



DIVINE CHILD HIGH SCHOOL
GHOD DOD ROAD, SURAT
SUBJECT: PORTION PLANNER [2026 – 27]
STD: 12th SCIENCE. (CBSE)



April Month

Subjects With Book Name	Lessons
English	Flamingo • The Last Lesson • My Mother at Sixty-Six (Poem) Writing Skills • Notice Writing • Formal Letter (Letter to Editor / Job Application) Grammar • Editing • Omission Flamingo • Lost Spring • Keeping Quiet (Poem) Writing Skills • Article Writing Grammar • Tenses Revision
Physical education	Ch-1 Management of sporting event • Function of sports event management (planning, organising, staffing, directing, controlling) • Various Committees and their responsibilities(pre, during and post) • fixtures and its procedures - Knock-out (bye & seeding) & league (staircase, cyclic and tabular method) • Intramural and extramural tournament :- (meaning, objective and its

	significance) - Community Sports program :- - Sports day - Health run - Run for fun - Run for specific cause - Run for unity Ch-2 children and women in sports - Common Postural deformities:- knock knee, Bow legs, flat foot, round shoulder, Lordosis, kyphosis and scoliosis and their collective measures - Special consideration:- menarche & Menstrual Dysfunction Female athlete trade(Osteoporosis, Amenorrhea, eating disorder) - Women's participation in sports (physical ,psychological and social benefits) Class test chapter 2
Applied maths	1.Number, Quantification and Numerical Applications 2. Numerical Inequalities 3. Matrices
Physics	PART 1 Unit 1 Electric charges and fields Unit 2 Electrostatic potential and capacitance Unit 3 current electricity
Chemistry	PART 1 Unit 1 solutions Unit 2 electrochemistry
Biology	Unit 1 sexual reproduction in flowering plants Unit 2 Human reproduction
Maths	Ch 1 relation and functions Ch 2 Inverse Trignometric functions

June Month

Subjects With Book Name	Lessons
English	Flamingo • Deep Water • A Thing of Beauty (Poem) Writing Skills • Report Writing Grammar • Active and Passive Voice
Physical education	Ch-4 physical education and sports for CWSN (Children with special needs - divyang) Introduction Organisation promoting disability Sports.(special Olympics, Paralympics and deaflympics) Concept of classification and divisioning in sports Concept of inclusion in sports, it's needs and implementation Advantage of physical activities for children with special needs Strategies to make physical activities assessable for children with special needs. Outdoor game Ch-5. Sports and Nutrition Concept of Balanced diet and nutrition micro and macro nutrition.(Food sources and functions) Nutritive and non nutritive Components of diet. Eating for weight control :- a healthy weight, the pitfall of dieting , food intolerance and food myths Importance of diet in sports:- pre during and post competition requirements Class test chapter 4 and 5
Applied maths	4. Determinants 5. Differentiation
Physics	Unit 4 Moving charges and magnetism Unit 5 magnetism and matter
Chemistry	Unit 3 chemical kinetics Unit 4 The d and f block elements

Biology	Unit 3 Reproductive health Unit 4 principle of inheritance and variation
Maths	Ch 3 Matrices Ch 4 Determinants

July Month

Subjects With Book Name	Lessons
English	Flamingo • The Rattrap Vistas • The Third Level Writing Skills • Invitations and Replies Grammar • Direct and Indirect Speech
Physical education	Ch-3 yoga as Preventive measures for Lifestyle Disease Preventive measure for Lifestyle disease. Introduction Obesity:- procedure ,benefits and contradication for tadasana, Kati chakrasana, pawanmuktasana halasana, paschimuttansana, ardha matsyendrasana, Dhanurasana, Ushtrasna, Suryabedhab pranayama. Diabetes:- procedure, benefits and contradication for kati chakrasana pawanmuktasana, bhujangasana , shalabhasana, Dhanurasana, Suptavajarasana, paschimuttansana, Ardh-Mastendrasana, Mandukasana, Gomukasana, Vakrasana, Kapalbhati, Gomukasana, Yogamudra, Ushtrasna, Kapalbhati Asthma :- procedure benefits and contradication for tadasana, urdhwahatottansana, Uyyanmandukasana, Bhujangasana, Dhanurasana, Ushtrasna, Vakrasana, Kapalbhati, Gomukasana, , Matsyasana, Anulom-vilom Hypotension:- procedure benefits and contribution for tadasana, kati chakrasana, uttanpadasana, Ardh halasana, Sarala Matsyasana, Gomukasana, Uttanmadukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhanapranayam, Sitlipranayam

	Back pain:- process benefits and condensation for Tadasana, Urdhwahatottansana, Ardh- chakrasana, Sarala Matsyendrasana , Bhujangasana, Gomukasana, Bhadrasana, Makarasana Nadi shodhana pranayama Ch-6 Test and Measurements in Sports Fitness test- Sai khelo India fitness test. Age group 5 to 8 years class 1 to 3 Age group 9 to 18 years class 4 to 12 Computing Basal metabolic rate Measurement of cardiovascular fitness (1) Harvard step test (2) Rockport test Rikli and Johnson senior citizen fitness test
Applied maths	6. Applications of Derivatives 7. Integrals
Physics	Unit 6 electromagnetic Induction Unit 7 alternating current Unit 8 Electromagnetic waves
Chemistry	Unit 5 coordination compounds PART 2 Unit 1 Haloalkenes and Haloarenes
Biology	Unit 5 Molecular Basis of Inheritance Unit 6 Evolution
Maths	Ch 5 continuity and Differentiability Ch 6 Application of derivatives Ch 7 Integrals

August Month

Subjects With Book Name	Lessons
English	Flamingo • Indigo • Aunt Jennifer's Tigers (Poem)

	Vistas • The Tiger King Grammar • Modals Assessment • Unit Test
Physical education	Ch-7 Physiology and Injuries Sports Physiological factors determining components of physical fitness (strength speed andurance flexibility). Effect of exercise on muscular system. Sports injury classification(soft tissue injury. Bone and joint injury(Class test chapter 3 6 7 Term-1 practical Practical one Sai khelo India fitness test. Practical to yogasana Knowledge of sports all games (volleyball, basketball, Kabaddi, kho-kho)
Applied maths	8. Differentiatial Equations 9. Probability
Physics	PART 2 Unit 1 Ray optics and optical instrument Unit 2 Wave optics
Chemistry	Unit 2 Alcohols phenols and ethers Unit 3 Aldehydes ketones and carboxylic acids
Biology	Unit 7 Human health and disease Unit 8 Microbes in human welfare
Maths	Ch 8 Applications of integrals Ch 9 Differential equations

September Month

Subjects With Book Name	Lessons
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English	Flamingo • Poets and Pancakes <i>The Interview</i> • <i>A Roadside Stand (Poem)</i> Vistas • Journey to the End of the Earth <i>The Enemy</i> Writing Skills • Letter Writing Practice Grammar • Editing and Omission Practice <i>Clauses</i> Assessment • Half-Yearly Exam
Physical education	Term one exam chapter 1 to 6 Ch-8 biomechanics and sports Meaning of biomechanics Important of biomechanics in sports Newton's law
Applied maths	10. Inferential Statistics 11. Time - based Data
Physics	Unit 3 Dual nature of radiation and matter Unit 4 Atoms
Chemistry	Unit 4 Amines
Biology	Unit 9 Biotechnology and principles Unit 10 Biotechnology and it's application
Maths	Ch 10 vector algebra Ch 11 Three dimensional geometry Ch 12 Linear programming

October Month

English	<i>Flamingo</i> • <i>Going Places</i>
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	<i>Vistas</i> • <i>On the Face of It</i> <i>Memories of Childhood</i> <i>Writing Skills</i> • <i>Article and Report Writing Revision</i> <i>Grammar</i> • <i>Sentence Reordering</i> <i>Integrated Grammar Practice</i> • <i>Editing, Omission, Rearrangement</i> <i>Assessment</i> • <i>Pre-board Preparation</i>
Physical education	Ch 9 psychology and sports Ch 10 training in sports
Applied maths	12. Perpetuity, sinking funds and EMI 13. Returns, Growth and Depreciation Ch-14 Linear programming
Physics	Unit 5 Nuclei Unit 6 semiconductor electronics
Chemistry	Unit 5 Biomolecules
Biology	Unit 11 organisms and population Unit 12 Ecosystem Unit 13 Biodiversity and conservation
Maths	Ch 13 probability

November

Diwali vacation

December

PRE-BOARDS EXAMINATION-I

January

PRACTICAL EXAMINATION

February

BOARD EXAMINATION 2026- 27

[Note: Student, for exam refers only T.B, N.B, and Notes. No revision will be provided by school]

The End