

Physical Education
Term-I Syllabus for Plus Two

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 & Sports (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

Physical Education

Term II Syllabus for Plus Two

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 & Sports (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 (Volley Ball , kabaddi , Foot Ball , Basket 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

Class +2 Physical Education

Entire Syllabus is divided between two terms, Term – I and Term -II. Both terms are of 50 Marks.

Timing : 3 hours

Marks distribution

Part A - B/Section A - B

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

Part B/Section B

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

Total Marks = 50

NOTE:---

Descriptive answer will be given in 100-150 words