



## केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/ACAD/DD(MS)/SPORTS/2018

Date: 25.04.2018  
Circular No.Acad-11/2018

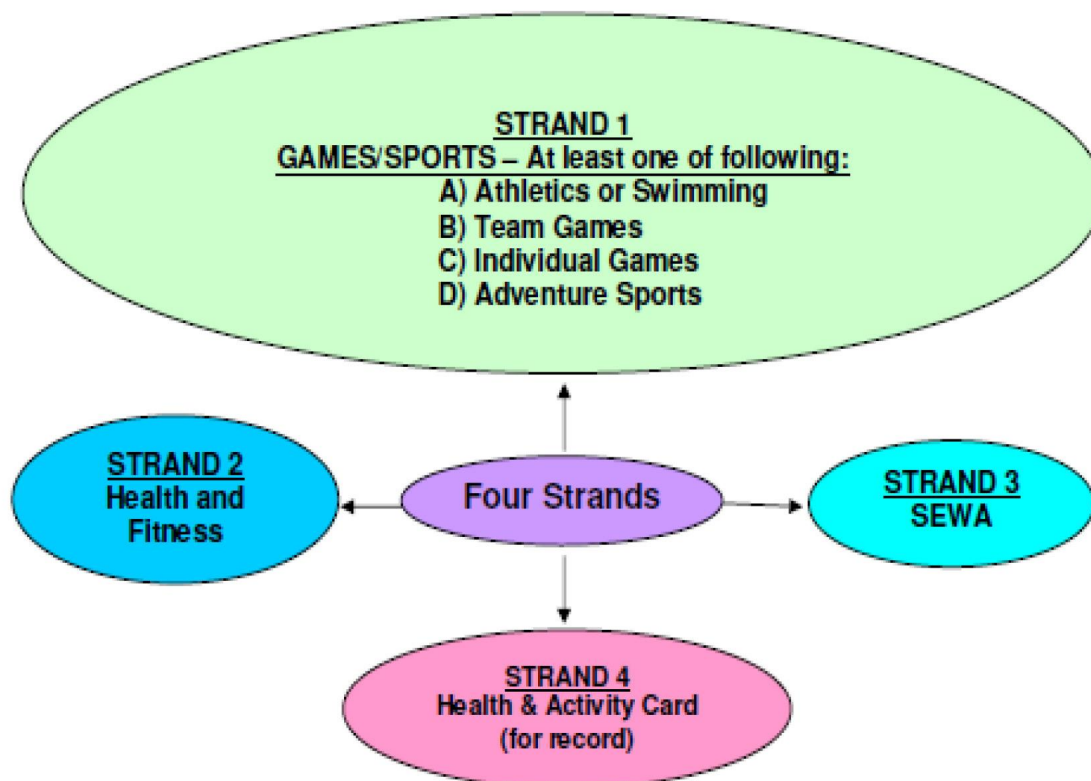
**Principals/ Heads of the Institutions  
All CBSE affiliated Schools**

**Sub: Mainstreaming Health and Physical Education in Schools – reg.**

Please refer to CBSE circular no.Acad-10/2018 dated 21.03.2018 regarding Mainstreaming Health and Physical Education in Schools, wherein schools were advised to reserve one period every day for Health and Physical Education especially for class IX to XII from session 2018-19 onwards.

The transactional strategies, detailed guidelines and methodology for administering HPE (Health and Physical Education) to students is now available on CBSE website. However, the format of 'Health and Activity Card' will be available on CBSE website shortly.

(Anita Karwal, IAS)  
Chairperson, CBSE



# SHARDA INTERNATIONAL SCHOOL

**TABLE 1.1**

## DISTRIBUTION OF MARKS FOR INTERNAL ASSESSMENT

Strand	Marks	Periods (Approx)	Levels*
<b>1. GAMES</b> <b>A) Athletics/ Swimming</b> <b>B) Team Games</b> <b>C) Individual Games/ Activity</b> <b>D) Adventure Sports</b>	50 marks	90 periods	<b>Upto 25 marks: Learning</b> <b>26-40 marks: Proficiency</b> <b>41-50 marks: Advanced</b>
<b>2. Health and Fitness</b>	25 Marks	50 periods	<b>Upto 12 marks: Learning</b> <b>13-20 marks: Proficiency</b> <b>21-25 marks: Advanced</b>
<b>3. SEWA</b>	25 Marks	50 periods	<b>Upto 12 marks: Learning</b> <b>13-20 marks: Proficiency</b> <b>21-25 marks: Advanced</b>
<b>4. Health and Activity Card</b>	No Marks	10 periods	-
<b>Total</b>	<b>100 Marks</b>	<b>200 Periods</b>	-

\*The grades/levels obtained under the first three Stands will be reflected in the report cards.

### Procedure for SEWA

- Fill out a My SEWA promise form. The description of the activity needs to be complete and in simple sentences and describe the SEWA activity intended to be taken up by the class.
  - Each student in consultation with the teacher and parents decide and create an hourly schedule of activities in accordance with role assigned. This form must be signed by a parent and submitted before the activity begins to the school's SEWA Mentor.
  - Fill out 'Reflective Musings' at the end of every 4 hours given to the project and keep attaching it to the SEWA dossier. (The time is given in hours and not in periods with the intention that if the child does any additional work outside school hours, it can be reflected here).
  - SEWA hours will be accounted for both in school as well as out of school activities, provided they are agreed upon by the mentor.
  - It is expected from a SEWA volunteer that they would be honest in recording their activities.
  - Complete your SEWA classes/periods before the last date.
  - All the forms must be completed and signed and attached with relevant evidences, together with a Self-Appraisal.
  - Form for classes IX-XII and a summary list of the SEWA projects/hours as items of SEWA dossier/scrapbook.
  - The visual evidence (photographs, videos etc.), testimonials (audio recording, journals, essay etc) and certifications must be there to support the project.
- MANDATORY FOR ALL STUDENTS OF CLASS 9-12 TO COMPLETE 15 DAYS OF SEWA ACTIVITY AND TO FILL THE COMPLETED FORMS SUPPORTED BY CERTIFICATES FROM THE INSTITUTES/ R.W.A./ PARENTS**
  - THE PROJECT GIVEN BY THE SCHOOL- "CLEANING THE SCHOOL AND PUBLIC AREA", "EACH ONE TEACH ONE SHOULD BE" AND "TREE PLANTATION"**
  - FOLLOWED UP SERIOUSLY TO BE ELIGIBLE FOR CBSE EXAMS**
  - CLASS 12 STUDENTS MUST DO THEIR SEWA PROJECTS ON COMMUNITY SERVICE**  
eg.
    - CREATING AWARENESS ABOUT HEALTH AND HYGINE
    - CREATING AWARENESS ABOUT SEAT-BELTS AND HELMETS
    - CREATING AWARENESS AGAINTS MOSQUITO BREEDING
    - ADOPTING AN OLD AGE HOME, ORPHANAGE OR SCHOOL FOR SPECIAL NEED CHILDREN FOR INTERACTIVE ACTIVITIES
    - CREATING AWARENESS AGAINST THE USE OF PLASTIC BAGS
    - ORGANIZING 'IN-SCHOOL ACTIVITIES'
  - KINDLY COMPLETE THE FOLLOWING FORMS**



SHARDA INTERNATIONAL SCHOOL

My SEWA Promise Form

Dear Student,

SEWA is a firm step to prepare you for life. It is a voluntary project experience. You have to complete **My SEWA Promise Form** and obtain prior approval for the activity/project. Selection of a SEWA activity, development, implementation of the proposal and evaluation of the activity is the responsibility of each student. Signature of the parent indicates review and approval of this proposal.

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

(Print or type)

Brief Description of the Activity:

Duration (Days and Time): \_\_\_\_\_ Estimated Hours: \_\_\_\_\_

Name of Mentor Teacher: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

SEWA Hourly Schedule

Hour Count	Date and Day	Proposed Activity Plan
Hour 1		
Hour 2		
Hour 3		
Hour 4		
Hour 5		
Hour 6		

PROJECT: \_\_\_\_\_

[illegible]



# SHARDA INTERNATIONAL SCHOOL

## Mentor's Observation

Attendance: \_\_\_\_\_

Involvement: \_\_\_\_\_

Regularity: \_\_\_\_\_

Commitment: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The activity/project was (circle appropriate response):

Satisfactorily completed

Not Satisfactorily completed

\_\_\_\_\_

\_\_\_\_\_

Activity/Project Mentor's signature

Name

Seal of school

# SHARDA INTERNATIONAL SCHOOL

## SEWA Self Appraisal Form

*The following questions should be addressed at the end of each activity/project. These are guiding questions. Candidates can either answer on this form or write a reflective, continuous text incorporating responses to these questions.*

My Name \_\_\_\_\_

My Activity / Project \_\_\_\_\_

My Commitment Towards the Project/ Activity

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This Activity/ Project has been a great learning experience because

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I initially felt that the project could not have achieved its outcomes because

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The project has definitely changed me as a person in terms of behaviour, attitude and life skills because

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The details of beneficiary(ies). Any significant comment received from them; please quote

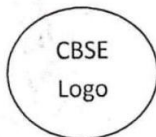
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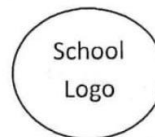
The challenges I faced and the things I might do differently next time so as to improve?

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## HEALTH AND ACTIVITY CARD



### GENERAL INFORMATION

Aadhar Card no. of Student (optional) \_\_\_\_\_

NAME: \_\_\_\_\_

ADMISSION NO.: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

M F T \_\_\_\_\_ BLOOD GROUP: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_

YOB\* \_\_\_\_\_ WEIGHT\* \_\_\_\_\_ HEIGHT\* \_\_\_\_\_ BLOOD GROUP \_\_\_\_\_

AADHAR CARD NO.\* \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_

YOB\* \_\_\_\_\_ WEIGHT\* \_\_\_\_\_ HEIGHT\* \_\_\_\_\_ BLOOD GROUP \_\_\_\_\_

AADHAR CARD NO.\* \_\_\_\_\_

FAMILY MONTHLY INCOME\* \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE NO. \_\_\_\_\_ (M): \_\_\_\_\_

CWSN, SPECIFY \_\_\_\_\_

SIGNATURE OF PARENTS/ GUARDIAN

DATE:

\* Optional information; that need not be shared with CBSE. Data privacy and protection shall be the responsibility of the concerned school.



## HEALTH AND ACTIVITY RECORD

Components	Parameters	Class 9 <sup>th</sup>	Class 10 <sup>th</sup>	Class 11 <sup>th</sup>	Class 12 <sup>th</sup>
Vision	RE/ LE				
Ears	Left/ Right				
Teeth Occlusion	Caries/ Tonsils/ Gums				
General Body Measurements	Height				
	Weight				
Circumferences	Hip				
	Waist				
Health Status	Pulse				
	Blood Pressure				
Posture Evaluation	If any: Head Forward/ Sunken Chest/ Round Shoulders/ Kyphosis/ Lordosis/ Adominal Ptosis/ Body Lean/ Tilted Head/ Shoulders Uneven/ Scholiosis/ Flat Feet/ Knock Knees/ Bow Legs				
<b>Sporting Activities (HPE)</b>  (For details, see HPE manual available on CBSE website <a href="http://www.cbseacademic.in">www.cbseacademic.in</a> )	<b>Strand 1:</b> Any one of following: 1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports				
	<b>Strand 2:</b> <b>Health and Fitness</b> <i>(Mass PT, Yoga, Dance, Calisthenics,                      Jogging, Cross Country Run, Working                      outs using weights/gym equipment, Tai-                      Chi etc)</i>				
	<b>Strand 3:</b> <b>SEWA</b>				



## HEALTH AND ACTIVITY RECORD

Fitness Components	Fitness Parameters		Test Name	What does it Measure	Class 9 <sup>th</sup>	Class 10 <sup>th</sup>	Class 11 <sup>th</sup>	Class 12 <sup>th</sup>
<b>Health Components</b>	Body Composition		<b>BMI</b>	Body Mass Index for specific Age and Gender				
	Muscular Strength	Core	<b>Partial Curl up</b>	Abdominal Muscular Endurance				
		Upper Body	<b>Flexed/ Bent Arm Hang</b>	Muscular Endurance/ Functional Strength				
	Flexibility		<b>Sit and Reach</b>	Measures the flexibility of the lower back and hamstring muscles				
	Endurance		<b>600 Mtr Run</b>	Cardiovascular Fitness/ Cardiovascular Endurance				
	Balance	Static Balance	<b>Flamingo Balance Test</b>	Ability to balance successfully on a single leg				
<b>Skill Components</b>	Agility		<b>Shuttle Run</b>	Test of speed and agility				
	Speed		<b>Sprint/ Dash</b>	Determines acceleration and Speed				
	Power		<b>Standing Vertical Jump</b>	Measures the Leg Muscle Power				
	Coordination		<b>Plate Tapping</b>	Tests speed and coordination of limb movement				
			<b>Alternative Hand Wall Toss Test</b>	Measures hand-eye coordination				

Details regarding how to conduct tests are mentioned in HPE manual available on CBSE website.