



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)

CLASS:-XII

TERM-I

MONTHS:-APRIL,MAY,JUNE

Specialendurancetraining(withandwithoutball).

Techniqueoffakeandchangeofdirection.

Techniqueoffakeanddriveshotwithdefense.

Techniqueofdifferenttypeofpassingwithmovement.

Basketballmatch.

MONTHS:-JULY,AUGUST,SEPTEMBER

Warmup(Conditioningtraining).

Techniqueofonevsone(withandwithoutball).

Techniqueofzonedefense.

Techniqueofmantomandefense.

Basketballmatch.

TERM-II

MONTHS:-OCTOBER,NOVEMBER,DECEMBER.

Specific fitness training.
Technique of give the ball and go to take own position.
Technique of pivot play.
Technique of man to man defense.
Technique of underhand shot and jump shot.
Basketball match.
Sports day practice.

MONTHS:- JANUARY, FEBRUARY, MARCH

Body balance and footwork.
Man to man defense.
Zone defense.
Technique of pivot play.

Basketball match.