

CLASS IX PHYSICAL EDUCATION (6TH SUBJECT) SYLLABUSW BREAK-UP FOR SESSION 2024-2025.

UNIT TEST:

THEORY

1.THE HUMAN ANATOMY AND PHYSIOLOGY.

2.GAMES AND SPORTS.

FIRST TERM:

SECTION-A (THEORY):

1.THE HUMAN ANATOMY AND PHYSIOLOGY.

2.MUSCULAR SYSTEM.

3.RESPIRATORY SYSTEM.

4.GAMES AND SPORTS.

SECTION-B: (GAMES):

- 1. CRICKET.**
- 2. FOOTBALL.**

INTERNAL ASSESSMENT: A) PHYSICAL EFFICIENCY TEST.

B) SPECIALIZATION TEST.

FINAL TERM:

SECTION-A(THEORY):

1. CIRCULATORY SYSTEM.

SECTION-B(GAMES):

1. BASKETBALL.

***INTERNAL ASSESSMENT**

A. PHYSICAL EFFICIENCY TEST

B.SPECIALIZATION TEST

(FINAL EXAMINATION INCLUDES ENTIRE SYLLABUS AS PER ICSE SCOPE OF SYLLABUS).

**CLASS X PHYSICAL EDUCATION (6th SUBJECT) SYLLABUS BREAK -UP FOR
SESSION 2024-2025**

UNIT TEST:

THEORY:

1. HUMAN GROWTH AND DEVELOPMENT
2. PHYSICAL EDUCATION

FIRST TERM:

THEORY:

SECTION -A

1. HUMAN GROWTH AND DEVELOPMENT
2. PHYSICAL EDUCATION
3. BODY TYPES
4. PHYSICAL FITNESS
5. SPORTS TRAINING
6. SAFETY IN SPORTS (Till Sports Related Injuries)

SECTION – B (GAMES)

- * CRICKET
- * FOOTBALL
- ** INTERNAL ASSESSMENT
- A. PHYSICAL EFFICIENCY TEST
- B. SPECIALIZATION TEST

FINAL TERM:

THEORY:

SECTION -A

7. HEALTH EDUCATION
8. CAREERS IN PHYSICAL EDUCATION

SECTION- B (GAMES)

- * BASKETBALL (THEORY)
- ** INTERNAL ASSESSMENT
- A. PHYSICAL EFFICIENCY TEST
- B. SPECIALIZATION TEST

FINAL EXAMINATION INCLUDES ENTIRE SYLLABUS AS PER ICSE SCOPE OF SYLLABUS.