Class-9th
Subject-Health & Physical Education
Syllabus

मास	पुस्तक का नाम	विषय–वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल					
मई		Part-III-A Meaning & Importance of Health Education. Meaning, Aims and Objectives of Physical Education Meaning of Physical Education Aims of Physical Education Objectives of Physical Education Need & Importance of Physical Education Part-B Hand Ball, Hockey, Table-Tennis History of Hand Ball, Hockey, Table-Tennis Basic Rules of Hand Ball, Hockey, Table-Tennis Knowledge of ground Measurement of Hand Ball, Hockey & Table-Tennis Important Tournaments of Hand Ball, Hockey & Table-Tennis Practice of Hand Ball, Hockey & Table-Tennis	8	2	6
जून ग्रीष्मकालीन अवकाश					
जुलाई		Part-IV-A Meaning of Health Education Role of Physical Education in the development of Individual & Society Meaning of Society Meaning & definition of Leadership Qualities of a good leader Need & Importance of Leadership in Physical Education Part-B Gymnastic, Kabaddi, Wrestling, Weight-Lifting History of Gymnastic, Kabaddi, Wrestling, &Weight-Lifting Basic Rules of Gymnastic, Kabaddi, Wrestling & Weight-Lifting Techniques of Gymnastic, Kabaddi, Wrestling & Weight-Lifting Knowledge of ground Measurement of Gymnastic, Kabaddi, Wrestling & Weight-	8	2	6

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		Lifting Practice of Gymnastic, Kabaddi, Wrestling & Weight-Lifting			
अगस्त		Part-A Importance of Personal Health Factor Affected Personal Health Method of Improving Personal Health Factor Affected Personal health Need & Importance of Leadership in Physical Education Part-B Practical – School Games	8	2	6
सितम्बर		Part-A Objective of Health Education Meaning definition & values of Yoga Meaning of Yoga Definition of Yoga History of Yoga Importance of Yoga Part-B Circle Kabaddi, Yogic Exercise History of Circle Kabaddi & Yoga Basic Rules of Circle Kabaddi	8	2	6
अक्तूबर		Part-A Pranayam Meaning & Importance Part-B Knowledge of ground measurement of Circle Kabaddi Method of doing yogic exercise	8	2	6
नवम्बर		Part-A Role of a Physical Education teacher in improving students health. Roles of Various Competitive games and sports in Physical Education Meaning of Competition Importance of Competition in Physical Education Importance of games & sports in Physical Education Part-B KHO-KHO, Loan Tennis History of KHO-KHO, Loan Tennis Basic Rules of KHO-KHO, Loan Tennis Ground Measurements of KHO-KHO, Loan Tennis Important tournaments of KHO-KHO, Loan Tennis Practice KHO-KHO, Loan Tennis	8	2	6

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दिसम्बर		Part-A Meaning and Importance of Personal Health Effects of Drinking, Smoking and abuses of drugs Meaning of drugs Types of drugs Effects of drugs on sports Person Part-B Basket Ball, Badminton History of Basket Ball, Badminton Basic Rules of Basket Ball, Badminton Grounds Measurements Basket Ball, Badminton Important tournaments of Basket Ball, Badminton Practice of Basket Ball, Badminton	8	2	6
जनवरी		Part-A Meaning and Definition of Safety Education and First aid Importance of safety Education for common Person Principle of Safety Education What is First aid? Qualities of a first aider Duties of a first aider First aid measure on following : Cuts, wounds, open injuries, dislocation and fracture Part-B Athletics, Taekwondo History of Athletics, Taekwondo Basic Rules of Athletics, Taekwondo Track measurement & Marking Practice of Athletics Events & Taekwondo	8	2	6
फरवरी		Revision			
मार्च		Exam			

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