

BHARTIYA VIDYA MANDIR SENIOR SECONDARY SCHOOL
SECTOR-39, CHANDIGARH ROAD, LUDHIANA
SYLLABUS OF CLASS X

BOOK: NCERT

SUBJECT – HEALTH & PHYSICAL EDUCATION

SESSION - 2024-2025

Month	Unit/Chapter/ Topic	Learning Objective	Pedagogy Tools Used/ Methodology	Learning Outcomes	Skills Learnt by Students	
APRIL	1. General and Specific Exercises	To make the students aware about various general fitness exercises	1. Introducing the students about the importance of these exercises	Students will be able to recognise the purpose and importance of doing these exercises	1. Balance	
			2. Giving them the 10-12 basic exercises to practice for fitness		2. Accuracy	
			3. Keeping a check on their activity		3. Strength	
					4. Discipline	
	2. Walking, Jogging And General Warming Up	1. Helps to strengthen muscles 2. Improve cardiovascular fitness 3. Burn plenty of calories 4. Maintain the healthy weight	1. Building on the importance of place, sensory inquiry and rhythm 2. Walk on the track .Short bouts of jogging to walking work out. 3. Speed walking and brisk race. 4. General warming up exercise.	1. Helps to strengthen muscles 2. Improve cardiovascular fitness 3. Burn plenty of calories 4. Maintain the healthy weight	1. Endurance	
					5. Node your neck hip and arms	2. Strength
					6. Rotation of full body and jumps etc. 7. Stretching of full body	3. Flexibility
MAY	3. Athletics	1. To build students' confidence and competence to 2. To teach the students about 100 mts., 200 mts., 400	1. Introduction to Athletics,	Students will develop confidence and have more zeal to participate over athletics based games	1. Running	
			2. Checking their previous knowledge,		2. Confidence	
			3. Warm Up,		3. Speed	
			4. Skill Development,		4. Strength	
			5. Demonstrating them the correct use of Arms and Legs to run			
JUNE	SUMMER VCATIONS					
JULY		1. Helps for long term better health	Exercise 1	1. Helps for long term better health	1. Co-ordination	
		2. Improve mobility and ease of movement	On Count 1-Stand at attention.	2. Improve mobility and ease of movement	2. Balance	
		3. Burn more calories	On Count 2- Extend both arms in front at the shoulders level with	3. Burn more calories	3. Agility	
			On count 3. Raise the arms upwards touching the ears, palms facing each		4. Aerobic conditioning	
			On count 4. Bring the arms Down and back to the attention position.			
			On count 5. Repeat step 2 to 4, Five times.			

JULY			Exercise 2			
			On count 1. Stand at attention.			
			On count 2. Extend both arms in front at shoulder level with palm			
			On count 3. Move the arms sideways, first toward the left and			
			On count 4. Bring the arms back to position 2.			
			On count 5. Bring the arms down and back to the attention position.			
			Repeat the steps 2 to 5, five times.			
JULY	4. Callisthenics		Exercise 3			
			On count 1. Stand at attention position.			
			On count 2. Extend both arms at the sides at the shoulder level with palm			
			On count 3. Clap the hands over the head without bending the arms at the			
			On count 4. Bring the arms back to position 2.			
			On count 5. Bring the arms down and back to attention position.			
			On count 6. Repeat Steps 2 To 5, Five Times			
JULY			Exercise 4			
			On count 1. Stand at attention.			
			On count 2. Stretch out both the arms at front at shoulders, length with			
			On count 3. Bend down and touch the toes.			
			On count 4. Return to step 2.			
			On count 5. Bring the arms down, return to attention.			
			On count 6. Repeat Steps 2 To 5, Ten Times			
JULY			Exercise 5			
			On Count 1. Stand at attention.			
			On count 2. Stretch out both arms on the sides at the shoulder level.			
			On Count 3. Jump to stand legs apart.			
			On count 4. Bend down and touch the right toe with the left hand.			
			On count 5. Return to attention position.			
			6. Repeat Step 2 To 4, Five Times.			
		5. Dribbling of Basket Ball	1. Burn calories and build endurance	1. Keep your head up and your eyes on the game. Don't look at the ball.	1. Burn calories and build endurance	1. Strength
			2. Improve balance and coordination	2. Use your fingers not your palm to control the ball.	2. Improve balance and coordination	2. Speed
			3. Develop self- discipline and concentration	3. Use your body and your non-dribbling arm to shield the ball from	3. Develop self- discipline and concentration	
4. Build up muscles			4. Build up muscles			

AUGUST	6. First-Aid Box	1. To make the students aware about the importance of	Telling the students about :-	Students will be able to:-	1. Management	
		2. To make the aware about the various items that are	1. Meaning of First-Aid Box	1. Know that when the First-Aid Box can be used for rescue	2. Empathy	
		3. To teach the students about preparing the First-Aid	2. Things required in First-Aid Box	2. Recognise the items in the box and their purpose	3. Helping others	
			3. Usage of First-Aid Box			
			4. Helping the students in preparing a First-Aid Box			
AUGUST	7. Combative Games	To make the students aware about the following Combative	1. Introduction to the students of combative games	Students will be able to recognise:-	1. Discipline	
		1. Judo	2. Telling them about the basic rules, do's and don'ts of these games	1. Various Combative Games	2. Self-reliance	
		2. Wrestling	3. Telling the students about the safer way to play these games	2. Importance of learning these combative games	3. Strength	
		3. Karate		3. Rules of these games		
		4. Tug of War				
SEPTEMBER	8. Mass P.T. Exercises (Conducting the test batteries of KHELO INDIA)	To make the students aware about various mass P.T. exercises	1. Introducing the students about the importance of these exercises	Students will be able to recognise the purpose and importance of doing these exercises	1. Strength	
			2. Giving them the 8 basic exercises to practice		2. Endurance	
					3. Discipline	
					4. Balance	
					5. Coordinative abilities	
OCTOBER	9. Major Games	To make the students aware about the following major	1. Engage students with the topic by asking them to list the top three	The students will be able to recognise:-	1. Teamwork	
		1. Football	2. By telling the students that they will be working on basic football,	1. Various major games	2. Decision-making	
		2. Hand Ball		2. Rules of these games	3. Discipline	
		3. Volley Ball		3. Safer way to play these games	4. Leadership	
		4. Badminton			5. Goal setting	
		5. Chess				
		6. Kho-Kho				
		7. Table-Tennis				
		8. Yoga				
	9. Carrom					
	OCTOBER	10. Paschimo Uttanasana	1. Improve the flexibility of back bone.	1. Bring your arms straight out to the sides and up over your head,	1. Improve the flexibility of back bone.	To improve Flexibility
			2. Calm the brain and helps to relieve the stress and mild	2. Inhale and draw your spine up long.	2. Calm the brain and helps to relieve the stress and mild	
			3. Reduce flat foot problem.	3. On each inhale, lengthen your spine.	3. Reduce flat foot problem.	
			4. Reduce Fat of the Thigh open up the hip.	4. On each exhale deepen into your forward bend.	4. Reduce Fat of the Thigh open up the hip.	

NOVEMBER	11. Yoga and Meditation	1. To make the students learn about the benefits of	1. Teaching the students about the meaning of asana	Students will be able to:-	1.Flexibility
		2. They will learn the advantages of meditating on	2. Telling them the different yoga postures		1. Learn about the benefits of inculcating yoga in their day to day
			3. Making them practice various Yogic Postures	2. Learn the advantages of meditation	3.Strength
			4. Giving the students the step by step guidance for practicing Yoga		4. Stress-management
NOVEMBER	12. Fundamental Skills of Volleyball	1. Demonstrate an understanding of the typical	1. The six basic volleyball skills are passing, setting, spiking, and serving.	1. Demonstrate an understanding of the typical game sequencing: serve,	1. Coordination
		2. Demonstrate proper etiquette and good			2. Demonstrate proper etiquette and good sportsmanship.
	13. Service of Volleyball – i. Under hand service	3. Understand basic volleyball scoring and	2. Passing is often thought of as the most important skill in volleyball.	3. Understand basic volleyball scoring and officiating procedures.	3. Strength
		4. In the beginning players have better control over where	3. The importance of serving is often undervalued	4. In the beginning players have better control over where the ball	
		ii. Upper hand service	5. Able to target specific areas of the court.	4. An under hand service is a type of serve in which the player holds the	5. Able to target specific areas of the court.
DECEMBER	14. Road Safety Rules	1. To make the students aware about the importance of	1. Introducing the students about the traffic rules	After learning various Traffic Rules, Students will be able to:-	1. Discipline
		2. Make them learn various safety rules	2. Telling the students about various rules that they must obey		1. Recognise various Traffic signs
			3. Making them learn about the various signals and signs that we	2. Obey traffic rules	3. Patience
				3. Walk and drive safely on the roads	
JANUARY	15. General Discussion	To make the students aware about:-	Telling the students about:-	After this lesson, students will be able to:-	1. Discipline
		1. Discipline	1. Introduction to the importance of Discipline, health and hygiene and		1. Stay disciplined
		2. Health and Hygiene	2. Meaning of discipline, health and hygiene and moral value in life	2. Ensure basic health and hygiene	3. Time management
		3. Moral Values		3. Practice of moral values in day to day life	4. Patience