

Grade 9 Physical Education Syllabus

Reference Book: Health & Physical Education (NCERT) Textbook for Class IX

Physical Education **3 Marks**

- Physical Education
- Objectives of Physical Education
- Scope of Physical Education

Yoga **6 Marks**

- Tadasana
- Katichakrasana
- Simhasana
- Mandukasana
- Kapalabhati
- Anuloma-Viloma
- Uttana Mandukasana
- Akarna Dhanurasana
- Bhujangasana
- Dhanurasana
- Bhastrika Pranayama
- Dhyana (Meditation)

Physical Fitness **2 Marks**

- Physical Fitness and Its Importance
- Need of Physical Fitness and Well-being
- Components of Physical Fitness

Sports Training **2 Marks**

- Sports Training: Meaning
- Performance Development Through Sports Training
- Objectives of Sports Training

Ethics in Sports **3 Marks**

- What is Sports Ethics?
- Sports Ethics - Standards
- Responsibility for Observance of Sports Ethics

Diet for Healthy Living **5 Marks**

- Introduction
- Dietary Requirements of Human Body
- Balanced Diet
- Special Dietary Requirements

First Aid and Safety **5 Marks**

- What does First Aid mean?
- Why First Aid?
- First Aid in Different Cases

Health and Diseases

2 Marks

- What is Illness?
- Communicable Diseases
- Non-Communicable Diseases

Growing up with Confidence

2 Marks

- Growth: A Natural Phenomenon
- Anxiety and Depression
- Drug or Substance Abuse

Total Theory Marks:

30 Marks

Term – I Theory

- Physical Education 3 mks.
- Yoga 3 mks.

Tadasana
Katichakrasana
Simhasana
Mandukasana
Kapalabhati
Anuloma-Viloma

- Physical Fitness 2 mks.
- Sports Training 2 mks.
- Ethics in Sports 3 mks.
- Growing up with Confidence 2 mks.

Term – II Theory

- Diet for Healthy Living 5 mks.
- First Aid and Safety 5 mks.
- Health and Diseases 2 mks.
- Yoga 3 mks.

Uttana Mandukasana
Akarna Dhanurasana
Bhujangasana
Dhanurasana
Bhastrika Pranayama
Dhyana (Meditation)

Practicals

	Term I	Term II
Assignment	05 mks	05 mks
Participation	05 mks	05 mks
Yoga	05 mks	05 mks
Physical Fitness Test	10 mks	10 mks
Skill Test	10 mks	10 mks
Total	35 mks	35 mks

Games Distribution

Term I	Term II
- Table Tennis - Kho-Kho - Football - Handball	- Badminton - Kabaddi - Volleyball