



BOARD OF SCHOOL EDUCATION HARYANA

Syllabus and Chapter wise division of Marks (2026-27)

Class- 9th Subject: Physical Education(NSQF) Code: PSR 971

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 (2026-27)

Class- 9th

Code: PSR 971

Subject: Physical Education(NSQF)

Unit. No.	Unit Name	Unit Marks
1	Role Of Physical Education In Child Development	13
2	Age Appropriate Physical Activities	12
3	Organising Physical Fitness and Sports Activities	12
4	Childrens Health And Safety	13
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

- Session 1: Physical And Socio-Emotional Needs Of Children
- Session 2: Factors Influencing Physical Activities
- Session 3: Planning Physical Activities
- Session 4: Conduct Physical Activities

Unit 2: Age Appropriate Physical activities

- Session 1: Developing Engaging Physical Activities for Different Age Groups
- Session 2: Class Management

Unit 3: Organising Physical Fitness and Sports activities

- Session 1: Organising Physical Fitness and Activities
- Session 2: Organising Sports Activities

Unit 4: Childrens Health And Safety

- Session 1: Everyday Health: Hygienic Habits for Children
- Session 2: Growing Strong: The Importance of Nutrition

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 (2026-27)

Class- 9th

Code: PSR 971

Subject: Physical Education(NSQF)

Month	Subject- content	Teaching Periods	Revision Periods	Practical Work
April	Physical Education & Sports– Unit-1 Role Of Physical Education In Child Development Session 1:Physical And Socio-Emotional Needs Of Children Employability Skill-	16	6	2
May	Unit -1 – Session 2: Factors Influencing Physical Activities Session3: Planining Physical Activities 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 Age Appropiates Physical Activites Session 1: Developing Engaging Physical Activities for Different Age Groups Session 2: Class Management 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-3 Organising Physical Fitness and Sports Activities Session 1: Organizing Physical Fitness and Activities 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 Physical Fitness and Sports Activities Session-2- Organising 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- Childrens Health & Safety Session 1: Everyday Health: Hygienic Habits for Children 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- Childrens Health & Safety Session 2: Growing Strong: The Importance of Nutrition 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 (2026-27)

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