

**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)		<p>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.</p>
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 style="text-align: center;">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)		<p>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>

		<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 $K_2Cr_2O_7$ 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.

<p>OCTOBER (20)</p>		<p>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. 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.</p> <p>Amines - Nomenclature, classification, structure, methods of preparation, physical and chemical properties, uses, identification of primary, secondary and tertiary amines.</p> <p>Diazonium salts: Preparation, chemical reactions and importance in synthetic organic chemistry.</p>
<p>NOVEMBER (23)</p>	<p>PB -I (04 NOV- 17 NOV 2025)</p>	<p>REVISION</p>
<p>DECEMBER (24)</p>	<p>PB -II (10 DEC- 22 DEC2025)</p>	<p>REVISION</p>
<p>JANUARY (14)</p>	<p>PB-III (FOR SPECIAL STUDENTS) (19 JAN - 23 JAN 2025)</p>	<p>REVISION</p>
<p>FEBRUARY (21)</p>		<p>REVISION</p>

**ARMYPUBLICSCHOOLDAMANA
SPLIT UP SYLLABUS (2025-26)**

CLASS-XII

BOOKS PRESCRIBED: NCERT- BIOLOGY

SUBJECT-BIOLOGY (044)

COORDINATED SYLLABUS

Month(Days)	EXAMINATION	TOPICS
MARCH-10		<p>CHAPTER-1 SEXUAL REPRODUCTION IN FLOWERING PLANTS Post-fertilisation: Structures and Events, Apomixis and Polyembryony Pollination, and pistil components and the interactions recognition, Artificial hybridisation , double fertilisation, embryo development, seed formation, true and false fruits.</p>
APRIL-23		<p>CHAPTER-2 SEXUAL REPRODUCTION IN HUMAN BEINGS The Male Reproductive System and Female Reproductive System, Gametogenesis, Menstrual Cycle and Fertilisation, Implantation Pregnancy and Embryonic Development, Parturition and Lactation. CHAPTER-3 REPRODUCTIVE HEALTH Problems and Strategies, Population Explosion and Birth Control- contraceptive methods, Medical Termination of Pregnancy, Sexually Transmitted Diseases Infertility, amniocentesis, assisted reproductive technologies (ART)</p>
May (25)	UT-I 13 May- 20 May 2025 EXTRA CLASSES 26 MAY -19 JUNE 2025	<p>UNIT-VII CHAPTER-4 PRINCIPLES OF INHERITANCE AND VARIATION Heredity and variation: Mendelian inheritance; deviations from Mendelism–incomplete dominance, co-dominance multiple alleles and inheritance of blood groups, pleiotropy Elementary idea of polygenic inheritance; chromosome theory of inheritance; chromosomes and genes; Sex determination-in humans, birds and honey bee; linkage and crossing over; sex linked inheritance-haemophilia, colour blindness; INHERITANCE OF TWO GENES: A Comparison between the Behaviour of hormones and Genes, chromosomal theory of inheritance Linkage and Recombination, sex determination and genetic disorder, Pedigree Analysis CHAPTER-5: MOLECULAR BASIS OF INHERITANCE Search for genetic material and DNA as genetic material</p>
June-14	EXTRA CLASSES 26 MAY -19 JUNE 2025	<p>Structure of DNA and RNA; DNA packaging; DNA replication; Central dogma, Transcription, genetic code, translation; gene expression and regulation-lac operon; genome and human and rice genome projects; DNA fingerprinting. CHAPTER-6 EVOLUTION Origin of life; biological evolution and evidences for biological evolution comparative anatomy, embryology and molecular evidences); Darwin's contribution, modern synthetic theory and mechanism of evolution- variation , natural selection; Gene flow and genetic drift; Hardy - Weinberg's principle; adaptive radiation; human evolution.</p>
JULY- 23	UT-II 28 JULY-2 AUG	<p>UNIT- VIII BIOLOGY IN HUMAN WELFARE CHAPTER-7:HUMAN HEALTH AND DISEASES Pathogens; parasites causing human diseases and their control; Basic concepts of Immunology-vaccines; cancer, HIV and AIDS; Adolescence- drug and alcohol abuse.</p>

AUG- 22		<p>CHAPTER-8:MICROBESINHUMANWELFARE In house hold food processing, industrial production, sewage treatment, energy generation and microbes As bio control agents and biofertilizers, Antibiotics; production and judicious use.</p> <p>UNIT-IXBIOTECHNOLOGYANDITSAPPLICATION</p> <p>CHAPTER-9:BIOTECHNOLOGY-PRINCIPLESANDPROCESSES Genetic Engineering (Recombinant DNA Technology).</p>
SEP-24	HALF YEARLY 15-25 SEP	<p>CHAPTER-10:BIOTECHNOLOGYANDITS APPLICATION Application of biotechnology in health and agriculture: Human insulin and vaccine production, stem cell technology, gene therapy; genetically modified organisms –Bt crops; transgenic animals; biosafety issues, bio piracy and patents.</p>
OCT-20		<p>Unit-X ECOLOGY AND ENVIRONMENT CHAPTER-11:ORGANISMSANDPOPULATIONS Organismsandenvironment:Habitatandniche,populationandecologicaladaptations; population, interactions- mutualism, competition, predation, parasitism; population attributes-growth, birth rate, and death rate, age distribution.</p> <p>CHAPTER-12: 14-ECOSYSTEM Ecosystems: Patterns, components; productivity and decomposition; energy flow; pyramids of number, biomass, energy; nutrient cycles (carbon and phosphorous); ecologicalsuccession;ecologicalservices-carbonfixation,pollination,seeddispersal, oxygen release (in brief).</p> <p>CHAPTER-13:BIODIVERSITYANDITS CONSERVATION Biodiversity- Concept,patterns,importance;lossofbiodiversity;biodiversityconservation; hotspots, endangered organisms, extinction, Red Data Book, biosphere reserves, national parks, sanctuaries and Ramsar sites.</p>
NOV-23	PRE-BOARD-I 4 NOV-17 NOV	REVISION
DEC-24	PRE-BOARD-II 10 DEC-22 DEC	REVISION
JAN-14	PRE-BOARD-III SPL. ST. 19 JAN-30 JAN	REVISION
FEB-11	ANNUAL EXAMINATION	REVISION

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

CLASS: XII

SUBJECT: Information Practices (065)

BOOKS PRESCRIBED:

1. Sumita Arora, Preeti Arora

MONTHS/ DAYS	EXAMINATION	CONTENT
MARCH (10)		Revision of Class XI
APRIL (23)		Introduction to Python libraries- Pandas, Matplotlib. Data structures in Pandas - Series and Data Frames.
MAY (25)	*UT-I 13 MAY-20 MAY **REMEDIAL CLASSES 26 MAY- 19 JUNE 2025	Data Frames: creation - from dictionary of, CSV Files Data Visualization
JUNE (14)		Purpose of plotting; drawing and saving following types of plots using Matplotlib – line plot, bar graph, histogram
JULY (23)		Unit 2: Database Query using SQL Revision of database concepts and SQL commands covered in class XI
AUGUST (22)	UT-II 7 AUG -14 AUG	Text functions: Date Functions: Aggregate Functions: Querying and manipulating data using Group by, Having, Order by. Working with two tables using equi-join.
SEPTEMBER (24)	HALF- YEARLY EXAMINATION 15 SEP-25 SEP	Unit 3: Introduction to Computer Networks Introduction to networks, Types of network: PAN, LAN, MAN, WAN. Network Devices, Topologies, Internet
OCTOBER (20)		Unit 4: Societal Impacts Digital footprint, communication etiquettes, data protection, intellectual property, plagiarism, licensing, copyright, FOSS, cybercrime, hacking, phishing, cyber bullying
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: PSYCHOLOGY

BOOKS PRESCRIBED:

1. TEXT BOOK OF PSYCHOLOGY (NCERT)

MONTH	EXAMINATION	TOPICS
MARCH (10)		<p>Unit-I: Variations in Psychological Attributes Introduction, Individual Differences in Human Functioning, Assessment of Psychological, Attributes, Intelligence, Theories of Intelligence, Theory of Multiple Intelligences, Triarchic Theory of Intelligence and PASS Model of Intelligence.</p>
APRIL (23)		<p>Unit-I: Variations in Psychological Attributes Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence. Individual Differences in Intelligence, Variations of Intelligence, Culture and Intelligence. Emotional Intelligence, Special Abilities Aptitude: Nature and Measurement, Creativity.</p> <p>Unit VII: Social Influence and Group Processes Nature and Formation of Groups, Type of Groups, Influence of Group on Individual Behaviour, Social Loafing and Group Polarisation.</p>
MAY (25)	<p>Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025</p>	<p>Unit-VI: Attitude and Social Cognition Explaining Social Behaviour, Nature and Components of Attitudes Attitude Formation and Change, Prejudice and Discrimination, Strategies for Handling Prejudice.</p> <p>Unit-II: Self and Personality Introduction, Self and Personality, Concept of Self, Cognitive and Behavioural Aspects of Self, Self-esteem, Self-efficacy and Self-regulation, Culture and Self, Concept of Personality, Major Approaches to the Study of Personality, Type Approaches, Trait Approaches</p>
JUNE (14)		<p>Unit-II: Self and Personality Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach ,Assessment of Personality, Self-report Measures, Projective Techniques, Behavioural Analysis.</p>

JULY (23)	Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025	Unit-III: Meeting Life Challenges Introduction, Nature, Types and Sources of Stress. Effects of Stress on Psychological Functioning and Health, Stress and Health, General Adaptation Syndrome. Stress and Immune System, Lifestyle, Coping with Stress, Stress Management Techniques, Promoting Positive Health and Well-being, Life Skills.
AUGUST (22)		Unit-IV: Psychological Disorders Introduction, Concepts of abnormality and psychological Disorders. Classification of Psychological Disorders, Factors Underlying Abnormal Behaviour, Major Psychological Disorders, Anxiety Disorders, Somatoform Disorders, Dissociative Disorders, Mood Disorders, Schizophrenic Disorders, Behavioural and Developmental Disorders, Substance-use Disorders.
SEPTEMBER (24)	Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025	Unit-V: Therapeutic Approaches Nature and process of psychotherapy, Therapeutic relationship, Types of therapies, Behaviour Therapy, Cognitive Therapy, Humanistic - existential Therapy, Alternative Therapies, Rehabilitation of the Mentally III.
OCTOBER (20)		Revision and Practice of CBSE Sample Papers
NOVEMBER (23)	Preboard I 04 Nov-17 Nov 2025 PTM- 29 Nov 2025	Revision and Practice of CBSE Sample Papers
DECEMBER (24)	Preboard II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025	Revision and Practice of CBSE Sample Papers
JANUARY (14)	Preboard III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026	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: PHYSICAL EDUCATION

BOOKS PRESCRIBED:

1. PHYSICAL EDUCATION (SP PUBLICATION)

MONTH	EXAMINATION	TOPICS
MARCH (10)		<p>Unit 1 Management of Sporting Events</p> <p>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</p> <p>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</p> <p>1. Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama</p> <p>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</p> <p>3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalabhati, Gomukhasana Matsyaasana, AnulomaViloma</p> <p>4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhanapranayama, Sitlipranayama</p> <p>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)		<p>Revision and Practice of CBSE Sample Papers</p>
NOVEMBER (23)	<p>PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025</p>	<p>Revision and Practice of CBSE Sample Papers</p>
DECEMBER (24)	<p>PRE BOARD II 10 Dec- 22 Dec 2025 PTM- 30 Dec 2025</p>	<p>Revision and Practice of CBSE Sample Papers</p>
JANUARY (14)	<p>PRE BOARD III 19 Jan- 30 Jan 2026 PTM- 06 Feb 2026</p>	<p>Revision and Practice of CBSE Sample Papers</p>
FEBRUARY (11)		<p>Revision and Practice of CBSE Sample Papers/ ANNUAL EXAMS</p>

ARMY PUBLIC SCHOOL DAMANA

SPLIT UP SYLLABUS (2025-26)

CLASS: XII

SUBJECT: PAINTING(049)

BOOKS PRESCRIBED:

1. AN INTRODUCTION TO INDIAN ART
2. HISTORY OF INDIAN ART (SP PUBLICATION)

MONTH	EXAMINATION	TOPICS
MARCH (10)		UNIT -I Miniature Paintings (16th Century A.D. to 19th Century A.D.) A brief introduction to Indian Miniature Schools: Western- Indian, Pala, Rajasthani and Pahari, Mughal and Deccan, Central India. Appreciation of art works from your syllabus from the following schools a. The Rajasthani School b. The Pahari School
APRIL (23)		c. The Mughal School d. The Deccan School based on their: 1. Origin and Development 2. Sub-Schools 3. Main features
MAY (25)	Unit Test-I 13 May-20 May 2025 PTM- 27 May 2025	4. Characteristics 5. Aesthetic parameters 6. Competency based identification of style & technique 7. Understanding of emotions and moral values 8. Respect for life.
JUNE (14)		Unit 2: The Bengal School of Painting and the Modern trends in Indian Art (About the beginning to mid of the 20th Century), contribution of Indian artists towards freedom movement, Revival of Indian Art,
JULY (23)	Unit Test-II 28 July - 02 Aug 2025 PTM- 08 Aug 2025	Indian National Flag Appreciation of art works from your syllabus based on their: 1. Origin and Development 2. Main features

AUGUST (22)		Indian National Flag Appreciation of art works from your syllabus based on their 3. Characteristics 4. Aesthetic parameters
SEPTEMBER (24)	Half Yearly 15 Sep -25 Sep 2025 PTM- 04 Oct 2025	Indian National Flag Appreciation of art works from your syllabus based on their 5. Symbolic representation in artworks. 6. Competency based identification of style & technique 7. Understanding of emotions and moral values 8. Respect for life
OCTOBER (20)		Revision and Practice of CBSE Sample Papers
NOVEMBER (23)	PRE BOARD I 04 Nov–17 Nov 2025 PTM- 29 Nov 2025	Revision and Practice of CBSE Sample Papers
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