CONTENTS OF HEALTH AND PHYSICAL EDUCATION FOR CLASS-X

1. CO-CURRICULAR ACTIVITIES

- 1.1 Types of co-curricular
 - 1.1.1 Scouting (for boys)
 - 1.1.2 Girl guiding (for girl)
 - 1.1.3 Hiking
 - 1.1.4 Study tour
 - 1.1.5 Tutorial group

2. PHILOSOPHY OF GAMES

- 2.1 theories of games.
- 2.2 Importance of games

3. Educational Gymnastic

- 3.1 Definition
- 3.2 Historical background of educational gymnastic
- 3.3 Objectives of educational gymnastic
- 3.4 Activities of educational gymnastic
 - 3.4.1 Agility
 - 3.4.2 Flexibility
 - 3.4.3 Balancing
 - 3.4.4 Co-ordination

4. GAMES

- 4.1 Hockey
- 4.2 Badminton

5. ATHLETICS

- 5.1 4×100 Meter Relay Race
- 5.2 Javelin throw
- 5.3 1500 Meter race

6. Body Systems

- 6.1 Muscular system
- 6.2 Skeletal system

7. POSTURE

7.1 postural defects and its causes and remedies

8. DRINKS

- 8.1 Water intake during exercise
- 8.2 Dehydration

9. AUDIO VISUAL AIDS

- 9.1 Types of Audio-Visual Aids
 - 9.1.1 Audio Aids
 - 9.1.2 Visual Aids
- 9.2 Role of Audio-Visual Aids in Sports