



BHARAT INSTITUTE OF SECONDARY EDUCATION

— EMPOWERING EDUCATION —

SYLLABUS PHYSICAL EDUCATION

Unit I – Introduction to Physical Education

- ★ **Meaning, aims and objectives of physical education**
- ★ **Importance of physical education in daily life**
- ★ **Physical fitness, health and wellness – basic concepts**
- ★ **Components of physical fitness: strength, endurance, flexibility, speed and coordination**
- ★ **Importance of regular physical activity for students**

Unit II – Health, Hygiene and Nutrition

- ★ **Meaning and importance of health and personal hygiene**
- ★ **Healthy lifestyle and daily habits**
- ★ **Balanced diet and essential nutrients**
- ★ **Importance of hydration before, during and after physical activity**
- ★ **Effects of unhealthy food habits and sedentary lifestyle**



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Unit III – Fitness and Training

- ★ **Warm-up and cool-down – purpose and methods**
- ★ **Basic principles of physical training**
- ★ **Aerobic and anaerobic activities**
- ★ **Exercises for strength, endurance, flexibility and speed**
- ★ **Circuit training and simple fitness routines**
- ★ **Basic methods of measuring physical fitness**

Unit IV – Yoga and Wellness

- ★ **Meaning, origin and importance of yoga**
- ★ **Benefits of yoga for physical and mental well-being**
- ★ **Basic yogic practices and breathing exercises**
- ★ **Selected asanas for flexibility, posture and relaxation**
- ★ **Importance of concentration, relaxation and stress management**



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Unit V – Sports and Games

- ★ **Importance of sports and games in personality development**
- ★ **Basic rules, skills and safety measures of selected outdoor games**
- ★ **Teamwork, discipline, leadership and sportsmanship**
- ★ **Fair play and respect for opponents and officials**

Unit VI – Safety, First Aid and Sportsmanship

- ★ **Common sports injuries and their basic prevention**
- ★ **First aid for minor sports injuries**
- ★ **Safety precautions during exercise and sports activities**
- ★ **Importance of correct posture and body mechanics**
- ★ **Role of discipline, cooperation and responsible behaviour in sports**
- ★ **Importance of regular participation in physical activity**



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Practical / Activity Work

- ★ **Perform and record a basic fitness assessment**
- ★ **Demonstrate warm-up and cool-down exercises**
- ★ **Prepare a one-week personal fitness/activity plan**
- ★ **Demonstrate selected yoga asanas and basic breathing practices**
- ★ **Participate in a selected outdoor or indoor game and demonstrate basic skills**
- ★ **Prepare a balanced diet chart for an active student**
- ★ **Demonstrate basic first-aid steps for common minor sports injuries**
- ★ **Prepare posters/slogans on fitness, hygiene, healthy lifestyle and sportsmanship**
- ★ **Maintain a simple physical activity or fitness record**
- ★ **Answer analytical and application-based questions related to health, fitness and sports situations**