

CLASS–12<sup>th</sup>

<b>CLASSES REQUIRED</b>	12 periods
<b>TOPIC</b>	Biomechanics and sports. Psychology and sports.
<b>CONCEPT &amp; SKILLS</b>	Projectile and factors affecting projectile trajectory, Angular and linear movements, friction, Mechanical analysis of walking and running.
<b>LEARNING OUTCOMES</b>	Students will acquire the knowledge and skills how to apply projectile in sports. getting aware about the role of angle of projection in sports. also getting aware why friction plays important role in games. students will also learn how we generate force and which muscle is going to involve.
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	Blackboard chalk textbook, sports equipment
<b>PEDAGOGY</b>	Motivation, concept formation, random questioning
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	Execution of skills of football and badminton.
<b>ASSESSMENT</b>	How execution of techniques according to the biomechanical analysis make changes in the success.
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	All the topics will be in the term exam. Also conceptual question related to the chapter.