – Part – 2 Chapter:-3 - Graphical Representation of Data
			Revision
			HALF-YEARLY EXAMINATION



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SPLIT UP SYLLABUS : CLASS – XII

Subject : POLITICAL SCIENCE

Month	Lesson	Topic	Days
April	1. 2. 1-Indian	Disintegration of the second world war and the collapse of Bipolarity Nation Building and its problems	17
May	Indian	Cont...	16
June	2 (Indian) 3 3 (World)	Politics in planned development	9
July	04(World) 04 (India) 05 World)	New centers of power; India's foreign relatives South Asia and the contemporary World	23
August	05 (India) 06 World) 07 World)	Parties and the party system in International organization Security in contemporary world	23
September	(06) (India) (07) (India)	Democratic resurgence Rise of New Social movement	20
October	08 (World) 09 (World)	Environment and Resources in global world Globalization	21
November	(08) India (09) India	Regional aspiration Indian Politics : New changes	15
December		Revision	20



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SPLIT UP SYLLABUS :CLASS – XII

Subject : ACCOUNTANCY

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	16	PART-A UNIT-2. Accounting for Partnership:-CH-1. FUNDAMENTAL:- (a) Nature of Partnership Firm: Partnership Deed -Meaning, Impact; Rules of partnership Act-1932; limited liability partnership Act-2008 (only theory concept) (b) Preparation of Final Accounts of Partnership: Preparation of Profit & Loss Appropriation A/c; Fixed v/s Fluctuating Capital, Division of Profit among partners in different ways (c) Specific treatment:- Past adjustments(including retro-respective adjustment) and Guarantee of minimum Profits.
MAY	10	B. Reconstitution of Partnership (Change in Profit Sharing Ratio): Change in Profit Sharing Ratio among the existing partners -Sacrificing Ratio and Gaining Ratio. Goodwill: Nature, Factors affecting and Methods of valuation: average profit, super profit, capitalization, accounting treatment of goodwill. Cont.....
JUNE	12	Cont..... Accounting for Revaluation of Assets and Liabilities and Distribution of Reserves and Accumulated Profits. Preparation of new balance sheet after reconstitution (with and without altered value of assets and liabilities). C. Admission of a Partner: Effect of Admission of Partner, Change in Profit Sharing Ratio -Sacrificing Ratio, Calculation of new profit sharing ratio, Accounting Treatment of Goodwill (including treatment of Hidden goodwill). Cont.....
JULY	24	Cont..... Accounting Treatment for Revaluation of Assets and Liabilities.Preparation of Partners capital A/c and new balance sheet of firm after admission of new partner. Adjustment of partners' Capital Accounts; adjustment of old partners' capital on the basis of new partner capital, And determining new partner capital on the basis of old partners' capital. D. Retirement/Death of a Partner : Change in Profit Sharing Ratio -Gaining Ratio, New ratio of partner after Retirement & death. Accounting Treatment of Goodwill. Accounting Treatment for the Revaluation of Assets and Liabilities. Cont..... P.A-1 EXAMINATION
AUGUST	20	Cont..... Adjustment of Accumulated Profits and Reserves. Methods of Adjustment of partner' capital. Calculation of profit & loss suspense A/c. Retiring partner loan A/c. Death partner's executor A/c. E. Dissolution of Partnership Firm: Meaning and modes of dissolution of partnership firm; difference between dissolution of partnership and dissolution of partnership firm; classification of assets and liabilities on basis treatment in realisation A/c. cont.....
SEPTEMBER	24	Settlement of Accounts : Preparation of Realization account and related accounts (excluding piecemeal distribution, commencement and dissolution of partnership firm, sale to a company and insolvency of a partner). Preparation of memorandum Balance sheet of firm. REVISION FOR HALF-YEARLY EXAM HALF YEARLY EXAMINATION

OCTOBER	13	<p>UNIT-3. Accounting of companies:- A. ISSUE AND FORFEITURE OF SHARES Meaning of company, its features, its types, difference between public company and private company and OPC. Accounting treatment of issue of share with treatment of share issued at par, premium, treatment of calls-in arrear, calls in advance, issue of share other than cash. Over-subscription of share with treatment of pro-rata allotment of shares. Forfeiture and re-issue of share and preparation of cash-book and balance sheet of company with notes to accounts (only share capital). ESOP (only theory concept).</p>
NOVEMBER	21	<p>Forfeiture and re-issue of share and preparation of cash-book and balance sheet of company with notes to accounts (only share capital). ESOP (only theory concept).</p> <p>B. ISSUE AND REDEMPTION OF DEBENTURE:- Issue of debenture at par, premium, treatment of calls-in arrear, calls in advance with condition of redemption. Redemption of debenture by lump-sum method and drawing of lots method.</p> <p style="text-align: center;">PART-B</p> <p>UNIT-4. Analysis of financial statement:- A. Financial statement of a company;- Meaning of financial analysis; its merits and limitations; classification of items of financial statements into different headings and sub-headings.</p>
DECEMBER	23	<p>B. Tools of financial statement; Preparation of common and comparative statement analysis.</p> <p>C. Accounting ratio; Meaning and definition of accounting ratio, its merits and limitations, and classification of Ratio with practical approach.</p> <p>D. Cash flow statement; Meaning and definition of cash flow statement, its need and limitation; classification of items into different activities; preparation of cash flow statement as per AS-3 CONT.....</p> <p>P.A-2 EXAMINATION</p>
JANUARY	22	<p>CONT.....</p> <p>Preparation of cash flow statement with some specific adjustments. Revision & PRACTICAL EXAMINATION.</p>
FEBRUARY	22	<p>Practical exam & BOARD EXAM BEGINS</p>
MARCH		<p style="text-align: center;">BOARD EXAM.</p>



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SPLIT UP SYLLABUS :CLASS – XII

Subject : Business Studies

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	16	CHAPTER-1 NATURE AND SIGNIFICANCE OF MANAGEMENT:- Meaning of management, nature , features and importance of management, functions of management; co-ordination and its essence in management. CHAPTER-2 PRINCIPLES OF MANAGENT:- Meaning, nature, features and significance of principles of management. 14-principles of management given by henery feyol. Cont.....
MAY	10	Cont..... Principles of management given by hennery feyol, scientific principles of management given by F.W. Taylor, tools and techniques of scientific management. Comparison between principles of management given by hennery feyol and F.W. taylor. Project work on study of principles of management applied in different business enterprise.
JUNE	12	CHAPTER-3 BUSINESS ENVIRONMENT:- Meaning of business environment its features and importance and dimensions of business environment. New economic policy.
JULY	24	CHAPTER-4 PLANNING:- Meaning and features of planning, objective and importance of planning, planning procedure, types of plans. CHAPTER-5 ORGANISING:- Meaning and concept of organising, features, objective of organising, types of organisational structure and its importance, and types of organisation formal and informal with its difference. P.A-1 EXAMINATION
AUGUST	20	CHAPTER-6 STAFFING:- Meaning of staffing, importance and objective of staffing, types of staffing process of staffing; recruitment, selection, training and development. CHAPTER-7 DIRECTING:- Meaning of directing, role of directing steps of directing or element s of directing:- supervision, motivation, leadership and communication. Features and importance of elements of directing.
SEPTEMBER	24	CHAPTER-8 CONTROLLING:- Meaning of controlling, features of controlling and its importance, relation and difference between planning and controlling. REVISION FOR HALF-YEARLY EXAM HALF YEARLY EXAMINATION
OCTOBER	13	UNIT-2 CHAPTER-1 MARKETING MANAGEMENT:- Meaning of marketing, concept of market and marketing, role of marketing in growth and development of business, marketing mix:- 4p’s of marketing- product, price, place and promotion. Cont.....
NOVEMBER	21	Cont..... Importance and functions of 4P’s of marketing, branding, labelling, packaging advertisement its meaning and importance. UNIT-2 CHAPTER-2 FINANCIAL MANAGEMENT:- Meaning and role of finance in the business, meaning of financial management , objective of financial management, investment decision, finance decision, dividend decision. Meaning of capital structure, types of capital structure, importance and role of fixed capital and working capital structure.
DECEMBER	23	UNIT-2 CHAPTER-4 CONSUMER PROTECTION:- Concept and importance of consumer protection; consumer protection Act-2019; meaning of consumer, rights and responsibilities of consumer, who can file a complaint? Redressal machinery and consumer awareness; role of consumer organisation and non-government

		organisation (NGOs). P.A-2 EXAMINATION
JANUARY	22	Revision & PRACTICAL EXAMINATION.
FEBRUARY	22	Revision & PRE-BOARD EXAMINATION
MARCH	BOARD EXAM.	



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SPLIT UP SYLLABUS :CLASS – XII

Subject : Economics

Month	Working Days	Unit	Chapters	Book
April 2023	17	Unit - 6	1. Indian economy on the eve of independence. 2. Five Year Plan in India	Indian Economics
May	16	Unit - 1	1. National Income and Related Aggregated 2. Measures of National Income	Macro Economics
June	9	Unit – 6	3. Economic Reforms since – 1991	Indian Economics
July	23	Unit – 2	Money and Banking	Macro Economics
August	23	Unit – 3	Determination of Income and Employment	Macro Economics
September	20	Unit – 4	Government Budget and the Economy	Macro Economics
October	21	Unit - 5	Balance of Payment	Macro Economics
November	15	Unit – 7	3. Current Challenges Facing Indian Economy 4. Human Capital Formation 5.Rural Development	Indian Economics
December	20	Unit – 8	6. Employment 7. Sustainable Economic Development 8. Development Experience of India	Indian Economics
January 2024	21		Revision and Pre – Board Examination	
February 2024	20			
March 2024				



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SPLIT UP SYLLABUS : CLASS – XII

Subject : Computer Science

MONTH	Working Days (Approx.)	LESSONS / TOPICS
APRIL	17	Python Revision Tour
MAY	12	Sorting Techniques in Python. Practical classes will also be conducted. Working with functions.
June	07	Working with functions continued. Using Python Libraries.
July	23	File handling, Recursion, Idea of Algorithm Efficiency P.A-1 EXAMINATION
August	19	Data Visualization using Pyplot, Data Structures- Linear List, Stacks, Queues
September	22	Computer Network I and II HALF YEARLY EXAMINATION
October	19	SQL
November	15	Creating a Django based basic Web Application, Interface Python with MySQL
December	20	Society, Law and Ethics P.A-2 EXAMINATION
January	18	Revision & PRACTICAL EXAMINATION
February	19	Revision & PRE-BOARD EXAMINATION
March		BOARD EXAMINATION



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SPLIT UP SYLLABUS : CLASS – XII

Subject : PHYSICAL EDUCATION

Month	Working Days	Lessons/ Topics/Days
April	17	UNIT:1 Management of sporting events 1. functions of sports events management (planning, organising, staffing, directing and controlling. 2. various communities and their responsibilities (pre, during and post) 3. fixture and their procedures- knockout (bye and seeding) League (staircase, cyclic, tabular method) and combination tournament 4. Intramural extramural tournaments- meaning, objectives and its significance. 5. Community sports program (sports day ,health run , run for fun ,run for specific cause and run for unity)
May	16	Children and womens in sports 1. Exercise guidelines of who for different age groups. 2. Common postural deformities- knock knees, flat foot ,round shoulders, lordosis, kyphosis,scoliosis and bow legs and their respective corrective measures. 3. Women's participation in sports - physical ,psychological and social benefits. 4. Special consideration (menarche and menstrual dysfunction) 5. Female athlete triad (osteoporosis, amnorrhea ,eating disorders)
June	9	Yoga as preventive measures for lifestyle diseases 1. Obesity procedure benefits and contradiction for tadasana, kati chakrasana, pawanmuktasana ,matsyasana ,halasana, paschimottana dhanurasana, suryabedhan, Pranayam 2. Diabetes : procedure benefits and contradiction for kati chakrasana, pawanmuktasana ,bhujangasana ,shalabhasana, sukt vajrasana, dhanurasana
July	23	Paschimottanasana, ardha-mastendrasana, mandukasana, gomukhasana, yogmudra ,ushtrasna ,kapalbhati, 3. Asthma: procedure benefits and contradiction for tadasana Urdu translation kapalbhati gaumukh Hasna anulom - vilom. 4. Hypertension: procedure benefits and contradiction for tadasana, Kati chakrasana, utthanpadasana, ardha halasana, sarala matsyasana, gomukhasana,uttanMandukasana,vakrasana, bhujangasana, makarasana,shavasana,Nadi shodhanapranayam,sitlipranayam. 5. Back pain: procedure benefits and contradiction of tadasana, urdhawahastootansana,ardh- chakrasana ,ushtrasna, vakrasana, Sarala maysyendrsana, bhujangasana, gomukhasana,bhadrasana, makarasana,nadi- shodhana pranayama

August	23	<p>UNIT-4 physical education and sports for seedbluesl (children with special needs- divyang)</p> <ol style="list-style-type: none"> 1. Organisation promoting disability sports (special Olympics paralympics, deaflympics) 2. Concept of classification and divisioning in sports. 3. Concept of inclusion in sports it's need and implementation 4. Advantage of physical activities for children with special needs. 5. Strategies to make physical activities accessible for children with special needs. <p>UNIT 5 sports and nutrition</p> <ol style="list-style-type: none"> 1. Concept of balanced diet and nutrition 2. Macro and micro nutrients food sources and functions. 3. Nutritive and non nutritive components of diet. 4. Eating for weight control a healthy weight the pitfalls of dieting, food intolerance and foot myths. 5. Importance of diet in sports pre during and post competition requirements.
September	20	<p>UNIT 6 test and measurement in sports</p> <ol style="list-style-type: none"> 1. Fitness test - SAI Khelo India fitness test in schools age group 5 - 8 years class 1-3 : BMI flamingo balance test ,Plate typing test Age group 9-18 years/ class 4-12: BMI ,50 mt. Speed test, 600 mt run/walk, sit and reach flexibility test, strength test (partial Abdominal curl up,push - ups for boys, modified push-ups for girls) 2. Measurement of cardiovascular fitness -Harvard step test duration of the exercise in seconds X 100/5.5X pulse count of 1-1.5 min after exercise. 3. Computing basal metabolic rate (BMR) 4. Rickli and Jones - senior citizen fitness test <ul style="list-style-type: none"> ★ Chair stand test for lower body strength ★ arm curl test for upper body strength ★ chair seat and reach test for lower body flexibility ★ back scratch test for upper body flexibility ★ 8 foot up and go test for agility ★ 6 minute walk test for aerobic endurance 5. Johnson - methney test of motor educability (front roll, roll ,jumping) Half- turn, jumping full turn
October	21	<p>UNIT 7 physiology and injuries in sports</p> <ol style="list-style-type: none"> 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the muscular system. 3. Effect of exercise on the cardio respiratory system. 4. Physiological changes due to aging. <p>Sports injuries: classification (soft tissues injuries- aberration ,contusion ,laceration incision, sprain and strain bone and joint injuries: Dislocation ,fracture ,green stick, comminuted, transverse oblique and impacted)</p>
November	15	<p>UNIT : 8 biomechanics and sports</p> <ol style="list-style-type: none"> 1. Newton's law of motion and its application in sports 2. Types of levers and their application in sports 3. Equilibrium- dynamic and static and centre of gravity and its application in sports

		<p>4. Friction and sports</p> <p>5. Projectile in sports</p>
December	20	<p>UNIT:9 psychology and sports</p> <p>1. Personality it's definition and types (Jung classification and big fight theory)</p> <p>2. Motivation, it's type and techniques</p> <p>3. Exercise adherence reasons, benefits and strategy for enhancing it</p> <p>4. Meaning concept and type of aggression in sports</p>
January	21	<p>5. Psychological attributes in sports - self-esteem, mental imagery, self-talk, goal setting</p> <p>UNIT: 10 training in sports</p> <p>1. Concept of talent identification and talent development in sports</p> <p>2. Introduction to sports training cycle- micro,meso,, macro cycle.</p>
February	20	<p>3. Types and methods to develop- strength endurance and speed</p> <p>4. Types and method to develop- flexibility and coordinative ability</p> <p>5. Circuit training- introduction and its importance,</p>



Usha Martin World School, Patna

(Session : 2023- 24)

SPLIT UP SYLLABUS : CLASS – XII

Subject : PAINTING

Months :

Topic :-

April	(Unit -1)- Rajasthani School of Miniature Painting , (Sub-School-Mewar,Bundi,Jodhpur,Bikaner,Kishangarh) Studu & Appreciation of the Rajasthani Painting.
May	(Unit -1)- Pahari School of Miniature Painting , (Sub-School-Basohli,Guler,Kangra,Chanba,&Garhwal) Studu & Appreciation of the Pahari Painting.
June	Revision
July	(Unit -2)- The Mughal School of Miniature Painting, Main Features of the Mughal School, Studu & Appreciation of the Pahari Painting.
August	(Unit -2)- The Deccan School of Miniature Painting, Main Features of the Deccan School, Studu & Appreciation of the Deccan Painting.
September	(Unit -3)-National Flag of India & the symbolic significance of its forms & the colours. Introduction to the Bengal School of Painting. Contribution of Indian artist in the struggle for National Freedom Movement.
October	Studu & Appreciation of the following Painting of the Bengal School.(Unit-3) <ul style="list-style-type: none">• Jurneys End-Abanindranath Tagore• Rasa-Lila-Kshitindranath Majumdar• Radhika-M.A.R Chughtai• Meghdoot-Ram Gopal Vijaivargiya
November	(Unit-3) The Modern Trand in Indian Art Painting:- <ul style="list-style-type: none">• Mother & Child-Jamini Roy• Haldi Grinders-Amrita S her Gil• Mother Teresa-M.F. Husain• The Vulture-Kamlesh Dutt Pande• Rama Vanquishing the pride of the Ocen-Raja Ravi Vaema.
December	(Unit-3) The Modern Trand in Indian Art Graphic-prints: <ul style="list-style-type: none">• Whirl pool-Krishna Raddy• Children- Somnath Hore

- Devi-Jyoti Bhatt
- Off Walls-Anupam Sud
- Man,Women & tree-K. Laxman Goud

Sculptures:

- Triumph of Labour-D.P.Roy Chowdhury
- Santhal Family-Ramkinkar Vaij
- Cries Un-heard-Amarnath Sehegal
- Ganesha-P.V.Jankiram
- Chatturmukhi-Aekka Yada Giri Rao

January & February

Revision