

# CLASS XII PHYSICAL EDUCATION PLANNER

AUGUST 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1
2	3 <b>Raksha Bandhan</b>	4 <b>Test and Measurement:</b> Motor Fitness and General Motor Fitness Test	5 Harvard Step and Computation of Fitness Index	6 Senior Citizen Fitness Test	7 <b>Physiology and Injuries in Sports:</b> Effect of exercise on CRS and physiological factors	8
9	10 Effects of exercise on muscular system and Ageing	11 Sport Injuries and First-Aid	12 <b>Biomechanics and Sports:</b> Meaning and Importance	13 Types of movements and Newton's laws	14 Friction in sports and application of laws	15
16	17 <b>Psychology and Sports:</b> Personality	18 Motivation	19 Exercise adherence and strategies to enhance it	20 Aggression in Sports	21 <b>CLASS TEST</b>	22
23	24 <b>Training in Sports:</b> Strength and Endurance	25 Speed and Flexibility	26 Coordinative abilities	27 Circuit Training	28 <b>CLASS TEST</b>	29