<table>
<thead>
<tr>
<th>Date / Month</th>
<th>No of Working Days</th>
<th>Topics to be covered</th>
<th>Mode of Assessment</th>
<th>Home work / Assignment</th>
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<tbody>
<tr>
<td>May(1-15)</td>
<td>11</td>
<td>UNIT 2: Physical Fitness, Wellness &amp; Lifestyle Meaning &amp; Importance of Physical Fitness, Wellness &amp; Lifestyle Components of Physical Fitness Components of Wellness Preventing Health threats through lifestyle change Components of Positive Lifestyle</td>
<td>Class Test-I</td>
<td>Question based on topic</td>
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<td>Month (1-15)</td>
<td>Unit</td>
<td>Topic</td>
<td>Exam Type</td>
<td>Question Type</td>
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<td>August</td>
<td>11</td>
<td>UNIT 5: Doping</td>
<td>Class Test-IV</td>
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<td>August</td>
<td>13</td>
<td>UNIT 6: Physical Activity Environment</td>
<td>Half Yearly</td>
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<td>Sept.</td>
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<td>UNIT 7: Test &amp; Measurement In Sports</td>
<td>Group discussion</td>
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<td>Sept.</td>
<td>12</td>
<td>UNIT 8: Fundamentals Of Anatomy &amp; Physiology</td>
<td>Class Test-V</td>
<td>Practical based questions</td>
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<tr>
<td>Oct.</td>
<td>9</td>
<td>UNIT 9: Biomechanics &amp; Sports</td>
<td>Yoga Practice</td>
<td>Practical based questions</td>
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<td>Period</td>
<td>Unit</td>
<td>Topics</td>
<td>Teaching Format</td>
<td>Assessment</td>
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<td>Dec(15-31)</td>
<td>UNIT 11: Training In Sports</td>
<td>Load, Adaption &amp; Recovery. Skill, Technique &amp; Style. Symptoms of over-load and How to overcome it</td>
<td>Questionnaire Methods</td>
<td>Question based on topic</td>
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<td>Jan (1-31)</td>
<td>REVISION</td>
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<td>Practicals</td>
<td>Question Answers</td>
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<td>Feb(1-15)</td>
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