

**ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS: XII

SUBJECT: ENGLISH

BOOKS PRESCRIBED: 1.FLAMINGO

2. VISTAS

CO-ORDINATED SYLLABUS

MONTH	EXAMINATION	TOPICS
MARCH (10)		<ol style="list-style-type: none"> 1. SYLLABUS AND EXAMINATION SPECIFICATIONS 2. NOTICE WRITING 3. THE LAST LESSON 4. MY MOTHER AT SIXTY - SIX
APRIL (23)		<ol style="list-style-type: none"> 1. THE LOST SPRING 2. THE THIRD LEVEL 3. THE TIGER KING 4. FORMAL INVITATION & REPLIES
MAY (25)	<p>*UT-I 13 MAY-20 MAY **REMEDIAL CLASSES 26 MAY- 19 JUNE 2025</p>	<ol style="list-style-type: none"> 1. KEEPING QUIET 2. JOURNEY TO THE END OF THE EARTH 3. THE ENEMY 4. JOB APPLICATION
JUNE (14)		<ol style="list-style-type: none"> 1. DEEP WATER 2. THE RATTRAP 3. INFORMAL INVITATION & REPLIES 4. LETTER TO EDITOR
JULY (23)		<ol style="list-style-type: none"> 1. A THING OF BEAUTY 2. INDIGO 3. ON THE FACE OF IT 4. ARTICLE WRITING
AUGUST (22)	<p>UT-II 7 AUG -14 AUG</p>	<ol style="list-style-type: none"> 1. REPORT WRITING 2. A ROADSIDE STAND 3. AUNT JENNIFER'S TIGERS 4. POETS AND PANCAKES
SEPTEMBER (24)	<p>HALF- YEARLY EXAMINATION 15 SEP- 25 SEP</p>	<ol style="list-style-type: none"> 1. THE INTERVIEW 2. GOING PLACES
OCTOBER (20)		<ol style="list-style-type: none"> 1. MEMORIES OF CHILDHOOD
NOVEMBER (23)	<p>PRE-BOARD-I 04 NOV-17 NOV</p>	<ol style="list-style-type: none"> 1. REVISION WORK 2. DOUBT CLEARING SESSIONS 3. PRACTICE PAPERS
DECEMBER (24)	<p>PB-II 10 DEC-27 DEC</p>	<ol style="list-style-type: none"> 1. REVISION 2. DOUBT CLEARING SESSIONS 3. PRACTICE PAPERS
JANUARY(14)	<p>PB-III</p>	<ol style="list-style-type: none"> 1. REVISION THROUGH SAMPLE PAPERS

	19 JAN-30 JAN 2026	2. DOUBT CLEARING SESSIONS EXTERNAL PRACTICAL- ALS
FEBRUARY(11)		DOUBT CLEARING SESSIONS

**ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS: XII

SUBJECT: PHYSICS

**BOOKS PRESCRIBED: 1. NCERT PHYSICS
3. NEW SIMPLIFIED PHYSICS**

2. NCERT EXEMPLAR

MONTH	EXAMINATION	TOPICS
MARCH (10)		Chapter-1 : Electric Charges and Fields Electric charges, Conservation of charge, Coulomb's law-force between two-point charges, forces between multiple charges; superposition principle and continuous charge distribution.
APRIL (23)		<p>Electric field, electric field due to a point charge, electric field lines, electric dipole, electric field due to a dipole, torque on a dipole in uniform electric field. Electric flux, statement of Gauss's theorem and its applications to find field due to infinitely long straight wire, uniformly charged infinite plane sheet and uniformly charged thin spherical shell (field inside and outside).</p> <p>Chapter-2: Electrostatic Potential and Capacitance Electric potential, potential difference, electric potential due to a point charge, a dipole and system of charges; equipotential surfaces, electrical potential energy of a system of two-point charges and of electric dipole in an electrostatic field. Conductors and insulators, free charges and bound charges inside a conductor. Dielectrics and electric polarization.</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>Capacitors and capacitance, combination of capacitors in series and in parallel, capacitance of a parallel plate capacitor with and without dielectric medium between the plates, energy stored in a capacitor (no derivation, formulae only).</p> <p>Chapter-3: Current Electricity Electric current, flow of electric charges in a metallic conductor, drift velocity, mobility and their relation with electric current; Ohm's law, V-I characteristics (linear and non-linear), electrical energy and power, electrical resistivity and conductivity. Temperature dependence of resistance, Internal resistance of a cell, potential difference and emf of a cell, combination of cells in series and in parallel, Kirchhoff's rules, Wheatstone bridge.</p>
JUNE (14)		Chapter-4: Moving Charges and Magnetism Concept of magnetic field, Oersted's experiment. Biot - Savart law and its application to current carrying circular loop. Ampere's law and its applications to infinitely long straight wire. Straight solenoid (only qualitative treatment), force on a moving charge in uniform magnetic and electric fields. Force on a current-carrying conductor in a uniform

		<p>magnetic field, force between two parallel current-carrying conductors-definition of ampere, torque experienced by a current loop in uniform magnetic field; Current loop as a magnetic dipole and its magnetic dipole moment, moving coil galvanometer- its current sensitivity and conversion to ammeter and voltmeter.</p>
<p>JULY (23)</p>	<p>Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025</p>	<p>Chapter-5: Magnetism and Matter Bar magnet Bar magnet as an equivalent solenoid (qualitative treatment only), magnetic field intensity due to a magnetic dipole (bar magnet) along its axis and perpendicular to its axis (qualitative treatment only). Torque on a magnetic dipole (bar magnet) in a uniform magnetic field (qualitative treatment only), magnetic field lines. Magnetic properties of materials- Para-, dia- and ferro - magnetic substances with examples, Magnetization of materials, effect of temperature on magnetic properties.</p> <p>Chapter-6: Electromagnetic Induction Electromagnetic induction; Faraday's laws, induced EMF and current; Lenz's Law, Self and mutual induction</p>
<p>AUGUST (22)</p>		<p>Chapter-7: Alternating Current Alternating currents, peak and RMS value of alternating current/voltage; reactance and impedance; LCR series circuit (phasors only), resonance, power in AC circuits, power factor, wattless current. AC generator, Transformer.</p> <p>Chapter-8: Electromagnetic Waves Basic idea of displacement current, Electromagnetic waves, their characteristics, their transverse nature (qualitative idea only). Electromagnetic spectrum (radio waves, microwaves, infrared, visible, ultraviolet, X-rays, gamma rays) including elementary facts about their uses.</p> <p>Chapter-9: Ray Optics and Optical Instruments Reflection of light, spherical mirrors, mirror formula, refraction of light, total internal reflection and optical fibers, refraction at spherical surfaces, lenses, thin lens formula.</p>
<p>SEPTEMBER (24)</p>	<p>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</p>	<p>Lens maker's formula, magnification, power of a lens, combination of thin lenses in contact, refraction of light through a prism. Optical instruments: Microscopes and astronomical telescopes (reflecting and refracting) and their magnifying powers.</p> <p>Chapter-10: Wave Optics Wave optics: Wave front and Huygen's principle, reflection and refraction of plane wave at a plane surface using wave fronts. Proof of laws of reflection and refraction using Huygen's principle. Interference, Young's double slit experiment and expression for fringe width (No derivation final expression only), coherent sources and sustained</p>

		interference of light, diffraction due to a single slit, width of central maxima (qualitative treatment only).
OCTOBER (20)		<p>Chapter–11: Dual Nature of Radiation and Matter Dual nature of radiation, Photoelectric effect, Hertz and Lenard's observations; Einstein's photoelectric equation-particle nature of light. Experimental study of photoelectric effect Matter waves-wave nature of particles, de-Broglie relation.</p> <p>Chapter–12: Atoms Alpha-particle scattering experiment; Rutherford's model of atom; Bohr model of hydrogen atom, Expression for radius of nth possible orbit, velocity and energy of electron in nth orbit, hydrogen line spectra (qualitative treatment only).</p> <p>Chapter–13: Nuclei Composition and size of nucleus, nuclear force Mass-energy relation, mass defect; binding energy per nucleon and its variation with mass number; nuclear fission, nuclear fusion.</p> <p>Chapter–14: Semiconductor Electronics Materials, Devices and Simple Circuits Energy bands in conductors, semiconductors and insulators (qualitative ideas only) Intrinsic and extrinsic semiconductors- p and n type, p-n junction Semiconductor diode - I-V characteristics in forward and reverse bias, application of junction diode - diode as a rectifier.</p>
NOVEMBER (23)	<p>Preboard I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</p>	Revision and Practice of CBSE Sample Papers
DECEMBER (24)	<p>Preboard II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</p>	Revision and Practice of CBSE Sample Papers
JANUARY (14)	<p>Preboard III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</p>	Revision and Practice of CBSE Sample Papers
FEBRUARY (11)		Revision and Practice of CBSE Sample Papers/ANNUAL EXAMS

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS-XII SUBJECT- CHEMISTRY

BOOKS PRESCRIBED: - 1. NCERT CHEMISTRY 2. NCERT EXEMPLAR 3. CHEMISTRY BY PARDEEP PUBLICATION

MONTH	EXAMINATION	TOPICS
MARCH (10)		Solutions - Types of solutions, expression of concentration of solutions of solids in liquids, solubility of gases in liquids, solid solutions, Raoult's law,
APRIL (23)		colligative properties - relative lowering of vapour pressure, elevation of boiling point, depression of freezing point, osmotic pressure, determination of molecular masses using colligative properties, abnormal molecular mass, Van't Hoff factor. Electrochemistry - Redox reactions, EMF of a cell, standard electrode potential, Nernst equation and its application to chemical cells, Relation between Gibbs energy change and EMF of a cell, conductance in electrolytic solutions, specific and molar conductivity, variations of conductivity with concentration,
MAY (25)	PA-I (13 MAY – 20 MAY 25).	Electrochemistry Kohlrausch's Law, electrolysis and law of electrolysis (elementary idea), dry cell-electrolytic cells and Galvanic cells, lead accumulator, fuel cells, corrosion. Chemical Kinetics - Rate of a reaction (Average and instantaneous), factors affecting rate of reaction: concentration, temperature, catalyst; order and molecularity of a reaction, rate law and specific rate constant, integrated rate equations and half-life (only for zero and first order reactions), concept of collision theory (elementary idea, no mathematical treatment), activation energy, Arrhenius equation.
JUNE (14)	REMEDIAL CLASSES (26 MAY - 19 JUNE)	d and f Block Elements- General introduction, electronic configuration, occurrence and characteristics of transition metals, general trends in properties of the first row transition metals – metallic character, ionization enthalpy, oxidation states, ionic radii, colour, catalytic property, magnetic properties, interstitial compounds, alloy formation, preparation and properties of K ₂ Cr ₂ O ₇ and KMnO ₄ . Lanthanoids - Electronic configuration, oxidation states, chemical reactivity and lanthanoid contraction and its consequences. Actinoids - Electronic configuration, oxidation states and comparison with lanthanoids
JULY (23)	UT-II (28 JULY - 02 AUG 2025)	· Biomolecules - Carbohydrates - Classification (aldoses & ketoses), monosaccharides (glucose & fructose), D-L configuration oligosaccharides (sucrose, lactose, maltose), polysaccharides (starch, cellulose, glycogen); Importance of carbohydrates. Proteins - Elementary idea of - amino acids, peptide bond, polypeptides, proteins, structure of proteins - primary, secondary, tertiary structure & quaternary structures (qualitative idea only), denaturation of proteins; enzymes. Hormones(Elementary idea). Vitamins - Classification and functions. Nucleic Acids: DNA and RNA
AUGUST (22)		Coordination Compounds -Coordination compounds - Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Bonding, Werner's theory, VBT, and CFT; structure and stereoisomerism, importance of coordination compounds (in qualitative analysis, extraction of metals and biological system).
SEPTEMBER (24)	HALF YEALRY (15 SEPT – 25 SEPT 25)	Coordination Compounds -Coordination compounds - Introduction, ligands, coordination number, colour, magnetic properties and shapes, IUPAC nomenclature of mononuclear coordination compounds. Bonding, Werner's theory, VBT, and CFT; structure and stereoisomerism, importance of coordination compounds (in qualitative analysis, extraction of metals and biological system). Haloalkanes and Haloarenes- Haloalkanes: Nomenclature, nature of C–X bond, physical and chemical properties, optical rotation mechanism of substitution reactions. Haloarenes: Nature of C–X bond, substitution reactions (Directive influence of halogen in monosubstituted compounds only). Uses and environmental effects of - dichloromethane, trichloromethane, tetrachloromethane, iodoform, freons, DDT.
OCTOBER (20)		Alcohols, Phenols and Ethers- Alcohols: Nomenclature, methods of preparation, physical and chemical properties (of primary alcohols only), identification of primary, secondary and tertiary alcohols, mechanism of dehydration, uses with special reference to methanol and ethanol. Phenols: Nomenclature, methods of preparation, physical and chemical properties, acidic nature of phenol, electrophilic substitution reactions, uses of phenols. Ethers: Nomenclature, methods of preparation, physical and chemical properties, uses.

NOVEMBER (23)	PB -I (04 NOV- 17 NOV 2025)	Aldehydes, Ketones and Carboxylic Acids - Aldehydes and Ketones: Nomenclature, nature of carbonyl group, methods of preparation, physical and chemical properties, mechanism of nucleophilic addition, reactivity of alpha hydrogen in aldehydes, uses. Carboxylic Acids: Nomenclature, acidic nature, methods of preparation, physical and chemical properties; uses. Amines - Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines. Diazonium salts: Preparation, chemical reactions and importance in synthetic organic chemistry.
DECEMBER (24)	PB -II (10 DEC- 22 DEC2025)	REVISION
JANUARY (14)	PB-III (FOR SPECIAL STUDENTS) (19 JAN - 23 JAN 2025)	REVISION
FEBRUARY (21)		REVISION

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: MATHEMATICS

MONTH/DAYS	EXAMINATION	CONTENT
March + April 33 Days		<ul style="list-style-type: none">• Matrices• Relation and Functions
May 25 Days	Unit Test I (13-20 May 2025) PTM 27 May 2025	<ul style="list-style-type: none">• Inverse Trigonometric Functions• Determinant
June 14 Days	Summer Break 20 June – 03 July	<ul style="list-style-type: none">• Continuity and Differentiability
July 23 Days	Unit Test II (28 July-02 Aug 2025) PTM 02 August 2025	<ul style="list-style-type: none">• Application of Derivatives• Linear Programming
August 22 Days		<ul style="list-style-type: none">• Integrals• Application of Integrals
September 24 Days	Half Yearly (15- 25 Sept. 2025) PTM 04 October 2025	<ul style="list-style-type: none">• Differential Equation• Vector
October 20 Days		<ul style="list-style-type: none">• 3D Geometry• Probability
November 23 Days	Pre Board I (04-17 November) PTM 29 November	Revision for Pre Boards
December 24 Days	Pre Board II (10-22 December) PTM 30 December Winter Break (31 Dec. – 14 Jan.)	Revision and Practice of CBSE Sample Papers
January 14 Days	Pre Board III (19-30 January) PTM 6 February	Revision and Practice of CBSE Sample Papers
February 11 Days		Revision and Practice of CBSE Sample Papers

**ARMY PUBLIC SCHOOL DAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS: XII

SUBJECT: Computer Science (083)

BOOKS PRESCRIBED:

1. Sumita Arora, Preeti Arora

MONTHS/ DAYS	EXAMINATION	CONTENT
MARCH (10)		Revision of Class XI
APRIL (23)		Unit I: Computational Thinking and Programming – User Defined Functions , Creating functions, parameter
MAY (25)	*UT-I 13 MAY-20 MAY **REMEDIAL CLASSES 26 MAY- 19 JUNE 2025	Exception Handling: Introduction, handling exceptions using try-except-finally blocks ● Introduction to files, types of files (Text file, Binary file, CSV file)
JUNE (14)		CSV file: import csv module, open / close csv file, write into a csv file using writer(), writerow(), writerows() and read from a csv file using reader() ● Data Structure: Stack, operations on stack
JULY (23)		Unit III: Database Management ● Database concepts: introduction to database concepts and its need ● Relational data model: relation, attribute, tuple, domain, degree, cardinality, keys)
AUGUST (22)	UT-II 7 AUG -14 AUG	Interface of python with an SQL database: connecting SQL with Python, performing insert, update, delete queries using cursor,
SEPTEMBER (24)	HALF- YEARLY EXAMINATION 15 SEP-25 SEP	Unit II: Computer Networks ● Evolution of networking: ● Data communication terminologies: ● Transmission media: ● Network devices, Topologies, Internet
OCTOBER (20)		REVISION
NOVEMBER (23)	PRE-BOARD-I 04 NOV-17 NOV	REVISION
DECEMBER (24)	PB-II 10 DEC-27 DEC	REVISION AND SAMPLE PAPER
JANUARY (14)	PB-III 19 JAN-30 JAN 2026	REVISION AND SAMPLE PAPER
FEBRUARY (11)		REVISION CBSE SAMPLE PAPER

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: PHYSICAL EDUCATION

BOOKS PRESCRIBED:

1. PHYSICAL EDUCATION (SP PUBLICATION)

MONTH	EXAMINATION	TOPICS
MARCH (10)		<p>Unit 1 Management of Sporting Events 1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) 2. Various Committees & their Responsibilities (pre; during & post) 3. Fixtures and their Procedures – Knock- Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments 4. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance 5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)</p>
APRIL (23)		<p>Unit 2 Children & Women 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, amenorrhea, eating disorders)</p> <p>Unit 3 Yoga as Preventive measure for Lifestyle Disease 1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama 2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana Suptavajarasana, Paschimottan asana, ArdhaMastendrasana, Mandukasana</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>Gomukasana, Yogmudra, Ushtrasana, Kapalabhati 3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, AnulomaViloma 4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayama, Sitlipranayama 5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhwahastottansana, ArdhaChakrasana, Ushtrasana, Vakrasana, Sarala Matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama.</p>

<p>JUNE (14)</p>		<p>Unit 4 Physical Education and Sports for CWSN (Children with Special Needs - Divyang)</p> <ol style="list-style-type: none"> 1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) 2. Concept of Classification and Divisioning in Sports. 3. Concept of Inclusion in sports, its need, and Implementation; 4. Advantages of Physical Activities for children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs.
<p>JULY (23)</p>	<p>Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025</p>	<p>Unit 5 Sports & Nutrition</p> <ol style="list-style-type: none"> 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & NonNutritive Components of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths 5. Importance of Diet in Sports Pre, During and Post competition Requirements <p>Unit 6 Test & Measurement in Sports</p> <ol style="list-style-type: none"> 1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/ class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9- 18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & 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 x100/5.5 X Pulse count of 1-1.5 Min after Exercise 3. Computing Basal Metabolic Rate (BMR) 4. Rikli & Jones - Senior Citizen Fitness Test Chair Stand Test for lower body strength Arm Curl Test for upper body strength Chair Sit & Reach Test for lower body flexibility Back Scratch Test for upper body flexibility Eight Foot Up & Go Test for agility Six-Minute Walk Test for Aerobic Endurance 5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping fullturn)

AUGUST (22)		<p>Unit 7 Physiology & Injuries in Sport</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 CardioRespiratory System 4. Physiological changes due to aging 5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) <p>Unit 8 Biomechanics and Sports</p> <ol style="list-style-type: none"> 1. Newton’s Law of Motion & its application in sports 2. Types of Levers and their application in Sports. 3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports 4. Friction & Sports 5. Projectile in Sports
SEPTEMBER (24)	<p>Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025</p>	<p>Unit 9 Psychology and Sports</p> <ol style="list-style-type: none"> 1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggression s in Sports 5. Psychological Attributes in Sports – SelfEsteem, Mental Imagery, SelfTalk, Goal Setting <p>Unit 10 Training in Sports</p> <ol style="list-style-type: none"> 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance, and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance
OCTOBER (20)		Revision and Practice of CBSE Sample Papers
NOVEMBER (23)	<p>PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</p>	Revision and Practice of CBSE Sample Papers
DECEMBER (24)	<p>PRE BOARD II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</p>	Revision and Practice of CBSE Sample Papers
JANUARY (14)	<p>PRE BOARD III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</p>	Revision and Practice of CBSE Sample Papers
FEBRUARY (11)		Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS