

PHYSICAL EDUCATION

PHYSICAL & HEALTH EDUCATION

Introduction – Healthy mind in healthy body is an old saying. But it is rather more meaningful in the present sedentary life style of people. Health consciousness is not of very important in man's life, it is equally important for the health of the nation. Play is a natural instinct of an individual. Children especially learn easily through play. Games and Sports thus are given due importance in school curriculum. NCF 2005 identifies four areas related to health, yoga and physical education.

1. Personal health, physical and psycho – social development.
2. Movement concepts and motor skills
3. Relationship with significant others
4. Healthy communities and environment

In order to address these four areas, it is necessary to develop a syllabus for various stages of school curriculum. It is also necessary to identify infrastructure required in school to meet the requirements. An attempt has been made to suggest class-wise syllabus and to outline facilities required in terms of physical assets and manpower requirements.

SYLLABUS PHYSICAL EDUCATION FOR CLASS 1 TO XII

CLASS – I

1. MOVEMENT ORIENTATION:

- a) Walk first in a Straight line and then in a circle- run, hop, jump, skip, etc.
- b) Walk first in a Straight line and then in a circle- run, hop, jump, skip, etc. with the music and drum.
- c) Walk around the circle on your heels and vary the type of locomotion- walk backwards, sideways, sidestepping etc.
- d) Walk around the circle on your tip-toes and heels alternately and vary the type of locomotion.

2. LOCO MOTOR COORDINATION:

- a) walk and hop
- b) walk and leap
- c) Hop and side walk
- d) Gollap and walk

3. IMITATION, STORY PLAYS AND MIMETICS:

- a) Imitation- like Elephant, frog, Lion etc,
- b) Mime tics- Horse, dog, cat, etc.
- c) Story Plays- fox and Grapes, thirsty Crow etc.

4. SMALL AREA GAMES:

- a) Cats and Rats
- b) Motioning the tail
- c) Statue
- d) Follow the Leader
- e) In the pond, on the bank and the like.

5. DEVELOPMENT OF SKILLS:

- a) Ball Sense
- b) Free play with ball
- c) Rolling the Ball
- d) Bouncing the Ball
- e) Catching and Throwing the Ball

6. SIMPLE COMBATIVE:

- a) Hand push,
- b) Hand pull
- c) Back to back push

CLASS - II

1. MOVEMENT ORIENTATION:

- a) walk/Run Zig Zag
- b) Jump on heels- moving forward, backward, sideward, climbing etc.
- c) Jumping over different obstacles
- d) Balancing on the toes and heels

2. LOCO MOTOR COORDINATION:

- a) bend and stretch
- b) Swing and push
- c) push and pull
- d) Strike and Dodge,
- e) Skipping

3. IMITATION:

- a) Old man, soldier, Monkey, Bear etc.
- b) Mime tics- Bird fly, Bear, Camel, Lamb etc.
- c) Story play-Fox and crocodile, Trip to Sea etc

4. SMALL ARE GAMES/ LEAD UP GAMES:

- a) Fire on the mountain
- b) Crocodile can not catch me
- c) Blind man's buff etc.

5. DEVELOPMENTS OF SKILLS:

Practices and develop variety of ways of sending, receiving and traveling with a ball

6. SIMPLE COMBATIVE

- a) Back to back lift
- b) Back to back stick pull
- c) Pushing into pit.

CLASS – III

1. MOVEMENT ORIENTATION:

- a) Exercises for Stretching, bending, twisting, turning Etc
- b) Jumping forward and backward and sideward
- c) Zig-Zag running

2. LOCO MOTOR COORDINATION:

- a) Run and Hop
- b) Run and Skip
- c) Run and Gallop

3. SMALL AREA GAMES:

- a) Raja Rani
- b) Lion and the Cave
- c) Find out the leader
- d) Comic tag
- e) Number game

4. DEVELOPMENT OF SKILL:

- a) Receiving and throwing the ball to the partner
- b) Drilling the ball
- c) Kicking the ball

5. SIMPLE COMBATIVE:

- a) Dog fight
- b) Cock fight
- c) Lamé duck fight
- d) Knock over fight

CLASS – 1V

1. FREE MOVEMENTS AND COMMANDS:

- a) Free movements
 - 1. Swinging, bending, twisting, turning, stretching of different body parts
 - 2. Locomotors movements- running, jumping, hopping, skipping and rolling
Combination of their movements
 - 3. Commands: line up, attention, stand at ease, and stand easy, as you were.

2. RHYTHMIC MOVEMENTS:

- a) Arms swing progression
- b) Foreword and backward progression
- c) Side bend progression
- d) Performing two and four count Exercises with music.

3. LEAD UP GAMES:

- a) Circle Kho-kho
- b) Line Kho-kho
- c) Pin football
- d) Circle football
- e) Tenicoit ring.

4. SMALL AREA GAMES:

- a) Crows and cranes
- b) Chain tag
- c) Find your partner
- d) Bean bag scramble

5. SIMPLE COMBATIVES:

- a) Push of the bench
- b) Push of stole
- c) Stepping on the toes etc.

CLASS----- V

1. CALISTHENICS:

Four and Eight count exercises involving different body parts done to command/music

2. COMMANDS AND MARCHING:

Repetition of attention, stand at ease, stand easy, as you were, line formation, right and left dress, eye front, count the numbers, turn while standing, mark time, break off and dismiss,

3. ATHLETICS:

- a) Short Sprints: 50M and 80M standing starts
- b) Endurance: 200m
- c) Throwing: Ball throws
- d) Hoping- 15 to 30M

4. GAMES:
- a) Dodge ball
 - b) Simon says
 - c) Bombing the City
 - d) Dog and the ones
 - e) The games popular in the different regions.

RELAYS:

- a) simple Relays-
- b) Zig-Zag Relays
- c) Hop and Run
- d) Tunnel Ball
- e) Passing the ball

5. LEAD UP GAMES:

Leaden games involving fundamental Skills in Football, Cricket, Kabaddi, Kho-kho, to be taught in the form of Relays, small area Games etc.

Class VI

1- Calisthenics, Exercise/ tables

2- Fundamental skills in drill and marching with proper heel & Toe movements

3- Athletics – a) General Physical fitness exercises

b) Short sprint (30 mtrs, 50 mtrs, 80 mtrs.)

c) Jumping for distance & height emphasizing on basics fundamentals of take off & landing

d) Throwing light ball/ light equipments

4- Major games-

Basic fundamental skills of foot ball, volley ball, Basket ball, table tennis, Lawn tennis, Badminton etc. to be taught through lead up games/ recreational games with the related of major games.

5- Adventure activities.

Class VII

- 1- Calisthenics, Exercise tables consisting of 6 to 8 exercise movements
- 2- Arm-shoulder bending & twisting exercises
- 3- Athletics – a) General Physical fitness exercises
 - b) Techniques of start, Finish and relays
 - c) Techniques of Jumps, run and approach, flying action, crossing the bar and landing
 - d) Techniques of Throws, holding / grip the equipments, stance, glide, delivery, follow through & practice repetition
- 4- Major Games-

Basic fundamental skills of Foot ball, Volley ball, Basket ball, hand ball, Hockey, Kho-Kho, Kabbadi, Table tennis, Lawn tennis, Badminton etc. as per availability of infrastructure.

Providing opportunities of practicing the skills and playing the games with the players.
- 5- Conditioning exercises-
 - i) Wall bar exercises
 - ii) Stretching exercises

Class VIII

- 1- Calisthenics, Exercise tables involving different body parts
- 2- Athletics – a) Running events (100, 200, 400, 600 mtrs. & 4x 100 mtrs Relay)
 - b) Basic fundamentals of Hurdles
 - c) Jumping events (Long Jump, High Jump) emphasizing on techniques
 - d) Throwing events (Shot put, Discuss & Javelin) with emphasizing on techniques
- 3- All the Major games to be taught on the basis of modern techniques & skills with the playing situation (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.)

Class IX & X

1- Meaning and Definition of Physical education

- a) To gain Clarity about the principles underlying in physical education
- b) To understand sacred & fit body is a requisite of good performance.

2- Need and importance of physical education

- a) To become aware about the importance of Physical fitness & organic efficiency in individual and social life.
- b) To know about the Physical condition as required by the demand.
- c) To analyse and interpret on Physical Education orally and effective planning Phy. Education Programme.

3- Meaning & definition of health Education

4- Growth & development meaning & factors influencing in growth & development

5- Characteristics of growth and development in boys & girls in adolescence age.

6- Contents of Physical education-

- a) Drill & marching, repetition of previous work.

7- Athletics-

- a) Sprint/ Middle and Long distance races.
- b) Jumping events- Long Jump, High Jump, Triple Jump, Pole vault techniques.

8- Judo & Taek-wondo repeating previous skills as per availability of the infrastructure.

9- Major Games- (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.). History of these game and rules, fundamental skills, service, passing, spike, block, shorts, grips as per the required technique of above games.

Class XI

Part-A

1- Concept of Physical education

- a) Meaning and definition of Physical education- its aim and objectives
- b) Place of Physical education in the total education process
- c) Misconception about Physical education

2- Physiological aspect of Physical education. Effects of exercise on-

- a) Muscular system
- b) Circulatory system
- c) Respiratory system
- d) Digestive System
- e) Nervous system

3- Psychological aspect of Physical education-

- a) Definition of Psychology and sports psychology
- b) Achievement and motivation in sports
- c) Sportsman ship & sports ethics
- d) Methods of motivation

Part-B

1- History of games and sports as per the choice of the students

2- Latest general rules of the game

3- Measurements of play field and specification of sports equipment.

4- Fundamental skills of the game

5- Important Tournaments and venues

6- Sports personalities, sports award.

Part-C

1- Health education

- a) Concept and objective of the Health education
- b) Importance of Health education
- c) Importance of community-health and health-promotion and welfare of individual, family and community.

2- Communicable diseases

- a) Meaning of communicable diseases
- b) Common alert signals indicating onset of communicable diseases

3- Mode of transmission, common symptoms and prevention of spread of AIDS, Hepatitis B, C, Rabies, Tetnus, Malaria and Tuberculosis.

4- Health problem

- a) Abuse of alcohol, Tobacco, Drugs and the effect of abuse on individual, family, community and its effects on sports person.
- b) Eating habits that cause obesity and effect on health of individuals.

Practical part

1- Repetition of what has been done at the secondary stage in Athletics events.

2- One major game what has been done at the secondary stage.

3- Physical fitness test.

Class XII

1- Physical fitness & wellness

- a) Meaning and importance of Physical fitness, wellness & its importance
- b) Components of Physical fitness
- c) Factors of Physical fitness developments
- d) Factors affecting in Physical fitness & wellness
- e) Principles of Physical fitness development
- f) Aerobic exercises, Anaerobic exercises
- g) Recreational activities
- h) Training methods

1- Introduction

2- Meaning & concept of training

3- Training methods

4- Methods of strength development

5- Isometric exercises

6- Isotonic Exercises

7- Isokinetic exercises

i) Methods of endurance development

1- Continuous method

2- Interval training method

3- Fertilac method

j) Method of speed development, acceleration and pace run.

k) Circuit training method

l) Sociological aspect of physical education

1- Meaning of sociology and sports sociology

2- Games and Sports as men's cultural heritage

3- Socialization through Physical education

a) Leadership training in Physical education

b) Value education through Physical Education Programme

c) Olympic movement

m) Sports and environment

- 1- Meaning of environment and need for environment in Physical Education
- 2- Essential elements of positive environment
- 3- Role of individual in improvement of environment for prevention of sports related accidents

2- Athletics-

a) Sprint/ Middle and Long distance races.

b) Jumping events- Long Jump, High Jump, Triple Jump, Pole vault techniques.

3- Judo & Taek-wondo repeating previous skills as per availability of the infrastructure.

4- Major Games- (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.). History of these game and rules, fundamental skills, service, passing, spike, block, shorts, grips as per the required technique of above games.

NOTE: The performance of the students is to be evaluated by the teachers of Physical education at regular intervals only through observation process. For this purpose the performance of the child is to be observed throughout the year and grading is to be given as follows-

A- Excellent

B- Very good

C- Good

D- Average

SPLIT OF SYLLABUS-PHYSICAL AND HEALTH EDUCATION

APRIL

CLASS	ACTIVITIES
I	Ribbon drill/Turning/swinging 30mts,50mts dash
II	Twisting/ Turning/Swinging 30mts,50mts dash
III	30mts,50mts,80mts dash
IV	Heats-50mts,80mts dash, standing Ball throw,
V	Heats-80mts,100mts ,standing Ball throw,
VI	General fitness exercises,100mtrs,200 mtrs run Throws jumps, skill development – Football, Throwball/Major Games
VII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps,Football, Throwball/Major Games
VIII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps,Football,Throwball/ Major Games
IX	100,200,400mts run,relays,Throws ,jumps Meaning and definition of Physical education
X	100,200,400,800mts Throws ,jumps Meaning and definition of Physical education
XI	100,200,400,800,1500mts Throws ,jumps, concept, Meaning and definition of Physical education, History of games & Sports as per choice of students
XII	100,200,400,800,1500mts Throws ,jumps, concept, Meaning,definiftion and importance of Physical Fitness and wellness and, History of games & Sports as per choice of students

MAY & JUNE

CLASS	ACTIVITIES
I	Ribbon drill, Completion of events April month, Walk /Hop/leap, recreational games
II	Drill, Completion of events April month Twisting/ Turning/Swinging/balancing/music beat jumping, recreational games
III	Jumping, free hand Exercise, Completion of events April month Ball throws, Kicking the Ball,
IV	Completion of events April month ,commands and drill,games,dodge ball,Relays,standing Jump, recreation games,
V	Completion of events April month ,commands and drill,games,dodge ball,Relays,standing Jump,recreation games,
VI	General fitness exercises,100mtrs,200 mtrs run Throws jumps, skill development – Football, Throwball/Major Games, athletics –inter house
VII	General fitness exercises,100mtrs,200 mtrs run Techniques-Throws jumps, Football, Throwball/Major Games–inter house
VIII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps, Football, Throwball/Major Games–inter house
IX	100,200,400mts run,relays,Throws ,jumps Meaning and definition of Physical education
X	100,200,400,800mts Throws ,jumps Meaning and definition of Physical education
XI	100,200,400,800,1500mts Throws ,jumps, Physiological aspects of Physical education, Latest general rules of games & Sports as per choice of students
XII	100,200,400,800,1500mts Throws ,jumps, Training methods of Games Latest general rules of games & Sports as per choice of students History of games & Sports as choice of students

JULY

CLASS	ACTIVITIES
I	Walking of straight line ,Zigzag running, Imitation-dog/cat/Train/motor, Running events final
II	Imitation- Monkey ,lion soldier etc. Fun Games-Lemmon Race
III	Zigzag Ruuning,Obstacle Running, Recreation games, Ball throws
IV	Running jEvents,Throws,fun games
V	Running jEvents,Throws,fun games,Basic Football and Basketball
VI	Athletics events competition, Inter house competition for major games
VII	Athletics events competition, Inter house- Jumps and Throws
VIII	Inter house competition athletics events, Coaching of the gifted students
IX	Inter house competition athletics events, Coaching.
X	Inter house competition athletics events, Coaching.
XI	Psychological aspects of Physical education, measurements of play fields, Inter house competition athletics events, Coaching.
XII	Sociological aspects of Physical education, measurements of play fields, Inter house competition athletics events, Coaching.

AUGUST

CLASS	ACTIVITIES
I	Practice of Ribbon Drill, Mimetic, Bird Fly, Deer, Camel, Lion- running.
II	Play with wall, Jumps, Back to back lift & Fun races.
III	Kicking the ball, Fancy races.
IV	Inter house competition Football.
V	Running Ball Throws, Inter house competition Team games.
VI	Inter house competition Team games, skills of games.
VII	Inter house competitions - Athletics events, Individual games, fundamental / techniques.
VIII	Inter house competitions - Athletics events, Individual games, fundamental / techniques.
IX	Commands, Ground marching, Inter house competition, selection of school team, coaching.
X	Commands, Ground marching, Inter house competition, selection of school team, coaching.
XI	Commands, Ground marching, Inter house competition, selection of school team, coaching.
XII	Commands, Ground marching, Inter house competition, selection of school team, coaching.

SEPTEMBER

Class	ACTIVITIES
I	Practice Ribbon Drill on Music Selection of Fancy Race for Sports Day 30 Mtrs Dash.
II	Practice of Ribbon Drill on Music, Selection of Fun Race for Sports Day 50 Mtrs Dash Boys & Girls.
III	Practice of Ribbon Drill on Music Selection of Fun Race for Sports Day 50 Mtrs Dash Boys & Girls. Final Selection
IV	Finals of Inter House Kho-Kho/Kabaddi, Selection of Races for Sports Day Races-Boys & Girls
V	Finals of Inter House Kho-Kho/Kabaddi, Selection of Races for Sports Day Races-Boys & Girls
VI	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
VII	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
VIII	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
IX	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
X	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
XI	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
XII	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.

OCTOBER

Class	ACTIVITIES
I	1- Picnic of one day Excursion 2-In Games Periods practice of Drill with Music 3- Practice of Sport Day Events Boys&Girls.
II	1-Excursion of one day 2-Practice of Drill with Music 3- Sport Day Preparations
III	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
IV	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
V	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
VI	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
VII	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
VIII	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
IX	1-Excursion on one day Picnic 2-Selected Team for National Practice and Coaching
X	1-Excursion on one day Picnic 2-Selected Team for National Practice and Coaching
XI	Psychological aspect of Physical & Health Education, Fundamental Skills &
XII	Fundamental Skills of the Games & Sports skills & Environments, Fundamental Skills of the Games & Sports

NOVEMBER

CLASS	ACTIVITIES
I	Fancy races- Obstacle race, Balloon race & Frog race.
II	Fancy races- Searching the coin, dressing up for school etc.
III	Fancy races- Skipping Rope-race, Needle & Thread race & Three lagged race.
IV	Races- Practice- Sack, Jalebi & Obstacle
V	Races- Practice- Sack, Jalebi & Obstacle
VI	Athletics short events Jumps & Throws
VII	Major game practices.
VIII	Major game practices.
IX	Need & importance of Physical education, Major game practices, Athletics Practice.
X	Health Education, major Games Practice, Athletics practice.
XI	Major Games Practice, Athletics practice, Important Tournaments and Venues.
XII	Major Games Practice, Athletics practice, Important Tournaments and Venues.

DECEMBER

CLASS	ACTIVITIES
I	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
II	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
III	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
IV	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
V	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
VI	Medical Check up, usual games with proper organization.
VII	Medical Check up, usual games with proper organization.
VIII	Medical Check up, usual games with proper organization.
IX	Medical Check up, Major Games Practice, Athletics practice.
X	Medical Check up, Growth & development, Major Games Practice, Athletics practice.
XI	Medical Check up, Communicable diseases, Major Games Practice, Athletics practice, Sports personalities & awards.
XII	Medical Check up, Sports & Environment, Major Games Practice, Athletics practice, Sports personalities & awards.

JANUARY & FEBRUARY

CLASS	ACTIVITIES
I	Rhythmic exercises
II	Rhythmic exercises
III	Rhythmic exercises
IV	Rhythmic exercises
V	Relay races.
VI	Major Games Practices
VII	Major Games Practices
VIII	Major Games Practices
IX	Major Games Practices
X	Major Games Practices
XI	Major Games Practices
XII	Major Games Practices