

P. S. SENIOR SECONDARY SCHOOL MYLAPORE

CLASS 11 & 12- SCIENCE TERM – 1/ REVISION PORTIONS 2021 – 22

CLASS	XI	XII
ENGLISH	1.THE PORTRAIT OF A LADY, 2.A PHOTOGRAPH(POEM), 3.WE'RE NOT AFRAID..., 4.THE LABURNUM TOP(POEM), 5.THE SUMMER OF THE BEAUTIFUL WHITE HORSE, 6.ADDRESS, 7.RANGA'S MARRIAGE + NOTICE WRITING, BUSINESS LETTERS, GENERAL GRAMMAR	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 Functions 3) Complex numbers 4) Sequences and Series 5) Straight Lines 6) Limits 7) Statistics	1. Relations and function 2. Inverse Trignometric function. 3.continuity and differentiability. 4.differentiation 5. applications of differentiation. 6.Linear programming problem. 7.Matrices and determinant
PHYSICS	1) UNITS AND MEASUREMENTS 2) MOTION IN A STRAIGHT LINE 3)MOTION IN A PLANE 4.Newton's laws of motion 5 .WPE 5.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 Techniques	1.SOLID STATE 2. SOLUTIONS 3. p-BLOCK ELEMENTS 4. HALOALKANES AND HALOARENES 5, ALCOHOLS, PHENOLS AND ETHERS 6. BIOMOLECULES
BIOLOGY	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	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.Introduction to computers and computing, Computer Memory, Software: purpose and types 2.Basics of Python programming, 3.Control statements: if-else, for loop. 4.List operations - creating, initializing, traversing and manipulating lists, list methods and built-in functions	1)Pandas series 2)Pandas Dataframe 3)Data visualisation 4)Societal Impacts
PHYSICAL EDUCATION	<p>1) Changing Trends & Career in Physical Education • Meaning & definition of Physical Education</p> <ul style="list-style-type: none"> • 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>3) Physical Fitness, Wellness & Lifestyle</p> <ul style="list-style-type: none"> • Meaning & Importance of Physical Fitness, Wellness & Lifestyle • Components of physical fitness and Wellness • Components of Health related fitness <p>7) Test, Measurement & Evaluation</p> <ul style="list-style-type: none"> • Define Test, Measurement & Evaluation • Importance of Test, Measurement & Evaluation In Sports • Calculation of BMI & Waist - Hip Ratio. • Measurement of health related fitness. <p>8) Fundamentals of Anatomy, Physiology & Kinesiology in Sports</p> <ul style="list-style-type: none"> • Definition and Importance of Anatomy, Physiology & Kinesiology • Function of Skeleton System, Classification of Bones & Types of Joints . • Function & Structure of Respiratory System and Circulatory System 	<p>1) Planning in Sports Meaning & Objectives Of Planning Various Committees & its Responsibilities (pre; during & post) Tournament – Knock-Out, League Or Round Robin & Combination Procedure To Draw Fixtures – Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)</p> <p>2) Sports & Nutrition Balanced Diet & Nutrition: Macro & Micro Nutrients Nutritive & Non-Nutritive Components Of Diet Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting ,food Intolerance & food myths.</p> <p>5) Children & Women in Sports Motor development & factors affecting it Exercise Guidelines at different stages of growth & Development Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures 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

	<ul style="list-style-type: none">• Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports	<p>Fitness – Harvard Step Test/Rockport Test - Duration of the Exercise in Seconds x 100 5.5 x Pulse count of 1-1.5 Min after Exercise 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 (Flexion, Extension, Abduction & Adduction)• Newton's Law of Motion & its application in sports .
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