

कक्षा दसवीं
विषय शारीरिक शिक्षा
पाठ्यक्रम

| मास | पुस्तक का नाम | विषय-वस्तु | शिक्षण के पीरियड | दोहराई के पीरियड | प्रयोगात्मक कार्य |
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| अप्रैल | | | | | |
| मई | | | | | |
| जून | ग्रीष्मकालीन अवकाश | | | | |
| जुलाई | | Environmental Health Food and Nutrition Introduction to basic rules related to events. Lazium, Dumbbell. P.T. Exercise. All games due to sports competition at District Level Running Events, Yoga | 8 | 2 | 6 |
| अगस्त | | National and International Sports: Asian games, ancient Olympic, Modern Olympic National Integration: Patriotism, National Flag, National Anthem and festival. All games due to sports competition at Districts and state level and yoga. | 8 | 2 | 6 |
| सितम्बर | | Boxing, Netball, Swimming Rules of Physical Education in society for brotherhood and peace. Cricket, Hockey, Football, Kabaddi and yoga. | 8 | 2 | 6 |
| अक्तूबर | | Preliminary knowledge of body system. Judo, Cricket, Hockey, Football | 8 | 2 | 6 |
| नवम्बर | | Communicable diseases and their immunization. Wrestling, Out door games. | 8 | 2 | 6 |
| दिसम्बर | | Food and Nutrition. Gymnastic, Weight lifting. | 8 | 2 | 6 |

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| जनवरी | | Patriotism and national Integration Table Tennis, Badminton | 8 | 2 | 6 |
| फरवरी | | Revision | 8 | 2 | 6 |
| मार्च | | Exam | | | |