

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.