



**BHARTIYA SIKSHA BOARD**  
**SUBJECT – PHYSICAL EDUCATION & WELL - BEING**  
**SYLLABUS (2026–27)**  
**CLASS IX**  
**SUBJECT CODE: 036**

### **Rationale**

The National Education Policy (NEP) 2020 emphasises holistic development of learners by giving equal importance to physical education, health, and well-being alongside academic learning. The National Curriculum Framework (NCF 2023) further highlights the role of sports, yoga, and indigenous games in nurturing physical fitness, social values, and emotional resilience among adolescents. In line with these directions, the NCERT approach to curriculum design integrates both theoretical understanding and practical experiences, enabling students not only to learn concepts but also to apply them in their daily lives. The Physical Education syllabus for Classes IX and X has been prepared with these guiding principles. It promotes fitness, wellness, and awareness of the human body, while also strengthening skills in yoga, sports, and traditional Bhartiya Khel. The syllabus encourages teamwork, fair play, leadership, and inclusion, making physical education a means of character building as well as a foundation for healthy living. This combination of knowledge and practice prepares students for lifelong well-being and also introduces them to possible career pathways in sports, fitness, and health-related fields.

The assessment framework of 40 marks in theory and 60 marks in practical is designed in line with the vision of NEP 2020 and NCF 2023, which emphasise competency-based education. The combination of written evaluation, skill performance, yoga practice, indigenous games, and project work ensures that students are assessed not only on theoretical knowledge but also on their ability to demonstrate, apply, and reflect upon what they learn. Students engage in structured fitness tests, games, yoga, and recreational activities, and learners develop competencies such as physical literacy, self-discipline, teamwork, leadership, and inclusivity. The record file and Viva component further strengthen reflective learning, critical thinking, and communication skills. This balanced approach to assessment supports holistic development and prepares students for healthy lifestyles, future career opportunities, and active citizenship.

**\*NCF has allocated 108 periods in Physical Education and Well-Being**

**Total Periods:** 108

**Theory:** 42 periods

**Practical:** 66 periods

**Marks:**

**Theory:** 40 marks

**Practical:** 60 marks

## Marks and Periods allocation

Sr.No	Units	No. of Periods	Marks Allocated
1	Historical Evolution of Physical Education in Bharat	10	10
2	Human Body Movement	12	10
3	Yoga for Well-being	10	10
4	Social Well-being, Values, and Inclusive PE Activities	10	10
<b>Total</b>		<b>42</b>	<b>40</b>

### Unit 1: Historical Evolution of Physical Education in Bharat

Chapter 1 : Tracing the Roots: Evolution, Traditions and Cultural Significance

- Physical Education in Bhartiya Culture
- Historical Evolution of Physical Education in Bharat

Chapter 2 : Introduction to Physical Education

- Meaning of Physical Education
- Aim of Physical Education
- Objective of Aim of Physical Education

Chapter 3 : Concept of Physical Fitness, Well-being, and Wellness

- Meaning of Physical Fitness, well-being and wellness
- Types of Physical Fitness and Its Components
- Foundations of Well-being
- Global and Bharatiya Convergence on Well-being
- Dimensions of Wellness
- Bharat's Role in the Global Wellness Movement

Chapter 4 : Traditional Games of Bharat

- Games and Sports as Cultural Heritage
- Popular Traditional Games of Bharat
- Role of Traditional Games in Modern Life

Chapter 5 : The Professional World of Sports and Physical Education

- Career Opportunities in Physical Education and Sports.
- Qualifications required for different sports-related professions
- Importance of sports and wellness professions

### Unit 2: Human Body Movement

#### Chapter 6 : Skeletal and Muscular System

- Major bones, joints and muscles of the human body.
- Functions of the skeletal system and muscular system
- Practices to maintain the health of bones and muscles

#### Chapter 7 : Circulatory and Respiratory System

- Structure and functions of the circulatory and respiratory systems
- Components of blood
- Process of blood circulation and breathing in the human body

#### Chapter 8 : Effects of Exercise on Body Systems

- Difference between exercise and physical activity
- Effects of regular exercise on different systems

#### Chapter 9 : Introduction to Posture and Common deformities

- Correct posture and its importance
- Common postural deformities and their causes
- Safe body mechanics and corrective measures to improve posture

#### Chapter 10: First Aid and Emergency Care

- First aid and its importance
- Common sports injuries
- P.R.I.C.E. method for soft tissue injuries
- Basic Life Support (BLS) and CPR

### **Unit 3: Yoga for Well-being**

#### Chapter 11: Meaning, Aim, and Importance of Yoga

- Meaning and definition of Yoga
- Aims of Yoga with reference to physical, mental, emotional and spiritual well-being
- Importance of Yoga in modern student life

#### Chapter 12 : Yoga as part of Bharat's Cultural and Educational Heritage

- Yogic texts in the Vedas, Upanishads, Bhagavad Gita and Yoga Sutras.
- Global spread and modern relevance of Yoga

#### Chapter 13: *Ashtanga Yoga*: The Eight Limbs

- Concept of Patanjali's Ashtanga Yoga.
- Meaning and importance of the eight limbs of Yoga

#### Chapter 14: Introduction to Yogasana

- Introduction to Loosening Practices (Sukshma Vyayama)
- Standing Asanas: Tadasana, Padahastana, ArdhaChakrasana, Trikonasana
- Sitting Asanas: Bhadrāsana, Vajrāsana, ArdhaUṣṭrāsana
- Prone Asanas: Makarasana, Bhujangasana
- Supine Asanas: Pavanamuktasana, Shavasana

#### Chapter 15: Introduction to Pranayama

- Technique, effects and precautions of Anulom -Vilom and Bhramari Pranayama
- Importance of breath regulation for mental and emotional balance

Chapter 16: Meditation and Relaxation

- Meaning and concept of meditation
- Method of practicing meditation safely
- Mental, physical and emotional benefits of meditation

**Unit 4: Social Well-being, Values, and Inclusive PE Activities**

Chapter 17: Physical Education Activities and Socialisation

- Concept of socialisation and the role of sports
- Traditional Games as Tools of Social Unity
- Physiological and social benefits of sport and socialisation

Chapter 18: Role of Games and Sports in Building Values, Ethics and Character

- Concepts of values, ethics and character in the context of sports.
- Character building through sports

Chapter 19: Inclusion and Supportive Approaches in Physical Education Activities

- Inclusion in sports and its importance
- Different types of disabilities and learning needs of CWSN.
- Government initiatives and Bharatiya efforts for inclusive sports

Chapter 20: Respectful and Inclusive Communication

- Disability etiquette and people-first language in sports contexts.
- Importance of respectful and inclusive communication

Chapter 21: Safety and Risk Management in Physical Education Activities

- Concept of Social Safety and Risk Management in Physical Education Activities
- Importance of Social Safety and Risk Management in PE Activities and their Preventive Measures

**Practical (60 marks):**

<b>Component</b>	<b>Details / Activities</b>	<b>Marks</b>
<b>Physical Fitness Test</b>	Fit India School Protocol tests: <ul style="list-style-type: none"><li>● Flexibility: V Sit &amp; Reach Test</li><li>● Muscular Strength: Naukasana or 1-min Partial Curl-Up</li><li>● Muscular Endurance: Push-ups / Modified Push-ups or Sit-ups</li><li>● Body Composition: BMI</li><li>● Cardio Fitness: 2 km Walk / Run</li><li>● Balance: Vrikshasana (Tree Pose) or Flamingo Balance Test</li></ul>	<b>10</b>
<b>Skill in Indigenous/Team Game</b>	<ul style="list-style-type: none"><li>● Performance of basic skills in one selected game (Kabaddi, Kho-Kho, Volleyball, Football, Badminton, <b>any Traditional games</b>, etc.).</li></ul>	<b>10</b>

	<ul style="list-style-type: none"> <li>• Knowledge of simple rules and scoring system.</li> <li>• Warm-up and cool-down</li> </ul>	
<b>Yoga Demonstration</b>	<ul style="list-style-type: none"> <li>• Loosening exercises (Sukshma Vyayama) – neck, shoulders, trunk, knees</li> <li>• Standing Asanas: Tadasana, Padahasthasana, Ardhaachakrasana, Trikonasana</li> <li>• Sitting Asanas: Bhadrāsana, Vajrāsana, Ardhaushtrāsana</li> <li>• Prone Asanas: Makarasana, Bhujangasana</li> <li>• Supine Asanas: Pavanamuktasana, Shavasana</li> <li>• Basic Pranayama: Anulom Vilom, Bhramari</li> <li>• Short Meditation / Dhyana practice</li> </ul>	<b>10</b>
<b>Minor Games/Activities</b>	<ul style="list-style-type: none"> <li>• Lead-up games, relay races, rhythmic activities, fun physical challenges.</li> <li>• Emphasis on participation, enjoyment, teamwork.</li> </ul>	<b>10</b>
<b>Intra and Inter-School Participation</b>	<ul style="list-style-type: none"> <li>• Intra-school event (Sports Day / Fit India Week / Traditional Games Fest)</li> <li>• Inter-school representation in any sport or fitness event</li> </ul>	<b>10</b>
<b>Record File and Viva</b>	<ul style="list-style-type: none"> <li>• Record of fitness test results.</li> <li>• Rules &amp; skills of selected game.</li> <li>• Yoga routine with diagrams/benefits.</li> <li>• Yoga daily routine and discipline (journal/ Diary or record work)</li> <li>• Project on traditional games/local sports culture.</li> </ul>	<b>10</b>

**Note:** Students must participate in at least one Indigenous/Traditional Games/Bhartiya Khel as part of their practical examination. Record files should document the rules, techniques, and cultural relevance of selected games.