

QUESTION PAPER DESIGN

Subject	:	PHYSICAL EDUCATION AND SPORTS
Level	:	1
Class	:	9th
Time	:	2 Hrs. 30 Minutes
Marks	:	60

1. Weightage to Objectives:

Objective	K	U	A + S	Total
Percentage of Marks	40%	30%	30%	100%
Marks	24	18	18	6

2. Weightage to form of Questions:

Forms of Questions	E	SA	VSA/O	O	Total
No. of Questions	2 (6*2)	10 (10*2)	7 (7*1)	21 (21*1)	40
Marks Allotted	12	20	7	21	60
Estimated Time	40 min	50 min	18 min	42 min	150 min

3. Weightage to Content:

			<u>Marks</u>
1	UNIT - 1	ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT.	12
2	UNIT - 2	PLANNING AGE APPROPRIATE PHYSICAL ACTIVITY.	13
3	UNIT - 3	ORGANISING AGE APPROPRIATE PHYSICAL ACTIVITIES.	13
4	UNIT - 4	CHILDREN HEALTH AND SAFETY.	12
5	Employability Skills		10

Total = 60

4. Scheme of Sections :

X X X

5. Scheme of Sections :

Option of Internal Choice in essay type questions

6. Difficulty level :

Difficult : 10 % marks
 Average : 50 % marks
 Easy : 40 % marks

Abbreviations: K (Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type)

QUESTION PAPER DESIGN

A. I. Subject : Phy Edu & Sports
Paper : Theory
Level : 2
Class : X
Time : 2 Hrs.
Marks : 60

Weightage to Objectives:

Objective	K	U	A	S	Total
Percentage of Marks	40%	30%	20%	10%	100%
Marks	24	18	12	06	60

Weightage to form of Questions:

Forms of Questions	E	SA	VSA	O	Total
No. of Questions	2 (6 each)	13 (2 each)	7 (1 each)	15 (1 each)	37
Marks Allotted	12	26	7	15	60
Estimated Time	40	50	18	42	150 mints

***10 minutes for paper reading**

Weightage to Content:

	<u>Marks</u>
1. UNIT -1 Role and Responsibilities of Early Years Physical Activity Facilitator	13
2. UNIT -2 Assessment and Evaluation of Students	12
3. UNIT -3 Free-play.	12
4. UNIT -4 Monitoring and Inventory Management.	13
5. EMPLOYABILITY SKILL	10
Total =	60

Scheme of Sections : X X X
Scheme of Sections : Option of Internal Choice in essay type questions
Difficulty level : Difficult : 10 % marks
 Average : 50 % marks
 Easy : 40 % marks

Abbreviations: K (Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type)

QUESTION PAPER DESIGN

A. I. Subject	:	Phy. Edu. & Sports
Paper	:	Theory
Level	:	3
Class	:	X1
Time	:	2.30 Hrs.
Marks	:	60

Weightage to Objectives:

Objective	K	U	A	S	Total
Percentage of Marks	40%	30%	20%	+ 10%	100%
Marks	24	18	12	+ 06	60

Weightage to form of Questions:

Forms of Questions	E	SA	VSA	O	Total
No. of Questions	2 (6 each)	13 (2 each)	7 (1 each)	15 (1 each)	37
Marks Allotted	12	26	7	15	60
Estimated Time	40	50	18	42	150 mints

*10 minutes for paper reading

Weightage to Content:

	<u>Marks</u>
1. UNIT -1 : Role of Physical Education in Child Development.	13
2. UNIT -2 Prop and Equipment.	12
3. UNIT -3 Hygiene and Safety.	12
4. UNIT -4 Sports and Fitness.	13
5. EMPLOYABILITY SKILL	10
	Total = 60

Scheme of Sections :	<u> X X X </u>
Scheme of Sections :	Option of Internal Choice in essay type questions
Difficulty level :	Difficult : <u>10 %</u> marks
	Average : <u>50 %</u> marks
	Easy : <u>40 %</u> marks

Abbreviations: K (Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type)

BOARD OF SCHOOL EDUCATION HARYANA, BHIWANI

(AN ISO 9001:2015 CERTIFIED ORGANISATION)

Hansi Road, Bhiwani (Haryana) - 127021

QUESTION PAPER DESIGN (Session 2021-22)

Subject : PHY. EDU. AND SPORTS
Level : 4
Class : 12th
Time : 2 Hrs. 30 Minutes
Marks : 60

1. Weightage to Objectives:

Objective	K	U	A + S	Total
Percentage of Marks	40%	30%	30%	100%
Marks	24	18	18	60

2. Weightage to form of Questions:

Forms of Questions	E	SA	VSA/O	O	Total
No. of Questions	2	9	15	15	41
Marks per Questions	6	2	1	1	10
Marks Allotted	12	18	15	15	60
Estimated Time	40 min	36 min	44 min	30 min	150min

3.

Sr No	Weightage to Content:	Marks
1	UNIT 1: ASSESSMENT OF STUDENTS	16
2	UNIT 2: EMERGENCY MANAGEMENT	16
3	UNIT 3: HEALTH AND HYGIENE IN PLAY AREA	18
4	EMPLOYABILITY SKILL	10
	Total	60

4. Scheme of Sections :

X X X

5. Scheme of Sections :

Option of Internal Choice in essay type questions

6. Difficulty level :

Difficult : 10 % marks

Average : 50 % marks

Easy : 40 % marks

Abbreviations: K (Knowledge), U (Understanding), A (Application), S (Skill), E (Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), O (Objective Type)

Board of School Education, Haryana

CURRICULUM FOR SESSION 2021-22

Subject : Physical education and sports

Level : 1

Class : 9th

Employability Skills

Unit	Unit Name	Deleted Portion (SESSION/ SUB-UNIT)
Unit 1	Communication Skills	Session 7: Greetings and Introduction Session 8: Talking about Self Session 9: Asking Questions I Session 10: Asking Questions II
Unit 2	Self-Management Skills	Session 5: Personal Hygiene Session 6: Grooming
Unit 3	Information and Communication Technology Skills	Session 9: Communication and Networking — Introduction to e-mail Session 10: Communication and Networking — Creating an e-mail Account Session 11: Communication and Networking — Writing an e-mail Session 12: Communication and Networking — Receiving and Replying to e-mails
Unit 4	Entrepreneurship Skills	Session 7: Entrepreneurship Development Process
Unit 5	Green Skills	Session 1: Society and Environment

Subject - Physical education and sports

Unit	Unit Name	Deleted Portion (SESSION/ SUB-UNIT)
Unit 1	Role of Physical Education in Child Development	Session - 4. Conduct physical activities
Unit 2	Planning Age Appropriate Physical Activity	Session 2. Plan activities for developing cognitive skills
Unit 3	Organizing Age Appropriate Physical Activities	Session - 2. Organize sport activities
Unit 4	Children Health and Safety	Session -2. Describe the various aspects of safety management and emergency response

Note- To be assessed in Practical only. No question shall be asked from this portion in Theory Exams

Board of School Education, Haryana

CURRICULUM FOR SESSION 2021-22

Subject : Physical education and sports

Level : 2

Class : 10th

Employability Skills

Unit	Unit Name	Deleted Portion (SESSION/ SUB-UNIT)
Unit-1	Communication Skills	Session 6: Writing Skills — Parts of Speech Session 7: Writing Skills — Sentences
Unit-2	Self-management Skills	Session 4: Self-regulation — Goal Setting Session 5: Self-regulation — Time Management
Unit-3	Information and Communication Technology Skills -	Session 4: Computer Security and Privacy
Unit-4	Entrepreneurial Skills	Session 3: Myths about Entrepreneurship Session 4: Entrepreneurship as a Career Option
Unit-5	Green Skills	-

Subject - Physical education and sports

Unit	Unit Name	Deleted Portion (SESSION/ SUB-UNIT)
Unit-1	Role and Responsibilities of Early Years Physical Activity Facilitator	SESSION - 2. Describe the various activities to be conducted by the physical activity facilitator.
Unit-2	Assessment and Evaluation of Students	SESSION - 2. Prepare assessment report and provide feedback
Unit-3	Free-play	SESSION - 3. Demonstrate the knowledge of rehabilitation through free-play.
Unit-4	Monitoring and Inventory Management	SESSION - 2. Manage props and equipment.

Note- To be assessed in Practical only. No question shall be asked from this portion in Theory Exams

Board of School Education, Haryana

CURRICULUM FOR SESSION 2021-22

Subject : Physical education and sports

Level : 3

Class : 11th

Employability Skills

Unit	Unit Name	Deleted Portion (SESSION/ SUB-UNIT)
Unit-1	Communication Skills	Session 11: Asking Questions Session 12: Talking about Family Session 13: Describing Habits and Routines Session 14: Asking for Directions
Unit-2	Self-management Skills	Session 6: Self-motivation Session 7: Goal Setting Session 8: Time Management
Unit-3	Information and Communication Technology Skills	Session 6: Inserting Lists, Tables, Pictures, and Shapes Session 7: Header, Footer and Page Number Session 8: Tracking Changes in LibreOffice Writer
Unit-4	Entrepreneurial Skills	Session 5: Coming Up with a Business Idea Session 6: Understanding the Market Session 7: Business Planning
Unit-5	Green Skills	Session 4: Government and Private Agencies

Subject - Physical education and sports

Unit	Unit Name	Deleted Portion (SESSION/ SUB-UNIT)
Unit-1	ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	SESSION -3. Plan physical activities for children.
Unit-2	PROPS AND EQUIPMENT.	SESSION - 3. Describe the process of inspection of playfield.
Unit-3	Hygiene AND SAFETY	SESSION 3 : Describe emergency response and Causality management.
UNIT -4	SPORTS AND FITNESS	SESSION -2. Identify resources required for Organizing sports competition

Note- To be assessed in Practical only. No question shall be asked from this portion in Theory Exams

Board of School Education, Haryana

CURRICULUM FOR SESSION 2021-2022

Subject : PHYSICAL EDUCATION AND SPORTS

Level : 4

Class : 12th

Employability Skills

Unit	Unit Name	Due to Covid-19 this 30% Reduce from Syllabus (SESSION/ SUB-UNIT)
UNIT 1	Communication Skills- IV	Session- 2 Demonstrate basic writing skills.
UNIT 2	Self-management Skills – IV	NIL
UNIT 3	Information and Communication Technology Skills - IV	Session- 2. Prepare presentation using presentation application.
UNIT 4	Entrepreneurial Skills –IV	Session - 2. Demonstrate the knowledge of self-assessment of behavioral competencies.
UNIT 5	Green Skills – IV	NIL

Subject Specific Skills (Phy. Edu. And Sports)

Unit	Unit Name	Reduce 30% Syllabus (SESSION/ SUB-UNIT)
UNIT 1	Assessment of Students	Session- 3, Organize assessment and evaluation of students
UNIT 2	Emergency Management	Session- 3, Prepare an emergency action plan
UNIT 3	Health and Hygiene in Play Area	Session- 1. Demonstrate knowledge about players health
UNIT 4	NA	NA