

Haryana Board Physical Education Syllabus for Class 10

Class 10th Syllabus – Haryana Board (HBSE) (2012-2013)

Physical Education

First Semester (1st April to 30th September)

| Month | Name of Book | Topic Covered | Periods | Periods for Revision | Practical Work |
|---|---|--|------------|----------------------|----------------|
| April | Any book of Physical Education covering the syllabus according to HBSEH Haryana | Environmental Health Food and Nutrition | 7 7 | 2 | 4 |
| May First Unit Test (17th May to 25th May) | | National and International Sports: Asian games ancient Olympic, Modern Olympic Specific games /sports Boxing, Netball, Laxium, Dumbell, PT exercises Athletics, Running Events, Jumping events, Throwing events, Importance of competition in Games and sports, Yogic Exercises -Women and Sports participation | 8 8 | 2 | 6 |
| June Summer Vacation (1st June to 30th June) | | | | | |
| July | | Swimming, Circle Kabaddi Introduction to basic rules related to these Games | 7 | 3 | 6 |

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| | | Introduction to basic rules related to events | 8 | | |
| August | | -National Integration: partition, National Flag, National anthem, and festival | 8 | 3 | 4 |
| | | Second Unit Test (17th Aug. to 25th Aug) | | | |
| September | | Revision First semester exam | | | |

Health and Physical Education

Second Semester (1st October to 31st March)

| Month | Name of Book | Topic Covered | Periods | Periods for Revision | Practical Work |
|---|--------------------|---|---------|----------------------|----------------|
| October | Physical Education | Part A- Preliminary knowledge of body system Part B Judo, Basic Techniques and rules related to Judo | 8 4 | 3 | 3 |
| November | | Part A Communicable diseases and their immunization Part B Wrestling History and Basic rules of Wrestling | 9 6 | 3 | 4 |
| December | | Part A- Food and Nutrition Part B- Gymnastic, weight lifting | 6 6 | 2 | 4 |
| December Winter Vacation (22nd December to 31st December) | | | | | |
| January | | Part A- Patriotism and National Integration Part B- Table Tennis | 6 6 | 3 | 3 |
| | | Second Unit Test (15th Jan to 25th Jan) | | | |
| February | | Revision of Part A & B. Previous Question papers | 8 | 2 | |
| March | | Second Semester Exam | | | |