



**SYLLABUS YEAR 2018 - 2019**

**SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)**

**CLASS:-XII**

**TERM-I**

**MONTHS:-APRIL,MAY,JUNE**

**Specialendurancetraining(withandwithoutball).**

**Techniqueoffakeandchangeofdirection.**

**Techniqueoffakeanddriveshotwithdefense.**

**Techniqueofdifferentyeofpassingwithmovement.**

**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.**