



GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

(A Corporate Statutory Body constituted by an Act of the State Legislature )

Alto Betim, Bardez, Goa 403 521

[www.gbshse.gov.in](http://www.gbshse.gov.in)

[sec-gbshse.goa@nic.in](mailto:sec-gbshse.goa@nic.in)

8459710179

GBSISE/ACAD/SSC/P.E./ 2023

Date: - 26/06/2023

CIRCULAR NO. 45

To,  
The Heads of all recognized  
Secondary Schools  
within the jurisdiction of this Board.

Sub: Implementation for Physical Education (**Sports & Well Being**) as additional Subject for class IX from the Academic year 2023-2024 onwards.

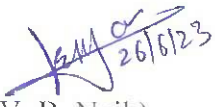
Sir/Madam,

1. With reference to the above cited subject, the new subject Physical Education (**Sports & Well Being**) is being introduced as additional Subject on lines with NSQF Scheme as a seventh subject for Class IX from the Academic year 2023-2024 onwards.
2. The School assessment subject namely Health Education, Physical Education & Sports will have syllabus as per new subject titled "**Sports & Well Being**" for implementation in all the schools with immediate effect.
3. Those schools/students opting for **Sports & Well Being** as 7th subject, the existing Health Education, Physical Education & Sports will be exempted from school assessment subject.
4. Pattern of **Sports & Well Being** (as 7th subject) at Class IXth will have 40 marks theory (20 marks for first term and 20 marks for second term) and 60 marks practical (30 marks for first term and 30 marks for second term) on similar lines to that of NSQF. The Unit wise distribution for **Sports & Well Being** will be communicated shortly.
5. It is recommended to have 5 sessions of 35 minutes each per week for **Sports & Well Being** at Class IX and Class X subsequently. Without additional burden on the government.
6. The text book for **Sports & Well Being** of Class IXth will be made available in open market by the Goa Board very soon.

7. Trainings will be conducted for new subject **Sports & Well Being** for Class IX. The details of schedule of the training will be communicated very shortly.

The Heads of Institutions are hereby requested to act accordingly and send their request to introduce this new subject in their esteemed Schools at the earliest as first 100 schools will be granted permission to introduce this subject on first come first basis.

The copy of Circular be displayed on the Notice Board at a prominent place for information and needful action.

  
(V. B. Naik)  
Secretary

Enclosed: As Above

Copy to:-

1. The Director of Education, Porvorim-Goa.
2. The Director of SCERT, Alto Betim-Goa.
3. Heads of Sections of this Office.
4. P.A. to Chairman.