

THE BSS SCHOOL
SUBJECT: PHYSICAL EDUCATION

(6th SUBJECT)

CLASS: X

SESSION: 2026-2027

UNIT TEST

1.PHYSICAL EDUCATION

HALF YEARLY EXAMINATION:

THEORY (SECTION-A)

- 1 .HUMAN GROWTH AND DEVELOPMENT
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-BGAMES:

- A) CRICKET

B) FOOTBAL

**** INTERNAL ASSESSMENT**

A) PHYSICAL EFFICIENCY TEST

B) SPECIALIZATION TEST

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

* SUBJECT TO CHANGES.