



# **BOARD OF SCHOOL EDUCATION HARYANA**

## **Syllabus and Chapter wise division of Marks (2023-24)**

**Class- 9<sup>th</sup>**

**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:**

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 (2023-24)

Class- 9<sup>th</sup>

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: Organizing 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 (2023-24)

Class- 9<sup>th</sup>

Code: PSR 971

**Subject: Physical Education**

Month	Subject- content	Teaching Periods	Revision Periods	Practical Work
<b>April</b>	<b>Physical Education &amp; Sports– Unit-1 Role Of Physical Education In Child Development</b> Session:- 1-Identify The Physical And Emotional Needs Of The Children <b>Employability Skill-</b>	<b>16</b>	<b>6</b>	<b>2</b>
<b>May</b>	<b>Unit -1 –</b> Session-2- Identify Factors Influencing Physical Activities Session-3-Plan Physical Activity Session -4-Conduct Physical Activities <b>Employability Skill – Unit-01</b> Session 01- Introduction to communication Session 02-Verbal Communication Session 03- Non-Verbal Communication Session 04-Writing Skills Parts of speech	<b>16</b>	<b>5</b>	<b>3</b>
<b>June</b>	<b>Summer Vacation&amp; Revision of Previous topic and make Project Volleyball</b>			
<b>July</b>	<b>Revision For SAT-I Exam</b> <b>Physical Education&amp; Sports– Unit-2</b> <b>Planning Age Appropriates Physical Activities</b> Session-1 Plan Activity For Increasing Physical Strength And Coordination Session-2 Plan Activities For Developing Cognitive Skills <b>Employability Skill – Unit-01</b> 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	<b>12</b>	<b>06</b>	<b>06</b>





<b>August</b>	<b>Unit-2 Planning Age Appropriats Physical Activities</b> Session- 3- Manage Class Cricket Project <b>Employability Skill – Unit 02</b> 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	<b>16</b>	<b>04</b>	<b>04</b>
<b>September</b>	<b>Revision for Half-Yearly Exam</b> <b>Unit -3 Organiging Age Appropriate Physical Activities</b> Session-1- Identify Game For Everyday Activities Session -2 Organize Sports Activities <b>Employability Skill – Unit-03</b> Session 01- Introduction to ICT Session 02-ICT Tools- Smartphones and Tablets-I Session -03- Smartphones and Tablets-II Session 04-Parts of Computer Pheripherals Half-Yearly Exam	<b>14</b>	<b>06</b>	<b>04</b>
<b>October</b>	<b>Unit-4- Children Health &amp; Safety</b> Session-1-Demonstrate The Knowledge Of Child Health And Habits Kabaddi Project <b>Employability Skill – Unit-03</b> 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	<b>14</b>	<b>04</b>	<b>06</b>
<b>November</b>	<b>Revision for SAT-II Exam</b> <b>Unit-4-</b> Session-2- Describe The Various Aspects Of Safety Management And Emergency Response First-Aid Project <b>Employability Skill – Unit-03-</b> 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	<b>12</b>	<b>05</b>	<b>07</b>



<b>December</b>	<b>Project Of Tournament And Its Type</b> <b>Employability Skill – Unit 04-</b> Session 01- What is Entrepreneurship Session 02- Role of Entrepreneurship Session 03-Qualities of a successful Entrepreneur	<b>15</b>	<b>03</b>	<b>06</b>
<b>January</b>	<b>Winter Vacation: 1<sup>st</sup> to 15<sup>th</sup> January</b> Project Of Football Revision Of Unit-1 Or 2 <b>Employability Skill – Unit-04-</b> 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	<b>10</b>		<b>02</b>
<b>February</b>	<b>Revision Of Unit 3 OR 4</b> <b>SAT-III Exam</b> <b>Annual Practical Exam</b> <b>Employability Skill – Unit-05-</b> Session 01-Society And Environment Session 02-Conserving And Natural Resources Session 03- Sustainable Development And Green Economy		<b>12</b>	<b>12</b>
<b>March</b>	<b>Annual Examination</b>			

**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(2023-24)

Class- 9<sup>th</sup>

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