

PHYSICAL EDUCATION (72)

BIFURCATED SYLLABUS

(As per the Reduced Syllabus for ICSE - Class X Year 2022 Examination)

SEMESTER 1 (Marks: 50)		SEMESTER 2 (Marks: 50)	
UNIT NO.	NAME OF THE UNIT	UNIT NO.	NAME OF THE UNIT
1.	Human Growth and Development		Team Games <i>Any two of the following:</i> <ul style="list-style-type: none">• Cricket• Football• Hockey• Basketball• Volleyball• Badminton
2.	Physical Education		
3.	Body Types		
4.	Physical Fitness		
5.	Sports Training		
6.	Safety in Sports		