

**PHYSICAL EDUCATION AND WELL BEING
GRADE 9 SEMESTER I (THEORY)**

MONTH	CHAPTERS	NO. OF PERIOD	HOURS	MARKS
JUNE	INTRO TO PHYSICAL EDU	2	1HR 20MIN	2
JUNE	YOGA	3	2HRS	4
JULY	PHYSICAL FITNESS	2	1HR 20MIN	2
JULY	INDOOR\OUTDOOR SPORTS	3	2HRS	5
AUGUST	SPORTS TRAINING	2	1HR 20MIN	1
AUGUST	INDOOR\OUTDOOR SPORTS	4	2HR 40MIN	5
SEPTEMBER	ETHICS IN SPORTS	2	1HR 20MIN	1
		18	12 HRS	20

SEMESTER II THEORY

Month	TOPICS	No of periods	Hours	Marks
Nov	Diet For Healthy Living	1	40 min	1
Nov	Waste Management	2	1hr.20min	1
Nov	Safety and First Aid	2	1hr.20min	1
Dec	Yoga	3	2hrs	4
Jan	Indoor/Outdoor Sports	4	2hrs.40min	5
Jan	Social and Community Health	1	40min	1
Jan	Adolescent Friendly Health Services	1	40min	1
Feb	Indoor/Outdoor Sports	3	2hrs	5
Total		18 periods	12hrs	20 mks

PRACTICAL	SE I	SE II
ASSIGNMENT	05 MKS	05 MKS
ATTENDANCE	05 MKS	05 MKS
PHY.FITNESS T	10 MKS	10 MKS
SKILLS	10 MKS	10 MKS
TOTAL	30 MKS	30 MKS