

HEALTH AND PHYSICAL EDUCATION (PHED)

Class - XI

Full Marks : 100

Theory - 40 Marks

Unit -1: Concept and History of Physical Education **10 marks**

- 1.1 Meaning, Definition and Traditional Concept of Physical Education. Its aim & objectives.
- 1.2 Need & importance of physical education.
- 1.3 Concept of play, games & sports,
- 1.4 History of Physical Education in West Bengal in 20th Century
- 1.5 History of Ancient Olympic Movement

Unit -2: Health Education **10 marks**

- 2.1 Concept of Health, Factors influencing Health, World Health Organization.
- 2.2 Hygiene, Personal Hygiene: Care and maintenance of teeth, skin and eye, Community hygiene.
- 2.3 Prevention and control of communicable diseases (Malaria, HIV/AIDS, Dengue, Chicken Pox, Cholera and Conjunctivitis) and Non- communicable diseases (Diabetes Mellitus and Cancer)
- 2.4 School Health Programme: Health Instruction, Health Service and Healthful School Living
- 2.5 Drug Abuse: Alcohol and Tobacco, Adverse effects on Health

Unit -3: Scientific Basis of Physical Education **10 marks**

- 3.1 Exercise: Aerobic and Anaerobic, Effect of exercises on muscular and circulatory system
- 3.2 Bio-mechanical concept of fundamental movements (Sitting, standing, walking and running)
- 3.3 Body types and body composition
- 3.4 Concept and assessment of BMI
- 3.5 Postural deformities (Flat foot, Bow Leg, Knock Knee, Kyphosis, Lordosis, and Scoliosis)

Unit- 4: Management of Physical Education Programme **10 marks**

- 4.1 Organization of Sports and Physical Education Programme in School.
- 4.2 Lay out of play fields. (Kabaddi, Khokho, Volleyball, Football, Netball and Athletic Arena- Discuss and Putting the Shot)
- 4.3 Organizational set up of School Games
- 4.4 Meaning and types of Tournament (Knock out and League)
- 4.5 Intramural and Extramural competition-Need and objectives.

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Practical - 60 Marks

Group- A: Formal activities- Marching, Brotachari and Callisthenic (10 marks)

- 1) Marching: Stand at ease, Attention, Left Turn, Right Turn & About Turn, Mark Time, Quick March and Halt. (3)
- 2) Brotochari: Surjimama Raibishe & Badhubaran Folk dance(For Girls),Raibanshe dance(for boys), Kathi (4)
- 3) Calisthenics: Neck exercise, Arm exercises, Trunk exercises, and Leg exercises (3)

Group- B: Athletics (10 marks)

- 1) Running (block start, Techniques of Running, Finishing) (5)
- 2)A. Throwing Event (Putting the Shot and Discus Throw) (5)
 - a) Putting the Shot: Holding the Shot, Placement, Initial stance, Glide, Release Action and Recovery.
 - b) Discus Throw: Holding the discus, Initial stance, Preliminary Swing, Release and Recovery.

OR

- 2)B. Jumping Event (Running Broad Jump/High Jump)
 - a) Running Board Jump –Approach run,Take off, Flight-in-air and Landing .
 - b) High jump - Approach run, Take off, Flight-in-air and Landing

Group- C: Yogasana & Gymnastics (5 marks)

- 1) (a) Yogasana: (3)
 - i) Paschimottanasana, Gomukhasana, Dhanurasana, Bhadrasana, Vakrasana
 - ii) Surya Namaskara
 - iii) Pranayama: Anulom Vilom and Kapalabhati
 - iv) Meditation
- 2) (b) Gymnastics: Forward & Backward Roll, Cart Wheel, T Balance, Hand Stand and Arch (2)

SYLLABUS

Group- D: Team Game

(10 marks) (Any one)

Handball, Netball, Football, Volleyball, Kabaddi, Kho Kho and Badminton

Group- E: Evaluation of Physical fitness

(10 marks)

Evaluation of Physical Fitness be made by conducting the following test:

- i) Speed Test (30 Meters)
- ii) Flexibility (Sit and Reach),
- iii) Explosive Power (Sergeant Vertical Jump or Standing Broad Jump),
- iv) Muscular Endurance Test (Bent Knee Sit up for 30 seconds) and
- v) Cardiovascular Endurance Test (Skipping for one minute or spot jogging for one minute)

The Teacher will administer the test, and performance of the students will be evaluated. The teacher will maintain records of the performance throughout the year.

- A norm for evaluation shall be circulated by the West Bengal Council of Higher Secondary Education in due course of time.

Group-F : National ideals & Leadership Development Activities

(10 marks)

- a) National Ideals: Participation in Observation National Days (5marks)
(National Youth Day, Netaji's Birth Day, Republic Day and Independence Day)
- b) Leadership Development activities organized by Government Organisations (Duration not less than 5 days) (Any one) (5marks)
 - 1) Participation in Adventure Sports.
 - 2) Participation in Boys Scouts & Girls' Guides
 - 3) Participation in NSS Special Camping, NCC, Leadership Camp, Sports Camp
 - 4) Completion of Bratachari Nayak Course
 - 5) Nature Camp
 - 6) First Aid Camp (St. John Ambulance / Red Cross Society)
 - 7) Community Service Programme

SYLLABUS

Group-G: Sports Participation

(5marks)

LEVEL OF SCHOOL SPORTS PARTICIPATION						
Marks	Zonal	Sub Divisional	District	State	National	Highest Marks Obtained
Allotted	1 marks	2 marks	3 marks	4 marks	5 marks	
Obtained						

The Physical Education teacher will maintain student's sports performance and will preserve the record by maintaining the register through out the year. The students will be issued a certificate which will be produced to the examiner during examination. Marks will be awarded for highest performance on the basis of certificate issued by any organization recognized by IOA or MHRD.