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FOR MEGHALAYA CLASS 7 PREPARATION

MBOSE Class 7 Syllabus 2027 Health & Physical Education

EXAM	YEAR	TYPE	SUBJECT
Meghalaya Class 7	2027	Syllabus	Physical Education

MEGHALAYA BOARD OF SCHOOL EDUCATION
HEADQUARTERS :: TURA.

NOTIFICATION NO.226
Dated Tura, the, 31st August, 2026.

This is for information of all concerned that in pursuance of the DERT's letter **No. DERT/QP/1/2025/63 dated Shillong, the 24th August, 2026,** the Board is pleased to notify the revised and updated syllabus from Classes VI to X for the Health & Physical Education Subject.

This will be effective from the **Academic Session 2026** for **Classes VI to IX** and **Academic Session 2027** for **Class X.**

All concerned are requested to download the latest syllabus from the Board's website ***www.mbose.in*** or from ***www.megeducation.gov.in***

Encl: Revised syllabus of the above mentioned subject.

Shri D. D. Sangma, IAS,
Executive Chairman,
Meghalaya Board of School Education,
Tura.

Memo No. MBOSE/AW/S-Cur/215/25/1486 – 1493 Dated Tura, the 31st August, 2026.

Copy to:

1. The Commissioner & Secretary to the Government of Meghalaya, Education Department, Meghalaya, Shillong, for information.
2. The Director, Educational Research & Training, Meghalaya, Laitumkhrah, Nongrimmaw, Shillong – 793011.
3. The Director, School Education & Literacy, Meghalaya, Shillong – 793003.
4. The Director, Accreditation & Controller of Examinations, MBOSE, Tura.
5. The Director (Regional), MBOSE Regional Office, Shillong.
6. All District School Education Officers with a request to circulate the Notification to all Secondary Schools under their respective jurisdictions.
7. All Heads of the Institutions of Upper Primary, Secondary & Higher Secondary Schools.
8. The Jt. Director (I.T.E.S.), MBOSE, Tura to post it in the MBOSE website.

Executive Chairman,
Meghalaya Board of School Education,
Tura.

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Government of Meghalaya
Directorate of Educational Research & Training
Nongrimmaw, Laitumkhrah, Shillong- 793011

HEALTH AND PHYSICAL EDUCATION

REVISED SYLLABUS

CLASSES VI- IX

Academic Year 2026

CLASS X

Academic Year 2027



REVISED SYLLABUS
HEALTH & PHYSICAL EDUCATION
CLASS – VII

Total marks: 50

UNIT I: Art of Living Together **(5 marks)**

- Man, Community and Health

UNIT II: The House and its Surroundings **(10 marks)**

- Site For a Dwelling House
- Household Pests and Their Eradication

UNIT IV: Food and Nutrition **(10 marks)**

- Constituents of Food
- Balanced Diet, Malnutrition and Deficiency Diseases

UNIT V: Organization of Public Health in State **(5 marks)**

- Public Health Institution

UNIT IX: Physical Exercise **(5 marks)**

- Beneficial Effects of Physical Exercises

UNIT X: Human Body **(10 marks)**

- Skeletal and Muscular Systems
- Respiratory and Excretory Systems
- Digestive, Circulatory and Nervous Systems

UNIT XI: Adolescence Education **(5 marks)**

- Peer Pressure

Note:

- **Students have to secure pass mark in the subject.**
- **Teachers may conduct any of the following activities as part of the classroom transaction. No internal marks to be allotted.**

1. Group discussion
2. Debate
3. Skit/Play
4. Quiz

Textbook as prescribed by MBOSE:

- Scholar's Health Education Book VII
M/s Scholar Publishing House (P) Ltd., 542/16, Joshi Road, Karol Bagh, New Delhi-110005