

Council of Higher Secondary Education ,Odisha
SYLLABUS: PHYSICAL EDUCATION
(Job Role: Primary years Physical Activity Facilitators)
Scheme of Syllabus
Class XI

Class-XI		Paper- I		Full Marks- 100	
Part -A	Employability Skills	No. of classes	No. of Practical Classes	Max mark	
	Communication Skill-III	08	15		
	Self Management Skill-III	05	12		
	Entrepreneur Skill-III	05	12	10	
	Total	18	39	10	
Part-B	Vocational Skill				
	Role of Physical Education in Child Development	11	13	40	
	Props and Equipment	13	15		
	Hygiene and safety	13	15		
	Sports & Fitness	06	12		
	Theory	43	55	40	
Part-C	Practical Work				
	Practical Examination		06	15	
	Written test		01	10	
	Viva Voce		03	10	
	Total		10	35	
Part-D	Project Work/ Field Visit				
	Practical File/ Student Port folio		10	10	
	Viva Voce		05	05	
	Total		15	15	
	Grand Total	61	119	100	

Class-XI		Paper- II		Full Mark- 100	
Part -A	Employability Skills	No. of classes	No. of Practical Classes	Max mark	
	Information and Communication Technology	10	27		
	Green Skill	08	12		
	Total	18	39	10	
Part-B	Vocational Skill				
	Biological basics of physical education	08	12	40	
	Physical Fitness	08	12		
	Leisure, Play and recreation	13	18		
	Yoga- A preventive measure for life style	13	18		
	Theory	43	60	40	
Part-C	Practical Work				
	Practical Examination		06	15	
	Written test		01	10	
	Viva Voce		03	10	
	Total		10	35	
Part-D	Project Work/ Field Visit				
	Practical File/ Student Portfolio		10	10	
	Viva Voce		05	05	
	Total		10	15	
	Grand Total	61	119	100	

PAPER-I (THEORY)

Employability Skill

Unit-1:- Communication skill: Type of Communication (Verbal, Non Verbal, Visual)

Unit-2: Self management Skill: Impotence of dressing appropriately, looking decent and positive body language, grooming, prepare a personal grooming checklist.

Unit-3: Entrepreneur Skill- Entrepreneurial value oriental now with respect to innovativeness, independence, outstanding performance and respect for work, looking for economic opportunities, believing that we can change the environment.

Vocational Skill

Unit-4: Role of Physical Education in child development:

- Domains for primary childhood development: Physical, Emotional, Social, Communicative, adoptive, etc. Cognitive development, Psychology well being and school readiness.
- Factors inflecting Physical activities: Demographic, Biological, Psychological, behavioural, Social culture and environmental.
- Plan physical activities for children: Physical activities session, macro planning, Meso planning, Micro planning, Weekly planning, Prepare a lesson plan.

Unit-5: Props and equipment:

- Factors considering selecting props equipment: Purpose and importance of equipment, factors affecting the selection of play equipment, Role of physical activity faciliator in selection of props and equipment.
- Prepare list of equipment: equipments for conducting physical and sports activities.
- Process of inspection of play field: availability of electricity and water around play field and safety measure taken in play field.

Unit-6: Hygiene and safety:-

- Maintenance of hygiene in play area: Personal hygiene practices, healthy eating, sufficient sleep, staying hydrated, regular physical activity, hygiene maintaince.
- Cleaning sanitizing play area, safe and protected area, cleaning equipment and materials for storage area.
- First aid- Meaning preventive measures for injury, medical facility in play area , components of First aid materials for First aid.
- Emergency and causality management: Recognising and responding to emergencies, hazards of management of causality, cardiopulmonary resuscitation(CPR)

Unit-7: Sports and fitness:-

- Yearly sports activity: Resources for conducting sports selection for completion, organising games, selection criteria for sports activities.
- Resources required for organising sports competition: material required for sports completion, Arrangement for refreshment and First aid set up, rest room for

athletics, warm up zone and spectator management.

- Conduct for fitness session: warm up, body weight exercise, Aerobic activity, anaerobic activity, weight training, specific training, and recreational games.

Reference Materials for Physical Education Job Role: (Primary years Physical Activity Facilitators)
Vocational Skills
Class-XI paper-I & II

Paper-II Unit	Reference Book with Writer	Pages
Paper-I Unit-4,2	Essentials of Physical Education. Writer-A. Singh Gill, Ruchh pal Singh Bany, Sixth Edition-2022(Biological basic of Physical Education).	60-70
Paper-II Unit-3	-do-	
Paper-I Unit-7	Physical Fitness/Sports & Fitters Ref. Book- Essential of Physical Education	285 to 296 & 304
Paper-II Unit-4	Author. Ajna Singh Ref. Book. Health & Physical Education. Author . B.N Dash	58-99
Paper-II Unit-5	Leisure, Play: Ref. Book Essential of Physical Education. Autor- A. Singh & other Ref. Book Health & Physical for Author. B.N. Dash	195-207
Paper-I Unit-6	Health & Diseases, Hygiene & safety, safety in Sports Essential of Physical Education	357-370
	Ref.Book. Author. A. Singh & others Ref. Book Health & Sports nutrition writer Dr. A.N. Buchha	223-245
Paper-II Unit-6	Yoga Health & Physical Education Writer. B.N. Dash A preventive measure for life style disease Yoga	127-245
	Ref. Book Physical Education Class-XII CBSE	71- 122
Paper-I Unit -5	Reference Book Edit Writer/ Publisher Props and Equipment Ref. Book Organization, Administration in Physical	134-144

	Education. Writer Dr. B.P. Arya , Sandip Kumar	
Paper-I Unit-6	Organization, Administration & Recreation in physical Education	157-161
	Publisher: Prakash Brothes Hygiene and safety Physical Education Chapter- Health Education ICSE Class-XII	137-207

PAPER-1 (Practical)

Employability Skill

Unit-1:-

1. Communication listening do and don't for avoiding common body language.
2. Role plays on communication style.

Unit-2:

1. Demonstration of impressive appearance and groomed personality.
2. Demonstration of the ability to self explore.

Unit-3:

1. Listing of entrepreneurial values by the students
2. Group work on identification of entrepreneurial values and their roles after listening and reading 3. Nos.
3. Stories of successful entrepreneur.

Vocational Skill

Unit-4:

1. Prepare a chart for primary childhood development.
2. Slide preparation of cognitive and psychological well being of children.
3. Group discussion on how behavioural factors influence physical activity.
4. Lesson plan for various physical activity.

Unit-5:

1. List down factors affecting selection of equipment.
2. Preparation of list of equipment for conducting physical & Sports activities.
3. Preparation of poster of props and equipment.

Unit-6:

1. Discussion of on need of sanitization in play area.
2. Prepare a poster on Fist aid principles
3. Preparation of chart on different types of hazards.

Unit-7:

1. Preparation of chart for selection of students for competition.
2. List down the important point to be kept in mind before being any physical activity.

PAPER-II (THEORY)

Employability Skill

Unit-1:- Information and communication technology:- Introduction to word processing, creating and document, Editing text, wrapping and aligning the text, Font size, type and face, Header & Footer, Autocorrect numbering printing document, sharing a document in various format.

Unit-2: Green Skill: Main sectors of green economy- Green transportation, renewal energy, Green construction, Water management, Stake holders in Green economy, Role of Government and private agencies in greening cities, buildings, tourism, industry transport, renewable energy, waste management, agriculture, Water, Forest and fisheries.

Vocational Skill

Unit-3: Biological basics of Physical education Growth and Development maturation and learning different between growth and Development , need & importance of study of growth and development and factors affecting growth and development.

Unit-4: Physical fitness: Meaning and component of Physical fitness, types and benefits of fitness, factors affecting physical education, Employment opportunity in physical fitness, describe the role and functions of fitness trainer, Athletic trainer, Personal trainer, Gym assistant, athletic club manager, physical therapist, fitness model and conducting specialist and group exercise instructor.

Unit-5: Leisure, play and recreation: Leisure definition, schooling and leisure, different between leisure and recreation, recreation and work, play and recreation, wantto play leads to physiological deprivation.

Unit-6: Yoga :- A preventive measure for life style- Tadasana, Katichakrasana, Pravanmarkasana, Hulasana, Paschimoltanasana, Ardhamatsyehndrsana, dhanurasana, ushtrasana, surya namaskar bhedhena, Pranayam- Technics, benefits and contradiction of each asana.

PAPER-II (Practical)

Employability Skill

Unit-1:- Employability Skill-II

1. Opening and exit word processor
2. Creating a document
3. Demonstration and practicing the following:
 - Editing the text
 - Word wrapping and alignment
 - Changing font type , size and face
 - Inserting header & footer
 - Removing header and footer
4. Using autocorrect option
5. Insert page numbers and bullet
6. Save and Print a document

Unit-2:

1. Preparing a poster on any of the sector of green economy
2. Preparing poster on green sector/ Areas : Cities buildings, tourism, industry, transport, renewable energy, waste management, agriculture, water, forest and fisheries.

Vocational Skill

Unit-3:

1. Observation and recoding of growth of height, weight, arm circumference and preparing individual growth chart for five children of age group (3-4, 4-5,5-6,6-7,7-8)

Unit-4:

1. Promoting health and fitness programmes (Hand wash Day, Yoga day)

Unit-5:

1. List of leisure activities.
2. List of current National awardees (Dhyan Chand Award, Arjun Award, Rajiv Gandhi Khel Ratna Award)

Unit-6:

1. Pictorial presentation of any five asanas for improving concentrations.

SYLLABUS: SPORTS, PHYSICAL EDUCATIONS FITNESS AND LEISURE

(Job Role: Primary Years Physical Activity Facilitators)

Schemes of Syllabus Class- XII

CLASS : 12		Paper-III	Full Mark : 100	
Part – A	Employability Skills (Part-A)	No of Theory Classes	No of Practical Classes	Max Mark
	Unit-1 Communication Skills- IV			10
	Unit-2 :Self management Skills- IV			
	UNIT-3 :Entrepreneur Skills- IV			
	Total	18	39	10
Part- B	Vocational Skills (Part B)			
	Unit 4: Assessment of Students			40
	Unit 5: Emergency Management			
	Unit 6: Play: Want of play leads to psychological deprivation			
	Theory	43	60	40
Part- C	Practical work			
	Practical Examination		06	15
	Written test		01	10
	Viva voce		03	10
	Total		10	35
Part-D	Project work / Field visit			
	Practical File / Student portfolio		10	10
	Viva voce		05	05
	Total		10	15
	Grand Total	61	119	100

Class: 12		Paper-IV	Full mark: 100	
Part A	Employability Skills (Part-A)	No of Classes	No of Practical Classes	Max Mark
	Unit-1: Information and Communication technology-IV			10
	Unit-2: Green Skills-IV			
	Total	18	39	10
Part B	Vocational Skills Part-B			
	Unit-3: Health and hygiene in play area			40
	Unit- 4: Food Nutrition and competition			
	Unit-5: Disability and Rehabilitation			
	Theory	43	60	40
Part C	Practical work			
	Practical examination		06	15

	Written Test		01	10
	Viva voce		03	10
	Total		10	35
Part D	Project work/ Field visit			
	Practical file/ Student portfolio		10	10
	Viva voce		05	05
	Total		10	15
	Grand Total	61	119	100

PAPER-III (THEORY)

Employability Skill – II

Unit-1: Communication Skill: IV

1. Importance of active listening at workplace.
2. Steps to active listening.

Unit-2: Self Management Skill: IV

1. Finding and listening motives (needs and desires)
2. Finding sources of motivation and inspiration. (Music, books, activities): thing expansive thoughts; living fully in the present moment, dreaming big.
 - Describe the meaning of personality.
 - Describe personality influence others.
 - Describe basic personality tracts.

Unit-3: Entrepreneur Skill: IV

1. Barriers to becoming entrepreneur.
2. Entrepreneurial competencies in particular:
Self-confidence, initiative, goal setting and risk taking, Problem solving and creativity, systemic planning and efficiency, team building.

Vocational Skills

Unit-4: Assessment of Students.

1. Describe the various types of assessment and purpose of evaluation.
 - Meaning of assessment, types- self, peer assessment etc.
 - Factors influencing assessment.
 - Assessment using checklist, rubrics etc.
 - Types of evaluation.
2. Quantitative and Qualitative Assessment.
 - Meaning and steps in Qualitative assessment.
 - Meaning and steps in Quantitative assessment.
3. Demonstrate the Knowledge of Organizing interaction with parents.
 - Display of reports of performance of children for parents.
 - Preparing suggestions for the improvement of the performance of students.

Unit-5: Emergency Management

1. Describe emergency responses.
 - Meaning, need and importance of emergency responses- dealing with heat, stroke, allergies, sudden cardiac arrest, neck on cervical spine injury and serious brain injuries.
2. Identify and respond to emergencies in play field.
 - Role and responsibilities of first responder.
 - First Aid procedures.
3. Prepare and emergency action plan.
 - Emergency management framework in sports.
 - Components of an emergency plan. Emergency personnel, emergency communication, emergency equipment, role of licensed athletic trainers.

Unit-6: Play

1. Meaning, definition and types of play.
2. Factors affecting play.
3. Want of play leads to physiological deprivation.

PAPER-III (PRACTICAL)

Unit-1: Communication Skill: IV

1. Demonstration of the key aspects of becoming active listener.
2. Preparing posters of steps for active listening.

Unit-2: Self Management skills-IV

1. Group discussion on identifying needs and desire
2. Discussion on sources of motivation and inspiration.

Unit-3:

1. Games and exercises on changing entrepreneurial behavior and development of competencies for enhancing self confidence, Problem solving, goal setting, information seeking, team building and creativity.

Unit-4:

1. Discussion on the importance of assessment and evaluation.
2. Preparation of chart on types of assessment.
3. Group discussion on qualitative and quantitative assessment.
4. Role play for explanation of student's report to parents.

Unit-5:

1. Preparation of a plan for emergency response.
2. Demonstration of first aid procedures.
3. Preparation of an emergency plan.

Unit-6:

1. Prepare a chart play related with wholesome development of the child.
2. Prepare a chart about ten benefits of play.

PAPER-IV (THEORY)

Employability Skill

Unit-1: Information and communication technology- IV

1. Introduction to spreadsheet application.
2. Spreadsheet applications.
3. Creating a new worksheet.
4. Opening workbook and entering text.
5. Resizing fonts and styles.
6. Copying and moving.
7. Formulas and functions.
8. Printing a spreadsheet.

Presentation application:

1. Introduction to presentation.
2. Software package for presentation.
3. Creating a new presentation.
4. Adding a slide.
5. Deleting a slide.
6. Entering and editing text.
7. Formatting text.
8. Inserting clipart and images.
9. Slide layout.
10. Saving a presentation.
11. Printing a presentation documents.

Unit-2: Green Skill: IV

1. Green organic gardening, public transport and energy conservation.
2. Green jobs in water conservation.
3. Green jobs in solar and wind power, waste reduction, reuse and recycling of wastes.
4. Green jobs in green tourism.
5. Role of green jobs minimizing waste and pollution.
6. Role of green jobs in protecting and restoring ecosystem.
7. Role of green jobs inn support adaptation to the effects of climate change.

Vocational Skills

Unit-3: Health & Hygiene in Play Area.

1. Demonstrate knowledge about players health
 - Personal strengths of individuals.
 - Food and drinking supply in play- precautions for maintaining hygiene.
 - Kits for games and practice- safety and hygiene.

2. Describe the hygiene and health in play area.
 - Cleaning and sanitizing equipment.
 - Storage area for cleaning equipment.
 - Sanitization of game equipment.
 - Sunlight protection for outdoor games.

Unit-4: Food, Nutrition and Competition.

1. Food, nutrition: definition.
2. Nutrients and their function, protein, carbohydrate, fats, vitamins, balance diet, malnutrition.
3. Eating and competition.

Unit-5: Disability and Rehabilitation.

1. Meaning, types and preventive measures of disability.
2. Rehabilitation.
3. Physical activity and health for disabled.

PAPER-IV (PRACTICAL)

Unit-1: Information and Communication Technology: IV

Demonstration and Practice of the following:

- Introduction to the spreadsheet application.
- Creating a new worksheet.
- Opening the workbook and enter text.
- Resizing fonts and styles.
- Copying and move the cell data.
- Applying elementary formulas and functions.
- Printing a spreadsheet.

Demonstration and Practice of the following:

- Listing the software packages for presentation.
- Explaining the features of presentation.
- Creating a new presentation.
- Adding a slide to presentation.
- Deleting a slide.
- Entering and editing text.
- Formatting text.
- Inserting clipart and images.
- Sliding layout.
- Saving a presentation.
- Printing a presentation document.

Unit-2: Green Skill: IV

1. Prepare posters on green area.

Unit-3: Health and Hygiene in Play Area.

1. Prepare chart on macro and micro nutrition.
2. Discussion on why there is need of sun protection measures.
3. Organizing activities for children on bringing about awareness on the importance of health and hygiene.

Unit-4: Food, Nutrition and Competition.

1. Discussion on balance diet, make a list of locally available foods with their nutritional benefits.
2. Prepare a table for healthy weight, height range in accordance sex by BMI range.

Unit-5: Disability and Rehabilitation.

1. Preparation of a chart on different types of disability.
2. Discussion on benefits of physical activities.

References

Class 12 (Sports Physical Education Fitness and Leisure)

PAPER III

Unit Part A

Employability Skills

Unit 1,2,3 Employability Skills English Class 11 and 12th NCERT

Part B Vocational Skills

Unit 4 Assessment of Students

Essential of Physical Education

Ajmer Singh, Jagdish Bains, Jagtar Singh Gill, Rachhapal Singh Brar

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Unit 5 Emergency Management

Essential of Physical Education

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Unit 6 Play, Want of Play leads to psychological deprivation Health and Physical Education

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PAPER — IV

Part A - Employability Skill

Unit - 1, Unit - 2 - Employability Skills English - Class 11 and 12th — NCERT

Part B - Vocational Skills

Unit - 3 - Health and Hygienic in Play area —

Health and Physical Education, By B.N. Dash - Page No. 127 to 151

Unit - 4 — Food, Nutrition and Competition —

Essential of Physical Education Ajmer Singh and others

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Unit - 5 — Disability and rehabilitation -

Essential of Physical Education —

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