



BOARD OF SCHOOL EDUCATION HARYANA

Syllabus and Chapter wise division of Marks (2025-26)

Class- 10th

Code: PSR 971

Subject: Physical Education(NSQF)

General Instructions:

- 1. There will be an Annual Examination based on the entire syllabus.**
- 2. The Annual Examination will be of 60/2=30 marks, Practical Examination will be of 50 marks and 20 marks weightage shall be for Internal Assessment.**
- 3. For Practical Examination:**
 - i) Two experiments of 10marks each.**
 - ii) One activity of 15 marks.**
 - iii) Practical record of 10 marks.**
 - iv) Viva-vice of 15 marks.**

4.For Internal Assessment:

There will be Periodic Assessment that would include:

- i) For 6 marks- Three SAT exams will be conducted and will have a weightage of 06 marks towards the final Internal Assessment.**
- ii) For 2 marks- One half yearly exam will be conducted and will have a weightage of 02 marks towards the final Internal Assessment.**
- iii) For 2 marks- Subject teacher will assess and give maximum 02 marks for CRP (Class room participation).**
- iv) For 5 marks- A project work to be done by students and will have a weightage of 05 marks towards the final Internal Assessment.**
- v) For 5 marks- Attendance of student will be awarded 05 marks as:**

75% to 80%	- 01 marks
Above 80% to 85%	- 02 marks
Above 85% to 90%	- 03 marks
Above 90% to 95 %	-04 marks
Above 95%	-05 marks



Course Structure (2025-26)

Class- 10th

Code: PSR 971

Subject: Physical Education(NSQF)

Sr. No.	Chapter	Marks
1	Roles And Responsibilities Of Early Years Physical Activity Facilitator	13
2	Assessment And Evaluation Of Students	12
3	Free-Play	12
4	Monitoring And Inventory Management	13
5	Employability Skills (All Session)	10
Unit. No.	Employability Skill Units	Unit Marks
1.	Communication Skills	2
2.	Self-Management Skills	2
3.	Information and Communication Technology Skills	2
4.	Entrepreneurship Skills	2
5.	Green Skills	2
Grand Total		60/2=30
Practical Examination		50
Internal Examination		20
Grand Total		100



Unit-1-Roles And Responsibilities Of Early Years Physical Activity Facilitator

- Identify Roles And Responsibilities Of Physical Activity Facilitator
- Describe The Various Activities To Be Conducted By The Physical Activity Facilitator

Unit-2- Describe The Various Activities To Be Conducted By The Physical Activity Facilitator

- Describe The Various Types And Tools Of Assessment
- Prepare Assessment Report And Provide Feedback

UNIT-3- FREE-PLAY

- Describe The Importance And Purpose Of Free-Play
- Organize Free-Play Activities
- Demonstrate The Knowledge Of Rehabilitation Through Free-Play

UNIT-4 Monitoring And Inventory Management

- Describe The Process Of Inventory Management
- Manage Props And Equipment

UNIT-5- :Employability Skill

- Communication skill
- Self-management skill
- Information and Communication Technology skill (ICT)
- Entrepreneurship Skill
- Green skills .

Practical's: -

1. Tournament
2. First Aid
3. Football
4. Volleyball
5. Cricket
6. Basketball



Month wise Syllabus Teaching Plan (2025-26)

Class- 10th

Code: PSR 971

Subject: Physical Education

Month	Subject- content	Teaching Periods	Revision Periods	Practical Work
April	Vocational Skill Unit 1 Roles And Responsibilities Of Early Years Physical Activity Facilitator (Session 1 Identify Roles And Responsibilities Of Physical Activity Facilitator Employability Skill Unit 1 communication Skill Session 1,2,3	16	06	02
May	Vocational Skill Unit 1 Roles And Responsibilities Of Early Years Physical Activity Facilitator (Session 2) Employability Skill Unit 1communication Skill Session 4,5,6,7	16	05	03
June	Summer Vacation Revision of Previous Topic Project-Football			
July	Vocational Skill Unit 2 Assessment And Evaluation Of Students Session 1 Describe The Various Types And Tools Of Assessment 2 Employability Skill Unit 2 Self-Management Skills Session 1,2 Project-Volleyball	12	06	06
August	Vocational Skill Unit 2 Assessment And Evaluation Of Students Session 2 Employability Skill Unit 2self-Management Skills Session 3,4 Project-Basketball	16	04	04



September	Vocational Skill Unit 3 Free Play Session 1,2 Employability Skill Unit 2 self-Management Skills Session 5 Unit 3 ICT Session 1,2,3	14	06	04
October	Vocational Skill Unit 3 Free Play Session 3 Employability Skill Unit 3 Unit 3 ICT Session 4 Unit 4 Entrepreneurship Skill Session 1,2	14	04	06
November	Vocational Skill Unit 4 Monitoring And Inventory Management Session 1 Employability Skill Unit 4 Entrepreneurship Skill Session 3,4 Project – Cricket	12	05	07
December	Vocational Skill Unit 4 Monitoring And Inventory Management Session 2 Employability Skill Unit 5 Green Skill Session 1,2	15	03	06
January	Winter Vacation: 1st to 15th January Revision PROJECT- KHO-KHO	08	02	02
February	Revision of complete syllabus		12	12
March	Annual Examination			

Note:

- Subject teachers are advised to direct the students to prepare notebook of the Terminology/Definitional Words used in the chapters for enhancement of vocabulary or clarity of the concept.

Prescribed Books:

1. Learning Outcomes Based Vocational Curriculum PSSCIVE, Bhopal
2. Primary Years Physical Activity Facilitator Qualification Pack Code : Spf/Q 4004
3. Employability Skill Textbook NCERT



NSQF Question Paper Design (2025-26)

Class- 10th

Code: PSR 971

Subject: Physical Education(NSQF)

Time 2 Hours 30 Minutes

Competencies	Total
Knowledge	40%
Understanding	30%
Application	20%
Skill	10%
	100%

Type of Question	Marks	Number	Description	Total Marks
Objective Questions	1	15	6 Multiple Choice Questions, 2 Fill in the Blanks Questions, 2 true and false. 3 One Word Answer Type Questions, 2 Assertion Reason Questions	15
Very Short Answer Type Question	2	6	Internal choice will be given in any 2 questions	12
Short Answer Type Question	3	6	Internal choice will be given in any 2 questions	18
Essay Answer Type Question	5	03	Internal options will be given in all the questions	15
Total		30		60