

Class +1 Physical Education

Entire Syllabus is divided between two terms, Term – 1 and Term -2. Both terms are of 50 Marks. INA of each term is of 10 Marks and practical in each term is of 10 Marks.

Timing : 3 hours

Marks distribution (+1)

Part A (Section A – B)

Subjective/Descriptive Questions (5 Marks each) 6 x 5 = 30

Part B (Section A – B)

MCQS 20 Questions (1Mark each) 20 x 1 = 20

Total Marks = 50

Weightage allotted is for theory Part 30 Marks, INA 10 Marks and Practical 10 Marks.

NOTE:---

1 Descriptive answer will be given in 100-150 words

INA Parameters (10 Marks)

- 1 Academic : 1 Mark
- 2 Sports/Yoga : 1 Mark
- 3 Co-Curricular activities : 1 Mark
- 4 Knowledge and writing : 1 Mark
- 5 Community Service : 1 Mark
- 6 Cleanliness and Culture : 1 Mark
- 7 Attendance : 1 Mark
- 8 Parents Participations and discipline : 1 Marks
- 9 General behaviour : 1 Mark
- 10 Subject skill :1Mark

Term 1 (Syllabus for +1)

Marks : 50

3 Hours

Part A

- 1 Concept of Physical Education
- 2 Physiological Aspects of Physical Education
- 3 Psychological Aspects of Physical Education

Part B

- 1 History of the Game & Sports (Volley Ball ,Kabaddi ,Foot Ball , Table Tennis , Athletics)
- 2 General rules of the Game & Sports (Volley Ball , Kabaddi , Foot Ball , Table Tennis Athletics – Only track events)
- 3 Measurement of the Game & Sports (Volley Ball ,Kabaddi ,Foot Ball ,Table Tennis Athletics - Only track events)
- 4 Fundamental Skills of the Game & Sports (Volley Ball , Kabaddi ,Foot Ball , Table Tennis Athletics - Only track events)
- 5 Sports Award
- 6 Important tournaments and venues

Practical :

Syllabus for Practical Exam :---

- 1 Track Events (One track events)
- 2 Team Games: (Volley Ball , Kabaddi , Foot Ball , Table Tennis)
- 3 Achievements in Sports
- 4 Practical note book

Term 2 (Syllabus for +1)

Marks : 50

3 Hours

Part A

- 1 Concept of Health Education
- 2 Communicable Diseases
- 3 Contemporary Health Problems

Part B

- 1 History of the Game (Badminton ,Kho-kho ,Hockey , Boxing)
- 2 General rules of the Game & Sports (Badminton ,Kho-kho ,Hockey , Wrestling , Athletics – Field Events)
- 3 Measurement of the Game & Sports (Badminton ,Kho-kho ,Hockey , Wrestling , Athletics – Field Events)
- 4 Fundamental Skills of the Game & Sports (Badminton ,Kho-kho ,Hockey , Wrestling , Athletics – Field Events)
- 5 Sports terminologies (Badminton ,Kho-kho ,Hockey , Wrestling , Athletics – Field Events)
- 6 Sports Personalities

Practical :

Syllabus for Practical Exam :---

- 1 Track and Field (One field Event)
- 2 Team Games: (Badminton ,Kho-kho ,Hockey ,Boxing , Wrestling)
- 3 Achievements in Sports
- 4 Practical note book