

**THE BSS SCHOOL**  
**SUBJECT: PHYSICAL EDUCATION (6<sup>th</sup> SUBJECT)**

**CLASS: X**

**SESSION: 2025-2026**

**UNIT TEST**

1.HUMAN GROWTH AND DEVELOPMENT

**HALF YEARLY EXAMINATION:**

**THEORY (SECTION-A)**

- 1 .PHYSICAL EDUCATION
2. BODY TYPES
- 3.PHYSICAL FITNESS
4. SPORTS TRAINING
5. PRINCIPLES OF SPORTS TRAINING

**(SECTION-B)**

GAMES:

- 1.CRICKET
- 2.FOOTBALL

**\*INTERNAL ASSESSMENT**

- A) PHYSICAL EFFICIENCY TEST
- B) SPECIALIZATION TEST

**FINAL EXAMINATION:**

THEORY :

**SECTION-A**

- 1.SAFETY IN SPORTS
2. PREVENTION OF INJURIES
3. HEALTH EDUCATION
4. DIETARY MODIFICATIONS AND MEAL PLANNING
5. CAREERS IN PHYSICAL EDUCATION

**SECTION-B GAMES:**

- A) CRICKET
- B) FOOTBALL

**\*\* INTERNAL ASSESSMENT**

A) PHYSICAL EFFICIENCY TEST

B) SPECIALIZATION TEST

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

\* SUBJECT TO CHANGES.