HEALTH AND PHYSICAL EDUCATION (HPE) - FOR CLASSES IX TO XII

- O Health and Physical Education is concerned with total health of the learner and the community. Besides physical health, it includes mental and emotional health of the learners. Health is often a state of physical, mental, emotional, social and spiritual well-being and not merely the absence of disease or infirmity.
- The aim of Mainstreaming HPE is to enable the student to attain an optimum state of health, by incorporating each of the aforementioned aspects.

MAINSTREAMING HPE

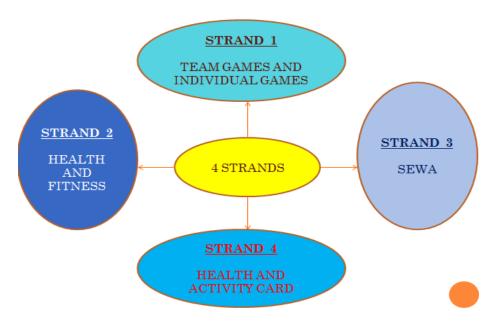
School to upload a report of work accomplished across the strands of grade X and XII in the prescribed manner, for enabling students to sit for the Board exam.

CLASS IX –X: (i) Work Education (500)

(ii) Health & Physical Education (506)

CLASS XI – XII: (i) Work Experience (500)

(ii) Health & Physical Education (502)



$\frac{\text{STRAND 1}}{\text{TEAM GAMES AND INDIVIDUAL GAMES}}$

IX & X		XI & XII		
BOYS	GIRLS	BOYS	GIRLS	
Long Jump	Shot-putt	Football	Basketball	
Running Race	Running Race	Badminton	Table Tennis	
Football	Basketball	Cricket	Volley ball	
Cricket	Kabbadi	Kho-Kho	Kabaddi	
Kho-Kho	Table Tennis	Long Jump	Long Jump	
		Shot-put	Shot-put	
		Discus	Discus	
		Running Race	Running Race	

S.NO	STRAND	IX & X		XI & XII		
		BOYS	GIRLS	BOYS	GIRLS	
1.	HEALTH AND FITNESS	YOGA	AEROBICS	YOGA	AEROBICS	
		ART & CRAFT / MUSIC				
		PERSO	ONALITY 1	DEVEL(OPMENT	

STRAND 3: SEWA

S.NO.	CLASS	ACTIVITY
1.	IX	FAIR, CCA, LANGUAGE CLUB
2.	X	SWACCHA VIDYALAYA, CCA, LANGUAGE CLUB
3.	XI A	PEER GROUP, LANGUAGE CLUB
	XI B	NUTRITION AND HEALTH HYGIENE, LANGUAGE CLUB
4.	XII A	GARDENING, LANGUAGE CLUB
	XII B	HOME BUDGET, LANGUAGE CLUB

FORMAT FOR GRADING

S.No.	Name of the student	Date / 1 (5)	Date / 2 (5)	Date / 3 (5)	Date / 4 (5)	Date / 5 (5)	Date / 6 (5)