

P. S. SENIOR SECONDARY SCHOOL MYLAPORE

CLASS 11 & 12- SCIENCE QUATERLY PORTIONS 2021 – 22

CLASS	XI	XII
ENGLISH	1.THE PORTRAIT OF.. 2) A PHOTOGRAPH 3) WE'RE NOT AFRAID TO... 4)THE LABURNUM TOP 5)THE SUMMER OF.. 6)THE ADDRESS 7) RANGA'S MARRIAGE 8) GENERALGRAMMAR 9) BUSINESS LETTERS 10) NOTICE WRITING	1.THE LAST LESSON, 2.LOST SPRING,3. DEEP WATER, 4.MY MOTHER AT 66, 5. AN ELEMENTARY SCHOOL CLASSROOM...6. KEEPING QUIET, (4,5,6 ARE POEMS)7. THE THIRD LEVEL, 8. THE ENEMY, + NOTICE WRITING, CLASSIFIEDS, LETTER TO EDITOR, ARTICLE WRITING
MATHEMATICS	1. SETS. 2. RELATIONS AND FUNCTION. 3. COMPLEX NUMBERS. 4. SEQUENCES AND SERIES. 5. STRAIGHT LINES. 6. LIMITS 7. STATISTICS	1.RELATIONS AND FUNCTION. 2. INVERSE TRIG. 3. MATRICES AND DETERMINANT. 4. CONTINUITY AND DIFFERENTIABILITY. 5. APPLICATIONS OF DIFFERENTIATION
PHYSICS	1) UNITS AND MEASUREMENTS 2) MOTION IN A STRAIGHT LINE 3)MOTION IN A PLANE 4.Newton's laws of motion 5 .WPE 6.Gravitation	1.Electric fields and charges 2.Electrostatic potential and capacitance. 3.Current electricity 4. Moving charges and Magnetism 5. Magnetism and matter 6. EMI 7. Alternating current
CHEMISTRY	1.Some Basic Concepts of Chemistry 2.Structure of Atom 3.Classification of Elements and Periodicity in Properties 4.Chemical Bonding and Molecular Structure 5,Redox Reactions 6.Hydrogen 7,Organic Chemistry: Some basic Principles and Techniques5,Redox Reactions 6.Hydrogen 7. BASIC CONCEPTS OF ORGANIC CHEMISTRY (ONLY IUPAC NAMING)	1.SOLID STATE 2. SOLUTIONS 3. p-BLOCK ELEMENTS 3. HALOALKANES AND HALOARENES 5, ALCOHOLS, PHENOLS AND ETHERS 6. BIOMOLECULES
BIOLOGY	Chapter:1 The Living World,Chapter 2: Biological Classification Chapter 3: Plant Kingdom Chapter 4 : Animal Kingdom Chapter 5: Morphology of Flowering Plants Chapter 7: Structural Organisation in Animals(Only Animal Tissues) Chapter 8: Cell-The Unit of Life Chapter 9: Biomolecules	Chapter 2:Sexual Reproduction in flowering plants, Chapter 3: Human Reproduction, Chapter4: Reproductive Health, Chapter5:Principles of Inheritance and Variation, Chapter6: Molecular basis of inheritance
COMPUTER SCIENCE	1) Computer system, number system 2) Basics of Python programming 3) Control statements - IF-ELIF-ELSE, While, For 4) String	1.Revision of Python topics covered in Class XI. 2.Functions: types of function (built-in functions, functions defined in module, user defined functions), creating user defined function, arguments and parameters, default parameters, positional parameters, function returning value(s), flow of execution, scope of a variable (global scope, local scope)

		3. Introduction to files, Text file, Binary file, CSV file , relative and absolute path
INFORMATION PRACTICES	1)Pandas series 2) Pandas Dataframe 3) Data visualisation 4) Societal Impacts	1)Pandas series 2) Pandas Dataframe 3) Data visualisation 4) Societal Impacts
PHYSICAL EDUCATION	<p>1) Changing Trends & Career in Physical Education</p> <ul style="list-style-type: none"> • Meaning & definition of Physical Education • Aims & Objectives of Physical Education • Career Options in Physical Education. • Khelo-India Program <p>2) Olympic Value Education • Olympics</p> <ul style="list-style-type: none"> • Olympic Symbols, Ideals, Objectives & Values of Olympism • International Olympic Committee • Indian Olympic Association 	<p>1) Planning in Sports</p> <p>Meaning & Objectives Of Planning</p> <p>Various Committees & its Responsibilities (pre; during & post)</p> <p>Tournament – Knock-Out, League Or Round Robin & Combination</p> <p>Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)</p> <p>2) Sports & Nutrition</p> <p>Balanced Diet & Nutrition: Macro & Micro Nutrients</p> <p>Nutritive & Non-Nutritive</p> <p>Components Of Diet</p> <p>Eating For Weight</p> <p>Control – A Healthy Weight, The Pitfalls of Dieting ,food Intolerance & food myths.</p> <p>5) Children & Women in Sports</p> <p>Motor development & factors affecting it</p> <p>Exercise Guidelines at different stages of growth & Development</p> <p>Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures</p> <p>Sports participation of women in India.</p> <p>6) Test & Measurement in Sports</p> <ul style="list-style-type: none"> o Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run o Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - <p>Duration of the Exercise in Seconds x 100</p> <p>5.5 x Pulse count of 1-1.5 Min after Exercise</p> <p>Rikli & jones -senior citizen fitness test .</p> <p>8) Biomechanics & Sports</p> <ul style="list-style-type: none"> • Meaning and Importance of Biomechanics in Sports • Types of movements

		<p>(Flexion, Extension, Abduction & Adduction)</p> <ul style="list-style-type: none">● Newton's Law of Motion & its application in sports .
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