Year Plan for Grade XII (2024-25)

Subject – English

Prescribed Books:

Flamingo (NCERT) and Vistas (NCERT)

MONTH	CHAPTERS	TOPICS
April	**Flamingo** Chapter -1 Chapter -2 **Vistas** Chapter-1 Poem-1 Writing skill Reading Skill	 The Last Lesson Lost Spring The Third Level My Mother at Sixty Six Notice Writing Comprehension Passages
May	**Flamingo** Chapter-3 **Vistas** Chapter-2 Poem-3 Writing skill Reading & Skill **Periodic Test-I**	 Deep Water The Tiger King Keeping Quiet Letter Writing Comprehension Passages Syllabus:- Chapter -1(Flamingo), Poem-1, Comprehension Passage, Notice Writing
July	**Flamingo** Chapter-4 Chapter-5 **Vistas** Chapter-3 Chapter-4 Poem-4 & 5 Writing skill Reading Skill	 The Rattrap Indigo Journey to the end of the Earth The Enemy A Thing of Beauty, A Roadside Stand Invitations and Replies, Article Writing, Report Writing Comprehension Passages
August	**Flamingo** Chapter-6 **Vistas** Chapter-6 Poem-6	 Poets and Pancakes On the Face of It Aunt Jennifer's Tigers
	Revision For Term- I	

September	**TERM - I**	Syllabus:- **Reading**- Comprehension Passages **Flamingo**-Chapter - 1,2,3,4, **Vistas**: Chapter - 1,2,3 **Poems**- 1,3,4 **Writing-** Notice, Letter Writing, Invitations and Replies, Article Writing and Report Writing
October	**Flamingo** Chapter- 7 **Vistas** Chapter-8 Writing skill Reading Skill	 The Interview Memories of Childhood Practice Comprehension Passages
November	**Flamingo** Chapter- 8 Writing skill Grammar Reading Skill	Going Places Practice Practice Comprehension Passages
December	**Revision of Full Syllabus and Pre Board – I Examination**	
January	**Revision and Pre-Board - II Examination (Full Syllabus)**	
February	**CBSE Practical Examination**	
March	**CBSE Final Examination**	

YEARLY PLAN FOR XII SCIENCE (2025-26)
SUBJECT—PHYSICS

NCERT

MONTHS	CHAPTERS/UNIT	SUBJECT ENRICHMENT ACTIVITIES
April	Chapter–1: Electric Charges and Fields Chapter–2: Electrostatic Potential and Capacitance	Exp1) To determine resistivity of two / three wires by plotting a graph for potential difference versus current. Exp 2) To find resistance of a given wire / standard resistor using a meter bridge.
May	Chapter-3: Current Electricity	Exp 3) To determine resistance of a galvanometer by half-deflection method and to find its figure of merit. Exp 4) To convert the given galvanometer (of known resistance and figure of merit) into a voltmeter of desired range and to verify the same.
	PERIODIC TEST-01 (Chapter-1 to Chapter-3)	
July	Chapter–4: Moving Charges and Magnetism Chapter–5: Magnetism and Matter	Activity-1. To measure resistance, voltage (AC/DC), current (AC) and check continuity of a given circuit using a millimeters. Activity-2. To assemble the components of a given electrical circuit.
August	Chapter–6: Electromagnetic Induction Chapter–7: Alternating Current. Chapter–8: Electromagnetic Waves	Activity-3. To draw the diagram of a given open circuit comprising at least a battery, resistor/rheostat, key, ammeter and voltmeter. Mark the components that are not connected in proper order and correct the circuit and also the circuit diagram. Exp 5) To find the value of v for different values of u in case of a concave mirror and to find the focal length.
September	**Term – 1 Examinations (Chapter 1 to Chapter 8)**	

October	Chapter–9: Ray Optics and Optical Instruments. Chapter–10: Wave Optics Chapter–11: Dual Nature of Radiation and Matter	Exp 6) To find the focal length of a convex lens by plotting graphs between u and v or between 1/u and 1/v. Exp 7) To determine angle of minimum deviation for a given prism by plotting a graph. Exp 8) To draw the I-V characteristic curve for a p-n junction diode in forward and reverse bias.
November	Chapter–12: Atoms Chapter–13: Nuclei	Activity-4. To identify a diode, an LED, a resistor and a capacitor from a mixed collection of such items. Activity-5. To observe refraction and lateral deviation of a beam of light incident obliquely on a glass slab.
December	Chapter–14: Semiconductor Electronics: Materials, Devices and Simple Circuits.	Activity-6. To study the nature and size of the image formed by a (i) convex lens, or (ii) concave mirror, on a screen by using a candle and a screen (for different distances of the candle from the lens/mirror).
	Pre-Board – I	
January	**Pre-Board - II**	
February	**CBSE Practical Examination**	
March	**CBSE Final Examination**	

Year Plan for Grade XII (2025-26)

Subject – Chemistry

Prescribed Books:

NCERT

Month	Chapters	Subject Enrichment Activity
April	Chapter-1 Solution	Practical of Thermo chemistry
May	Chapter-2 Electrochemistry Chapter-3 Chemical kinetics	Practical of Chemical kinetic
	PT-1 + Syllabus	Chapter-1 Solution Chapter-2 Electrochemistry
July	Chapter-4 d & f block elements Chapter-5 Coordination Compound	Test for the functional group present in organic compound
August	Chapter-6 Haloalkane & Haloarenes Chapter – 7 Alcohol, Phenol & ether	Determination of concentration of /Molarity of KMnO4 solutions by titrating it
September	Term –I Examination (syllabus covered from April to August)	Chapter-1 Solution Chapter-2 Electrochemistry Ch-3 Chemical kinetics Chapter-4 d&f block elements Chapter-5 Coordination Compound Chapter-6 Haloalkane& Haloarenes Chapter-7 Alcohol,Phenol&ether
October	Chapter8- Aldehyde, ketones & Carboxylic acid	Chromatography Preparation of inorganic compounds
November	Chapter-9 Amines Ch-10 Biomolecules	Unsaturation, alcoholic, phenolic, aldehydic etc. Qualitative Analysis Characteristics test of carbohydrates, fats and protein
December	**Pre-Board – I Examination**	
January	**Revision of Full Syllabus and Pre-Board Examinations**	
February	**CBSE Practical Examination**	
March	**CBSE Final Examination**	

Year Plan for Grade XII (2023-24)

Subject – Biology

Prescribed Books:

NCERT

Month	Units	Subject Enrichment Activity
April	Unit-1 Reproduction	1. studying process of mitosis using onion peel
May	**Revision + PT-1 (unit -1)**	2. Isolation of DNA from spinach
July	Unit-2 Genetics and evolution	3. Observe pollen germination on stigma.
August	Unit-3 Biology and human welfare	4. Observe process of meiosis in Onion bud. 5. Use permanent slides, models to studying common disease causing organism. 6. Commenting on morphological adaptations of two plants and two animals. 7. Study plant population by quadrate method
September	**HALF YEARLY EXAM (syllabus covered from April to August)**	
October	Unit-4 Biotechnology and its application Unit-5 Ecology and environment	
November	**Revision of full syllabus**	
December	**Revision of full syllabus + PT-2 (UnIt-4,5)**	
January	**Revision and Pre-Board Examinations (Full Syllabus)**	
February	**CBSE Practical Examination**	

Year Plan for Grade XII (2025-26)

Subject – Mathematics

Prescribed Books:

Elements of Mathematics, NCERT

Month	Chapter/Unit	Project / Practical or Activity work
April	Ch-3(Algebra of Mathematics) Ch-4(Determinants)	1. Do Extra questions from R.D Sharma.
May	Ch-4(Determinants)(continued), Ch-5(Matrices)(Continued), Ch-6(Continuity and Differentiability) Ch-7 (Differentiation)	2. Prepare a scrap book on formulae of inverse Trigonometric Functions.
	PT - 1 Examination (Syllabus: Ch-3,4,5)	
July	Ch-7(Differentiation – conti….) Ch-1(Relations and Functions), Ch-2(Inverse Trigonometric Functions)	
August	Ch-8(Application of Differentiability) Ch-9(Indefinite Integrals) Ch-15(Probability)	
September	**Term - 1 Exam(Ch-1,2,3,4,5,6,7,8)**	
October	Ch-10(Application of integrals) Ch-11(Differential Equations) Ch-12(Vectors)	3. Prepare a scrap book on formulae of integration.
November	Ch.13(Three Dimensional) Ch-14(Linear Programming Problems)	4. Write two problem related to bounded and unbounded region.
December	**Pre-Board – I**	
January	**Pre-Board - II**	
February	**Preparation for full syllabus and CBSE Practical Examination**	
March	**Final Examination (Complete Syllabus)**	

Year Plan for Grade XII (2025-26)

Subject – Commercial Art

Prescribed Books:

NCERT- Panoramic Indian Painting

Month	Units	Subject Enrichment Activities
April	Unit-1 (A): The Rajasthani School	• Poster on Chanderyan 3 • 10 sketches
May	Unit-1 (B): The Pahari School	• Nature Scene • Poster on NO FOOD WITHOUT FARMER
	Periodic Test - I	Unit-1 The Rajasthani School Unit-1 The Pahari School
July	Unit-2 (A): The Mughal School	• National Event (Illustration)
August	Unit-2 (B): The Deccan School	• Poster on TOURISM 10 Sketches • Artistic Painting Freehand
September	**Term - 1 Examination**	**Syllabus:** Unit-1 (A): The Rajasthani School Unit-1 (B): The Pahari School Unit-2 (A): The Mughal School Unit-2 (B): The Deccan School
October	Unit-3 (A): National flag of India and Symbolic significance of it s form and colours. Unit-3 (B): Introduction to the Bengal School of painting	• Women empowerment 10 Sketches • Canvas Painting
November	Unit-3 (C): The Modern Trends in Indian Art	Illustration on Any profession 10 sketches, Indian Folk Art
December	**Revision of Unit I, II and III** **Pre Board – I Examination**	
January	**Revision and Pre-Board – II Examinations (Full Syllabus)**	
February	**CBSE Practical Examination**	
March	**CBSE Final Examination**	

Year Plan for Grade XII (2025-26)

Subject – Physical Education

Prescribed Books:

Month	Chapter/Unit	Topics and Activity
April	Unit1- Management of sporting events	• Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling) • Various Committees & their Responsibilities (pre; during & post) • Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments. • Intramural & Extramural tournaments – Meaning, Objectives & Its Significance • Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)
May	Unit2- Children and women in sports	• Exercise guidelines of WHO for different age groups. • Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures. • Women's participation in Sports – Physical, Psychological, and social benefits. • Special consideration (menarche and menstrual dysfunction) • Female athlete triad (osteoporosis, amenorrhea, eating disorders.
	Periodic Test – 1 **Syllabus (Unit 1 and 2)**	
July	Unit 3- Yoga as preventive measure for lifestyle Disease.	• Obesity: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Pachimottansana, Ardha – Matsyendrasana, Dhanurasana, Ushtrasana, Suryabedhan pranayama. • Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pavanmuktasana,Bhujang asana,

	Unit 4- Physical education and sports for children with special need	Shalabhasana, Dhanurasana, Suptavajarasana, Paschimottanasan -a, Ardha -Mastendrasana, Mandukasana, Gomukasana, Yogmudra, Ushtrasana, Kapalabhati. • Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasan -a, Bhujangasana, Dhanurasana, Ushtrasana, Vakrasana, Kapalbhati, Gomukhasana Matsyaasana, Anuloma - Viloma. • . Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakransan, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasan-a, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadishodhana pranayam, Sitlipranayam. • Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasan, Urdhawahastootansana, Ardh-Chakrasana, Ushtrasana, Vakrasana, Sarala Maysyendrsana, Bhujandgasana, Gomukhasana, Bhadrasana, Makarasana, NadiShodhana pranayama. • Organisations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics) 2. Concept of Classification and Divisioning in Sports. • Concept of Inclusion in sports, its need, and Implementation; • Advantages of Physical Activities for Children with special needs. 5. Strategies to make Physical Activities assessable for children with special needs.
August	Unit5- Sports & nutrition Unit 6 - Test and Measurement in sports.	• Concept of balanced diet and nutrition • Macro and Micro Nutrients: Food sources & functions • Nutritive & Non-Nutritive Components of Diet • Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths • Importance of Diet in Sports-Pre, During and Post competition Requirements • 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, PushUps for boys, Modified Push-Ups for girls). • 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. • Computing Basal Metabolic Rate (BMR) • 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
September	**Term – 1 Examination** **(Syllabus – Unit 1,2,3,4, 5 and 6)**	
October	Unit 7 - Physiology and Injuries in sports. Unit 8 - Biomechanics and sports	• Physiological factors determining components of physical fitness • Effect of exercise on the Muscular System • Effect of exercise on the Cardio-Respiratory System • Physiological changes due to aging • Sports injuries: Classification (Soft Tissue Injuries -Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - Green Stick, Comminuted, Transverse Oblique & Impacted) • Newton's Law of Motion & its Application in Sports • Types of Levers and their application in Sports. • Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports • Friction & Sports • Projectile in Sports
November	Unit 9 - Psychology and sports	• Personality; its definition & types (Jung Classification & Big Five Theory) • Motivation, its type & techniques. • Exercise Adherence: Reasons, Benefits &

	Unit 10 - Training in sports	Strategies for Enhancing it • Meaning, Concept & Types of Aggressions in Sports • Psychological Attributes in Sports – Self-Esteem, Mental Imagery, SelfTalk, Goal Setting • Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. • Types & Methods to Develop – Strength, Endurance, and Speed. • Types & Methods to Develop – Flexibility and Coordinative Ability. • Circuit Training - Introduction & its importance
December	**Pre-Board – I Examination**	
January	**Revision and Pre-Board – II Examinations (Full Syllabus)**	
February	**CBSE Practical Examination**	
March	**CBSE Final Examination**	