

HEALTH AND PHYSICAL EDUCATION

For Class-X

Theory

1. Physical fitness
Physical fitness and its importance
2. Qualities of sportsmen
3. Organization of Tournaments:
Organization and conduct of tournaments on league and knockout system
4. Gymnastics:
 - i. Lesson planning in educational gymnastics
 - ii. Recreational/small area games
5. Training Systems:
 - i. Interval training
 - ii. Circuit training:
6. Games
Rules and Basic Techniques of Hockey Game
7. Athletics
Rules and basic techniques of the following Athletic events:
 - i. 800, 1500 meters races
 - ii. High jump and throwing the javelin
8. Recreation
 - i. Place of recreational activities in Physical Education
 - ii. Camping, hiking, picnics and excursions
9. Community Health
 - i. Sanitation of home, school and community
 - ii. Prevention of communicable diseases
 - iii. Air and ventilation
 - iv. Refuse and its disposal
10. Nutrition
 - i. Constituents of food
 - ii. Balanced diet
 - iii. Food contamination
 - iv. Food adulteration
 - v. Drinks:
Tea, Coffee, Sharbat, Squaish, Lassi, Juices, etc.

PRACTICAL (10 Marks)

1. Preparation of Practical Note Book:
Each student will be required to prepare a practical note book, which will include sketches of playfields of prescribed game.
2. Presentation of Educational gymnastics Lesson:
Each student will be required to Hand Stand and Backward Roll in his practical note book.
3. Equipment – Sports:
Oral questions on posture and demonstration of two remedial exercises of the prescribed postural defects.
4. Athletics and Games:
Proficiency in one of the prescribed games or athletic events.
5. Oral questions on community health, food adulteration, food contamination and drinks.
6. Oral questions on the organization of recreational activities.

RECOMMENDED REFERENCE BOOKS FOR CLASS X

The question paper will be syllabus oriented. However, the following books are recommended for reference and supplementary reading:

1. صحت و جسمانی تعلیم 9-10
Published by: پنجاب بک بورڈ، لاہور
2. صحت و جسمانی تعلیم
برائے جماعت دہم
Written by: ذرا حسین
Published by: ارشد پبلشرز، صوابلی