

Physical Education

Class +2

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 (+2)

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 +2)

Marks : 50

3 Hours

Part A

- 1 Physical fitness & wellness
- 2 Training Methods
- 3 Sociological Aspects of Physical Education

Part B

- 1 History of the Game (Volley Ball , kabaddi , Foot Ball , Basket Ball)
- 2 General rules of the Game & Sports (Volley Ball , kabaddi , Foot Ball , Basket Ball , Athletics – Track Events)
- 3 Measurement of the Game & Sports (Volley Ball , kabaddi , Foot Ball , Basket Ball , Athletics - Track Events)
- 4 Fundamental Skills of the Game & Sports (Volley Ball , kabaddi , Foot Ball , Basket Ball , Athletics - 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 , Basket Ball)
- 3 Achievements in Sports
- 4 Practical note book

Term 2 (Syllabus for +2)

Marks : 50
3 Hours

Part A

- 1 Healthful Living
- 2 Family Health Education
- 3 Prevention and First Aid for common sports injuries

Part B

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

Practical :

Syllabus for Practical Exam :---

- 1 Field Events (One field Events)
- 2 Team Games: (Kho-kho , Badminton ,Hockey, Hand Ball)
- 3 Achievements in Sports
- 4 Practical note book