

HEALTH AND PHYSICAL EDUCATION

For Class-IX

Theory

Marks: 65

1. Meaning and Scope of Physical Education:
 - a. Definition of Physical Education, its relationship with Health Education and General Education
 - b. Aims and objectives of Physical Education
 - c. Islam and Physical Education
2. Theory of Movements:
Movements of the body:
 - i. Fundamental: Stretching, Bending, Twisting, etc.
 - ii. Derived: Walking, Running, Jumping, Climbing, Throwing, etc.
3. Educational gymnastics:
 - a. Its importance and modern trends
 - b. Activities in educational gymnastics:
 - i. Curling and stretching,
 - ii. Turning and twisting,
 - iii. Swimming and circling,
 - iv. Balancing and weight bearing,
 - v. sequence of the above movements, and
 - vi. Forward and backward rolls.
4. Posture:
Posture, its importance and defects
(Defects: Round back, hallow back, un-even shoulders, flat foot)
5. Massage:
Massage, its utility and methods
6. Sports Equipment:
Equipments, supply and maintenance
7. Games:
Rules and basic techniques of the following:
 - i. Badminton
 - ii. Volleyball
8. Athletics:
Rules and basic techniques of the following Athletic events:
 - i. 100, 200, 400 meters races
 - ii. 400 meters relay race (4x100)
 - iii. Broad jump and putting the shot
9. Health Education:
 - i. Health Education and its importance
 - ii. Public health problems
10. Personal Health:
 - i. Care of skin, hair, teeth, eyes and nose
 - ii. Dress
 - iii. Exercise, fatigue, rest and sleep
 - iv. Effects of alcohol, tobacco and other narcotics
11. Mechanism of body movements:
 - i. Joints
 - ii. Muscles

PRACTICAL (10 Marks)

1. Preparation of Practical Note Book:
 - a. Each student will be required to prepare a practical note book, which will include Educational Gymnastics, Head Stand and Forward Roll and playfields of those games, which have been included in theory.
 - b. Students will be required to identify five health problems in school, home or community and suggest in writing practicable and economical solutions, this shall be presented in the practical note book. Students will also be asked oral questions about these problems.
2. Presentation of Sequences:

Each student will be required to offer two sequences as denoted in his practical note book.
3. Game and Equipment:

Oral questions on the specifications of equipment of games and specifications and maintenance of prescribed playgrounds.
4. Athletics:

Proficiency in one of the prescribed games or athletic events.
5. Evaluation of personal cleanliness
6. Oral questions on ill effects of narcotics

RECOMMENDED REFERENCE BOOKS FOR CLASS IX

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 ٹیکسٹ بک بورڈ، لاہور
2. صحت و جسمانی تعلیم
برائے جماعت نہم
Written by: فدائ حسین
Published by: ارشد پبلشرز، صوابلی