



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

	September	<p>Physical Education 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>Yoga And Mindfulness: Practicing Yogic Asanas (Set 2 - Sitting) Padmasana, Vajrasana, Paschimottanasana, Etc.</p> <p>Nutrition: Difference between good and bad fat and their role.</p>
Term II	October	<p>Physical Education 1. Volleyball-Service, Under Hand Pass, Overhead Pass 2. Handball- Chest Pass, Chain Pass, Defence 3. Cricket- Bowling, Batting, Fielding</p> <p>Yoga and Mindfulness: Importance of yogic asanas (set 3 - sleeping) Shavasana, makarasana, cobra pose, etc.</p> <p>Nutrition: Difference between supplements and steroids.</p>
	November	<p>Physical Education 1. Cricket- Bowling, Batting, Fielding 2. Taekwondo - Intro, Kicks, Defense 3. Badminton - Service, Smash, Defense</p> <p>Yoga and Mindfulness: Practicing Yogic Asanas (Set 4 - Advance Level) Shirshasana, Gomukhasana, Chakrasana, etc.</p> <p>Nutrition: Role of supplements and how they help in body building</p>
	December	<p>Physical Education 1. Badminton- service, smash, defense 2. Athletics- running event, throwing event, jumping event</p> <p>Yoga and Mindfulness: Introduction and practicing Pranayama. (anulom-vilom, bhramari, kapalbhati)</p> <p>Nutrition: Different types of vitamins and their source. (vitamin A,B,C,D,E,K)</p> <p>Preparation for 26 jan:- March past, display, drills</p>
	January	<p>Physical Education 1. Athletics - Running Event, Throwing Event, Jumping Event. 2. Archery - Intro, Aiming, Game</p> <p>Yoga and Mindfulness: Introduction and practicing Meditation</p> <p>Nutrition: 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>Unit I: Science And Society The objectives of this unit are to: 1. Develop a rational attitude and imbibe a scientific temper 2. Promote scientific literacy and dispel myths and superstitions Content: The Nature of Science, Science as a social enterprise</p> <p>Science Integration: 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>Unit II: Contemporary Problems Of Indian Society The objectives of this unit are to: 1. Sensitize students about the problems of Indian society. 2. Equip students to deliberate on existing social practices and their manifestations. 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.</p> <p>Art Integration (collage, charts, posters) on the contemporary problems of Indian society by using only newspaper clippings as a resource. Group presentation: make group presentations on the contemporary problems of Indian society</p>
	July	<p>Unit II: Contemporary Problems Of Indian Society Art Integration (collage, charts, posters) on the contemporary problems of Indian society by using only newspaper clippings as a resource. GROUP PRESENTATION make group presentations on the contemporary problems of Indian society</p>
	August	<p>Unit III: Career Pathways</p> <ul style="list-style-type: none"> • Goal Setting • Common Career Paths • Internship as a medium of transition from Schools to Universities
	September	<p>Unit IV: Social Responsibility</p> <ul style="list-style-type: none"> • Types of Social Responsibilities • Role of students within a group • Principles of Social Responsible behaviour
	October	<p>Unit V: Human Rights</p> <ul style="list-style-type: none"> • The Universal Declaration of Human Rights and its Significance • The responsibility of Individuals, Communities and Businesses in promoting Human Rights.

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