

CLASS - XII

SEMESTER-III & SEMESTER-IV

SUBJECT : HEALTH AND PHYSICAL EDUCATION (HPED)

FULL MARKS : 30

CONTACT HOURS : 100 Hours

COURSE CODE : PRACTICAL

Group-A: Formal activities: Marching, Bratachari and Callisthenics

(any one activity may be chosen by the student)

5Marks/20 Hours

- 1) Marching: Stand at ease, Attention, Left, Right Turn and About Turn, Mark Time Mark, Quick March and Halt
- 2) Bratachari: Tarun Dal and Kathi
- 3) Callisthenics: Neck, Arm, Trunk, and Leg Exercises
- 4) Bratachari Song, Folk Song
- 5) Song: State song of West Bengal, Banglar Mati Banglar Jal, Bhawaiya song of Uttar Bangla,

Group-B: Athletics (any one activity may be chosen by the student)

5Marks/20 Hours

- 1) Running (Block start, Techniques of Running and Finishing)
- 2) Throwing Event (Putting the Shot and Discus Throw)
 - a) Putting the Shot: Holding the Shot, Placement, Initial Stance, Glide, Release Action and Recovery
 - b) Discus Throw: Holding the Discus, Initial Stance, Preliminary Swing, Release and Recovery
- 3) Jumping Event (Running Broad Jump / High Jump)
 - a) Running Broad Jump: Approach run, Take off, Flight-in-Air and landing
 - b) High jump: Approach Run, Take off, Clearing the Bar and Landing

Group-C: Yogasana / Gymnastics / Chhow Dance/Self Defense skills/ Chess

(any one activity may be chosen by the student)

5 Marks/ 20 Hours

- 1) (a) Yogasana: (any two)
 - (i) Paschimottasana, Gomukhasana, Dhanurasana, Bhadrasana, Vakrasana
 - (ii) Surya Namaskara
 - (iii) Pranayama: Anulom-Vilom and Kapalbhathi
 - (iv) Meditation
- 2) Gymnastics: (any two)
Forward and Backward Roll, Cart Wheel, 'T' Balance, Hand Stand and Arch
- 3) Chhow Dance : One Leg 360Turn, Track Jump 360 Turn, Chart Wheel, From both leg Forward hand Spring, Back Hand Spring, Tamaro Jump .

Group-D : Team Game (any one activity may be chosen by the student)

5 Marks /20 Hours

Handball, Football, Volleyball, Kabaddi, KhoKho and Badminton

Group-E: Project work/ Seminar/ Workbook/on Games and sports:

10 Marks/20 Hours

- 1) **Seminar:** Students may prepare a PowerPoint Presentation for the seminar (on any one of the given topics).
Total time: 10 min. (Presentation time: 5 min + Interaction: 2 min.)

The structure of the PowerPoint:

- a. Title page (title, name of the student, roll no., name of the student, date and year)
- b. Introduction: Description of title, cause of selecting such topic and related matter
- c. Previous resources: Any documents of previous such type of work (if possible)
- d. Method of Data Collection: Place and Design of Study, Types etc. (How he/she prepare this presentation)
- e. Discussion, analysis and interpretation: Main course/ Result/ Matter and Description
- f. Conclusion: Summary of findings
- g. References:

- 2) **Project work:** They may prepare a project exercise book for the project work (on any one of the given topics).
The Structure of the Project:
- Title Page:** Name of the project, School name, Name of the student and teacher, date and year
 - Acknowledgment**
 - Introduction:** Objectives, Importance, Significance, Sampling (if any), Limitation, Social Acceptance
 - Previous resources:** Any documents of previous such type of work (if possible)
 - Method of data collection:** Sample age, sex, Sample size, Method of data collection (How he/she prepare this project)
 - Discussion, analysis and interpretation:** Main course/ Result/ matter and Description
 - Conclusion:** Summary of findings
 - References:**
- 3) **Record book:**
They may prepare a Record book based on any one of the Local, School, National and International events.
Structure of the Record book Preparation:
- Title page:** Name of the Event, School name, Name of the student and teacher
 - Introduction of the event:** Importance, Place, Social Acceptance
 - Keeping the records:** Number of events, Matches, Competitions, Goals, Medals etc.
 - Conclusion:** Summary of findings
 - References:**
- 4) **Mark distribution:** 10 marks will be distributed for Project/Seminar/Record book preparation and Interaction with the audience/examiner/ guide/supervisor
Evaluation Process: 5 parts x 2marks for each parts =10marks
- Novelty of the topic**
 - Contemporary importance**
 - Explanation/description**
 - Interaction**
 - Overall presentation**
- 5) **In case of Seminar/Project/record book maximum 5 students may consider a single topic, from the list of following topics that has been given by the WBCHSE.**
Project Topics
1. Ancient Olympics
 2. Olympic Movement
 3. Olympic Value Education
 4. Astanga Yoga
 5. Yoga Education
 6. Types of Yoga
 7. Organization of a Sports meet
 8. Tournament
 9. Mohunbagan
 10. East Bengal
 11. Mohammedan Sporting
 12. Kabaddi Court Sector
 13. Kho-kho Court
 14. Football Field
 15. Volleyball Court
 16. 400 mt. Track marking
 17. Intramural and Extramural Competition
 18. Case study about individual food habit, exercise program, daily routine for 7/10/15 days

Seminar Topics:

1. Folk & Traditional Games of West Bengal
2. School Health Programme
3. Problems of Adolescent Boys & Girls
4. Body Mass Index

5. Aerobic and Anaerobic Exercises
6. Newton's Laws of Motion
7. Hypokinetic Diseases
8. Drug Abuse
9. Life Skill
10. Role of Education in Development
11. Stress Management
12. Sports and Nutrition
13. Care of Ear, Teeth, Skin and Eye
14. Infectious Diseases
15. Balanced diet & Nutrition

Record Book Topics :

1. National School Games
2. IPL
3. ISL
4. Summer Olympics
5. Annual School Sports
6. Intramural Competition
7. Health Records of School Boys/Girls
8. Report about National Day celebration in your own school
9. Report about health environment of your own
10. Individual performance record

CONTEMPORARY ISSUES :

- 16) POCSO
- 17) The Prohibition of Child marriage Act, 2006
- 18) Stay Safe Online
- 19) HIV and AIDS Prevention & Control Programme
- 20) Awareness Regarding the Right to Vote
- 21) Awareness Regarding the Organ Donation and Organ Transplant
- 22) Empowered Women –Empowered Nation.
- 23) Awareness Campaign on Financial Literacy
- 24) Awareness Campaign on Kanyashree
- 25) Awareness Campaign on Safe Drive Save Life.
- 26) Awareness Campaign on Healthy Lifestyle
- 27) Awareness Campaign on Mid-Day Meal
- 28) Awareness Campaign on Health Literacy
- 29) Awareness Campaign on Drug Abuse
- 30) Awareness Campaign on Right To Play

CREATIVE WRITING :

1. Yoga for Health
2. Nutrition For Healthy Living
3. Gender Sensitivity
4. Safety Outside the School
5. Food Poisoning
6. Fire and Stampede

Leadership Development Activities organized by Government Organizations (Duration not less than 5 days)

- 1) Participation in Adventure Sports
- 2) Participation in Boys Scouts and Girl's Guides
- 3) Participation in NSS Special Camping, NCC, Leadership Camp and Sports Camp
- 4) Completion of Bratachari Madhyamik Course
- 5) Nature Camp
- 6) First Aid Camp-St. John Ambulance / India Red Cross Society
- 7) Community Service Programme
- 8) Awareness on Community Development Project work

SAMPLE PROJECT FORMAT OF PHYSICAL EDUCATION :**Nature of Presentation : Written****Page 1: Title page Influenza, a Infectious Disease**

Name of the student :

Roll no. :

Name of the School :

Date & Year :

Page 2 : Contents with the topic and the respective page no.**Page 3 and onwards :**

Introduction: Aim of the study, Importance, Social Acceptance, Significance of the topic (Provide a brief overview of influenza. Define influenza and its classification as an infectious disease. Highlight its historical significance and impact on public health).

Method of data collection:

- Epidemiology, Explore the global prevalence and distribution of influenza.
- Include statistics on affected populations, mortality rates, and affected regions.
- Discuss the seasonal nature of influenza outbreaks, Etiology and Transmission.
- Explain the causative agents of influenza, focusing on influenza viruses (types A, B, and C).
- Describe the modes of transmission and how the virus spreads.
- Discuss the susceptibility of different age groups. Clinical Features.
- Outline the symptoms associated with influenza and differentiate between common flu symptoms and Severe complications. Discuss the potential impact on vulnerable populations,
- Prevention and Control, Explore vaccination strategies and the importance of annual flu shots.
- Discuss antiviral medications and their role in treatment.
- Highlight preventive measures like hygiene practices, social distancing, and wearing masks

Discussion, analysis and Interpretation:

- Global Efforts and Research,
- Provide an overview of international collaborations in influenza research.
- Discuss ongoing studies, vaccine development and advancements in treatment.
- Highlight the importance of surveillance and early detection.
- Impact on Public Health; Analyze the societal and economic impact of influenza outbreaks.
- Discuss strategies for mitigating the impact on healthcare systems.
- Explore the psychological aspects and public perception during outbreaks.

Future Trends :

- a. Discuss emerging trends in influenza research.
- b. Explore potential challenges and innovations in disease prevention and control.

Conclusion : Summarize key findings and insights.

Emphasize the ongoing importance of influenza research and public health measures.

References : Cite all sources used in your project.