

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

- 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)



STRAND 1
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	<u>Kabbadi</u>	<u>Kho-Kho</u>	<u>Kabaddi</u>
<u>Kho-Kho</u>	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		---	----
		PERSONALITY DEVELOPMENT			

