



BOARD OF SCHOOL EDUCATION HARYANA

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

Class- 12th

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 10 marks each.
- ii) One activity of 15 marks.
- iii) Practical record of 10 marks.
- iv) Viva-voce 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%	- 05marks



Course Structure (2025-26)

Class- 12th

Code: PSR 971

Subject: Physical Education(NSQF)

Unit. No.	Vocation Skill Unit Name	Unit Marks
1.	Assessment of Students	18
2.	Emergency Management	14
3.	Health and Hygiene in Play Area	18
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: Assessment of Students

- 1 Describe the various types of assessment and purpose of evaluation
- 2 Qualitative and quantitative assessment
- 3 Organise assessment and evaluation of students

Unit 2: Emergency Management

- 1 Describe emergency response
2. Identify and respond to emergencies in play field
3. Prepare an emergency action plan

Unit 3:- Health and Hygiene in Play Area

- 1 Demonstrate knowledge about players health
- 2 Describe The Hygiene And Health In Play Area
- 3 Storage Area For Cleaning Equipment
- 4 Safe Disposal System For Waste

Employability Skill

Unit 1: Communication Skills

Session 1: Active Listening

Session 2: Parts of Speech

Session 3: Writing Sentences

Unit 2: Self-Management Skills

Session 1: Motivation and Positive Attitude

Session 2: Result Orientation

Session 3: Self - Awareness

Unit 3: Information and Communication Technology Skills

Session 1: Getting Started with Spreadsheet

Session 2: Performing Basic Operations in a Spreadsheet

Session 3: Working with data and Formatting text

Session 4: Advanced features in spreadsheet

Session 5: Presentation Software

Session 6: Opening, closing , saving and printing a presentation

Session 7: Working with slides and Text in a Presentation

Session 8: Advanced features in Presentation

Unit 4: Entrepreneurship Skills

Session 1: Entrepreneurship and Entrepreneur

Session 2: Barriers to Entrepreneurship

Session 3: Entrepreneurial attitudes

Session 4: Entrepreneurial competencies

Unit 5: Green Skills

Session 1: Green Jobs

Session 2: Importance of Green jobs

Practical's: -

1. Athletic
2. Football
3. Yoga
4. Basketball
5. First Aid
6. Volleyball



Month wise NSQF Syllabus Teaching Plan (2025-26)

Class- 12th

Code: PSR 971

Subject: Physical Education

Month	Subject- Content	Teaching Periods	Revision Periods	Practical Work
April	<u>Vocational Skill</u> : - Assessment of Students Session 1- 1 Describe the various types of assessment and purpose of evaluation <u>Employability Skill</u> : - Motivation and Introduction to NSQF Subjects.	16	6	2
May	<u>Vocational Skill</u> . Unit 1: Session-2 Qualitative and quantitative assessment Session-3 Organise assessment and evaluation of students <u>Employability Skill</u> . Unit 1: Communication Skills Session 1: Active Listening Session 2: Parts of Speech Session 3: Writing Sentences	16	5	3
June	Summer Vacation& Revision of previous topic Project-First-aid			
July	<u>Vocational Skill</u> . Unit-2-Emergency.Management Session-1 Describe emergency response <u>Employability Skill</u> . Unit 2: Self-Management Skills Session 1: Motivation and Positive Attitude Session 2: Result Orientation	12	6	6
August	<u>Vocational Skill</u> . Unit 2:Emergency.Management Session-2Identify and respond to emergencies in play field Project -Athletic Track <u>Employability Skill</u> . Unit 2: Self-Management Skills Session 3: Self - Awareness	16	4	4



September	Vocational Skill .	14	6	4
	Unit 2:- Emergency Management Session-3. Prepare an emergency action plan Project Basketball <u>Employability Skill.</u> Unit 3: Information and Communication Technology Skills Session 1: Getting Started with Spreadsheet Session 2: Performing Basic Operations in a Spreadsheet			
October	<u>Vocational Skill.</u>	14	4	6
	Unit 3: Health and Hygiene in Play Area Session-1. Demonstrate knowledge about players health Project VOLLEYBALL <u>Employability Skill.</u> Unit 3: Information and Communication Technology Skills Session 3: Working with data and Formatting text Session 4: Advanced features in spreadsheet Session 5: Presentation Software Session 6: Opening, closing ,saving and printing a presentation Session 7: Working with slides and Text in a Presentation Session 8: Advanced features in Presentation			
November	<u>Vocational Skill.</u>	12	6	6
	Unit 3: Health and Hygiene in Play Area Session-2 .DESCRIBE THE HYGIENE AND HEALTH IN PLAY AREA Session-3 .STORAGE AREA FOR CLEANING EQUIPMENT <u>Employability Skill.</u> Unit 4: Entrepreneurship Skills Session 1: Entrepreneurship and Entrepreneur Session 2: Barriers to Entrepreneurship.			
December	<u>Vocational Skill.</u>	13	6	5
	Unit 3-Health and Hygiene in Play Area Session-4.SAFE DISPOSAL SYSTEM FOR WASTE <u>Employability Skill.</u> Unit 4: Entrepreneurship Skills Session 3: Entrepreneurial attitudes Session 4: Entrepreneurial competencies			



January	<u>Vocational Skill.</u> REVISION UNIT -1 OR 2 PROJECT- KHO-KHO <u>Employability Skill.</u> Unit 5: Green Skills Session 1: Green Jobs	10		4
February	<u>Vocational Skill.</u> Revision Unit-3 Project - Cricket <u>Employability Skill.</u> Unit 5: Green Skills Session 2: Importance of Green jobs Revision of Complete Syllabus.		14	10
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.
- The NCERT textbook present information in boxes the book. These help students to get conceptual clarity. However, the information in these boxes would not be assessed in the year-end examination.
- LEARNING OUTCOMES BASED VOCATIONAL CURRICULUM PSSCIVE,BHOPAL
- EMPLOYABILITY SKILL TEXTBOOK NCERT



NSQF Question Paper Design (2025-26)

Class- 12th

Code: PSR 971

Subject: Physical Education(NSQF)

Time 2 Hours 30 Minutes

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

Type of Question	Marks	Number	Description	Total Marks
Objective Type Question	1	15	6 Multiple Choice Questions, 3 Fill in the Blanks Questions, 3 One Word Answer Type Questions, 3 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 Type Question	5	3	Internal option will be given in Essay Type question.	15
Total		30		60

