

<b><u>1<sup>st</sup> Term : 18 August 2015-27 December 2015 (80 Working days)</u></b>			
<b>Week No</b>	<b>Duration/ Dates</b>	<b>No of W. Days</b>	<b>Contents</b>
1	18 Aug 2015 To 21 Aug 2015	04	<b><u>Chapter 6:</u></b> Importance of Games
2	24 Aug 2015 To 28 Aug 2015	05	<b><u>Chapter 7:</u></b> (a) Hockey rules and regulations
3	31 Aug 2015 To 04 Sep 2015	05	(b) Hockey Ground ,Rules ,duration of the Play Hit in , Penalty corner, penalty strokes ,free hit stick
4	07 Sep 2015 To 11 Sep 2015	05	(c) Basket Ball: Basket Ball Court, Baskets, Back boards ,Fouls
5	14 Sep 2015 To 18 Sep 2015	05	(d) Timeouts Game officials ,Duration ,breaks
6	21 Sep 2015 To 25 Sep 2015 [EidulAzha]	02	(e) Badminton: Rules of the game. Court, net.
7	28 Sep 2015 To 02 Oct 2015	05	<b><u>1<sup>st</sup> Bimonthly Test</u></b>
8	05 Oct 2015 To 09 Oct 2015	05	(f) Badminton: Single and Double game ,Match Referees
9	12 Oct 2015 To 16 Oct 2015	05	(g) Table Tennis: Rules. Table tennis court ,Points ,single and double game, Referees
10	19 Oct 2015 To 23 Oct 2015 [Ashura]	03	<b><u>Chapter 8</u></b> (a) Throwing the Javelin: Rules.
11	26 Oct 2015 To 30 Oct 2015	05	(b) 400 Race Rules. (c) Long Jump Rules.

## Health and Physical Education XII

Week No	Duration/ Dates	No of W. Days	Contents
12	02 Nov 2015 To 06 Nov 2015	05	(d) Qualities of good player.
<b>Part–2 (Health Education)</b>			
13	09 Nov 2015 To 13 Nov 2015 [Iqbal Day]	04	<b>Chapter6:</b> Physical system of the body (a) Digestive system
14	16 Nov 2015 To 20 Nov 2015	05	(b) Muscles, Benefits of muscles.
15	23 Nov 2015 To 27 Nov 2015	05	<b>Chapter7:</b> Food and nutrition (a) Balance diet Qualities of good diet,
16	30 Nov 2015 To 04 Dec 2015	05	(b) Components of balance diet,beverages.
17	07 Dec 2015 To 11 Dec 2015	05	<b><u>1<sup>st</sup> Term Exams (Send – Up Exams)</u></b>
18	14 Dec 2015 To 18 Dec 2015	02	<b><u>1<sup>st</sup> Term Exams (Send – Up Exams)/All Pakistan Prize Distribution Ceremony of Co-curricular Activities</u></b>
19	21 Dec 2015 To 25 Dec 2015	-	<b><u>Winter Vacation</u></b>
<b><u>2<sup>nd</sup> Term: 28 December 2015-12 April 2016 ( 75 Working Days)</u></b>			
20	28 Dec 2015 To 01 Jan 2016	05	<b>Chapter8:</b> Narcotics and its effects Opium, nicotine , Barbiturates morphia ,arsenic
21	04 Jan 2016 To 08 Jan 2016	05	<b>Chapter 9:</b> Sex hygiene. Syphilis, Gonorrhoea, Cancroid, Aids
22	11 Jan 2016 To 15 Jan 2016	05	<b>Chapter 10:</b> First Aid. (a) Qualities of a good first Aider ,first aid in case of burn with fire, poison ,Alcohol
23	18 Jan 2016 To 22 Jan 2016	05	(b) Snake bite, electric shock ,artificial respiration
24	25 Jan 2016 To 29 Jan 2016	05	Revision and Discussion

## Health and Physical Education XII

<b>Week No</b>	<b>Duration/ Dates</b>	<b>No of W. Days</b>	<b>Contents</b>
25	01 Feb 2016 To 05 Feb 2016 [Kashmir Day]	04	Revision and Discussion
26	08 Feb 2016 To 12 Feb 2016	05	<b><u>2<sup>nd</sup> Bimonthly Test</u></b>
27	15 Feb 2016 To 19 Feb 2016	05	Revision and Discussion
28	22 Feb 2016 To 26 Feb 2016	05	Revision and Test Series
29	29 Feb 2016 To 04 Mar 2016	05	Revision and Test Series
30	07 Mar 2016 To 11 Mar 2016	05	Revision and Test Series
31	14 Mar 2016 To 18 Mar 2016	05	Revision and Test Series
32	21 Mar 2016 To 25 Mar 2016 [Pakistan Day]	04	Revision and Test Series
33	28 Mar 2016 To 01 Apr 2016	05	<b><u>Pre-Board Examination</u></b>
34	04 Apr 2016 To 08 Apr 2016	05	<b><u>Pre-Board Examination</u></b>
35	11 Apr 2016 To 15 Apr 2016	02	<b><u>Pre-Board Examination/ Prep Leave</u></b>