

Physical Education Class +2

Entire Syllabus is divided between two terms, Term – 1 and Term -2. Both terms are of 50 Marks. INA of each term is of 10 Marks and practical in each term is of 10 Marks.

Timing : 3 hours

Marks distribution (+2)

Part A (Section A – B)

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

Part B (Section A-B)

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

Total Marks = 50

Weightage allotted is for theory Part 30 Marks, INA 10 Marks and Practical 10 Marks.

NOTE:---

1 Descriptive answer will be given in 100-150 words

INA Parameters(10 Marks)

- | | | |
|----|---|---|
| 1 | Academic : 1 Mark | |
| 2 | Sports/Yoga : 1 Mark | |
| 3 | Co-Curricular activities : 1 Mark | 4 |
| | Knowledge and writing : 1 Mark | |
| 5 | Community Service : 1 Mark | |
| 6 | Cleanliness and Culture : 1 Mark | |
| 7 | Attendance : 1 Mark | |
| 8 | Parents Participations and discipline : 1 Marks | |
| 9 | General behaviour : 1 Mark | |
| 10 | Subject skill :1Mark | |

Term 1 (Syllabus for +2)

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 (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

Term 2 (Syllabus for +2)

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 (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 (Kho-kho , Badminton ,Hockey, Hand 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

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

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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