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FOR GOA CLASS 9 PREPARATION

Goa Board Class 9 Syllabus 2027 Physical Education

EXAM	YEAR	TYPE	SUBJECT
Goa Class 9	2027	Syllabus	Physical Education

Grade 9 Physical Education Syllabus

Reference Book: Health & Physical Education (NCERT) Textbook for Class IX

Physical Education — 3 Marks

- Physical Education
- Objectives of Physical Education
- Scope of Physical Education

Yoga — 6 Marks

- Tadasana
- Katichakrasana
- Simhasana
- Mandukasana
- Kapalabhati
- Anuloma-Viloma
- Uttana Mandukasana
- Akarna Dhanurasana
- Bhujangasana
- Dhanurasana
- Bhastrika Pranayama
- Dhyana (Meditation)

Physical Fitness — 2 Marks

- Physical Fitness and Its Importance
- Need of Physical Fitness and Well-being
- Components of Physical Fitness

Sports Training — 2 Marks

- Sports Training: Meaning
- Performance Development Through Sports Training
- Objectives of Sports Training

Ethics in Sports — 3 Marks

- What is Sports Ethics?
- Sports Ethics - Standards
- Responsibility for Observance of Sports Ethics

Diet for Healthy Living — 5 Marks

- Introduction
- Dietary Requirements of Human Body
- Balanced Diet
- Special Dietary Requirements

First Aid and Safety — 5 Marks

- What does First Aid mean?
- Why First Aid?
- First Aid in Different Cases

Health and Diseases — 2 Marks

- What is Illness?
- Communicable Diseases
- Non-Communicable Diseases

Growing up with Confidence — 2 Marks

- Growth: A Natural Phenomenon
- Anxiety and Depression
- Drug or Substance Abuse

Total Theory Marks: **30 Marks**

Term – I Theory

- Physical Education — 3 mks.
- Yoga — 3 mks.

  Tadasana
  Katichakrasana
  Simhasana
  Mandukasana
  Kapalabhati
  Anuloma-Viloma

- Physical Fitness — 2 mks.
- Sports Training — 2 mks.
- Ethics in Sports — 3 mks.
- Growing up with Confidence — 2 mks.

Term – II Theory

- Diet for Healthy Living — 5 mks.
- First Aid and Safety — 5 mks.
- Health and Diseases — 2 mks.
- Yoga — 3 mks.

  Uttana Mandukasana
  Akarna Dhanurasana
  Bhujangasana
  Dhanurasana
  Bhastrika Pranayama
  Dhyana (Meditation)

Practicals

	Term I	Term II
Assignment	05 mks	05 mks
Participation	05 mks	05 mks
Yoga	05 mks	05 mks
Physical Fitness Test	10 mks	10 mks
Skill Test	10 mks	10 mks
Total	35 mks	35 mks

Games Distribution

Term I	Term II
• Table Tennis • Kho-Kho • Football • Handball	• Badminton • Kabaddi • Volleyball