

தமிழ்நாடு பள்ளிக்கல்வி இணை இயக்குநரின்(நாட்டு நலப் பணி திட்டம்) செயல்முறைகள்
சென்னை-6

ந.க.எண்: 048911/எம்/இ4/2018, நாள். 24.07.2018

Sub: School Education - Guide lines on Health and Physical
Education and Sports for Schools - Regarding.

Ref: 1. Government Letter No. 15465/ERT/2018-1, dated.
12.07.2018.
2. Director, National Council of Educational Research
and Training New Delhi, Letter No.F.1-
10/2018/Dean (A)/H&PE/2H, dated.29.06.2014.

I am to Enclose a copy of the reference Cited to gather with the copy of Health
and Physical Education guidelines for information and Necessary action.

The National Council of Educational Research and Training has now come out
with "Guidelines on Health and Physical Education and Sports for Schools " to help the
Schools to make Children not only Physically fit but also emotionally and mentally
Strong. I am therefore request you to Circulate these guidelines to all Schools in your
Control for implementation.

I also want to mention here that in view of Addressing Various aspects of this
area, NCERT has developed following Students Textbooks, Teacher Guide and also
Assessment Source Book, Which Will help Schools in the Smooth implementation of
Health and Physical Education and Sports across the Country, These books are also
available on the NCERT Website (WWW.ncert@nic.in)

மேற்பொருள் சார்பாக அரசுக் கடிதங்கள் இத்துடன் இணைத்து அனுப்பப்படுகிறது.
உரிய நடவடிக்கைக்காகவும் மற்றும் சுற்றறிக்கை மூலம் அனைத்து பள்ளித்
தலைமையாசிரியர்களையும் அறிவுறுத்துமாறும், இக்கடிதம் பெற்றமைக்கான
ஒப்புக்கையினையும் நடவடிக்கை அறிக்கையினை உடன் அனுப்பி வைக்குமாறும்
கேட்டுக் கொள்ளப்படுகிறார்கள்.

இணைப்பு : அரசு கடித நகல்கள்

பெறுநர்
அனைத்து முதன்மைக் கல்வி அலுவலர்.

இணை இயக்குநர் (நாட்டு நலப் பணி திட்டம்)

நகல் :
அரசு முதன்மை செயலாளர்,
தலைமை செயலகம்,
சென்னை -09.
(தகவலுக்காக பணிநிறுத்தப்படுகிறது)

17/7/18

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School Education Department,
Secretariat, Chennai - 9

Letter No.15465/ERT/2018-1, dated 12.07.2018

From
Thiru. R. Uthandakrishnan, B.Sc., B.L.,
Deputy Secretary to Government.

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To
✓ The Director of School Education,
Chennai-6 (w.e)

The Director of Elementary Education,
Chennai-6 (w.e)

The Director of Matriculation Schools,
Chennai - 6. (w.e)

Sir,

Sub: School Education - Guidelines on Health and Physical
Education and sports for schools - Regarding.

Ref: From the Director, National Council of Educational Research
and Training, New Delhi, letter no.F.1-10/2018/Dean (A)/H&PE/
214, dated 29.06.2014.

I am to enclose a copy of the reference cited together with the copy of Health and
Physical Education guidelines for schools for information and necessary action.

2. The National Council of Educational Research and Training has now come out
with "Guidelines on Health and Physical Education and Sports for Schools" to help the
schools to make children not only physically fit but also emotionally and mentally strong.
I am therefore request you to circulate these guidelines to all schools in your control for
implementation.

3. A report on action taken may be sent to Government at the earliest.

Yours faithfully,

S. Kamaladevi
for Deputy Secretary to Government

mail sem

SPEED POST -1-

राष्ट्रीय शैक्षिक अनुसंधान
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विद्यया ऽ मृतमश्नुते



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NATIONAL COUNCIL OF EDUCATIONAL
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Professor Hrushikesh Senapaty
Director

F.1-10/2018/Dean(A)/H&PE / 214
29th June, 2018



Dear Shri Yadav,

As you are aware, for the overall development of children, Health and Physical Education and Sports are very important and our schools need to promote this amongst students. A syllabus on Health and Physical Education has already been developed by the NCERT for Classes I-X giving adequate space to sports and yoga, which is available on NCERT website (www.ncert.nic.in).

Further, as per the demands of various stakeholders across the States/UTs, NCERT has now come out with **Guidelines on Health and Physical Education and Sports for Schools**. This will help schools to make children not only physically fit but also emotionally and mentally strong. I am enclosing these guidelines with the letter. I request to you to kindly circulate these guidelines to all the schools in your State/UT for its implementation.

I also want to mention here that in view of addressing various aspects of this area, NCERT has developed following Students' Textbooks, Teacher Guide and also Assessment Source Book, which will help schools in the smooth implementation of Health and Physical Education and Sports across the country:

1. Textbook on Health and Physical Education for Class IX
2. 'Yoga: A Healthy Way of Living' for Upper Primary (VI to VIII)
3. 'Yoga : A Healthy Way of Living' for Secondary Stages (IX-X) – Yoga books in English, Hindi and Urdu
4. Teachers Guide on Health and Physical Education for Class VI
5. Teachers Guide on Health and Physical Education for Class VII
6. Source Book on Assessment of Health and Physical Education

These books are also available on the NCERT website (www.ncert@nic.in).

I further request you to kindly share titles of these books and also NCERT website with all the schools in your state alongwith the guidelines.

With regards,

Yours sincerely,

(Hrushikesh Senapaty)

Encls: Guidelines & Books (8 Nos.)

Shri Pradeep Yadav, IAS
Principal Secretary to Government,
School Education Department,
Fort St. George, Secretariat,
Chennai - 600009
(Tamil Nadu)

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may circulate
for implementation
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HEALTH AND PHYSICAL EDUCATION (including Sports and *Yoga*)

Guidelines for Schools

Basic Principles to be kept in view for implementing Health, Physical Education, Sports and *Yoga*:

Health is a dynamic process. Those, who participate in regular physical activities, improve their health and the state of well-being. Participation of all children in free play, informal and formal games, *yoga* and sports activities is essential for their physical and psycho-social development. As a result of games, sports and *yoga*, a range of abilities such as stamina, fine and gross motor skills and dexterities, self-awareness and control, and coordination in team games will improve. Simple adaptation of playgrounds, equipment and rules can make activities and games accessible to all children in the school. Children can achieve high levels of excellence in sports, athletics, gymnastics, *yoga* and performing arts such as dance.

Emphasis must be on enjoyment and fitness, when the emphasis shifts from enjoyment to achievement, such training can make demands of discipline and practice that can create stress at the school stage. So, all students must be involved in health and physical education activities, however, those who choose to excel in games and sports need to be provided adequate opportunities. Physical development supports mental and cognitive development, especially in young children. The capacity to think, reason and make sense of the self and the world, and to use language, is intimately connected with acting and interacting—doing things by oneself and with others is the precondition for all development and healthy physical growth of all children. This requires that the basic needs in terms of adequate nutrition, physical exercise and other psycho-social needs are addressed.

Guidelines for Schools:

1. Every school need to offer health and physical education as a compulsory subject from classes I-X.
(Syllabus developed by the NCERT for Health and Physical Education from classes I-X is available on the NCERT website for www.ncert.nic.in for adoption or adaption by the concerned states/UTs)
2. One period per day need to be allocated in the time table for this area Health and Physical Education for every class from I –X.
3. Health and Physical Education includes Health, Physical Education, sports and yoga.
4. Formally, yogic activities need to be introduced from class VI onwards.
5. More emphasis should be given on practice related to Physical Education activities.
6. All schools should have minimum space for playgrounds and equipment.
7. In case space is not available, school can utilize the space available in the community. However, given the safety concerns, it needs to be ensured that the place is nearby and safe.
8. All children need to be involved in free play in formal and informal games, yoga and sports activities for physical and psycho-social development.
9. While organising games, sports, yoga and other activities, safety and security of the children need to be ensured.
10. All physical education related activities- sports, games, yoga need to be organised under the guidance and supervision of teachers(physical education or other teachers).
11. First Aid Box to be kept available and ready with fresh medicines and ointments. Students need to be given orientation and practise on using First Aid Box
12. School must have linkages to the nearby primary Health Centre and Hospital.
13. Advocacy activities for the health and physical education to be organised at the school level at regular interval (e.g. Parent teacher meeting, annual day function, school management committee meeting, etc.).
14. This subject needs to be given equal status with other subjects. Criteria need to be developed for assessing and ensuring progress in learning in this area by the school.

15. In view of developing this area as a discipline gradually and to develop knowledge about the importance of this area and practices, theory components (keeping in view age appropriateness) have been introduced since the primary stage in the NCERT's Health and Physical Education Syllabus. However, theory component has very less space in comparison to practical.
16. Upto primary stage, since the focus is on practical aspect, services of any teachers teaching other subject areas can be utilized for taking health and physical education.
17. From upper primary till secondary stages, Physical Education Teacher may be employed on part time basis, however willing teachers of other subject areas may continue conducting activities under Health and Physical Education.

For Health and Physical Education, a Yoga follow up curricular material developed by the NCERT):

1. Source Book on Assessment of Health and Physical Education
2. Teachers Guide on Health and Physical Education for Class VI.
3. Teachers Guide on Health and Physical Education for Class VII
4. Textbook on Health and Physical Education for Class IX
5. 'Yoga : A Healthy Way of Living' for Upper Primary (VI to VIII)
6. 'Yoga : A Healthy Way of Living' for Secondary Stages (IX-X) – Yoga books in English, Hindi and Urdu