

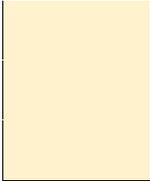
**BHARTIYA VIDYA MANDIR SENIOR SECONDARY SCHOOL**  
**SECTOR-39, CHANDIGARH ROAD, LUDHIANA**  
**SYLLABUS OF CLASS X**

BOOK: NCERT

SUBJECT – HEALTH &amp; PHYSICAL EDUCATION

SESSION - 2025-2026

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
			5. Endurance		
	2. Walking, Jogging And General Warming Up	1. Helps to strengthen muscles	1. Building on the importance of place, sensory inquiry and rhythm	1. Helps to strengthen muscles	1. Endurance
		2. Improve cardiovascular fitness	2. Walk on the track .Short bouts of jogging to walking work out.	2. Improve cardiovascular fitness	2. Strength
3. Burn plenty of calories		3. Speed walking and brisk race.	3. Burn plenty of calories	3. Flexibility	
4. Maintain the healthy weight		4. General warming up exercise.	4. Maintain the healthy weight		
		5. Node your neck hip and arms			
		6. Rotation of full body and jumps etc.			
		7. Stretching of full body			
MAY	3. Athletics	1. To build students' confidence and competence to participate in athletics over the	1. Introduction to Athletics,	Students will develop confidence and have more zeal to participate over athletics based games	1. Running
		2. To teach the students about 100 mts., 200 mts., 400 mts., 800mts., Shot Put, Long	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	<b>SUMMER VCATIONS</b>				
JULY		1. Helps for long term better health	<b>Exercise 1</b>	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 palms facing each other.	3. Burn more calories	3. Agility
			On count 3. Raise the arms upwards touching the ears, palms facing each other.		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.		



4. Callisthenics

	<b>Exercise 2</b>		
	On count 1. Stand at attention.		
	On count 2. Extend both arms in front at shoulder level with palm facing each other.		
	On count 3. Move the arms sideways, first toward the left and then to the right side.		
	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.		



	<b>Exercise 3</b>		
	On count 1. Stand at attention position.		
	On count 2. Extend both arms at the sides at the shoulder level with palm facing down.		
	On count 3. Clap the hands over the head without bending the arms at the elbows.		
	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		



	<b>Exercise 4</b>		
	On count 1. Stand at attention.		
	On count 2. Stretch out both the arms at front at shoulders, length with palm facing down.		
	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		



	<b>Exercise 5</b>		
	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.		
	<b>5. Dribbling of Basket Ball</b>	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 the defenders.	3. Develop self- discipline and concentration	
		4. Build up muscles		4. Build up muscles	

<b>AUGUST</b>	<b>6. First-Aid Box</b>	1. To make the students aware about the importance of having a First-Aid Box at 2. To make the aware about the various items that are necessary to be present in the 3. To teach the students about preparing the First-Aid Box	Telling the students about :- 1. Meaning of First-Aid Box 2. Things required in First-Aid Box 3. Usage of First-Aid Box 4. Helping the students in preparing a First-Aid Box	Students will be able to:- 1. Know that when the First-Aid Box can be used for rescue 2. Recognise the items in the box and their purpose	1. Management 2. Empathy 3. Helping others				
		<b>7. Combative Games</b>	To make the students aware about the following Combative games:- 1. Judo 2. Wrestling 3. Karate 4. Tug of War	1. Introduction to the students of combative games 2. Telling them about the basic rules, do's and don'ts of these games 3. Telling the students about the safer way to play these games	Students will be able to recognise:- 1. Various Combative Games 2. Importance of learning these combative games 3. Rules of these games	1. Discipline 2. Self-reliance 3. Strength			
			<b>8. Mass P.T. Exercises (Conducting the test batteries of KHELO INDIA)</b>	To make the students aware about various mass P.T. exercises	1. Introducing the students about the importance of these exercises 2. Giving them the 8 basic exercises to practice	Students will be able to recognise the purpose and importance of doing these exercises	1. Strength 2. Endurance 3. Discipline 4. Balance 5. Coordinative abilities		
				<b>OCTOBER</b>	<b>9. Major Games</b>	To make the students aware about the following major games:- 1. Football 2. Hand Ball 3. Volley Ball 4. Badminton 5. Chess 6. Kho-Kho	1. Engage students with the topic by asking them to list the top three things necessary to know before 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:- 1. Various major games 2. Rules of these games 3. Safer way to play these games	1. Teamwork 2. Decision-making 3. Discipline 4. Leadership 5. Goal setting

		7. Table-Tennis			
		8. Yoga			
		9. Carrom			
	<b>10. Paschimo Uttanasana</b>	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.	To improve Flexibility
		2. Calm the brain and helps to relieve the stress and mild depression.	2. Inhale and draw your spine up long.	2. Calm the brain and helps to relieve the stress and mild depression.	
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.			

<b>NOVEMBER</b>	<b>11. Yoga and Meditation</b>	1. To make the students learn about the benefits of inculcating yoga in their day to day basis	1. Teaching the students about the meaning of asana 2. Telling them the different yoga postures 3. Making them practice various Yogic Postures 4. Giving the students the step by step guidance for practicing Yoga	Students will be able to:- 1. Learn about the benefits of inculcating yoga in their day to day life 2. Learn the advantages of meditation	1. Flexibility 2. Balance 3. Strength 4. Stress-management	
		<b>12. Fundamental Skills of Volleyball</b>	1. Demonstrate an understanding of the typical game sequencing: serve, pass, block, dig, and serve.	1. The six basic volleyball skills are passing, setting, spiking, blocking, digging and serving.	1. Demonstrate an understanding of the typical game sequencing: serve, pass, attack, defence, transition, and good sportsmanship.	1. Coordination 2. Team work
		<b>13. Service of Volleyball – i. Under hand service</b>	3. Understand basic volleyball scoring and officiating procedures. 4. In the beginning players have better control over where the ball land.	2. Passing is often thought of as the most important skill in volleyball. 3. The importance of serving is often undervalued	3. Understand basic volleyball scoring and officiating procedures. 4. In the beginning players have better control over where the ball land.	3. Strength
		<b>ii. Upper hand service</b>	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 ball in one hand, swings the other in	5. Able to target specific areas of the court. After learning various Traffic Rules, Students will be able to:-	1. Discipline
		<b>14. Road Safety Rules</b>	1. To make the students aware about the importance of road safety rules 2. Make them learn various safety rules	1. Introducing the students about the traffic rules 2. Telling the students about various rules that they must obey while walking on the road, 3. Making them learn about the various signals and signs that we come across while walking on the	1. Recognise various Traffic signs 2. Obey traffic rules 3. Walk and drive safely on the roads	2. Balance 3. Patience
	<b>JANUARY</b>	<b>15. General Discussion</b>	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 moral values	1. Stay disciplined	2. Healthy decision making
			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

