

Main Streaming Health and Physical Education

Health and Physical Education is concerned with total health of the learner and the community, Beside physical health, it includes mental and emotional health of the learners. A state of physical, mental, emotional, social and spiritual well- being and not merely the absence of disease or infirmity.

Research has demonstrated that there is positive correlation between brain development and exercise which also has an impact on cognitive development thus helping to improve academic grades.

Therefore, CBSE provided a focused curriculum for Health and Physical Education and SEWA(Social Empowerment through Work Education and Action)imbued with life skills. This Programme is compulsory for all schools affiliated with CBSE w.e.f 2018-19

STRAND 1	STRAND 2	STRAND 3	STRAND 4
GAMES SPORTS Team Games <ul style="list-style-type: none">• Foot Ball• Cricket• Basket Ball	Health and Fitness Master Drill	SEWA (Social Empowerment through Work Education and Action)	Health & Activity card -Record maintain by school

All the activities under strand 1,2 &3 will be thoroughly evaluated and recorded by the school as evidence for CBSE

- Every student is compulsorily required to maintained a personal portfolio with all the recoding provided by the school
- The students will be evaluated on the basis of individual portfolio and school annual record and cumulative grades would be sent to CBSE

SEWA Activities

Class 9 –Swchcha vidyalaya Swachcha Bharath

Class 10- Resources for class room use and school use

Class 11 & 12- Reduce,Reuse,Recycle –Three most important ‘R’ s and Now Respect