

# Bhartiya Vidya Mandir Senior Secondary School

Sector-39, Chandigarh Road, Ludhiana

## SYLLABUS OF CLASS IX

BOOK: NCERT

SUBJECT – HEALTH & PHYSICAL EDUCATION

SESSION - 2025-2026

| Month | Topic                  | Learning Objective  | Pedagogy Tools Used/ Methodology  | Learning Outcomes   | Skills Learnt by Students   |
|-------|------------------------|---|---|---|---|
| APRIL | 1. Major Games         | To make the students aware about the following major games:-<br>1. Football<br>2. Hand Ball<br>3. Volley Ball<br>4. Badminton<br>5. Chess<br>6. Kho-Kho<br>7. Table-Tennis<br>8. Yoga<br>9. Carrom  | 1. Engage students with the topic by asking them to list the top three things necessary to know before playing these major games<br><br>2. By telling the students that they will be working on basic football, handball, Volley Ball etc. skills   | The students will be able to recognise:-<br>1. Various major games<br>2. Rules of these games<br><br>3. Safer way to play these games | 1. Teamwork<br>2. Decision- making<br>3. Discipline<br>4. Leadership<br>5. Goal setting |
|       | 2. Walking and Jogging | 1. Helps to strengthen muscles<br>2. Improve cardiovascular fitness<br>3. Burn plenty of calories   | Building on the importance of place, sensory inquiry and rhythm   | 1. Helps to strengthen muscles<br>2. Improve cardiovascular fitness<br>3. Burn plenty of calories                                     | 1. Endurance<br>2. Strength   |
| MAY   | 3. Athletics           | 1. To build students' confidence and competence to participate in athletics over the game-based program<br>2. To teach the students about 100 mts., 200 mts., 400 mts., 800mts., Shot Put, Long Jump, Discus Throw, Relay Races, 100m Hurdle Race | 1. Introduction to Athletics,<br>2. Checking their previous knowledge,<br>3. Warm Up,<br>4. Skill Development,<br>5. Demonstrating them the correct use of Arms and Legs to run   | Students will develop confidence and have more zeal to participate over athletics based games   | 1. Running<br>2. Confidence<br>3. Speed<br>4. Strength                                  |
|       | 4. Callisthenics       | 1. Helps for long term better health<br>2. Improve mobility and ease of movement<br>3. Burn more calories   | <b>Exercise 1</b><br>On Count 1-Stand at attention.<br><br>On Count 2- Extend both arms in front at the shoulders level with palms facing each other.<br>On count 3. Raise the arms upwards touching the ears, palms facing each other.<br>On count 4. Bring the arms Down and back to the attention position.<br>On count 5. Repeat step 2 to 4, Five times.<br><b>Exercise 2</b><br>On count 1.Stand at attention.<br>On count 2. Extend both arms in front at shoulder level with palm facing each other.<br>On count 3. Move the arms sideways, first toward the left and then to the right side.<br>On count 4. Bring the arms back to position 2.<br>On count 5. Bring the arms down and back to the attention position.<br><br>Repeat the steps 2 to 5, five times.<br><b>Exercise 3</b><br>On count 1. Stand at attention position. | 1. Helps for long term better health<br>2. Improve mobility and ease of movement<br>3. Burn more calories                             | 1. Co-ordination<br>2. Balance<br>3. Agility<br>4. Aerobic conditioning                 |

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| JULY      | 7. Combatives   |   | <p>On count 2. Extend both arms at the sides at the shoulder level with palm facing down.</p> <p>On count 3. Clap the hands over the head without bending the arms at the elbows.</p> <p>On count 4. Bring the arms back to position 2.</p> <p>On count 5. Bring the arms down and back to attention position.</p> <p>On count 6. Repeat Steps 2 To 5, Five Times</p> <p><b>Exercise 4</b></p> <p>On count 1. Stand at attention.</p> <p>On count 2. Stretch out both the arms at front at shoulders, length with palm facing down.</p> <p>On count 3. Bend down and touch the toes.</p> <p>On count 4. Return to step 2.</p> <p>On count 5. Bring the arms down, return to attention.</p> <p>On count 6. Repeat Steps 2 To 5, Ten Times</p> <p><b>Exercise 5</b></p> <p>On Count 1. Stand at attention.</p> <p>On count 2. Stretch out both arms on the sides at the shoulder level.</p> <p>On Count 3. Jump to stand legs apart.</p> <p>On count 4. Bend down and touch the right toe with the left hand.</p> <p>On count 5. Return to attention position.</p> <p>6. Repeat Step 2 To 4, Five Times.</p> |   |   |
|           | 5. Dribbling of Basket Ball   | <ol style="list-style-type: none"> <li>1. Burn calories and build endurance</li> <li>2. Improve balance and coordination</li> <li>3. Develop self- discipline and concentration</li> <li>4. Build up muscles</li> </ol> | <ol style="list-style-type: none"> <li>1. Keep your head up and your eyes on the game. Don't look at the ball.</li> <li>2. Use your fingers not your palm to control the ball.</li> <li>3. Use your body and your non- dribbling arm to shield the ball from the defenders.</li> </ol>   | <ol style="list-style-type: none"> <li>1. Burn calories and build endurance</li> <li>2. Improve balance and coordination</li> <li>3. Develop self- discipline and concentration</li> <li>4. Build up muscles</li> </ol> | <ol style="list-style-type: none"> <li>1. Strength</li> <li>2. Speed</li> </ol>   |
| AUGUST    | 6. Yoga and Meditation  | <ol style="list-style-type: none"> <li>1. To make the students learn about the benefits of inculcating yoga in their day to day life</li> <li>2. They will learn the advantages of meditating on daily basis</li> </ol> | <ol style="list-style-type: none"> <li>1. Teaching the students about the meaning of asana</li> <li>2. Telling them the different yoga postures</li> <li>3. Making them practice various Yogic Postures</li> <li>4. Giving the students the step by step guidance for practicing Yoga</li> </ol>   | Students will be able to:-  | <ol style="list-style-type: none"> <li>1. Flexibility</li> <li>2. Balance</li> <li>3. Strength</li> <li>4. Stress-management</li> </ol>                           |
|           | 7. Combative Games  | <p>To make the students aware about the following Combative games:-</p> <ol style="list-style-type: none"> <li>1. Judo</li> <li>2. Wrestling</li> <li>3. Karate</li> <li>4. Tug of War</li> </ol>                       | <ol style="list-style-type: none"> <li>1. Introduction to the students of combative games</li> <li>2. Telling them about the basic rules, do's and don'ts of these games</li> <li>3. Telling the students about the safer way to play these games</li> </ol>   | <p>Students will be able to recognise:-</p> <ol style="list-style-type: none"> <li>1. Various Combative Games</li> <li>2. Importance of learning these combative games</li> <li>3. Rules of these games</li> </ol>      | <ol style="list-style-type: none"> <li>1. Discipline</li> <li>2. Self-reliance</li> <li>3. Strength</li> </ol>  |
| SEPTEMBER | 8. Mass P.T. Exercises (Conducting the test batteries of KHELO INDIA) | To make the students aware about various mass P.T. exercises  | <ol style="list-style-type: none"> <li>1. Introducing the students about the importance of these exercises</li> <li>2. Giving them the 8 basic exercises to practice</li> </ol>  | Students will be able to recognise the purpose and importance of doing these exercises  | <ol style="list-style-type: none"> <li>1. Strength</li> <li>2. Endurance</li> <li>3. Discipline</li> <li>4. Balance</li> <li>5. Coordinative abilities</li> </ol> |
| OCTOBER   | 9. General and Specific Exercises                                     | To make the students aware about various general fitness exercises  | <ol style="list-style-type: none"> <li>1. Introducing the students about the importance of these exercises</li> <li>2. Giving them the 10-12 basic exercises to practice for fitness</li> </ol>  | Students will be able to recognise the purpose and importance of doing these exercises  | <ol style="list-style-type: none"> <li>1. Balance</li> <li>2. Accuracy</li> <li>3. Strength</li> <li>4. Discipline</li> <li>5. Endurance</li> </ol>               |
|           | 10. Paschimmo   | 1. Improve the flexibility of back bone.  | 1. Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.   | 1. Improve the flexibility of back bone.  |   |

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|                 | <b>Uttanasana</b>                            | 2. Calm the brain and helps to relieve the stress and mild depression.<br>3. Reduce flat foot problem.<br>4. Reduce Fat of the Thigh open up the hip.  | 2. Inhale and draw your spine up long.<br>3. On each inhale, lengthen your spine.<br>4. On each exhale deepen into your forward bend.   | 2. Calm the brain and helps to relieve the stress and mild depression.<br>3. Reduce flat foot problem.<br>4. Reduce Fat of the Thigh open up the hip.  | To improve Flexibility   |
| <b>NOVEMBER</b> | <b>11. First-Aid Box</b>                     | 1. To make the students aware about the importance of having a First-Aid Box at Home or School<br>2. To make the aware about the various items that are necessary to be present in the First-Aid Box<br>3. To teach the students about preparing the First-Aid Box   | Telling the students about :-<br><br>1. Meaning of First-Aid Box<br>2. Things required in First-Aid Box<br>3. Usage of First-Aid Box<br>4. Helping the students in preparing a First-Aid Box  | Students will be able to:-<br><br>1. Know that when the First-Aid Box can be used for rescue<br>2. Recognise the items in the box and their purpose  | 1. Management<br>2. Empathy<br>3. Helping others                                 |
|                 | <b>12. Fundamental skills of volleyball.</b> | 1. Demonstrate an understanding of the typical game sequencing: serve, pass, attack, defence, transition, and defence. Understand and apply the knowledge of basic rules of volleyball.<br>2. Demonstrate proper etiquette and good sportsmanship.<br>3. Understand basic volleyball scoring and officiating procedures. | 1. The six basic volleyball skills are passing, setting, spiking, blocking, digging and serving.<br>2. Passing is often thought of as the most important skill in volleyball. If you can't pass the serve, then you won't ever put your team in a position to score a point.<br>3. The importance of serving is often undervalued | 1. Demonstrate an understanding of the typical game sequencing: serve, pass, attack, defence, transition, and defence. Understand and apply the knowledge of basic rules of volleyball.<br>2. Demonstrate proper etiquette and good sportsmanship.<br>3. Understand basic volleyball scoring and officiating procedures. | 1. Coordination<br>2. Team work<br>3. Strength                                   |
| <b>DECEMBER</b> | <b>13. Road Safety Rules</b>                 | 1. To make the students aware about the importance of road safety rules<br>2. Make them learn various safety rules   | 1. Introducing the students about the traffic rules<br>2. Telling the students about various rules that they must obey while walking on the road<br>3. Making them learn about the various signals and signs that we come across while walking on the road  | After learning various Traffic Rules, Students will be able to:-<br>1. Recognise various Traffic signs<br>2. Obey traffic rules<br>3. Walk and drive safely on the roads   | 1. Discipline<br>2. Balance<br>3. Patience                                       |
| <b>JANUARY</b>  | <b>14. General Discussion</b>                | To make the students aware about:-<br>1. Discipline<br>2. Health and Hygiene<br>3. Moral Values  | Telling the students about:-<br>1. Introduction to the importance of Discipline, health and hygiene and moral values<br>2. Meaning of discipline, health and hygiene and moral value in life  | After this lesson, students will be able to:-<br>1. Stay disciplined<br>2. Ensure basic health and hygiene<br>3. Practice of moral values in day to day life   | 1. Discipline<br>2. Healthy decision making<br>3. Time management<br>4. Patience |