ICSE

YEAR 2027

INDIAN CERTIFICATE OF SECONDARY EDUCATION EXAMINATION

PHYSICAL EDUCATION

(72)

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Council for the Indian School Certificate Examinations (CISCE)

MISSION STATEMENT

The Council for the Indian School Certificate Examinations is committed to serving the nation's children, through high quality educational endeavours, empowering them to contribute towards a humane, just and pluralistic society, promoting introspective living, by creating exciting learning opportunities, with a commitment to excellence.

ETHOS OF CISCE

- Trust and fair play.
- Minimum monitoring.
- Allowing schools to evolve their own niche.
- Catering to the needs of the children.
- Giving freedom to experiment with new ideas and practices.
- Diversity and plurality - the basic strength for evolution of ideas.
- Schools to motivate pupils towards the cultivation of:
  Excellence - The Indian and Global experience.
  Values - Spiritual and cultural - to be the bedrock of the educational experience.
- Schools to have an 'Indian Ethos', strong roots in the national psyche and be sensitive to national aspirations.

CLASS X

*There will be **one** written paper of **two hour**s duration carrying 100 marks and Internal Assessment of 100 marks.*

PART 1: THEORY - 100 Marks

SECTION A

1. Human Growth and Development

(i) Growth and Development

Meaning of growth and development and difference between the two.

A brief understanding of the Stages: Infancy (0 to 5 years), Childhood (5 to 12 years), Adolescence (12 to 19 years), Adulthood (19 to 65 years and above)

(ii) Factors that influence Human Growth and Development

Hereditary, Environmental, Gender, Nationality, Nutrition.

2. Physical Education

(i) Meaning of Physical Education

(ii) Objectives of Physical Education

Physical development, Psychological development, Social development, Emotional development.

3. Body types

Endomorph, Mesomorph, Ectomorph.

4. Physical Fitness

(i) Meaning of Physical fitness and its importance.

(ii) Components of Physical Fitness.

Cardiovascular/respiratory endurance, Stamina, Strength, Flexibility,

Power, Speed, Coordination, Agility, Balance, Accuracy.

(iii) Factors affecting Physical Fitness.

Hereditary, Nutrition, Environment, Training (facilities and methods), Illness, Self-motivation, Emotional stability, Lifestyle, Posture.

5. Sports Training

(i) Meaning of Sports training.

(ii) Importance of sports training and its objectives.

Builds up strength and endurance, Improves skill levels, Builds motivation, ambition and confidence, Improves knowledge of the their sport, Increases muscle tone, Facilitates good circulation, Improves agility and flexibility, Improves the rate of waste product disposal, Speeds up recovery time, More resistant to injury and illness, Improves concentration, Increases self-esteem.

(A brief understanding)

(iii) Principles of Sports Training.

Individuality, Specificity, Progression, Overload, Adaptation, Recovery, Reversibility, Variance, Frequency, Continuity, Active participation, Periodization, Intensity.

A brief understanding of the above.

6. Safety in Sports

(i) Sports related injuries.

Muscle strain/Pulled muscle, Torn ACL (anterior cruciate ligament), Torn MCL (medial collateral ligament), Shin splints, Stress fracture, Fracture, Plantar fasciitis, sprained ankle, Tennis elbow, Low back pain, Hip Bursitis, Concussion, Achilles tendonitis, Runner's knee.

*A brief understanding of the sports injuries and **first aid** for these injuries.*

(ii) Prevention of injuries.

Warming up and cooling down to be done; fitness of the participant; use of correct equipment and maintaining equipment; Proper knowledge of rules of the game/ sport; Wearing the recommended protective gear; importance of resting between workouts; supervision of coach / teacher; proper training of skills and techniques; safe facilities.

7. Health Education

(i) Meaning and Importance of Health Education

(ii) Nutrition

Meaning of Nutrition and balanced diet. Balanced Diet - basic constituents, functions and sources: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water, Fiber;

A brief understanding of malnutrition - undernutrition and overnutrition.

(iii) Dietary modification for Sportsperson

Calories (carbohydrates; Proteins; Vitamins; Fluid; Salts (sodium etc.)

(iv) Meal planning guidelines for various physical activities with sample menus.

8. Careers in Physical Education

Various career options in Physical Education.

Coach, Physical Education Teachers, professional sportsperson, Sports management, Commentators, Officials.

A brief understanding of the above.

SECTION B

Candidates will be required to answer questions on any **two** of the following **team games**.

Cricket, Football, Hockey, Basketball, Volleyball, Badminton.

The details for each game are given below:

CRICKET

1. Knowledge of the game

2. Rules of the game

The Field of play: Diagram of the cricket field and pitch with measurements and specifications; The Ball (Shape, Material, Circumference, Weight); The Bat (Length, Width, Material); Stumps and bails (Height, Width); The Players (Number of players (playing eleven and substitutes); Substitutions; The Players' Equipment; Compulsory equipment; Types of matches (One day, Five days, Four days and T20); Officials and their duties (2 field umpires, 1 third umpire, 1 match referee and 2 scorers); The Ball in and out of Play; Ways of a batsman getting out

3. Fundamental skills and technique

Batting (On drive, Off drive, Square cut and Leg glance); Fielding (Close catching, Catching 'In the outfield', Long barrier and Throwing); Bowling (In swing, Out swing, Yorker and Full toss); wicket-keeping (Footwork, Catching the ball, and Diving)

4. Terminology

Maiden over, Hat trick, Extra,
Dead rubber, Seam bowling, Over,
No ball, Bouncer, Sight screen,
Bump ball, Danger area, Power play,
Overthrow, Declaration, Appeal,
Bodyline Bowling, Dot ball, Substitute,
Dead ball, Ball-tampering, Century,
Follow-on, Golden duck, Nick,
Nightwatchman, Tailender, Pull shot,
Innings defeat, Cover drive, Innings,
Straight drive, Sweep shot, Hook shot,
Reverse sweep, Upper cut, Late cut,
Leg glance, Pull shot, Flick shot,
Beamer, Off cutter, Leg cutter,
Short pitch, Full length delivery,
Reverse swing,

5. National and International governing bodies of Cricket

BCCI - Board of Control for Cricket in India

ICC - International Cricket Council

6. National and International tournaments

National Tournament: Ranji Trophy, Duleep Trophy, Vijay Hazare Trophy, Deodhar Trophy, Irani Trophy, Indian Premier League.

International Tournaments: ICC Cricket World Cup, ICC champions Trophy, ICC World T20, World Cricket League.

FOOTBALL

1. Knowledge of the game

2. Laws of the game

The Field of play: Diagram of the Field with Measurements and Specifications, Height and Width of Goalpost, Height of Corner flags

The Ball: Shape, Material, Circumference, weight, Air pressure

The Players: Number of players (playing eleven and substitutes), Number of substitutions allowed in a match, Substitution procedure

The Players' Equipment, Compulsory Equipment

The Referee: Powers and Duties, Compulsory Equipment, Referee signals

Other match officials: Assistant Referees: Duties and Signals; Fourth official: Duties; Additional assistant referee: Duties; Reserve assistant referee: Duties

The Duration of the Match: Periods of play, Half-time interval, Allowance for time lost, Penalty kick, Abandoned match

The Start and Restart of Play: Kick-off and its Procedure (start, both halves, both halves of extra time and restarts play after a goal), Free kicks and its Procedure (Direct and Indirect), Penalty Kicks and its Procedure, Throw-in and its Procedure, Goal kicks and its Procedure, Corner Kicks and its Procedure

The Ball in and out of Play

Determining the outcome of a match: Goal scored, Winning team, Kicks from the penalty mark

Offside: Offside position, Offside offence, No offence

Fouls and Misconduct: Direct free kick, Indirect free kick, Disciplinary action (Yellow card and Red card), Restart of play after fouls and misconduct

3. Fundamental Skills and Technique

Passing (Short pass and Long pass); Trapping (Step trap, Inside trap, Thigh trap, Chest trap and Head trap); Shooting (Instep, Swerve shot, Chip and toe punt); Dribbling; Receiving; Heading; Tackle; Goalkeeping.

4. Terminology

Advantage, Zonal marking, Sliding Tackle, Through pass, Quarter Circle, Man-to-Man Marking, Additional time, Extra time, Nutmeg, One-on-one, Step over, Technical area, Volley, Half Volley, Attacker, Defender, Chip, Cross, Overlap, Lob, Banana Kick, Bicycle Kick, Wall Pass, Goal line technology (GLT)

5. National and International Governing Bodies

AIFF - All India Football Federation

FIFA - Federation Internationale de Football Association

IFAB - International Football Association Board

6. National and International Tournaments

National Tournaments: Santosh Trophy, Subroto Cup, Federation Cup, Durand Cup, I – League

International Tournaments: FIFA World Cup, UEFA European Championship, AFC Cup

HOCKEY

1. Knowledge of the game

2. Rules of the game

Field of play: Diagram of the Field with Measurements and Specifications

Composition of teams: Number of Players, Substitution rule for Field players and Goalkeepers

Captains: Identity and Responsibility

Players' clothing and equipment: Uniform and equipment of Field Players, Goalkeepers

Match and result: Duration of the match and half time, Result of match

Start and re-start of the match: Procedure of Start (centre pass) and Re-start (Bully, Free hit, Second half)

Ball outside the field: Procedure to re-start from different areas, side line, back line, after every goal

Method of scoring

Conduct of play: Players, Goalkeepers and Players with Goalkeeping Privileges; Umpires (Responsibilities of Umpires).

Penalties and procedures for taking penalties: Awarding: Free Hit, Penalty Corner and Penalty Stroke; Procedures: Free hit, Penalty corner, Penalty stroke.

Personal Penalties: Cautions (Verbal warning); Temporary suspension: Green Card - 2 minutes suspension, Yellow Card- 5 minutes suspension; Permanent suspension (Red Card).

3. Equipment Specifications

Field Equipment: Goal-post: (side board, back board and net); Flag post

Hockey Stick (Specification and Properties)

Ball: Shape, Material, Circumference, Weight, Colour

4. Fundamental Skills and Technique

Passing (Push, Drive and Sweep)

Trap (Upright stop & Flat stop)

Dribbling (Straight dribble, Loose dribble, Indian dribble, Dribbling pull back, One hand dribble: right hand and reverse side)

Shooting, Goalkeeping.

5. Terminology

Forehand, Back Stick, Obstruction, Hooking, Scoop, Advantage	Playing Distance, Dangerous Play, Raised Ball, Reverse stick, Flick,	Tackle, Field Goal, High Stick, Push, High ball,
Shooting circle,	Under cutting,	Jab,
Foot, ball,	Give-and-go, Centre pass,	Carry the Back pass,
Reverse hit, Long corner,	Rebound, Through pass,	Rusher, Stroke,
Cross,	16-yard hit,	

6. National and International Governing Bodies

FIH - Fédération Internationale de Hockey (French)

IHF - Indian Hockey Federation

7. National and International tournaments

National Tournaments: All India Gurmeet Memorial Hockey Tournament. Chandigarh, All India Chhatrapati Shivaji Hockey Tournament. Delhi, All India Indira Gold Cup Hockey Tournament, Jammu.

International Tournaments: Sultan Azlan Shah Hockey Tournament, World Hockey Cup, Champions Trophy.

BASKETBALL

1. Knowledge of the game

2. Rules and Regulations of the Game

Court: Diagram of the court with Dimensions and Specifications, Meaning of Court areas, lines, circle, semi-circle, position of the scorer's table and substitution chairs.

Equipment needed to conduct the game

Teams: Definition, Rules, Players uniform

Injured players

Captain and Coaches: Duties and powers

Duration of Play

Playing time, Tied score and Extra periods

Status of the ball: Ball Live, Ball Dead

Jump ball and Alternating possession: Jump ball: Definition, Procedure and Situations; Alternating possession: Definition and Procedure

How the ball is played: Definition and Rule

Control of Ball: Definition, Team Control: Continues and Ends

Goal: When made and its value, Definition, Rule of scoring

Throw-in, time-out, substitution: Definition, Rules and procedures.

Game Lost by Forfeit, default, violation: Rules and Penalty

Player out of bounce and Ball Out of Bounds: Definition and Rule

Dribbling: Definition, a dribble starts, a dribble ends, rule for dribbling

Travelling: Definition, Pivot

Closely Guarded Player: Definition and Rule

3 Seconds rule, 8 Seconds rule, 24 Seconds rule and procedure

Ball returned to backcourt: Definition, Rule and Penalty

Goaltending and Interference: Definition and rule; Meaning and penalty of Interference; Penalty for The Respective Violations

Fouls – Definition; Personal Foul, Double Foul - Definition and Penalty; Technical Foul: Rules of conduct, Violence, Definition and Penalty; Unsportsmanlike Foul, Disqualifying foul - Definition and Penalty

Fighting - Definition, Rule and Penalty; Penalty for the respective Fouls; Five fouls by a player; Team fouls: Definition and Rule.

Contact: General principles: Cylinder principle, Principle of verticality, Legal guarding position, Guarding a player who controls the ball, Guarding a player who **does not** control the ball, A player who is in the air, Screening (Legal and Illegal), Charging, Blocking, No charge semi-circle areas, Contacting an opponent with the hand(s) or arm(s), Holding, Pushing

Free Throws - Definition, Rule and Penalty

Duties and Powers of: Officials, Table officials and Commissioner; Referee; Scorer and Assistant Scorer; Timer; Short clock operator

3. Fundamental Skills and Technique

Dribbling (high dribble, change of pace, crossover, between the legs and behind the back)

Passing (chest pass, bounce pass, baseball pass, outlet pass and no-look pass)

Shooting (layup, jump shot, hook shot, free throw, bank shot and slam dunk)

Defence (man to man defence, zone defence and combination defence)

Offence (early offence, set offence, motion offence, zone offence and spread offence)

Rebounding (Offensive and Defensive)

Pivot

4. Terminology

Drive,	Fake,	Fast Break,
Blocking,	Charge,	Carry,
Screen,	Double Dribble,	Travel,
Triple Threat,	Ball Handler,	Dead Ball,
Front Court,	Loose Ball,	Held Ball,
Dunk,	Field Goal,	Alley-Oop,
Back Court,	Press,	Box out,
Double foul,	Jump stop,	Timeout
Air ball,	Jump ball,	Game clock,
Block,	Possession arrow	

5. National and International Governing Bodies of Basketball

BFI - Basketball Federation of India

FIBA - Federation Internationale De Basketball

6. National and International tournaments

National Tournaments:

Youth National Basketball Championships, Federation Cup Basketball Championship, UBA Pro Basketball League

International Tournaments:

FIBA World Championship, European Basketball championship, FIBA Asia Championship

VOLLEYBALL

1. Knowledge of the game

2. Rules of the game

Playing Area: Diagram of the Play Area with Measurements and Specifications; Diagram of Net, Antenna and Posts with measurements and specifications

Ball: Shape, Material, Weight, Circumference, Air Pressure

Composition of teams

Players equipment and forbidden objects

Team Leaders: Responsibility of Captain, Coach and Assistant coach

Playing Format: To score a point, To win a set, To win the match

Structure of Play: The Toss, Official warm-up session, Team starting line-up, Positions and Positional fault, Rotation and Rotation fault

States of Play: Ball in play, Ball out of play, Ball "IN", Ball "OUT"

Playing the ball: Team Hits, Characteristics of the hit, Faults in playing the ball, Ball at the net, Ball crossing the net, Ball touching the net, Ball in the net.

Player at the net: Reaching beyond the net, Penetration under the net, Contact with the net, Player's faults at the net

Service: First service in a set, Service order, Authorization of the service, Execution of the service, Screening, Faults made during service, Serving faults and Positional faults

Attack hit: Characteristics, Restrictions, Faults

Block: Blocking, Block contact, Blocking within the opponent's space, Block and team hits, Blocking the service, Blocking faults

Interruptions, Delays and Intervals: Interruptions (meaning); Number of regular game interruptions; Sequence of regular game interruptions; Request for regular game interruptions;

Time-outs and Technical time-outs

Exceptional game interruptions: Injury/illness, External interference, Prolonged interruptions

Substitution: Limitation, Exceptional, Expulsion/disqualification, Illegal, Procedure, Improper request

Game delays: Types of delays, Delay sanctions

Intervals and change of court

Libero player: Designation of the Libero, Equipment, Actions involving the libero, Re-designation of a new libero

Participants' conduct: Sportsmanlike conduct, Fair play

Misconduct and its sanctions: Minor misconduct, Misconduct leading to sanction, Sanction scale,

Cards used: Warning (Verbal and Yellow card); Penalty (Red card); Expulsion (Red plus Yellow card jointly); Disqualification (Red plus Yellow card separately)

Referees: Composition, Procedures, Location, Authority and Responsibilities of: First referee, Second referee, Scorer, Assistant scorer, Line judges.

3. Fundamental Skills and Techniques

Service (Underhand, Topspin, Float, Jump serve and Jump float)

Pass (Underarm pass and Overhand pass)

Set (Overhead and Bump)

Attack/spike (Backcourt, Line and cross-court shot, Dip, Block-abuse, Off-speed hit, Quick hit, Slide and Double-quick hit)

Block (Single block, Double block and Triple block)

Dig

4. Terminology

Back row attack,	Block assist,	Side out,
Blocking error,	Floater,	Two set,
Extension roll,	Free ball,	Joust,
Overlapping,	Back set,	Carry,
Closing the block,	Ball down,	Quick set,
Serving zone,	Defence zone,	Attack
zone,		
Foot fault,	Net violation,	Trap set,

Reading an opponent,

Cross-court attack

5. National and International Governing Bodies of Volleyball

VFI - Volleyball Federation of India

FIVB - Federation International De Volleyball

6. National and International tournaments

National Tournaments: Indian Volleyball League, Federation Cup, Poornima Trophy

International Tournaments: World Championship, World Cup Volleyball, Super Challenge Cup

BADMINTON

1. Knowledge of the game

2. Rules of the game

Court: Diagram of the court with Measurements and Specifications, Court equipment (Posts and Net)

Shuttle: Dimensions and Specifications, Testing a shuttle for speed

Racket: Diagram of the racket with Measurements and Specifications

Toss: Procedure

Scoring system

Change of ends

Service: Singles (serving and receiving courts); Doubles: Serving and receiving courts, Order of play and position on court, Scoring and serving, Sequence of serving

Service court errors

Lets

Shuttle not in play

Continuous play, Misconduct and Penalties

Officials duties and appeals: Referee, Umpire, Service judge, Line judges

3. Fundamental Skills

Grip (Forehand grip and Backhand grip)

Footwork

Serve (High serve, Low serve, Flick serve)

Strokes (Overhead forehand stroke, Overhead backhand stroke, Underarm forehand stroke and Underarm backhand stroke)

Shots (Clearing/lobbing, Drop shots and Smash)

4. Terminology

Short serve	Long serve	Wide serve
Service order,	Love,	All,
Deuce,	Forecourt,	Mid-court,
Rear court,	Rally,	Set,
Rubber,	Lunge,	Clear lob,
Half smash,	Full smash,	Carry,
Baseline smash,	Drive,	Push shot,
Tumbling net shot,	Net kill,	Net lift
Hairpin net shot,	Alley,	Back alley,
Follow through,	Court,	Wood shot
Flick,	Bird,	

Singles footwork base

5. National and International Governing Bodies of Badminton

BAI - Badminton Association of India

BWF - Badminton World Federation

6. National and International tournaments

National Tournaments: Indian Open Badminton Championship, Senior National Badminton championship

International Tournaments: World Championship, Thomas Cup

PART 2: INTERNAL ASSESSMENT (100 Marks)

Practical work will be assessed in two parts as follows:

(i) Assessment by the Teacher(s).

(ii) Assessment by an External Examiner.

1. Work to be assessed by Teacher (s) - 50 marks.

The skill and performance of the candidates will be assessed by the teacher(s), responsible for preparing the candidates for the examination, in two of the following games and activities of their choice:

Athletics, cricket, hockey, football, handball, volleyball, softball, basketball, tennis, badminton, swimming, dancing, gymnastics, yoga, boxing, wrestling, judo and karate, table tennis, kho-kho and kabaddi.

2. Work to be assessed by the External Examiner 50 marks

The assessment of the work of the candidates by the External Examiner will be in two parts:

A. Physical efficiency tests.

B. Specialization tests.

A. Physical Efficiency Tests

The following tests to evaluate the physical fitness of candidates will be organized and conducted in the presence of the External Examiner**. Tests should be carried out over the duration of two days.**

(a) *Test 1*

50 metre run. Standing start. Timings to be taken to the nearest tenth of a second (weather should be relatively windless without extremes of temperature).

(b) *Test 2*

Standing long jump. A flat non-slip surface should be used. The candidates should stand with toes just behind the take-off line and jump when ready. After making a preliminary swing with the arms, the candidate swings them forward vigorously, springing with both feet simultaneously to land as far forward as possible. Distance jumped, to be measured in centimeters.

(c) *Test 3*

Distance run - 1000 meters run for boys, 600 meters run for girls. Time to be taken to the nearest second.

(d) *Test 4*

(i) Floor push-ups for boys - The boys take a front-leaning position with body supported on hands and

balls of feet; the arms are straight and at right angle to the body. He then dips or lowers the body so that the chest nearly touches the floor, he then pushes back to the starting position by straightening the arms and repeats the procedures as many times as possible. The arms must be completely extended with each push-up; the body must be held straight throughout. Scoring consists of the number of correct push-ups.

(ii) Push-ups for girls -- This is executed from a stall bar bench or a stool 32cm high by 50 cm long and 35 cm wide. It should be placed on the floor about 15 cm from a wall so that the subjects will not take a position too far forward. The girl should grasp the outer edges of the bench, or stool, at the nearest corners and assume the front-leaning rest position, with the balls of her feet on the floor and with her body and arms forming a right angle. She should then lower her body so that the upper chest touches the near edge of the bench or stool, then raise it to a straight arm position as many times as possible. The girl's body should be held straight throughout. If the body sways or arches, if the subject does not go completely down or does not push completely up, half credit is given (up to 4 half credits).

(e) <u>*Test 5*</u>

Shuttle run. A flat course of 10 meters is required to be measured between two parallel base lines. Behind each base line, as a semicircle 50 cm radius with centre on the base line is required to be marked. Two wooden blocks (10 cm x 5 cm x 5 cm) are to be placed in the far semicircle. The candidate stands with feet behind the base line, and on a signal, runs to the far line and picks up one block which the candidate places in the starting semicircle when he/she returns. Then turning without a rest, they run back to retrieve the second block and carry it back across the finish line.

(f) <u>*Test 6*</u>

30 - second sit-ups. The candidate lies with his/her back on a mat or flat surface, feet about 30 cm apart and knees flexed at right angles. The candidate's hands with fingers interlocked are placed behind the head. A partner holds the candidate's feet in contact with the mat or floor. On the signal "Go" the candidate sits up to touch the knees with his/her elbows. Without pause he/she returns to his/her starting position and immediately sits up again. The number of sit-ups completed in 30 seconds are to be counted.

B. Specialization Tests

Candidates will be tested in the presence of an External Examiner, in **one** of the following activities listed below:

(a) Athletics (b) Gymnastics (c) Swimming (d) Dancing (e) Yoga.

(a) **Athletics** - The candidates will choose any two of the following events in which they wish to be tested:

(i) Track events

Boys - 100 m, 200 m, 400 m, 800 m and 1500 m.

Girls – 50 m, 100 m, 200 m and 800 m.

(ii) Fields events

Boys - long jump, high jump, hop-step-and-jump, pole vault, shot put, discus and javelin throw.

Girls - long jump, high jump, shot put (8 lbs.) and throwing the softball.

(b) **Gymnastics** - The candidates will be tested in four exercises using any two of the following apparatus of their choice:

(i) Ground/mat work

Boys - Front roll, back roll, cartwheel, headspring, handspring, handstand, and somersault.

Girls - Ballet, flexibility and agility movements -- the front split, the pirouette, the toe stand, the ballet touch, the body sweep, the arabesque, the single- leg balance, the balance; front roll, back roll, cartwheel.

(ii) The balance beam - (girls only)

Mounts - The straight arm support mount, the squat mount, the one knee mount, and the crotch seat mount. Poses and Movements, walking the beam, the pivot, the pirouette turn, jumping on the beam. Dismounts -- the side-seat dismount, the front vault dismount.

(iii) Parallel bars

Boys - The straight arm support, the straddle seat, the back roll to a straddle-seat, the shoulder balance, the single-let flank dismount, the double-leg flank dismount.

Girls - The straight arm support, swinging, the straddle seat, the forward roll.

(iv) Vaulting Horse

Boys - The side vault, the through vault, the straddle vault, the head spring vault. High horse - the side vault, the through vault, the straddle vault. Long horse -- the through vault, the straddle vault.

Girls - The side vault, the squat stand dismount, the straddle vault, the straddle stand, the head spring vault.

(v) Horizontal bar - (boys only)

Upward swing and dismount, swinging to mount and dismount, swinging and changing hands to face opposite direction.

(c) **Swimming** - The candidates will be tested in any two of the following of their choice.

Boys - Freestyle – 50 m, 100 m, 200 m and 400 m;

Breast stroke – 50 m, 100 m;

Backstroke – 50 m, 100 m;

Butterfly stroke – 50 m, 100 m;

Diving - standing one-leg dive, standing semi-crouch dive, standing stationary dive, the front jump dive from the springboard.

Girls - Freestyle – 50 m, 100 m and 200 m;

Breast stroke – 50 m, 75 m;

Backstroke – 50 m, 75 m;

Butterfly stroke – 50 m, 75 m;

Diving - standing one-leg dive, standing semi-crouch dive, standing stationary dive, the front jump dive from the springboard.

(d) **Dancing** - The candidates will be required to give a performance of any *two* of the following dances/movements, of their choice, with suitable accompaniments:

(i) Combination of dance movements and ground-mat work.

(ii) Indian dancing -- Bharatanatyam, Kuchipudi, Kathakali, Kathak, Manipuri, Bhangra, any other folk dance.

(iii) Western dancing -- ballet; ballroom dancing - waltz, foxtrot, tango, samba, Charleston, square dancing; pop-dancing - jitterbug, twist, rock and roll.

(e) **Yoga** - The candidates will be tested in any *four* of the following. asanas.

Ugrasam, dhamrekhasan, singhasan, ultanmandhukasan, kukutasans, naunli, kapala, bhathi, shavasan, shirashasan, shalabhasan, bakasan and mayurasan.

METHOD OF ASSESSMENT BY TEACHERS

The teacher(s) will assess the candidates, skill and performance in the two games and activities of their choice. They will mark the candidates out of 50 marks as follows:

	Marks
(a) Achievement of skills and performance 3	30
(b) Attendance	05
(c) Participation in voluntary and intramural activities	10
(d) Representation of the School at different levels - Inter-School, District, State	05

Achievement of skills and performances

In assessing the achievement of skills and performances, the following factors should be considered:

(a) **Team games** (See para 2, Section B)	*Marks*
(i) Ability in fundamental skills	15
(ii) Ability in a particular skill	05
(iii) Utilisation of fundamental skills during a game	05
(iv) Offensive and defensive skills	05

(b) **Athletics**

The actual performance of the candidates should be tested in the events chosen by him/her and assessed according to the five-point grading system given below:

	Marks
A – Excellent	26-30
B - Very Good	21-25
C – Good	16-20
D – Average	11-15
E - Below Average	10 & less

(c) **Swimming**	*Marks*
(i) Ability in basic skills	15

e.g. breathing, floating, arm movements, combined elementary movement, changing body positions and directions and treading water

(ii) Ability in stroke skills 05

(iii) Ability in diving skills 05

(iv) Speed and endurance 05

(d) **Dancing** *Marks*

(i) Ability to keep rhythm 10

(ii) Expression and grace of movements 08

(iii) Ease of performance 08

(iv) Endurance 04

(e) **Gymnastics** *Marks*

(i) Willingness to perform 05

(ii) Knowledge of sequence & Performance of exercise 15

(iii) Form, grace and ease of performance 05

(iv) Landing or recovery technique 05

(f) **Boxing, Wrestling, Judo and Karate** *Marks*

(i) Courage, confidence, self-reliance & endurance 10

(ii) Foot work/holds 04

(iii) Offensive techniques 08

(iv) Defensive techniques 08

(g) **Yoga** *Marks*

(i) Ability to assume the posture/activity 10

(ii) Knowledge of sequence for final pose/activity 10

(iii) Perfection in posture/activity with grace & poise 05

(iv) Performing a post activity with ease & maintaining it for a length of time with relaxation 05

METHOD OF ASSESSMENT BY THE EXTERNAL EXAMINER

Physical Efficiency Tests

The External Examiner will assess the performance of the candidates in the physical efficiency test in accordance with the Performance Table at Appendix A attached. He/she will mark the candidates out of 30 marks based on his assessment.

Specialisation Tests

The External Examiner will assess the performance of the candidates in the activity that they have chosen for specialisation (See (ii) Specialisation Tests) out of 20 marks. The basis of his/her assessment for each activity is given in the ensuing paragraphs.

(a) Athletics

The candidates will be assessed in their performance in any *two* of the events of their choice as given in the syllabus, in accordance with the table attached as Appendix B.

(b) Gymnastics

The candidates will be assessed in their performance in *four* exercises, to be nominated by the External Examiner, using any two apparatus of the candidates' choice. The External Examiner will give marks for each exercise as follows:

Marks

(i) Perfect performance in form, grace and timing 05

(ii) Satisfactory performance but for minor fault in form & timing 04

(iii) Performance with poor form e.g. bent knees, toes not pointed 03

(iv) No form or grace but knowledge of performance of exercise 02

(v) An attempt to perform 01

(c) Swimming

The candidates will be assessed in any two of the events of their choice in accordance with the table given at Appendix D attached.

(d) Dancing

The candidates will be assessed in two dance performances of their choice as given in the syllabus. The External Examiner will mark them on each performance as follows:

Qualities *Marks*

(i) Knowledge of the steps/poses 04

(ii) Grace and poise 02

(iii) Rhythm and timing 02

(iv) Endurance 02

(e) Yoga

The candidates will be assessed in any four of the asanas given in the syllabus, to be nominated by the External Examiner. The External Examiner will mark the candidates in each asana as follows:

	Marks
(i) Perfect performance	05
(ii) Satisfactory performance with minor error in form	04
(iii) Performance with poor form	03
(iv) No form but knowledge of how to perform the asanas	02
(v) Poor form and knowledge of performance	01

APPENDIX A

PERFORMANCE TABLE - PHYSICAL EDUCATION - PHYSICAL EFFICIENCY TESTS

Marks	**Test No.1 50 m dash (Timings in seconds and tenths)**		**Test No.2 Standing long jump (Distance in cm)**		**Test No.3 Distance run (Timings in min and s)**		**Test No.4 Push-ups (Numbers)**		**Test No.5 Shuttle run (Timings in s and tenths)**		**Test No.6 30 sit-ups (Numbers)**	
	Boys	Girls	Boys	Girls	Boys 1000 m	Girls 600 m	Boys	Girls	Boys	Girls	Boys	Girls
5	7.3	7.7	179	164	4 min 40 s	2 min 45 s	24	20	10.4	11.0	22	15
4	7.4	8.0	172	152	4 min 50 s	2 min 55 s	16	12	10.7	11.3	20	13
3	7.6	8.3	165	146	5 min	3 min 05 s	10	6	11.0	11.6	18	11
2	7.9	8.6	158	139	5 min 10 s	3 min 15 s	6	3	11.3	11.9	16	9
1	8.3	8.9	151	129	5 min 20 s	3 min 25 s	3	1	11.7	12.2	13	6

Note: For timings in between or higher than those indicated in the table the lower mark should be given.

For distances in between or lower than those indicated in the table the lower mark should be given.

APPENDIX B

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS

ATHLETICS - TRACK EVENTS

(All Measurements in Metres and Centimetres)

Marks	50 m (s and tenths)	100 m (s and tenths)		200 m (s and tenths)		400 m (s and tenths)	800 m (min and s)		1500 m (min and s)
	Girls	Boys	Girls	Boys	Girls	Boys	Boys	Girls	Boys
10	7.3	13.0	15.5	26.5	31.0	57.0	2:25	2:55	5:10
9	7.5	13.2	15.7	27.0	31.5	58.0	2:30	3:00	5:15
8	7.6	13.3	16.0	27.3	32.0	59.0	2:34	3:04	5:20
7	7.7	13.5	16.3	27.5	32.5	60.0	2:36	3:06	5:25
6	7.8	13.6	16.5	27.7	33.0	61.0	2:38	3:08	5:30
5	7.9	13.7	16.7	28.0	33.5	62.0	2:40	3:10	5:35
4	8.0	14.6	17.0	28.5	34.0	63.0	2:42	3:12	5:40
3	8.1	15.1	17.5	29.0	34.5	63.5	2:44	3:16	5:45
2	8.2	15.5	18.0	29.5	35.0	64.0	2:46	3:20	5:50
1	8.4	16.0	18.5	30.0	35.5	64.5	2:48	3:30	6:00

Note: For timings in between or higher than those indicated in the table the lower mark should be given.

APPENDIX C

PERFORMANCE TABLE – PHYSICAL EDUCATION SPECIALIZATION TESTS

ATHELETIC – FIELD EVENTS

Marks	Long Jump (m & cm)		High Jump (m & cm)		Shot Put (m & cm)		Hops step & Jump (m & cm)	Pole Vault (m & cm)	Discuss (m & cm)	Javelin (m & cm)	Soft ball Throw (m & cm)
					12 lbs	8 lbs			1 kg		
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Boys	Boys	Boys	Girls
10	5.00	4.50	1.45	1.35	9.00	7.50	10.00	2.00	22.00	33.00	20.00
9	4.70	4.20	1.40	1.30	8.00	7.00	9.60	1.90	20.00	31.00	18.00
8	4.40	3.90	1.35	1.25	7.50	6.50	9.20	1.80	18.50	29.00	16.00
7	4.10	3.60	1.30	1.20	7.00	6.00	8.80	1.70	17.00	27.00	14.00
6	3.80	3.30	1.25	1.15	6.50	5.50	8.40	1.60	15.50	25.00	12.00
5	3.50	3.00	1.20	1.10	6.00	5.00	8.00	1.50	14.00	23.00	10.00
4	3.20	2.70	1.15	1.05	5.50	4.50	7.60	1.40	12.50	21.00	9.00
3	2.90	2.40	1.10	1.00	5.00	4.00	7.20	1.30	11.00	19.00	8.00
2	2.60	2.10	1.05	0.95	4.50	3.50	6.80	1.20	9.50	17.00	7.00
1	2.30	1.80	0.95	0.90	4.00	3.00	6.40	1.10	8.00	15.00	6.00

Note: For distance in between or lower than those indicated in the table the lower marks should be given.

APPENDIX D

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS - SWIMMING

Marks	**50 m free style (s and tenths)**		**100 m free style (min and s)**		**200 m free style (min and s)**		**400 m free style (min and s)**	**50 m breast stroke (min and s)**		**75m breast stroke (min and s)**	**100 m breast stroke (min and s)**
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Boys	Girls	Girls	Boys
10	45.0	55.0	1:30	1:50	3:00	3:40	6:00	1:05	1:20	2:00	2:15
9	46.3	56.3	1:32.5	1:53	3:05	3:46	6:10	1:07.5	1:22.5	2:03.5	2:17.5
8	47.5	57.5	1:35	1:55	3:10	3:50	6:20	1:10	1:25	2:07.5	2:20
7	50.0	60.0	1:40	2:00	3:20	4:00	6:40	1:12.5	1:27.5	2:10.5	2:25
6	52.5	62.5	1:45	2:05	3:30	4:10	7:00	1:15	1:30	2:15	2:30
5	55.0	65.0	1:50	2:10	3:40	4:20	7:20	1:17.5	1:32.5	2:18.5	2:35
4	5705	67.5	1:55	2:15	3:50	4:30	7:40	1:20	1:35	2:22.5	2:40
3	58.7	68.7	1:57.5	2:17.5	3:55	4:35	7:50	1:22	1:37	2:25.5	2:42.5
2	60.0	70.0	2:00	2:20	4:00	4:40	8:00	1:24	1:39	2:28.5	2:45
1	61.2	71.2	2:02.5	2:22.5	4:05	4:45	8:10	1:26	1:41	2:30.5	2:47

Note: For timings in between or higher than those indicated in the table the lower mark should be given.

APPENDIX E

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS - SWIMMING (CONTINUED)

Marks	**50 m back stroke (min and s)**		**75 m back stroke (min and s)**	**100 m back stroke (min and s)**	**50 m butterfly stroke (min and s)**		**75 m butterfly stroke (min and s)**	**100 m butterfly stroke (min and s)**	**Diving**
	Boys	Girls	Girls	Boys	Boys	Girls	Girls	Boys	Description of action
10	0:55	1:10	1:45	2:00	0:55	1:05	1:37.5	1:50	Vertical, erect body, arms and legs together
9	1:00	1:15	1:52	2:00.5	0:57	1:10	1:45	1:52.5	
8	1:02.5	1:17.5	1:56	2:05	1:00	1:12.5	1:49	1:55	Poor angle (either backward or forward)
7	1:05	1:20	2:00	2:10	1:02.5	1:15	1:53	2:00	
6	1:07.5	1:22.5	2:05	2:15	1:05	1:17.5	1:58	2:05	Poor angle, opening of arms in front, side, etc.
5	1:10	1:25	2:07.5	2:20	1:07.5	1:20	2:01	2:10	
4	1:12.5	1:27.5	2:11	2:25	1:10	1:22.5	2:04	2:15	Poor angle, opening of arms and legs
3	1:14	1:29	2:14	2:27.5	1:12.5	1:24	2:07	2:17.5	
2	1:15	1:30	2:16	2:30	1:14	1:25	2:09	2:20	Poor angle, opening of arms and legs and fight
1	1:16	1:31	2:18	2:32.5	1:16	1:26	2:11	2:25	

*Note: For timings in between or higher than those indicated in the table the lower mark should be given.