

कक्षा दसवीं
विषय शारीरिक शिक्षा(REVISED)
पाठ्यक्रम

मास	पुस्तक का नाम	विषय-वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल	पाठ्यक्रम के अनुसार	Part-A :Environmental Health Part-B : Running Events, Yoga	8	2	6
मई		Part-A: Food and Nutrition Part-B: Boxing, Netball, Swimming	8	2	6
जून ग्रीष्माकालीन अवकाश 1 जून से 30 जून तक					
जुलाई		Part-A: National and International Sports: Asian games, ancient Olympic, Modern Olympic and yoga. Part-B: All games due to sports competition at District Level	8	2	6
अगस्त		Part-A: National Integration: Patriotism, National Flag, National Anthem and festival. Part-B: All games due to sports competition at Districts and state level.	8	2	6
सितम्बर		Revision			
अक्तूबर		Part-A: Communicable diseases and their immunization. Part-B: Judo, Cricket, Hockey, Football	8	2	6
नवम्बर		Part-A: Preliminary knowledge of body system. Part-B: Wrestling, Out door games.	8	2	6
दिसम्बर		Part-A: Importance of competition in games & sports. Part-B: Gymnastic, Weight lifting.	8	2	6
शीतकालीन अवकाश 22 दिसम्बर से 31 दिसम्बर					
जनवरी		Part-A: Women and their sports participation. Part-B: Table Tennis, Badminton	8	2	6
फरवरी		Revision	8	2	6
मार्च		Exam			

Note: topic/sub-topic deleted detail is as under:

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| Chapter | :Environmental Health |
| | - Environment of a School keeping in view of Health. |
| | - Role of an individual in promotion of Environment. |
| Chapter | Food and Nutrition |
| | - Meaning of Malnutrition |
| | - Diseases due to malnutrition |
| Chapter. | National and International Sports: |
| | - Asian Games |
| | - Indian Olympic Association |
| Chapter | National Integration: Patriotism, |
| | - Role of physical education in society for brotherhood and peace. |
| Chapter | Communicable diseases and their immunization. |
| | - Immunity Power |
| Chapter | Preliminary knowledge of body system. |
| | -Glandular system, Excretory system and Reproductive system. |
| Chapter | Importance of competition in games & sports. |
| | - Type of Tournaments |
| Chapter | Women and their sports participation. |
| | -Anatomical, Physiological and Psychological Differences among Males and Females. |