



**THE LEXICON SCHOOLS**  
 (Wagholi • Hadapsar • Kalyani Nagar)  
**Curriculum 2023-24**

Class XII

Subject: Health & Wellness

Subject Code: 807

Term	Month	Portion to be covered
Term I	April	<p><b>Physical Education</b></p> <ol style="list-style-type: none"> <li>1. Football - Header, Throw in, Through pass</li> <li>2. Lagori - Intro and game</li> <li>3. Chess - Intro and game</li> </ol> <p><b>Yoga and Mindfulness:</b>                      Introduction to Yoga [meaning, definition, benefits, etc. and one sitting Asana (sukhasana)]</p> <p><b>Nutrition:</b>                      Balanced diet</p>
	June	<p><b>Physical Education</b></p> <ol style="list-style-type: none"> <li>1. Chess - game and skills</li> <li>2. Table tennis - intro, service, chop-shot</li> <li>3. Yoga - surya namaskar, asana and pranayama</li> </ol> <p><b>Yoga and Mindfulness:</b>                      Surya namaskar (intro, demonstration and practice)</p> <p><b>Nutrition:</b>                      Importance of water</p>
	July	<p><b>Physical Education</b></p> <ol style="list-style-type: none"> <li>1. Yoga - surya namaskaar, asana and pranayama</li> <li>2. Aerobics - intro, steps, with music</li> <li>3. Basketball - chest pass, dribbling, free throw</li> </ol> <p><b>Yoga and Mindfulness:</b>                      Benefits and contraindications of Surya namaskar</p> <p><b>Nutrition:</b>                      Importance of protein and it's role.</p> <p><b>Preparation for 15th Aug:</b>                      March past, display, drills</p>
	August	<p><b>Physical Education</b></p> <ol style="list-style-type: none"> <li>1. Basketball - chest pass, dribbling, free throw</li> <li>2. Kho-kho - chain kho, back kho, dodging</li> <li>3. Fitness- cv endurance, muscular strength, power</li> </ol> <p><b>Yoga and Mindfulness:</b>                      Introduction to yogic asanas (set 1 - standing)                      Tadasana, vrikshasana, trikonasana, etc.</p> <p><b>Nutrition:</b>                      Importance of carbohydrates and it's role                      Event for national sports day:                      One tournament for each section</p>

	September	<p><b>Physical Education</b>                      1. Fitness- CV Endurance, Muscular Strength, Power                      2. Kabaddi- Hand Touch, Chain Attack, Toe Touch                      3. Volleyball- Service, Under Hand Pass, Overhead Pass</p> <p><b>Yoga And Mindfulness:</b>                      Practicing Yogic Asanas (Set 2 - Sitting)                      Padmasana, Vajrasana, Paschimottanasana, Etc.</p> <p><b>Nutrition:</b>                      Difference between good and bad fat and their role.</p>
Term II	October	<p><b>Physical Education</b>                      1. Volleyball-Service, Under Hand Pass, Overhead Pass                      2. Handball- Chest Pass, Chain Pass, Defence                      3. Cricket- Bowling, Batting, Fielding</p> <p><b>Yoga and Mindfulness:</b>                      Importance of yogic asanas (set 3 - sleeping)                      Shavasana, makarasana, cobra pose, etc.</p> <p><b>Nutrition:</b>                      Difference between supplements and steroids.</p>
	November	<p><b>Physical Education</b>                      1. Cricket- Bowling, Batting, Fielding                      2. Taekwondo - Intro, Kicks, Defense                      3. Badminton - Service, Smash, Defense</p> <p><b>Yoga and Mindfulness:</b>                      Practicing Yogic Asanas (Set 4 - Advance Level)                      Shirshasana, Gomukhasana, Chakrasana, etc.</p> <p><b>Nutrition:</b>                      Role of supplements and how they help in body building</p>
	December	<p><b>Physical Education</b>                      1. Badminton- service, smash, defense                      2. Athletics- running event, throwing event, jumping event</p> <p><b>Yoga and Mindfulness:</b>                      Introduction and practicing Pranayama.                      (anulom-vilom, bhramari, kapalbhati)</p> <p><b>Nutrition:</b>                      Different types of vitamins and their source.                      (vitamin A,B,C,D,E,K)</p> <p><b>Preparation for 26 jan:-</b>                      March past, display, drills</p>
	January	<p><b>Physical Education</b>                      1. Athletics - Running Event, Throwing Event, Jumping Event.                      2. Archery - Intro, Aiming, Game</p> <p><b>Yoga and Mindfulness:</b>                      Introduction and practicing Meditation</p> <p><b>Nutrition:</b>                      Types of substance abuse and their effect.</p>



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**Curriculum 2023-24**

Class XII

Subject: GST

Subject Code: 503

Term	Month	Portion to be covered
	April	<p><b>Unit I: Science And Society</b> The objectives of this unit are to:</p> <ol style="list-style-type: none"> <li>1. Develop a rational attitude and imbibe a scientific temper</li> <li>2. Promote scientific literacy and dispel myths and superstitions</li> </ol> <p><b>Content:</b> The Nature of Science, Science as a social enterprise</p> <p><b>Science Integration:</b> Do a small project, where they identify a problem, frame hypothesis, gather data and analyze it to test the hypothesis. Participation in Group Work organize a debate for the whole class on 'Science - a boon or bane'.</p>
Term I	June	<p><b>Unit II: Contemporary Problems Of Indian Society</b> The objectives of this unit are to:</p> <ol style="list-style-type: none"> <li>1. Sensitize students about the problems of Indian society.</li> <li>2. Equip students to deliberate on existing social practices and their manifestations.</li> <li>3. Make students gain awareness about contemporary socio-economic problems of the country like illiteracy, poverty, social disharmony, gender and caste discrimination, etc. Content Poverty Illiteracy Unemployment Social Inequalities.</li> </ol> <p><b>Art Integration</b> (collage, charts, posters) on the contemporary problems of Indian society by using only newspaper clippings as a resource. <b>Group presentation:</b> make group presentations on the contemporary problems of Indian society</p>
	July	<p><b>Unit II: Contemporary Problems Of Indian Society</b> <b>Art Integration</b> (collage, charts, posters) on the contemporary problems of Indian society by using only newspaper clippings as a resource. <b>GROUP PRESENTATION</b> make group presentations on the contemporary problems of Indian society</p>
	August	<p><b>Unit III: Career Pathways</b></p> <ul style="list-style-type: none"> <li>• Goal Setting</li> <li>• Common Career Paths</li> <li>• Internship as a medium of transition from Schools to Universities</li> </ul>
	September	<p><b>Unit IV: Social Responsibility</b></p> <ul style="list-style-type: none"> <li>• Types of Social Responsibilities</li> <li>• Role of students within a group</li> <li>• Principles of Social Responsible behaviour</li> </ul>
	October	<p><b>Unit V: Human Rights</b></p> <ul style="list-style-type: none"> <li>• The Universal Declaration of Human Rights and its Significance</li> <li>• The responsibility of Individuals, Communities and Businesses in promoting Human Rights.</li> </ul>

Term II		<ul style="list-style-type: none"> <li>• The Relationship between Human Rights and Sustainable development</li> </ul>
	November	Revision
	December	Revision
	January	Revision