



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

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

Date: 25.07.2018
Circular No.Acad-21/2018

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 and Circular No.Acad-11/2018 dated 25.04.2018, 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 are already available on CBSE website.

For keeping the record of all activities of HPE, a format of 'Health and Activity Card' is enclosed at Annexure-A. Further, it is made mandatory for the schools to upload a report of work accomplished across the strands of HPE in the prescribed manner, for enabling students of class X and XII to appear in the Board exam. The said report is to be uploaded by the schools while registering their students online (LOC) w.e.f. 2018-19 onwards.

Individual data of students shall be maintained by schools. It shall be the responsibility of the school to maintain the privacy of data and protect it in the interest of the young students.

For any further details, the schools may contact **Dr. Manjit Singh**, Sports Cell, CBSE, Delhi at manjit.cbse@gmail.com

(Anita Karwal, IAS)
Chairperson, CBSE

Copy to the respective heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

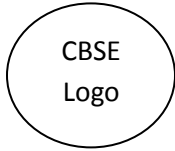
1. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi – 110001
2. The Secretary, AWES, Integrated Headquarters of Mod (Army), FDR Building No.202, Shankar Vihar (Near APS), Delhi Cantt – 110010
3. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi – 110001
4. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
5. All Directors/ Joint Secretaries/ Deputy Secretaries/ Assistant Secretaries, CBSE
6. In Charge IT Unit with the request to put this circular on the CBSE Academic website
7. SPS to Secretary, CBSE
8. SPS to Controller of Examinations, CBSE



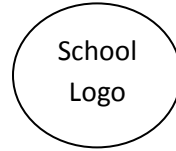
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CENTRAL BOARD OF SECONDARY EDUCATION

9. SPS to Director (Information Technology), CBSE
10. SPS to Director (Special Exams and CTET), CBSE
11. PS to Joint Secretary (Coordination), CBSE
12. PS to Joint Secretary (IT)

Sd/-
Chairperson, CBSE



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 th	Class 10 th	Class 11 th	Class 12 th
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	<u>If any:</u> Head Forward/ Sunken Chest/ Round Shoulders/ Kyphosis/ Lordosis/ Adominal Ptosis/ Body Lean/ Tilted Head/ Shoulders Uneven/ Scholiosis/ Flat Feet/ Knock Knees/ Bow Legs				
Sporting Activities (HPE) (For details, see HPE manual available on CBSE website www.cbseacademic.in)	<u>Strand 1:</u> Any one of following: 1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports				
	<u>Strand 2:</u> Health and Fitness <i>(Mass PT, Yoga, Dance, Calisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-Chi etc)</i>				
	<u>Strand 3:</u> SEWA				

HEALTH AND ACTIVITY RECORD

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

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