PHYSICAL EDUCATION (72)

CLASS X

There will be one written paper of two hours duration carrying 100 marks and Internal Assessment of 100 marks.

The written paper will be divided into two Sections, A and B.

Section A: will consist of compulsory short answer questions on Section A of the syllabus.

Section B: Candidates will be required to answer questions on the rules, skills required and the methods of training of any two of the given team games.

PART 1: THEORY - 100 marks

SECTION A

1. Human Growth and Development
   (i) Growth and Development
      Meaning of growth and development and difference between the two.
      A brief understanding of the Stages: Infancy (0 to 5 years), Childhood (5 to 12 years), Adolescence (12 to 19 years), Adulthood (19 to 65 years and above)
   (ii) Factors that influence Human Growth and Development
      Hereditary, Environmental, Gender, Nationality, Nutrition.

2. Physical Education
   (i) Meaning of Physical Education
   (ii) Objectives of Physical Education
      Physical development, Psychological development, Social development, Emotional development.

3. Body types
   Endomorph, Mesomorph, Ectomorph.

4. Physical Fitness
   (i) Meaning of Physical fitness and its importance.
   (ii) Components of Physical Fitness.
      Cardiovascular/respiratory endurace, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, Accuracy.

   (iii) Factors affecting Physical Fitness.

5. Sports Training
   (i) Meaning of Sports training.
   (ii) Importance of sports training and its objectives.
      Builds up strenght and endurance, Improves skill levels, Builds motivation, ambition and confidence, Improves knowledge of the their sport, Increases muscle tone, Facilitates good circulation, Improves agility and flexibility, Improves the rate of waste product disposal, Speeds up recovery time, More resistant to injury and illness, Improves concentration, Increases self-esteem.
      (A brief understanding)
   (iii) Principles of Sports Training.
      Individuality, Specificity, Progression, Overload, Adaptation, Recovery, Reversibility, Variance, Frequency, Continuity, Active participation, Periodization, Intensity.
      A brief understanding of the above.

6. Safety in Sports
   (i) Sports related injuries.
      Muscle strain/Pulled muscle, Torn ACL (anterior cruciate ligament), Torn MCL (medial collateral ligament), Shin splints, Stress fracture, Fracture, Plantar fasciitis, sprained ankle, Tennis elbow, Low back pain, Hip Bursitis, Concussion, Achilles tendonitis, Runner's knee.
      A brief understanding of the sports injuries and first aid for these injuries.
(ii) Prevention of injuries.

Warming up and cooling down to be done; fitness of the participant; use of correct equipment and maintaining equipment; Proper knowledge of rules of the game/sport; Wearing the recommended protective gear; importance of resting between workouts; supervision of coach/teacher; proper training of skills and techniques; safe facilities.

SECTION B

Candidates will be required to answer questions on any two of the following team games.

Cricket, Football, Hockey, Basketball, Volleyball, Badminton.

CRICKET

1. Knowledge of the game

2. Rules of the game

The Field of play: Diagram of the cricket field and pitch with measurements and specifications; The Ball (Shape, Material, Circumference, Weight);

The Bat (Length, Width, Material); Stumps and bails (Height, Width); The Players (Number of players (playing eleven and substitutes); Substitutions; The Players’ Equipment; Compulsory equipment; Types of matches (One day, Five days, Four days and T20); Officials and their duties (2 field umpires, 1 third umpire, 1 match referee and 2 scorers); The Ball in and out of Play; Ways of a batsman getting out

3. Fundamental skills and technique

Batting (On drive, Off drive, Square cut and Leg glance); Fielding (Close catching, Catching 'In the outfield', Long barrier and Throwing); Bowling (In swing, Out swing, Yorker and Full toss); wicket- keeping (Footwork, Catching the ball, and Diving)

4. Associated terminology

Maiden over, Hat trick, Extra, Dead ball, Dot ball, Substitute, Dead rubber, Ball-tampering, Century, No ball, Golden duck, Nick, Bump ball, Tailender, Pull shot, Overthrow, Sweep shot, Hook shot, Over, Upper cut, Late cut, Extra, Pull shot, Flick shot, Dead rubber, Off cutter, Leg cutter, No ball, Bouncer, Sight screen, Bump ball, Danger area, Power play, Overthrow, Declaration, Appeal,

Bodyline Bowling, Beamer, Dot ball, Substitute, Dead ball, Ball-tampering, Century, Follow-on, Golden duck, Nick, Nightwatchman, Tailender, Pull shot, Innings defeat, Cover drive, Innings, Straight drive, Sweep shot, Hook shot, Reverse sweep, Upper cut, Late cut, Leg glance, Pull shot, Flick shot, Beamer, Off cutter, Leg cutter, Short pitch, Full length delivery, Reverse swing,

5. National and International governing bodies of Cricket

BCCI - Board of Control for Cricket in India
ICC - International Cricket Council

6. National and International tournaments

National Tournament: Ranji Trophy, Duleep Trophy, Vijay Hazare Trophy, Deodhar Trophy, Irani Trophy, Indian Premier League.
International Tournaments: ICC Cricket World Cup, ICC champions Trophy, ICC World T20, World Cricket League.

FOOTBALL

1. Knowledge of the game

2. Laws of the game

The Field of play: Diagram of the Field with Measurements and Specifications, Height and Width of Goalpost, Height of Corner flags

The Ball: Shape, Material, Circumference, weight, Air pressure

The Players: Number of players (playing eleven and substitutes), Number of substitutions allowed in a match, Substitution procedure

The Players’ Equipment, Compulsory Equipment

The Referee: Powers and Duties, Compulsory Equipment, Referee signals

Other match officials: Assistant Referees: Duties and Signals; Fourth official: Duties; Additional assistant referee: Duties; Reserve assistant referee: Duties

The Duration of the Match: Periods of play, Half-time interval, Allowance for time lost, Penalty kick, Abandoned match

The Start and Restart of Play: Kick-off and its Procedure (start, both halves, both halves of extra
time and restarts play after a goal), Free kicks and its Procedure (Direct and Indirect), Penalty Kicks and its Procedure, Throw-in and its Procedure, Goal kicks and its Procedure, Corner Kicks and its Procedure

The Ball in and out of Play
Determining the outcome of a match: Goal scored, Winning team, Kicks from the penalty mark
Offside: Offside position, Offside offence, No offence

Fouls and Misconduct: Direct free kick, Indirect free kick, Disciplinary action (Yellow card and Red card), Restart of play after fouls and misconduct

3. Fundamental Skills and Technique
Passing (Short pass and Long pass); Trapping (Step trap, Inside trap, Thigh trap, Chest trap and Head trap); Shooting (Instep, Swerve shot, Chip and toe punt); Dribbling; Receiving; Heading; Tackle; Goalkeeping.

4. Terminology
Advantage, Zonal marking, Sliding Tackle, Through pass, Quarter Circle, Man to Man Marking, Additional time, Extra time, Nutmeg, One-on-one, Step over, Technical area, Volley, Half Volley, Attacker, Defender, Chip, Cross, Overlap, Lob, Banana Kick, Bicycle Kick, Wall Pass, Goal line technology (GLT)

5. National and International Governing Bodies
AIFF - All India Football Federation
FIFA - Federation Internationale de Football Association
IFAB - International Football Association Board

6. National and International Tournaments
National Tournaments: Santosh Trophy, Subroto Cup, Federation Cup, Durand Cup, I – League International Tournaments: FIFA World Cup, UEFA European Championship, AFC Cup

HOCKEY

1. Knowledge of the game

2. Rules of the game
Field of play: Diagram of the Field with Measurements and Specifications
Composition of teams: Number of Players, Substitution rule for Field players and Goalkeepers
Captains: Identity and Responsibility
Players’ clothing and equipment: Uniform and equipment of Field Players, Goalkeepers
Match and result: Duration of the match and half time, Result of match
Start and re-start of the match: Procedure of Start (centre pass) and Re-start (Bully, Free hit, Second half)
Ball outside the field: Procedure to re-start from different areas, side line, back line, after every goal
Method of scoring
Conduct of play: Players, Goalkeepers and Players with Goalkeeping Privileges; Umpires (Responsibilities of Umpires)
Penalties and procedures for taking penalties: Awarding: Free Hit, Penalty Corner and Penalty Stroke; Procedures: Free hit, Penalty corner, Penalty stroke.
Personal Penalties: Cautions (Verbal warning); Temporary suspension: Green Card - 2 minutes suspension, Yellow Card- 5 minutes suspension; Permanent suspension (Red Card).

3. Equipment Specifications
Field Equipment: Goal-post: (side board, back board and net); Flag post
Hockey Stick (Specification and Properties)
Ball: Shape, Material, Circumference, Weight, Colour

4. Fundamental Skills and Technique:
Passing (Push, Drive and Sweep)
Trap (Upright stop & Flat stop)
Dribbling (Straight dribble, Loose dribble, Indian dribble, Dribbling pull back, One hand dribble: right hand and reverse side)
Shooting, Goalkeeping.
5. Terminology

Forehand, Playing Distance, Tackle, Back Stick, Dangerous Play, Field Goal, Obstruction, Raised Ball, High Stick, Hooking, Reverse stick, Push, Scoop, Advantage Flick, High ball, Shooting circle, Under cutting, Jab, Foot, Give-and-go, Carry the ball, Reverse hit, Rebound, Rusher, Long corner, Through pass, Stroke, Cross, 16-yard hit

6. National and International Governing Bodies

FIH - Fédération Internationale de Hockey (French)
IHF - Indian Hockey Federation

7. National and International tournaments

National Tournaments: All India Gurmeet Memorial Hockey Tournament. Chandigarh, All India Chhatrapati Shivaji Hockey Tournament. Delhi, All India Indira Gold Cup Hockey Tournament, Jammu.
International Tournaments: Sultan Azlan Shah Hockey Tournament, World Hockey Cup, Champions Trophy.

BASKETBALL

1. Knowledge of the game

2. Rules and Regulations of the Game

Court: Diagram of the court with Dimensions and Specifications, Meaning of Court areas, lines, circle, semi-circle, position of the scorer's table and substitution chairs.
Equipment needed to conduct the game
Teams: Definition, Rules, Players uniform Injured players
Captain and Coaches: Duties and powers Duration of Play
Playing time, Tied score and Extra periods
Status of the ball: Ball Live, Ball Dead
Jump ball and Alternating possession: Jump ball: Definition, Procedure and Situations; Alternating possession: Definition and Procedure
How the ball is played: Definition and Rule
Control of Ball: Definition, Team Control: Continues and Ends
Goal: When made and its value, Definition, Rule of scoring
Throw-in, time-out, substitution: Definition, Rules and procedures.
Game Lost by Forfeit, default, violation: Rules and Penalty
Player out of bounce and Ball Out of Bounds: Definition and Rule
Dribbling: Definition, a dribble starts, a dribble ends, rule for dribbling
Travelling: Definition, Pivot
Closely Guarded Player: Definition and Rule
3 Seconds rule, 8 Seconds rule, 24 Seconds rule and procedure
Ball returned to backcourt: Definition, Rule and Penalty
Goaltending and Interference: Definition and rule; Meaning and penalty of Interference; Penalty for The Respective Violations
Fouls – Definition; Personal Foul, Double Foul - Definition and Penalty; Technical Foul: Rules of conduct, Violence, Definition and Penalty; Unsportsmanlike Foul, Disqualifying foul - Definition and Penalty
Fighting - Definition, Rule and Penalty; Penalty for the respective Fouls; Five fouls by a player; Team fouls: Definition and Rule.
Contact: General principles: Cylinder principle, Principle of verticality, Legal guarding position, Guarding a player who controls the ball, Guarding a player who does not control the ball, A player who is in the air, Screening (Legal and Illegal), Charging, Blocking, No charge semi-circle areas, Contacting an opponent with the hand(s) or arm(s), Holding, Pushing
Free Throws - Definition, Rule and Penalty
Duties and Powers of: Officials, Table officials and Commissioner; Referee; Scorer and Assistant Scorer; Timer; Short clock operator

3. Fundamental Skills and Technique
- Dribbling (high dribble, change of pace, crossover, between the legs and behind the back)
- Passing (chest pass, bounce pass, baseball pass, outlet pass and no-look pass)
- Shooting (layup, jump shot, hook shot, free throw, bank shot and slam dunk)
- Defence (man to man defence, zone defence and combination defence)
- Offence (early offence, set offence, motion offence, zone offence and spread offence)
- Rebounding (Offensive and Defensive)

4. Terminology
- Drive, Fake, Fast Break, Back Court, Box out,
- Blocking, Charge, Carry, Double foul, Jump stop, Timeout
- Screen, Double Dribble, Travel, Air ball, Jump ball, Game clock,
- Triple Threat, Ball Handler, Dead Ball, Block, Possession arrow
- Front Court, Loose Ball, Held Ball, Pivot
- Dunk, Field Goal, Alley-Oop, VOLLEYBALL

5. National and International Governing Bodies of Basketball
- BFI - Basketball Federation of India
- FIBA - Federation Internationale De Basketball

6. National and International tournaments
- National Tournaments:
  - Youth National Basketball Championships, Federation Cup Basketball Championship, UBA Pro Basketball League
- International Tournaments:
  - FIBA World Championship, European Basketball championship, FIBA Asia Championship

VOLLEYBALL

1. Knowledge of the game
2. Rules of the game
   - Playing Area: Diagram of the Play Area with Measurements and Specifications; Diagram of Net, Antenna and Posts with measurements and specifications
   - Ball: Shape, Material, Weight, Circumference, Air Pressure
   - Composition of teams
   - Players equipment and forbidden objects
   - Team Leaders: Responsibility of Captain, Coach and Assistant coach
   - Playing Format: To score a point, To win a set, To win the match
   - Structure of Play: The Toss, Official warm-up session, Team starting line-up, Positions and Positional fault, Rotation and Rotation fault
   - States of Play: Ball in play, Ball out of play, Ball "IN", Ball "OUT"
   - Playing the ball: Team Hits, Characteristics of the hit, Faults in playing the ball, Ball at the net, Ball crossing the net, Ball touching the net, Ball in the net.
Player at the net: Reaching beyond the net, Penetration under the net, Contact with the net, Player's faults at the net

Service: First service in a set, Service order, Authorization of the service, Execution of the service, Screening, Faults made during service, Serving faults and Positional faults

Attack hit: Characteristics, Restrictions, Faults

Block: Blocking, Block contact, Blocking within the opponent's space, Block and team hits, Blocking the service, Blocking faults

Interruptions, Delays and Intervals: Interruptions (meaning); Number of regular game interruptions; Sequence of regular game interruptions; Request for regular game interruptions;

Time-outs and Technical time-outs

Exceptional game interruptions: Injury/illness, External interference, Prolonged interruptions

Substitution: Limitation, Exceptional, Expulsion/disqualification, Illegal, Procedure, Improper request

Game delays: Types of delays, Delay sanctions

Intervals and change of court

Libero player: Designation of the Libero, Equipment, Actions involving the libero, Redesignation of a new libero

Participants' conduct: Sportsmanlike conduct, Fair play

Misconduct and its sanctions: Minor misconduct, Misconduct leading to sanction, Sanction scale,

Cards used: Warning (Verbal and Yellow card); Penalty (Red card); Expulsion (Red plus Yellow card jointly); Disqualification (Red plus Yellow card separately)

Referees: Composition, Procedures, Location, Authority and Responsibilities of: First referee, Second referee, Scorer, Assistant scorer, Line judges.

3. Fundamental Skills and Techniques
   Service (Underhand, Topspin, Float, Jump serve and Jump float)

Pass (Underarm pass and Overhand pass)
Set (Overhead and Bump)
Attack/spike (Backcourt, Line and cross-court shot, Dip, Block-abuse, Off-speed hit, Quick hit, Slide and Double quick hit)
Block (Single block, Double block and Triple block)
Dig

4. Terminology
   Back row attack, Block assist, Side out,
   Blocking error, Floater, Two set,
   Extension roll, Free ball, Joust,
   Overlapping, Back set, Carry,
   Closing the block, Ball down, Quick set,
   Serving zone, Defence zone, Attack zone,
   Foot fault, Net violation, Trap set,
   Reading an opponent,
   Cross-court attack

5. National and International Governing Bodies of Volleyball
   VFI - Volleyball Federation of India
   FIVB - Federation International De Volleyball

6. National and International tournaments
   National Tournaments: Indian Volleyball League, Federation Cup, Poornima Trophy
   International Tournaments: World Championship, World Cup Volleyball, Super Challenge Cup

BADMINTON

1. Knowledge of the game

2. Rules of the game
   Court: Diagram of the court with Measurements and Specifications, Court equipment (Posts and Net)
   Shuttle: Dimensions and Specifications, Testing a shuttle for speed
   Racket: Diagram of the racket with Measurements and Specifications
   Toss: Procedure
   Scoring system
   Change of ends
Service: Singles (serving and receiving courts); Doubles: Serving and receiving courts, Order of play and position on court, Scoring and serving, Sequence of serving; Service court errors; Lets; Shuttle not in play; Continuous play, Misconduct and Penalties; Officials duties and appeals: Referee, Umpire, Service judge, Line judges.

3. Fundamental Skills
   - Grip (Forehand grip and Backhand grip)
   - Footwork
   - Serve (High serve, Low serve, Flick serve)
   - Strokes (Overhead forehand stroke, Overhead backhand stroke, Underarm forehand stroke and Underarm backhand stroke)
   - Shots (Clearing/lobbing, Drop shots and Smash)

4. Terminology
   - Short serve, Long serve, Wide serve
   - Service order, Love, All
   - Deuce, Forecourt, Mid-court
   - Rear court, Rally, Set
   - Rubber, Lunge, Clear lob
   - Half smash, Full smash, Carry
   - Baseline smash, Drive, Push shot
   - Tumbling net shot, Net kill, Net lift
   - Hairpin net shot, Alley, Back alley
   - Follow through, Court, Wood shot
   - Flick, Bird

Singles footwork base

5. National and International Governing Bodies of Badminton
   - BAI - Badminton Association of India
   - BWF - Badminton World Federation

6. National and International tournaments
   - National Tournaments: Indian Open Badminton Championship, Senior National Badminton championship
   - International Tournaments: World Championship, Thomas Cup

PART 2: INTERNAL ASSESSMENT (100 marks)

Practical work will be assessed in two parts as follows:
(i) Assessment by the Teacher(s).
(ii) Assessment by an External Examiner.

1. Work to be assessed by Teacher(s) - 50 marks.

   The skill and performance of the candidates will be assessed by the teacher(s), responsible for preparing the candidates for the examination, in two of the following games and activities of their choice:
   - Athletics, cricket, hockey, football, handball, volleyball, softball, basketball, tennis, badminton, swimming, dancing, gymnastics, yoga, boxing, wrestling, judo and karate, table tennis, kho-kho and kabaddi.

2. Work to be assessed by the External Examiner - 50 marks

   The assessment of the work of the candidates by the External Examiner will be in two parts:
   - A. Physical efficiency tests.
   - B. Specialization tests.

A. Physical Efficiency Tests

   The following tests to evaluate the physical fitness of candidates will be organized and conducted in the presence of the External Examiner. Tests should be carried out over the duration of two days.

   (a) Test 1

   50 metre run. Standing start. Timings to be taken to the nearest tenth of a second (weather should be relatively windless without extremes of temperature).

   (b) Test 2

   Standing long jump. A flat non-slip surface should be used. The candidates should stand with toes just behind the take-off line and jump when ready. After making a preliminary swing with the arms, the candidate swings them forward vigorously, springing with both feet simultaneously to land as far forward as possible. Distance jumped, to be measured in centimeters.
(c) **Test 3**

Distance run - 1000 meters run for boys, 600 meters run for girls. Time to be taken to the nearest second.

(d) **Test 4**

(i) Floor push-ups for boys - The boys take a front-leaning position with body supported on hands and balls of feet; the arms are straight and at right angle to the body. He then dips or lowers the body so that the chest nearly touches the floor, he then pushes back to the starting position by straightening the arms and repeats the procedures as many times as possible. The arms must be completely extended with each push-up; the body must be held straight throughout. Scoring consists of the number of correct push-ups.

(ii) Push-ups for girls -- This is executed from a stall bar bench or a stool 32cm high by 50 cm long and 35 cm wide. It should be placed on the floor about 15 cm from a wall so that the subjects will not take a position too far forward. The girl should grasp the outer edges of the bench, or stool, at the nearest corners and assume the front--leaning rest position, with the balls of her feet on the floor and with her body and arms forming a right angle. She should then lower her body so that the upper chest touches the near edge of the bench or stool, then raise it to a straight arm position as many times as possible. The girl's body should be held straight throughout. If the body sways or arches, if the subject does not go completely down or does not push completely up, half credit is given (up to 4 half credits).

(e) **Test 5**

Shuttle run. A flat course of 10 meters is required to be measured between two parallel base lines. Behind each base line, as a semicircle 50 cm radius with centre on the base line is required to be marked. Two wooden blocks (10x5x5 cm) are to be placed in the far semicircle. The candidate stands with feet behind the base line, and on a signal, runs to the far line and picks up one block which the candidate places in the starting semicircle when he/she returns. Then turning without a rest, they run back to retrieve the second block and carry it back across the finish line.

(f) **Test 6**

30 - second sit-ups. The candidate lies with his/her back on a mat or flat surface, feet about 30 cm apart and knees flexed at right angles. The candidate's hands with fingers interlocked are placed behind the head. A partner holds the candidate's feet in contact with the mat or floor. On the signal "Go" the candidate sits up to touch the knees with his/her elbows. Without pause he/she returns to his/her starting position and immediately sits up again. The number of sit-ups completed in 30 seconds are to be counted.

B. **Specialization Tests**

Candidates will be tested in the presence of an External Examiner, in one of the following activities listed below:

(a) Athletics (b) Gymnastics (c) Swimming (d) Dancing (e) Yoga.

(a) **Athletics** - The candidates will choose any two of the following events in which they wish to be tested:

(i) **Track events**

Boys - 100 m, 200m, 400m, 800m and 1500m.

Girls - 50m, 100m, 200m and 800m.

(ii) **Fields events**

Boys - long jump, high jump, hop-step-and-jump, pole vault, shot puts, discus and javelin throw.

Girls - long jump, high jump, shot put (8 lbs.) and throwing the softball.

(b) **Gymnastics** - The candidates will be tested in four exercises using any two of the following apparatus of their choice:

(i) **Ground/mat work**

Boys - Front roll, back roll, cartwheel, headspring, handspring, handstand, and somersault.

Girls - Ballet, flexibility and agility movements -- the front split, the pirouette, the toe stand, the ballet touch, the body sweep, the arabesque, the single-leg balance, the balance; front roll, back roll, cartwheel.
(ii) The balance beam - (girls only)

Mounts - The straight arm support mount, the squat mount, the one knee mount, and the crotch seat mount. Poses and Movements, walking the beam, the pivot, the pirouetteturn, jumping on the beam. Dismounts -- the side-seat dismount, the front vault dismount.

(iii) Parallel bars

Boys - The straight arm support, the straddle seat, the back roll to a straddle-seat, the shoulder balance, the single-let flank dismount, the double-leg flank dismount.

Girls - The straight arm support, swinging, the straddle seat, the forward roll.

(iv) Vaulting Horse

Boys - The side vault, the through vault, the straddle vault, the head spring vault. High horse - the side vault, the through vault, the straddle vault. Long horse -- the through vault, the straddle vault.

Girls - The side vault, the squat stand dismount, the straddle vault, the straddle stand, the head spring vault.

(v) Horizontal bar - (boys only)

Upward swing and dismount, swinging to mount and dismount, swinging and changing hands to face opposite direction.

(c) Swimming - The candidates will be tested in any two of the following of their choice.

Boys - Freestyle - 50m, 100m, 200m and 400m;
Breast stroke - 50m, 100m;
Backstroke - 50m, 100m;
Butterfly stroke - 50m, 100m;
Diving - standing one-leg dive, standing semi-crouch dive, standing stationary dive, the front jump dive from the springboard.

Girls - Freestyle - 50m, 100m and 200m;
Breast stroke - 50m, 75m;
Backstroke - 50m, 75m;
Butterfly stroke - 50m, 75m;
Diving - standing one-leg dive, standing semi-crouch dive, standing stationary dive, the front jump dive from the springboard.

(d) Dancing - The candidates will be required to give a performance of any two of the following dances/movements, of their choice, with suitable accompaniments:

(i) Combination of dance movements and ground-mat work.

(ii) Indian dancing -- Bharatanatyam, Kuchipudi, Kathakali, Kathak, Manipuri, Bhangra, any other folk dance.

(iii) Western dancing -- ballet; ballroom dancing - waltz, foxtrot, tango, samba, Charleston, square dancing; pop-dancing - jitterbug, twist, rock and roll.

(e) Yoga - The candidates will be tested in any four of the following asanas.

Ugrasam, dhamrekhasan, singhasan, ultanmandhukasan, kukutasans, naunli, kapala, bhathi, shavasan, shirashasan, shalabhasan, bakasan and mayurasan.

METHOD OF ASSESSMENT BY TEACHERS

The teacher(s) will assess the candidates, skill and performance in the two games and activities of their choice. They will mark the candidates out of 50 marks as follows:

<table>
<thead>
<tr>
<th>Marks</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>Achievement of skills and performance 30</td>
</tr>
<tr>
<td>(b)</td>
<td>Attendance 05</td>
</tr>
<tr>
<td>(c)</td>
<td>Participation in voluntary and intramural activities 10</td>
</tr>
<tr>
<td>(d)</td>
<td>Representation of the School at different levels - Inter-School, District, State 05</td>
</tr>
</tbody>
</table>

Achievement of skills and performances

In assessing the achievement of skills and performances, the following factors should be considered:
(a) **Team games** (See para 2, Section B)  
(Marks)
(i) Ability in fundamental skills 15  
(ii) Ability in a particular skill 05  
(iii) Utilisation of fundamental skills during a game 05  
(iv) Offensive and defensive skills 05

(b) **Athletics**
The actual performance of the candidates should be tested in the events chosen by him/her and assessed according to the five-point grading system given below:

* Marks  
  A – Excellent 26-30  
  B - Very Good 21-25  
  C – Good 16-20  
  D – Average 11-15  
  E - Below Average 10 & less

(c) **Swimming**  
(Marks)
(i) Ability in basic skills 15  
e.g. breathing, floating, arm movements, combined elementary movement, changing body positions and directions and treading water  
(ii) Ability in stroke skills 05  
(iii) Ability in diving skills 05  
(iv) Speed and endurance 05

(d) **Dancing**  
(Marks)
(i) Ability to keep rhythm 10  
(ii) Expression and grace of movements 08  
(iii) Ease of performance 08  
(iv) Endurance 04

(e) **Gymnastics**  
(Marks)
(i) Willingness to perform 05  
(ii) Knowledge of sequence & performance of exercise 15  
(iii) Form, grace and ease of performance 05  
(iv) Landing or recovery technique 05

(f) **Boxing, Wrestling, Judo and Karate**  
(Marks)
(i) Courage, confidence, self-reliance & endurance 10  
(ii) Foot work/holds 04  
(iii) Offensive techniques 08  
(iv) Defensive techniques 08

(g) **Yoga**  
(Marks)
(i) Ability to assume the posture/activity 10  
(ii) Knowledge of sequence for final pose/activity 10  
(iii) Perfection in posture/activity with grace & poise 05  
(iv) Performing a post activity with ease & maintaining it for a length of time with relaxation 05

**METHOD OF ASSESSMENT BY THE EXTERNAL EXAMINER**

**Physical Efficiency Tests**
The External Examiner will assess the performance of the candidates in the physical efficiency test in accordance with the Performance Table at Appendix A attached. He/she will mark the candidates out of 30 marks based on his assessment.

**Specialisation Tests**
The External Examiner will assess the performance of the candidates in the activity that they have chosen for specialisation (See (ii) Specialisation Tests) out of 20 marks. The basis of his/her assessment for each activity is given in the ensuing paragraphs.

(a) **Athletics**
The candidates will be assessed in their performance in any two of the events of their choice as given in the syllabus, in accordance with the table attached as Appendix B.

(b) **Gymnastics**
The candidates will be assessed in their performance in four exercises, to be nominated by the External Examiner, using any two apparatus of the candidates' choice. The External Examiner will give marks for each exercise as follows:
(i) Perfect performance in form, grace and timing 05
(ii) Satisfactory performance but for minor fault in form & timing 04
(iii) Performance with poor form e.g. bent knees, toes not pointed 03
(iv) No form or grace but knowledge of performance of exercise 02
(v) An attempt to perform 01

(c) Swimming
The candidates will be assessed in any two of the events of their choice in accordance with the table given at Appendix D attached.

(d) Dancing
The candidates will be assessed in two dance performances of their choice as given in the syllabus. The External Examiner will mark them on each performance as follows:

Marks | Qualities | Marks
---|---|---
04 | Knowledge of the steps/poses |
02 | Grace and poise |
02 | Rhythm and timing |
02 | Endurance |
05 | Perfect performance |
04 | Satisfactory performance with minor error in form |
03 | Performance with poor form |
03 | No form but knowledge of how to perform the asanas |
02 | Poor form and knowledge of performance |
01 | An attempt to perform |

(e) Yoga
The candidates will be assessed in any four of the asanas given in the syllabus, to be nominated by the External Examiner. The External Examiner will mark the candidates in each asana as follows:

Marks
---
05 | Perfect performance |
04 | Satisfactory performance with minor error in form |
03 | Performance with poor form |
02 | No form but knowledge of how to perform the asanas |
01 | Poor form and knowledge of performance |
APPENDIX A
PERFORMANCE TABLE - PHYSICAL EDUCATION - PHYSICAL EFFICIENCY TESTS

<table>
<thead>
<tr>
<th>Marks</th>
<th>Test No.1 50 m dash (Timings in seconds and tenths)</th>
<th>Test No.2 Standing long jump (Distance in cm)</th>
<th>Test No.3 Distance run (Timings in min. and s)</th>
<th>Test No.4 Push-ups (Numbers)</th>
<th>Test No.5 Shuttle run (Timings in s and tenths)</th>
<th>Test No.6 30 sit-ups (Numbers)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
<td>Boys 1000 m</td>
<td>Girls 600 m</td>
</tr>
<tr>
<td>5</td>
<td>7.3</td>
<td>7.7</td>
<td>179</td>
<td>164</td>
<td>4min 40s</td>
<td>2min 45s</td>
</tr>
<tr>
<td>4</td>
<td>7.4</td>
<td>8.0</td>
<td>172</td>
<td>152</td>
<td>4min 50s</td>
<td>2min 55s</td>
</tr>
<tr>
<td>3</td>
<td>7.6</td>
<td>8.3</td>
<td>165</td>
<td>146</td>
<td>5min</td>
<td>3min 05s</td>
</tr>
<tr>
<td>2</td>
<td>7.9</td>
<td>8.6</td>
<td>158</td>
<td>139</td>
<td>5min 10s</td>
<td>3min 15s</td>
</tr>
<tr>
<td>1</td>
<td>8.3</td>
<td>8.9</td>
<td>151</td>
<td>129</td>
<td>5min 20s</td>
<td>3min 25s</td>
</tr>
</tbody>
</table>

* Note: For timings in between or higher than those indicated in the table the lower mark should be given.
For distances in between or lower than those indicated in the table the lower mark should be given.
APPENDIX B
PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS
ATHLETICS - TRACK EVENTS
*(All Measurements in Metres and Centimetres)*

<table>
<thead>
<tr>
<th>Marks</th>
<th>50 m (s and tenths)</th>
<th>100 m (s and tenths)</th>
<th>200 m (s and tenths)</th>
<th>400 m (s and tenths)</th>
<th>800 m (min and s)</th>
<th>1500 m (min and s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Boys</td>
<td>Girls</td>
</tr>
<tr>
<td>10</td>
<td>7.3</td>
<td>13.0</td>
<td>15.5</td>
<td>26.5</td>
<td>31.0</td>
<td>57.0</td>
</tr>
<tr>
<td>9</td>
<td>7.5</td>
<td>13.2</td>
<td>15.7</td>
<td>27.0</td>
<td>31.5</td>
<td>58.0</td>
</tr>
<tr>
<td>8</td>
<td>7.6</td>
<td>13.3</td>
<td>16.0</td>
<td>27.3</td>
<td>32.0</td>
<td>59.0</td>
</tr>
<tr>
<td>7</td>
<td>7.7</td>
<td>13.5</td>
<td>16.3</td>
<td>27.5</td>
<td>32.5</td>
<td>60.0</td>
</tr>
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<td>7.8</td>
<td>13.6</td>
<td>16.5</td>
<td>27.7</td>
<td>33.0</td>
<td>61.0</td>
</tr>
<tr>
<td>5</td>
<td>7.9</td>
<td>13.7</td>
<td>16.7</td>
<td>28.0</td>
<td>33.5</td>
<td>62.0</td>
</tr>
<tr>
<td>4</td>
<td>8.0</td>
<td>14.6</td>
<td>17.0</td>
<td>28.5</td>
<td>34.0</td>
<td>63.0</td>
</tr>
<tr>
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<td>8.1</td>
<td>15.1</td>
<td>17.5</td>
<td>29.0</td>
<td>34.5</td>
<td>63.5</td>
</tr>
<tr>
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<td>8.2</td>
<td>15.5</td>
<td>18.0</td>
<td>29.5</td>
<td>35.0</td>
<td>64.0</td>
</tr>
<tr>
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<td>8.4</td>
<td>16.0</td>
<td>18.5</td>
<td>30.0</td>
<td>35.5</td>
<td>64.5</td>
</tr>
</tbody>
</table>

*Note: For timings in between or higher than those indicated in the table the lower mark should be given.*
### APPENDIX C

**PERFORMANCE TABLE – PHYSICAL EDUCATION SPECIALIZATION TESTS**

**ATHELETIC – FIELD EVENTS**

<table>
<thead>
<tr>
<th>Marks</th>
<th>Long Jump (m &amp; cm)</th>
<th>High Jump (m &amp; cm)</th>
<th>Shot Put (m &amp; cm)</th>
<th>Hops step &amp; Jump (m &amp; cm)</th>
<th>Pole Vault (m &amp; cm)</th>
<th>Discuss (m &amp; cm)</th>
<th>Javelin (m &amp; cm)</th>
<th>Soft ball Throw (m &amp; cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Boys</td>
<td>Boys</td>
<td>Boys</td>
</tr>
<tr>
<td>10</td>
<td>5.00</td>
<td>4.50</td>
<td>1.45</td>
<td>1.35</td>
<td>9.00</td>
<td>7.50</td>
<td>10.00</td>
<td>2.00</td>
</tr>
<tr>
<td>9</td>
<td>4.70</td>
<td>4.20</td>
<td>1.40</td>
<td>1.30</td>
<td>8.00</td>
<td>7.00</td>
<td>9.60</td>
<td>1.90</td>
</tr>
<tr>
<td>8</td>
<td>4.40</td>
<td>3.90</td>
<td>1.35</td>
<td>1.25</td>
<td>7.50</td>
<td>6.50</td>
<td>9.20</td>
<td>1.80</td>
</tr>
<tr>
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<td>4.10</td>
<td>3.60</td>
<td>1.30</td>
<td>1.20</td>
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<td>6.00</td>
<td>8.80</td>
<td>1.70</td>
</tr>
<tr>
<td>6</td>
<td>3.80</td>
<td>3.30</td>
<td>1.25</td>
<td>1.15</td>
<td>6.50</td>
<td>5.50</td>
<td>8.40</td>
<td>1.60</td>
</tr>
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<td>3.50</td>
<td>3.00</td>
<td>1.20</td>
<td>1.10</td>
<td>6.00</td>
<td>5.00</td>
<td>8.00</td>
<td>1.50</td>
</tr>
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<td>4</td>
<td>3.20</td>
<td>2.70</td>
<td>1.15</td>
<td>1.05</td>
<td>5.50</td>
<td>4.50</td>
<td>7.60</td>
<td>1.40</td>
</tr>
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<td>3</td>
<td>2.90</td>
<td>2.40</td>
<td>1.10</td>
<td>1.00</td>
<td>5.00</td>
<td>4.00</td>
<td>7.20</td>
<td>1.30</td>
</tr>
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<td>1.05</td>
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<td>6.80</td>
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</tr>
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<td>2.30</td>
<td>1.80</td>
<td>0.95</td>
<td>0.90</td>
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<td>3.00</td>
<td>6.40</td>
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</tr>
</tbody>
</table>

**Note:** For distance in between or lower than those indicated in the table the lower marks should be given.
## APPENDIX D
### PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS - SWIMMING

<table>
<thead>
<tr>
<th>Marks</th>
<th>50 m free style (s and tenths)</th>
<th>100 m free style (min and s)</th>
<th>200 m free style (min and s)</th>
<th>400 m free style (min and s)</th>
<th>50 m breast stroke (min and s)</th>
<th>75m breast stroke (min and s)</th>
<th>100m breast stroke (min and s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
</tr>
<tr>
<td>10</td>
<td>45.0</td>
<td>55.0</td>
<td>1:30</td>
<td>1:50</td>
<td>3:00</td>
<td>3:40</td>
<td>6:00</td>
</tr>
<tr>
<td>9</td>
<td>46.3</td>
<td>56.3</td>
<td>1:32.5</td>
<td>1:53</td>
<td>3:05</td>
<td>3:46</td>
<td>6:10</td>
</tr>
<tr>
<td>8</td>
<td>47.5</td>
<td>57.5</td>
<td>1:35</td>
<td>1:55</td>
<td>3:10</td>
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<td>7:00</td>
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<td>65.0</td>
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<td>3:40</td>
<td>4:20</td>
<td>7:20</td>
</tr>
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<td>57.05</td>
<td>67.5</td>
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<td>2:15</td>
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<td>7:40</td>
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<tr>
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<td>68.7</td>
<td>1:57.5</td>
<td>2:17.5</td>
<td>3:55</td>
<td>4:35</td>
<td>7:50</td>
</tr>
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<td>70.0</td>
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<td>2:20</td>
<td>4:00</td>
<td>4:40</td>
<td>8:00</td>
</tr>
<tr>
<td>1</td>
<td>61.2</td>
<td>71.2</td>
<td>2:02.5</td>
<td>2:22.5</td>
<td>4:05</td>
<td>4:45</td>
<td>8:10</td>
</tr>
</tbody>
</table>

*Note: For timings in between or higher than those indicated in the table the lower mark should be given.*
### APPENDIX E
PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS - SWIMMING (CONTINUED)

<table>
<thead>
<tr>
<th>Marks</th>
<th>50 m back stroke (min and s)</th>
<th>75 m back stroke (min and s)</th>
<th>100 m back stroke (min and s)</th>
<th>50 m butterfly stroke (min and s)</th>
<th>75 m butterfly stroke (min and s)</th>
<th>100 m butterfly stroke (min and s)</th>
<th>Diving</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
<td>Girls</td>
<td>Boys</td>
<td>Description of action</td>
</tr>
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<td>1:10</td>
<td>1:45</td>
<td>2:00</td>
<td>0:55</td>
<td>1:05</td>
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<tr>
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<td>1:15</td>
<td>1:52</td>
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<td>0:57</td>
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</tr>
<tr>
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<td>1:17.5</td>
<td>1:56</td>
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<td>2:00</td>
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<td>1:15</td>
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</tr>
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<td>1:22.5</td>
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<td>2:15</td>
<td>1:05</td>
<td>1:17.5</td>
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<td>2:20</td>
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</tr>
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<td>2:27.5</td>
<td>1:12.5</td>
<td>1:24</td>
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<td>2:30</td>
<td>1:14</td>
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<td>2:18</td>
<td>2:32.5</td>
<td>1:16</td>
<td>1:26</td>
<td>2:11</td>
</tr>
</tbody>
</table>

*Note: For timings in between or higher than those indicated in the table the lower mark should be given.*