

**कक्षा दसवीं**  
**विषय शारीरिक शिक्षा**  
**पाठ्यक्रम**

मास	पुस्तक का नाम	विषय-वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल	पाठ्यक्रम के अनुसार	Part-A :Environmental Health Part-B : Running Events, Yoga	8	2	6
मई		Part-A: Food and Nutrition Part-B: Boxing, Netball, Swimming	8	2	6
जून ग्रीष्माकालीन अवकाश 1 जून से 30 जून तक					
जुलाई		Part-A: National and International Sports: Asian games, ancient Olympic, Modern Olympic and yoga. Part-B: All games due to sports competition at District Level	8	2	6
अगस्त		Part-A: National Integration: Patriotism, National Flag, National Anthem and festival. Part-B: All games due to sports competition at Districts and state level.	8	2	6
सितम्बर		Revision			
अक्टूबर		Part-A: Communicable diseases and their immunization. Part-B: Judo, Cricket, Hockey, Football	8	2	6
नवम्बर		Part-A: Preliminary knowledge of body system. Part-B: Wrestling, Out door games.	8	2	6
दिसम्बर		Part-A: Importance of competition in games & sports. Part-B: Gymnastic, Weight lifting.	8	2	6
शीतकालीन अवकाश 22 दिसम्बर से 31 दिसम्बर					
जनवरी		Part-A: Women and their sports participation. Part-B: Table Tennis, Badminton	8	2	6
फरवरी		Revision	8	2	6
मार्च		Exam			