



BOARD OF SCHOOL EDUCATION HARYANA

Syllabus and Chapter wise division of Marks (2024-25)

Class- 9th

Code: PSR 971

Subject: Physical Education

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-voce of 15 marks.
4. For Internal Assessment:
 - 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% - 05marks



Course Structure (2024-25)

Class- 9th

Code: PSR 971

Subject: Physical Education

| Unit. No. | Unit Name | Unit Marks |
|-----------------------|---|------------|
| 1 | Role Of Physical Education In Child Development | 16 |
| 2 | Planning Age Appropriate Physical Activities | 14 |
| 3 | Organising Age Appropriate Physical Activities | 13 |
| 4 | Children Health And Safety | 17 |
| 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 |
| Total | | 60/2=30 |
| Practical Examination | | 50 |
| Internal Assessment | | 20 |
| Grand Total | | 100 |



Unit 1: Role Of Physical Education In Child Development

- Identify The Physical And Emotional Needs Of The Children
- Identify Factors Influencing Physical Activities
- Plan Physical Activities Conduct Physical Activities

Unit 2: Planning Age Appropriate Physical activities

- Plan Activities For Increasing Physical strength And Coordination plan Activities For Developing Cognitive skills Manage Class

Unit 3: Organising Age Appropriate Physical activities

- Identify Games For Everyday Activities Organize Sport Activities

Unit 4: Children Health And Safety

- Demonstrate The Knowledge Of Child Health Care And Habits
- Describe The Various Aspects Of Safety management And Emergency Response

Chapter 5: Employability Skill

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

Practical's: -

- Tournament
- First Aid
- Football
- Volleyball
- Cricket
- Basketball



Month wise Syllabus Teaching Plan (2024-25)

Class- 9th

Code: PSR 971

Subject: Physical Education

| Month | Subject- content | Teaching Periods | Revision Periods | Practical Work |
|-------|---|------------------|------------------|----------------|
| April | Physical Education & Sports– Unit-1 Role Of Physical Education In Child Development Session:- 1-Identify The Physical And Emotional Needs Of The Children Employability Skill- | 16 | 6 | 2 |
| May | Unit -1 – Session-2- Identify Factors Influencing Physical Activities Session-3-Plan Physical Activity Session -4-Conduct Physical Activities Employability Skill – Unit-01 Session 01- Introduction to communication Session 02-Verbal Communication Session 03- Non-Verbal Communication Session 04-Writing Skills Parts of speech | 16 | 5 | 3 |
| June | Summer Vacation& Revision of Previous topic and make Project Volleyball | | | |
| July | Revision For SAT-I Exam Physical Education& Sports– Unit-2 Planning Age Appropriate Physical Activities Session-1 Plan Activity For Increasing Physical Strength And Coordination Session-2 Plan Activities For Developing Cognitive Skills Employability Skill – Unit-01 Session 05- Writing Skills Sentences Session 06-Pronunciation Basics Session 07-Greeting and Introduction Session 08-Talking about Self Session 09-Asking Questions-I Session 10- Asking Question-II Project-Basketball | 12 | 06 | 06 |



| | | | | |
|------------------|---|-----------|-----------|-----------|
| August | Unit-2 Planning Age Appropriate Physical Activities Session- 3- Manage Class Cricket Project Employability Skill – Unit 02 Session 01-Introduction to Self-Management Session 02- Strength and Weakness Analysis Session 03- Self-Confidence Session 04- Positive Thinking Session 05-Personal Hygiene Session 06- Grooming | 16 | 04 | 04 |
| September | Revision for Half-Yearly Exam Unit -3 Organising Age Appropriate Physical Activities Session-1- Identify Game For Everyday Activities Session -2 Organize Sports Activities Employability Skill – Unit-03 Session 01- Introduction to ICT Session 02-ICT Tools- Smart phones and Tablets-I Session -03- Smart phones and Tablets-II Session 04-Parts of Computer Peripherals Half-Yearly Exam | 14 | 06 | 04 |
| October | Unit-4- Children Health & Safety Session-1-Demonstrate The Knowledge Of Child Health And Habits Kabaddi Project Employability Skill – Unit-03 Session 05-Basic Computer operations Session 06-Performing Basic File Operations Session 07-Communication and Networking-Basic of Internet Session 08-Communication and Networking-Internet Browsing | 14 | 04 | 06 |
| November | Revision for SAT-II Exam Unit-4- Session-2- Describe The Various Aspects Of Safety Management And Emergency Response First-Aid Project Employability Skill – Unit-03- Session 09-Communication and Networking Introduction to E-mail Session 10- Creating E-mail account Session 11-Writing of an E-mail Session 12-Receiving and Replying to emails | 12 | 05 | 07 |



| | | | | |
|-----------------|---|-----------|-----------|-----------|
| December | Project Of Tournament And Its Type Employability Skill – Unit 04- Session 01- What is Entrepreneurship Session 02- Role of Entrepreneurship Session 03-Qualities of a successful Entrepreneur | 15 | 03 | 06 |
| January | Winter Vacation: 1st to 15th January Project Of Football Revision Of Unit-1 Or 2 Employability Skill – Unit-04- Session 04-Distinguishing Characteristics of Entrepreneurship and Wage Employment Session 05-Types of Business Activities Session 06-Product,Service and Hybrid Businesses Session 07-Entrepreneurship Development Process | 10 | | 02 |
| February | Revision Of Unit 3 OR 4 SAT-III Exam Annual Practical Exam Employability Skill – Unit-05- Session 01-Society And Environment Session 02-Conserving And Natural Resources Session 03- Sustainable Development And Green Economy | | 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 (2024-25)

Class- 9th

Code: PSR 971

Subject: Physical Education

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, 3 Fill in the Blanks Questions, 4 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 | 3 | Internal options will be given in all the questions | 15 |
| Total | | 30 | | 60 |