



# **BOARD OF SCHOOL EDUCATION HARYANA**

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

**Class- 10<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-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:**

<b>75% to 80%</b>	<b>- 01 marks</b>
<b>Above 80% to 85%</b>	<b>- 02 marks</b>
<b>Above 85% to 90%</b>	<b>- 03 marks</b>
<b>Above 90% to 95 %</b>	<b>-04 marks</b>
<b>Above 95%</b>	<b>-05 marks</b>



# Course Structure (2024-25)

Class- 10<sup>th</sup>

Code: PSR 971

**Subject: Physical Education**

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
<b>Unit. No.</b>	<b>Employability Skill Units</b>	<b>Unit Marks</b>
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 (2024-25)

Class- 10<sup>th</sup>

Code: PSR 971

**Subject: Physical Education**

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



<b>September</b>	<b>Vocational Skill</b> Unit 3 Free Play Session 1,2 <b>Employability Skill</b> Unit 2 self-Management Skills Session 5 Unit 3 ICT Session 1,2,3	14	06	04
<b>October</b>	<b>Vocational Skill</b> Unit 3 Free Play Session 3 <b>Employability Skill</b> Unit 3 Unit 3 ICT Session 4 Unit 4 Entrepreneurship Skill Session 1,2	14	04	06
<b>November</b>	<b>Vocational Skill</b> Unit 4 Monitoring And Inventory Management <b>Session 1 Employability Skill</b> Unit 4 Entrepreneurship Skill Session 3,4 Project – Cricket	12	05	07
<b>December</b>	<b>Vocational Skill</b> Unit 4 Monitoring And Inventory Management Session 2 <b>Employability Skill</b> Unit 5 Green Skill Session 1,2	15	03	06
<b>January</b>	Winter Vacation: 1st to 15th January Revision PROJECT- KHO-KHO	08	02	02
<b>February</b>	<b>Revision of complete syllabus</b>		12	12
<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 (2024-25)

Class- 10<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, 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