**HEALTH AND PHYSICAL EDUCATION**

For Class X (marks 75)

Theory Marks: 65

1. Physical fitness

 Physical fitness and its importance

2. Qualities of sportsmen

3. Organization of Tournaments:

 Organization and conduct of tournaments on league and knockout system

4. Gymnastics:

 i. Lesson planning in educational gymnastics

 ii. Recreational/small area games

5. Training Systems:

 i. Interval training

 ii. Circuit training:

6. Games

 Rules and Basic Techniques of Hockey Game

7. Athletics

 Rules and basic techniques of the following Athletic events:

 i. 800, 1500 meters races

 ii. High jump and throwing the javelin

8. Recreation

 i. Place of recreational activities in Physical Education

 ii. Camping, hiking, picnics and excursions

9. Community Health

 i. Sanitation of home, school and community

 ii. Prevention of communicable diseases

 iii. Air and ventilation

 iv. Refuse and its disposal

10. Nutrition

 i. Constituents of food

 ii. Balanced diet

 iii. Food contamination

 iv. Food adulteration

 v. Drinks:

 Tea, Coffee, Sharbat, Squaish, Lassi, Juices, etc.

**LIST OF PRACTICALS**

1. Preparation of Practical Note Book:

a. Each student will be required to prepare a practical note book, which will include Educational Gymnastics, Head Stand and Forward Roll and playfields of those games, which have been included in theory.

b. Students will be required to indentify five health problems in school, home or community and suggest in writing practicable and economical solutions, this shall be presented in the practical note book. Students will also be asked oral questions about these problems.

2. Presentation of Sequences:

Each student will be required to offer two sequences as denoted in his practical note book.

3. Game and Equipment:

Oral questions on the specifications of equipment of games and specifications and maintenance of prescribed playgrounds.

4. Athletics:

 Proficiency in one of the prescribed games or athletic events.

5. Evaluation of personal cleanliness

6. Oral questions on ill effects of narcotics

7. Preparation of Practical Note Book:

Each student will be required to prepare a practical note book, which will include sketches of playfields of prescribed game.

8. Presentation of Educational gymnastics Lesson:

Each student will be required to Hand Stand and Backward Roll in his practical note book.

9. Equipment – Sports:

Oral questions on posture and demonstration of two remedial exercises of the prescribed postural defects.

10. Athletics and Games:

 Proficiency in one of the prescribed games or athletic events.

11. Oral questions on community health, food adulteration, food contamination and drinks.

12. Oral questions on the organization of recreational activities.

**RECOMMENDED REFERENCE BOOKS FOR CLASS X**

 The question paper will be syllabus oriented. However, the following books are recommended for reference and supplementary reading:

 1. 

 Published by: 

 2. 

 

 Written by: 

 Published by: 