

Health and Physical Education

Class VIII – X

Objectives:

Health Education:

- ✓ To improve the health knowledge of the pupils as individuals and members of the family and the community, so that they make health as a valued community asset.
- ✓ To bring the overall awareness of the values and to inculcate among students the desired habits and attitudes towards health and to raise their health status
- ✓ To help the pupils to understand the scope and purposes of health services and facilities, such as immunization against communicable diseases
- ✓ To develop favourable attitude to observe safety rules in and out of home and to develop some skills of providing first aid with the help of teachers
- ✓ To acquaint the individual with harmful effects of smoking, drinking and abuse of drugs
- ✓ To develop awareness of HIV/AIDS and drugs abuse in the community

Physical Education:

- ✓ To create an awareness of the necessity for vigour and efficiency through physical fitness
- ✓ To develop knowledge and understanding of the requirements for healthy living, nutrition, exercise and relaxation
- ✓ To create awareness of the necessity to develop good posture and physical poise
- ✓ To develop knowledge and understanding of skills relating to leisure time activities of a recreational nature
- ✓ To create opportunities to develop 'esprit de corps', courtesy, sportsmanship, social skills, democratic conduct and ideals.
- ✓ To develop appreciation of the aesthetic and cultural aspects of movements

Health and Physical Education Class VIII

Health Education:

80 marks

Unit 1:

Concept of Health and Factors influencing Health

1. Meaning, Nature and Concept of Health
2. Factors influencing Health
3. Cultural Practices in relation to Personal Health

Unit 2:

Food and Nutrition

1. Nutritional Needs of the Body
2. Calorific value of Food
3. Balanced Diet

Unit 3:

Growth and Development

1. Meaning of Growth and Development
2. Factors influencing Growth and Development

Unit 4:

Diseases- Control of Diseases

Knowledge of common diseases occurring in different seasons and precautions against their spreading infection. Common Cold, Cough, Diarrhoea, Headache, Flu etc..

Unit 5:

First Aid and Home Nursing

1. First Aid Measure
2. Home Nursing

Physical Education		20 Marks	
1	Track and field Events	A: Track 2 Events (100m, 200m & 300m) B: Field 1 Events (Long Jump/ High Jump)	
2	Games		
	A	Football	1. Measurement of play field 2. Latest general rule of the game 3. Fundamental skill of the game
		Kicking	1. Instep foot 2. Kicking with inside of the foot 3. Kicking with outside of the foot 4. Lofted kick with either foot
	B	Basket Ball	1. Measurement of play field 2. Latest general rules of the game 3. Fundamental skill of the game
		Ball Handling	1. Holding position of the finger 2. Body position 3. Stance of player with Ball
		Passing Skill	1. Two handed chest pass 2. Two handed bounce pass 3. Two handed underhand pass (right/left pass) 4. Two handed overhead pass
	C	Volley Ball	1. Measurement of play field 2. Latest general rules of the game 3. Fundamental skill of the game
		The serve	1. Overhead service (Tennis) 2. Round arm service 3. Floating service (Overhead and side arm)
	D	Badminton	1. Holding the racket 2. Toss 3. Service 4. Strokes: ✓ Forehand and Backhand overhead strokes ✓ Lob ✓ Clear (Offensive & Defensive) ✓ Drop ✓ Smash
	E	Table Tennis	1. Holding the racket 2. Toss 3. Service:- ✓ Chopped Service ✓ Side spin service 4. Strokes:- ✓ Defensive strokes ✓ Block return ✓ Balloon return ✓ Chopping the top spin drives (forehand & backhand) ✓ Flat return

Health and Physical Education Class IX

Health Education:

Unit 1:

Health Hazards of Modern Age

1. Health Hazards of Modern Age

Unit 2:

Growth and Development

Introduction

Do you Know?

4. Nature and General Principles of Growth and Development
5. Characteristics of Boys and Girls during Adolescence

Unit 3:

Food and Nutrition

1. Factors affecting nutritional status of an individual
2. Nutritional status
3. Balanced Diet for adolescent boys and girls
4. Malnutrition and affects of malnutrition

Unit 4:

Communicable diseases

1. General knowledge about communicable diseases and diseases spread through air
2. Diseases spread through water and food
3. Diseases spread through insects and animals
4. Diseases spread through close contact and spread by soil

Unit 5:

Safety

1. Major accidents which cause death in rural and urban areas
2. Factors responsible for accidents, general principles for prevention of common accidents
3. Safety rules related to making fires, using stoves, cooking gas, using electricity, climbing stairs, crossing roads, boarding means of transport, cycling, swimming, playing, driving, storing medicines and poisonous chemicals
4. Measures to remove accident hazards

CLASS – IX PHYSICAL EDUCATION (20 marks)

1	Track and field Events	A: Track 2 Events (100m, 200m, & 400m) B: Field 1 Events (Discuss Throw/Javelin Throw.)	
2	Games		
	A	Football	TACKLING ✓ 1.Inter-Passing between two players. ✓ 2.Inter-pasing among the players. ✓ 3. Three men weave. ✓ 4Inter-passing among four players in different zones. ✓ 5. Related Practices.
	B	Basket Ball	1. Dribbing: Dribbing with high speed using alternate hands. Low dribble. 2. Shooting Two handed set shot. Two handed free throw ✓ Lay-up shot following dribbling using right hand(Over the shoulder)
	C	Volley Ball	The pass: ✓ Overhead pass ✓ Two handed with back rolling. ✓ Two handed with side rolling,. ✓ Jump and pass ✓ Under-arm pass. ✓ Forward dive and pass. ✓ One arm pass with side rolling.
	D	Badminton	1Fore hand and Backhand side arm stokes (Drive) .2 Forehand and Backhand underarm strokes (Net Strokes). 2. Forehand and Backhand Cross Court Strokes.
	E	TABLE TENNIS	ATTACKING STROKES 1 Stop ball 2 Loop top spin ball 3 Side spin Ball 4 Flat hit (Forehand & Back hand) 5 Chop attack (Forehead & Back hand)

HEALTH AND PHYSICAL EDUCATION**HEALTH EDUCATION (CLASS X) 80 MARKS****Unit I Growth and Development**

1. How mature are you?
2. You and your family
3. Marriage and family life.

Unit II Diseases

1. Some Defence measures against diseases (Immunity and Immunization)
2. National Health Programmes, Importance of pupil and people's participation in the implementation of these programmes.
3. Primary Health Care, meaning and Scope. Health Care set up in rural and urban areas.

Unit III Consumer Education**Introduction**

1. Consumer Education – Consumer rights, making correct choices while buying different items, food adulteration.
2. Systems of Medicine and Quackery
3. Drugs, Medicines and Self-Medication

Unit IV International Health

1. Importance of international health, international measures to check the spread of communicable diseases from one country to another, quarantine measures, World health Organization – Its functions and activities.
2. UNICEF functions and activities, significance of World Health Day

Unit V Life Skills Education

1. Teenage Pregnancy
2. Sexually Transmitted Infection
3. Basic facts about HIV/AIDS
4. Prevention against HIV/AIDS

CLASS – X PHYSICAL EDUCATION (20 marks)

1	Track and field Events	A: Track 2 Events Bys: (100m, 200m, 400m 800m & 1500m) Girls: (110m, 200m & 800m) B: Field 1 Events (Triple Jump/ Shot Put)	
2	Games		
	A	Football	TACKLING ✓ Interception and hasty tackles ✓ Sliding tackles ✓ Relating Practices HEADING ✓ Relating Practices of Heading ✓ Lead up drills DRIBBING ✓ Practices of dribbling skills suited to functional training
	B	Basket Ball	FOOTWORK: ✓ Player stance ✓ Position of hands ✓ Elementary Shuffling ✓ Sliding Movement (drills) PIVOTING ✓ Stationary Pivot INDIVIDUAL DEFENCE ✓ Player stance ✓ Position of hands ✓ Position of feet ✓ Defender's position in between opponent and basket TEAM DEFENCE ✓ Man to man Defence TEAM OFFENCE ✓ Fast break Offence

	C	Volley Ball	<ul style="list-style-type: none"> ✓ Two handed overhead pass with/without rolling ✓ One hand underarm pass with/without rolling <p>The ATTACK</p> <ul style="list-style-type: none"> ✓ Smash with turn of Body ✓ Smash with wrist ✓ Round arm smash <p>THE BLOCK</p> <ul style="list-style-type: none"> ✓ Double Block against different type of attack ✓ Double block in assigned zone ✓ Double block against quick attack
	D	Badminton	<p>TACTICS AND STRATEGY</p> <p>System of Play</p> <ul style="list-style-type: none"> ✓ Singles play ✓ Double pattern of play <ul style="list-style-type: none"> - Side by side - Rotation ✓ Double game
	E	Table Tennis	<p>ATTACKING STROKES</p> <ul style="list-style-type: none"> ✓ Stop ball ✓ Loop top spin ball ✓ Side spin Ball ✓ Flat hit (Forehand & Back hand) ✓ Chop attack (Forehead & Back hand) <p>RECEIVING SIDE SPIN SERVICE</p> <ul style="list-style-type: none"> ✓ Forehand side spin service ✓ Forehand shoulder level, side spin service ✓ Back hand side pull service <p>RECEIVING DIFFERENT TYPES OF STROKES</p> <ul style="list-style-type: none"> ✓ From all the attacking strokes taught so far ✓ From all the defensive strokes taught so far

Suggestions/Instructions for Health Education for Class VIII, IX and X

1. The chapters and units are not complete in themselves and can be build in themselves and can be build up by the teachers through reading of standard books available on the subject
2. It is also advisable that the teaching of the contents of this book should not confined to the four walls of the class room. Efforts should be made to link the class room teaching process with opportunities of accidental learning out of the class room
3. It is hoped with the help of this new syllabus, teachers will be enabled to plan programmes of Health Education which are so grand as to awaken the imagination of students and lead them to adopt healthy way of living which will persist all through their lives.

Suggestions/Instructions for Physical Education for Class VIII, IX and X

It is a fact that there prevails a sound mind in a healthy body. Therefore, it is a necessity to inculcate in the minds of the children so that they will find that in pursuing education does not hindered their development in growth. For this, provision for physical activities in the curriculum is very right subject to the educational institutions having some of the basic needs for the purpose.

Therefore, the following suggestions we made to have the main infrastructure for the purpose of Physical Education:

1. A field is a must that every educational institution should have to cater training for the different sports and games (e.g, Area for athletics, football, basket ball, volleyball, Table Tennis and Badminton)
2. There should be a qualified teacher to train, teach and coach the children in the various activities of sports and games.
3. Educational institutions should have or be provided with adequate funds to possess equipments needs for the activities with books relevant to physical education.
4. The curriculum of physical education should be catered with proper care to see that it suits the interest of the children of the region, considering the local conditions prevailing

5. Proper assessment both in theory and practical are to be the responsibility of the Physical Education teacher
6. While working out the curriculum age factor should be an important consideration as age differs from one class to another.
7. No text book should be prescribed for the subject, except exercise books which children should note the important teachings both theory and practical.

The above are some of the suggestions to make the children take the Physical Education as a serious and important subject needed to develop their mental activity in the different spheres.

Prescribed Text Books for Health education:

1. Scholar's Health Education Book VIII by Fr. James S. Tong, S.J, Ph.D (Hons), The Voluntary Health Association of India, New Delhi
V.P Gautam, M.A, Scholars Publishing House (P) Ltd, 85 Model Basti, New Delhi- 05
2. Health: A Text Book for secondary Schools (Class IX & X) Published by Frank Bros & Co. (Publishers) Ltd, 4675-A, Ansari Road, 21 Daryaganj, New Delhi- 110002

Referenced Book:

1. Learning for Life: A guide to Family Health and Life Skills education for teachers and students, NCERT

Scheme of Examination for Health Education.

The following pattern is suggested. The paper setter can consider these points as guidelines while setting the papers for Class VIII, IX & X. While setting the questions, inclusion of each unit with a proper weightage to each unit is important.

Total Marks:	80 marks
Descriptive Type Questions:	40 marks
Objective Type Questions:	40 marks
Descriptive Type Questions:	40 marks

At least 6 questions have to be set from 5 units taking at least one question from each unit. The last question can be short notes covering 3-4 units as short answer type. The students have to select 4 questions and each question carry 10 marks.

Objective Type questions: 40 marks

1. Multiple Choice type-	½ marks each-	10 questions-	5 marks
2. Fill up the blanks-	½ marks each-	10 questions-	5 marks
3. True/ False-	1 marks each-	5 questions-	5 marks
4. Match the following-	1 marks each-	5 questions-	5 marks
5. Short Questions-	2 marks each-	5 questions-	10 marks
6. Very short questions-	1 marks each-	10 questions-	5 marks

20 marks – Physical Education

The subject on Health and Physical education for Class VIII, IX & X, there will be 4 classes a week allotted to the subject (i.e Health and Physical Education). Out of which 3 classes will be allotted for Health Education whereas the duration of each classes depends on the convenience of the School 1 class will be allotted to Physical Education. The duration of this Physical Activity can be organize as per the need and hour of the School