

As per
Guidelines and Methodology
for Administering HPE
issued by CBSE w.e.f. 2020-21

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Mainstreaming HEALTH AND PHYSICAL EDUCATION

FOUR STRANDS

STRAND 1

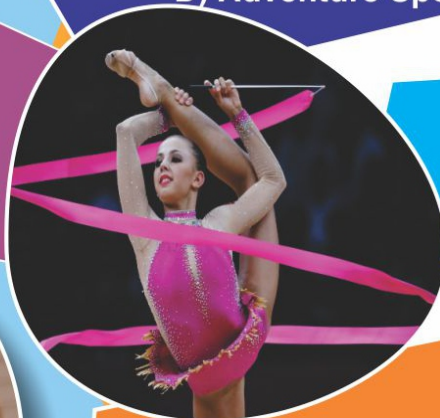
Games/Sports

At least one of following:
A) Athletics or Swimming
B) Team Games
C) Individual Games
D) Adventure Sports



STRAND 2

Health and
Fitness



STRAND 3

SEWA
(Social Empowerment
through Work Education
and Action)



STRAND 4

Health and
Activity Card
(For Record)



FIRST BOOK WITH
QR CODE
(View Video of Games)

COMPULSORY
For IX to XII Classes (CBSE)

Vishvas[®]

Mainstreaming HEALTH AND PHYSICAL EDUCATION

(As per the Guidelines and Methodology for Administering HPE issued by CBSE w.e.f. 2020-2021)

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Preface

It gives me an immense pleasure to introduce the book on “**Mainstreaming Health and Physical Education**” as per the latest Circular of CBSE for administering HPE for the students of Class IX to XII. The new format of HPE envisions that each student will undertake activities categorized under **Four Strands**. **This subject is compulsorily implemented by CBSE for classes IX to XII w.e.f. 2020–2021.**

i. **Strand I – Games/Sports**

Any one or more games or activity out of Athletics/ Swimming, Team Games, Individual Games and Adventure Sports must be taken up by each student as an individual, or as a class team or as a school team.

ii. **Strand II – Health and Fitness**

Exemplar Activities (illustrative only): It should be ensured that all students participate in Mass P.T. / Yoga. Any other activity, which leads to a connection of the physical body with the mind and with the inner workings of the body, and also leads to an improvement in overall health and fitness, can also be taken up, such as Aerobics, Dance, Calisthenics, Jogging, Cross Country Run, working out using weights/gym equipment, Tai-Chi etc. Children who are ready for it, may in addition, also participate in learning the nuances of meditation and its impact on stress management.

iii. **Strand III – SEWA**

(Social Empowerment through Work Education and Action) : All students of classes IX to XII (for XII, only till end of the first semester/term) will participate in SEWA program around the year.

iv. **Strand IV – Health & Activity Card (for Record)**

Includes Maintaining Health and Activity Record : The schools will maintain record of children. It is for encouraging the child to attain health and wellness.

This book is introduced to make pupils physically, mentally and emotionally fit and to develop such personal and social qualities that will help them to be good human beings. The book contains details of skills, drills and practice activities (illustrative) of the games / sports as mentioned in the Strand-I & II (37 games) and Strand-III includes 17 Projects and Activities according to the syllabus. **All games are attached with QR code for video of the particular game/sport.**

The “**Activity & Project Record Book**” is available separately, which includes solved Projects/Activities, Proforma for SEWA Self Appraisal Form, Health and Activity Record Form for the Final Assessment for the Students.

The publisher express sincere thanks to all the teachers associated. And, special thanks are extended to **Mr. Joginder Pal Singh**, (Ex-coach, Athletic, Sports Dept., Chandigarh Administration) and **Mr. Bhalinder Singh Sidhu**, NIS, Patiala Qualified (Hockey), who guided us in technical points in games.

We are pleased to convey our deep sense of gratitude to all associated with the completion and publication of this book for their untiring efforts to bring out this book well in time.

For any suggestions for further improvement in the book, feel free to communicate at vishvasbooks@yahoo.co.in.

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In spite of our sincere efforts, there might have crept in some deficiencies in the preparation of this book for which the Editors and Publisher should not be held responsible. However, constructive suggestions for further improvement of this book will be highly appreciated and looked forward in our subsequent editions. **Update in syllabus and marking scheme visit : www.cbse.nic.in**

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Circular

CBSE/ACAD/DD(MS)/SPORTS/2018

Date: 21.03.2018

Circular No. Acad-10/2018

Principals/ Heads of the Institutions

All CBSE affiliated Schools

Sub: Mainstreaming Health and Physical Education in Schools – reg.

Health is often a state of physical, mental, emotional, social and spiritual well-being and not merely the absence of disease or infirmity. CBSE has decided to mainstream Health and Physical Education for classes IX to XII with the aim of holistic development of the child, leading to a well-balanced individual in all walks of life.

The aim of Mainstreaming Health and Physical Education is also to enable the students to attain an optimum state of health. Therefore, CBSE aims to provide a focussed curriculum for Health and Physical Education imbued with Life Skills in all its affiliated schools.

CBSE has planned to introduce a streamlined and well-designed Health and Physical Education Program to mainstream health and physical education in schools especially for students of class IX-XII w.e.f. session 2018-19. This program will be compulsory for all affiliated schools of CBSE.

Keeping the above in view, the schools are advised that while preparing time-table for session 2018-19, one period every day may be reserved for Health and Physical Education especially for class IX to XII from session 2018-19 onwards. The transactional strategies, detailed guidelines and methodology for administering HPE (Health and Physical Education) to students will be available on CBSE website shortly.

CBSE/ACAD/DD(MS)/SPORTS/2018

Date : 25/04/2018

Circular No. Acad-11/2018

Principals/Head of the Institutions

Sub: Mainstreaming Health and Physical Education in Schools - reg.

Please refer to CBSE circular no. Acad-10/2018 dated 21/03/2018 regarding Mainstreaming Health and Physical Education in Schools, wherein schools were advised to reserve one period every day for Health and Physical Education especially for class IX to XII from session 2018-2019 onwards.

The transactional strategies, detailed guidelines and methodology for administering HPE (Health and Physical Education) to students is now available on CBSE website. However, the format of 'Health and Activity Card' will be available on CBSE website shortly.

CBSE/ACAD/DD(MS)/SPORTS/2018

Date : 25/07/2018

Circular No. Acad-21/2018

Principals/Head of the Institutions

Sub: Mainstreaming Health and Physical Education in Schools - reg.

Please refer to CBSE circular no. Acad-10/2018 dated 21.03.2018 and Circular No. Acad-11/2018 dated 25.04.2018, regarding Mainstreaming Health and Physical Education in Schools, wherein schools were advised to reserve one period every day for Health and Physical Education especially for class IX to XII from session 2018-19 onwards. The transactional strategies, detailed guidelines and methodology for administering HPE (Health and Physical Education) to students are already available on CBSE website.

For keeping the record of all activities of HPE, a format of 'Health and Activity Card' is enclosed at Annexure-A. Further, it is made mandatory for the schools to upload a report of work accomplished across the strands of HPE in the prescribed manner, for enabling students of class X and XII to appear in the Board exam. The said report is to be uploaded by the schools while registering their students online (LOC) w.e.f. 2018-19 onwards.

Individual data of students shall be maintained by schools. It shall be the responsibility of the school to maintain the privacy of data and protect it in the interest of the young students.

For any further details, the schools may contact Dr. Manjit Singh, Sports Cell, CBSE, Delhi at maniit.cbse@amail.com

FAQs: Mainstreaming Health and Physical Education

S.N.	Question	Answer
1.	Target Group for HPE	All students of class IX-XII studying in CBSE affiliated schools w.e.f session 2018-19 onwards.
2.	Time required	One period everyday for each class (IX-XII)
3.	Maximum Marks	100 Marks
4.	Theory/Practical portion	All practical. No theory
5.	Will the marks of HPE be added in final/ board exams?	No. However, participation in HPE and assessment will be mandatory to be eligible to appear in Board Exams of class X & XII. (All evidences and Portfolios regarding SEWA need to be in the school as they can be monitored by CBSE at any time)
6.	Which co-scholastic areas are subsumed in HPE?	The following co-scholastic areas are subsumed in HPE for class IX-XII: Class IX-X i. Work Education (500) ii. Health and Physical Education (506) Class XI-XII i. Work Experience (500) ii. Physical and Health Education (502) Hence, there will be no separate grading for the above mentioned co-scholastic areas from session 2018-19 onwards. The periods allocated for the above co-scholastic areas may be used for HPE. Further details will be given subsequently.
7.	Is HPE different from Physical Education (048)?	Yes. The HPE is different from academic elective subject 'Physical Education'(048) offered for class XI and XII
8.	Will the academic elective subject 'Physical Education' (code 048) for class XI & XII continue?	The academic elective subject Physical Education (code 048) will continue as choice/ optional subject for students of class XI & XII
9.	Is only PE/ Sports Teacher eligible for implementing/ evaluating and record keeping of HPE?	Every teacher including class teacher, teaching in CBSE affiliated school is eligible for implementing/ evaluating and record keeping of HPE.
10.	What is the format for record keeping of 'Health and Activity Record'?	The format of 'Health and Activity Card' (Strand 4) will be uploaded on CBSE website shortly.
11.	Will any external examiner/ observer be appointed for HPE?	No. The whole process of HPE will be school-based, implemented & evaluated by the school teachers. However, marks/ grades of HPE will be submitted online on CBSE website.
12.	Will the CBSE Annual Sports and Games Competitions continue to be organized?	Organizing CBSE Sports and Games Competitions will be continued as per existing practice.



Introduction/Preamble

(Issued by CBSE)

7

Curriculum reform is a global issue and drives education policy directives around the world. The broad framework is usually provided by a national apex body, the narrower focus is around the syllabi based on the disciplines and the learning outcomes expected at age appropriate levels.

1.1 RATIONALE

- 1.1.1** 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.
- 1.1.2** The aim of Mainstreaming Health and Physical Education is to enable the student to attain an optimum state of health, by incorporating each of the aforementioned aspects.
- 1.1.3** In this respect, it is a truism to say that the practice of healthy living will serve as the foundation for Physical Education. It is envisaged that any effort to promote aesthetic values at the school level will include a natural esteem for physical well-being. The mastery of the body, its powers and qualities, requires knowledge, methodical training and exercise. The skills and capacities need to be developed, the muscles and nerves trained, the senses cultivated and hygienic and proper dietary habits inculcated for this purpose.
- 1.1.4** Therefore, provision has to be made much more systematically than before, in the school curriculum for Health and Physical Education imbued with Life Skills.
- 1.1.5** Research has demonstrated that there is a positive correlation between brain development and exercise which also has an impact on cognitive development thus helping to improve academic grades.
- 1.1.6** A comprehensive view of Health and Physical Education includes and encompasses the three areas of Health Education, Physical Education and Yoga as integral to achieving holistic health (physical, mental, intellectual, emotional, social and spiritual). Given the interdisciplinary nature of this subject, it needs to be transacted in innovative ways across the curriculum.
- 1.1.7** The ubiquitous digital presence can be an added resource for the student, teacher educator and the teacher. It provides endless possibilities of resorting to online resources to add value to PE.
- 1.1.8** At the Secondary level acquisition of the habits of healthy living and participation in games and sports and athletics for neuromuscular coordination and physical fitness are the aims which should be taken care of while developing any syllabus of Health and Physical Education.
- 1.1.9** While at the Senior Secondary level, through the integrated PE approach,



students will acquire the knowledge, skills, right attitudes and values towards the pursuit of a lifelong physically active and healthy lifestyle.

With these aims in mind, the overall and specific objectives for a HPE curriculum are outlined below:

1.2 OVERALL OBJECTIVES OF HEALTH AND PHYSICAL EDUCATION:

- 1.2.1** To develop awareness regarding the importance of physical fitness in individual and social life including Life Skills.
- 1.2.2** To bring the overall awareness of values with regard to personal health and fitness, and to inculcate among students the desired habits and attitudes towards health to raise their health status.*
- 1.2.3** To make the pupils physically, mentally and emotionally fit and to develop such personal and social qualities that will help them to be good human beings.*
- 1.2.4** To take action individually and collectively to protect and promote (i) own health (ii) health of family members: and (iii) health of the surrounding community and seeking help when required from available community resources.*
- 1.2.5** To develop interest in exercise, sports and games for self-satisfaction and make it a part of life;
- 1.2.6** To enable an individual to enhance inner qualities-self-mastery, discipline, courage, confidence and efficiency.*
- 1.2.7** To enable an individual to display a sense of responsibility, patriotism, self-sacrifice and service to the community *
- 1.2.8** To develop awareness of the importance of self-defence.*
- 1.2.9** To create awareness among children about rules of safety in appropriate hazardous situations to avoid accidents and injuries. To acquaint them with first-aid

measures about common sickness and injuries.*

- 1.2.10** To help children learn correct postural habits in standing, walking, running, sitting and other basic movements so as to avoid postural defects and physical deformities.*
- 1.2.11** To help children grow as responsible citizens by inculcating in them certain social and moral values through games, sports, Red Cross, Scouts and Guides etc.*
- 1.2.12** To inculcate values and skills in children in order to promote self-control, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue of routine everyday life. *
- 1.2.13** To address the physical, psycho-social needs of CWSN (Children with Special Needs) in an integrated fashion. *
- 1.2.14** To seek in instilling self-worth thus helping students to become confident, assertive, emotionally stable, independent and self-controlled. *
- 1.2.15** To help release of emotional stress, anxiety and tension, leading to a reduced risk of depression. *
- 1.2.16** To help strengthen peer relationships, social bonding, buddy mentorship and team camaraderie.
- 1.2.17** To develop more positive attitude towards challenges, winning and losing, thus preparing students for life and for the workplace.*

1.3 MAINSTREAMING HPE

- 1.3.1** With the above objectives in mind, the CBSE in consultation with MHRD and Ministry of Sports, Govt. of India has attempted to integrate and mainstream Health and Physical Education across the secondary and senior secondary levels. This is to ensure that the Physical



Education component which will continue to be assessed internally, is taken up as a cross-curricular, interdisciplinary discipline across the four strands.

1.3.2 Mainstreaming would require the coming together of the Class Teacher, PE teacher and teachers of other disciplines.

1.3.3 The mandatory nature of this discipline needs all students to participate in an innovative way through the strands detailed hereafter.

1.3.4 **It will be mandatory for the 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.**

1.3.5 The stipulation is to ensure all schools take this aspect seriously so as to ensure lasting and lifelong benefits for their students.

1.3.6 **The following subjects of internal assessment are being subsumed in Health and Physical Education from session 2018-19 onwards:**

Class IX-X

- i. Work Education (500)
- ii. Health and Physical Education (506)

Class XI-XII

- i. Work Experience (500)
- ii. Physical and Health Education (502)

As the above subjects of internal assessment are being subsumed in Health and Physical Education, so the schools should not allocate any period to these above-mentioned subjects from session 2018-19 onwards. The same periods should be allocated to Health and Physical Education.



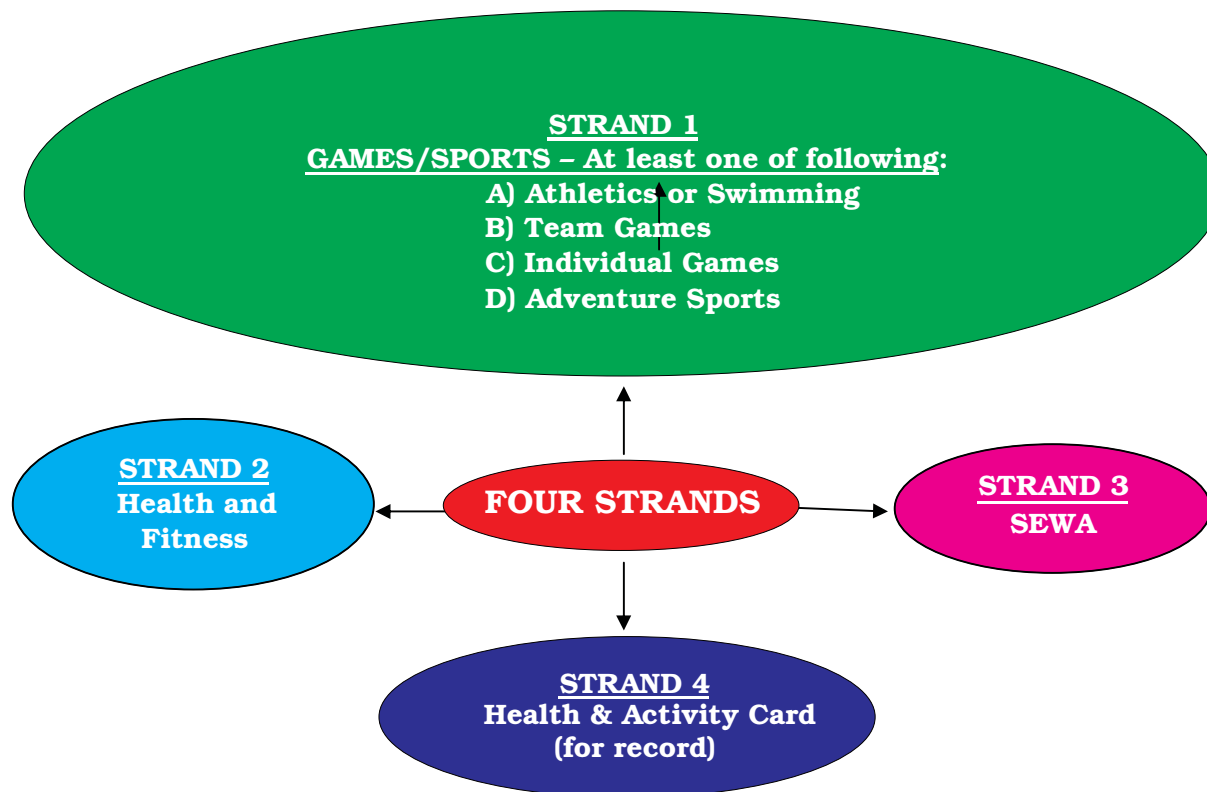


Four Strands

(Issued by CBSE)

2.1 INTRODUCTION

- 2.1.1** The new format of HPE envisions that each student will undertake activities categorized under four strands.
- 2.1.2** The work education aspect of the syllabus is subsumed under this format, hence there will be no need to take it up as a separate subject.
- 2.1.3** This format is to be compulsorily implemented for classes IX, X, XI and first half of the year for class XII
- 2.1.4 This is an essential requirement for writing the Board examination.**
- 2.1.5** Unless schools undertake HPE seriously and are ready with records of all strands as well as Health and Activity Cards for all students, they will not be allowed to register their candidates for Board examinations.
- 2.1.6** All schools need to fill in the HPE School Report for the ongoing session before registering their candidates in classes IX and XI. The report should reflect the activities undertaken under each strand separately for each class right from class IX to XII. The format of the HPE School Report is given in the Annexure.
- 2.1.7** No theory classes will be taken as a part of this format.
- 2.1.8** The class teacher shall be responsible for ensuring that each child participates in all strands
- 2.1.9** The class teacher shall also guide and facilitate strand 3 and strand 4.
- 2.1.10** In the absence of a sports/games teacher, the class teacher may facilitate strand 1 and 2 also and ensure that all children participate in the games/sports of their choice.
- 2.1.11** Internal assessment is to be jointly done by the class teacher and the sports/games teacher.
- 2.1.12** From Strand 1, at least one activity is to be taken up by each student as a class or as an individual. The choice will be left to the students and the class teacher will facilitate each child to decide, based upon the sports facilities available at the school. Schools are encouraged to provide more options by adding to the infrastructure each year.
- 2.1.13** Children are free to choose more than one activity from strand 1, as long as the school sports infrastructure supports it.
- 2.1.14** Children are also free to change their choices during the course of a year.
- 2.1.15** A class as a whole could be encouraged to take up any one team game and/or invasion game, by delineating the role of each student of the class. Roles should be decided by students among themselves. Roles could include player, captain, umpire, cheer leaders, commentators, event manager, coach, organizers, reporters for school magazines, etc.
- 2.1.16** The Board will be inspecting records for Strand 1 and 2 such as attendance and participation by all students. Evidences such as Portfolios, Journals, Essays, Video recordings etc. in case of SEWA may be kept ready for scrutiny by the CBSE at any time during the year.
- 2.1.17** Schools are encouraged to place the activities they undertake under various strands on their own website under the 'Sports Corner' which should be updated at regular intervals.



2.2 THE OBJECTIVES

Regular, high quality PE programs should also provide all students with opportunities to develop:

- 2.2.1** An inclination towards, and strong motivation for lifelong maintenance of health and fitness *
- 2.2.2** Cardiovascular fitness, muscular endurance, muscular strength and flexibility to meet the demands of everyday life *
- 2.2.3** Agility, balance, coordination, reaction time, power and speed to be able to perform a wide range of daily tasks *

2.2.4 The techniques necessary to become a skillful performer and competitor in different sports and activities *

2.2.5 Such traits of character as self-mastery, discipline, courage, determination and confidence *

2.2.6 Good sportspersonship, fair play and ability to be an informed spectator *

2.2.7 An ability to perform in different activity-related roles such as attacker, defender, supporter, supported, referee, leader, captain *



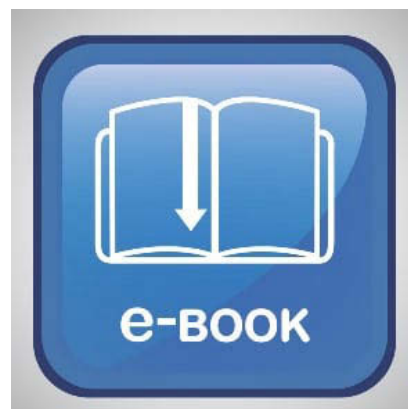
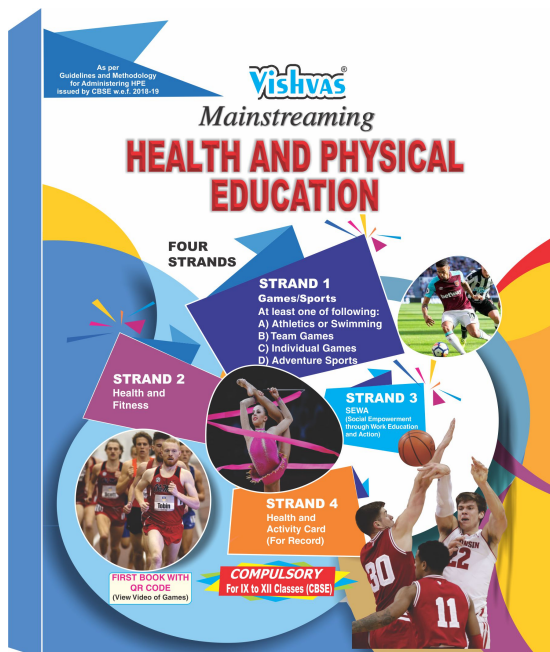
TABLE 1.1

DISTRIBUTION OF MARKS FOR INTERNAL ASSESSMENT

Strand	Marks	Periods (Approx)	Levels*
1. GAMES A) Athletics/ Swimming B) Team Games C) Individual Games/ Activity D) Adventure Sports	} 50 marks	90 periods	Upto 25 marks: Learning 26-40 marks: Proficiency 41-50 marks: Advanced
2. Health and Fitness	25 Marks	50 periods	Upto 12 marks: Learning 13-20 marks: Proficiency 21-25 marks: Advanced
3. SEWA	25 Marks	50 periods	Upto 12 marks: Learning 13-20 marks: Proficiency 21-25 marks: Advanced
4. Health and Activity Card	No Marks	10 periods	—
Total	100 Marks	200 Periods	—

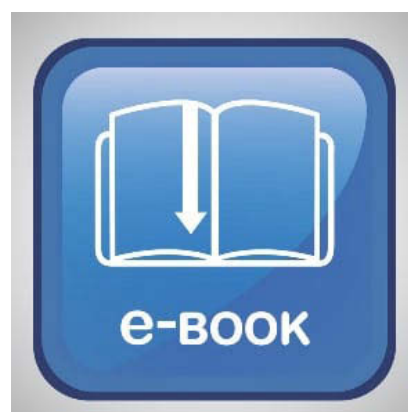
*The grades/levels obtained under the first three Strands will be reflected in the report cards.

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