

Bifurcation of Syllabus of Class- X for the session 2026-2027 decided in the meeting held at STS School AMU, Aligarh on 24.03.2026

SUBJECT: Games/ Sports - X

SYLLABUS			
S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ACTIVITY -1	01	Physical Education:	MARKS Chapter wise Distribution of Marks
		Relation with other subject	
TOTAL MARKS			10 Marks

SYLLABUS			
S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ACTIVITY -2	02	Effects of physical activities on Human Body.	MARKS Chapter wise Distribution of Marks
TOTAL MARKS			10 Marks

SYLLABUS			
S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ACTIVITY -3	03	Growth and Development during adolescence.	MARKS Chapter wise Distribution of Marks
TOTAL MARKS			10 Marks

SUBJECT: Games/Physical Education - X

SYLLABUS			
S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ASSIGNMENT -1	04	Individual Games	MARKS Chapter wise Distribution of Marks
		Track & Field Events	
		Badminton, Table Tennis	
	TOTAL MARKS		
			10 Marks

S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ASSIGNMENT -2	05	Team Games	MARKS Chapter wise Distribution of Marks
		Basketball, Cricket, Football, Hockey, Volleyball	
		Kabaddi, Kho-Kho, etc.	
	TOTAL MARKS		
			10 Marks

S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ASSIGNMENT -3	06	Yoga:	MARKS Chapter wise Distribution of Marks
		For Healthy Living, Ageing and sports	
		Promoting Health, Sports and Yoga.	
	TOTAL MARKS		
			10 Marks

S.NO.	CHAPTER NO.	NAME OF THE CHAPTER	MARKS
ASSIGNMENT -4	07	Health Education:	MARKS Chapter wise Distribution of Marks
		Basic Safety measures, Healthy community, Social Health & Dietary Consideration.	
	TOTAL MARKS		
			10 Marks

Reduced Marks _____

Chapter wise Question Marking Pattern

S.NO.	CHAP. NO.	CHAPTER'S NAME	CHAPTER WISE DISTRIBUTION OF MARKS	TOTAL Weightage of marks
1.	I	Physical Education:	Relation with other subject.	10
2.	II	Effects of Physical Activities on Human Body.		10
3.	III	Growth and Development during adolescence		10
4.	IV	Individual Games:	(Track & field events & Badminton, Table Tennis)	10
5.	V	Team Games:	Basketball, Cricket, Football, Hockey, Volleyball & Kabaddi, Kho-Kho etc.	10
6.	VI	Yoga:	For Healthy living, agencies and sports promoting, Health, Sports and Yoga.	10
7.	VII	Health Education:	Safety measures, Healthy community, Social Health & Dietary consideration	10
/	/	/	/	/
/	/	/	/	/

S.NO.	TEACHERS' NAME	NAME OF THE SCHOOL	SIGNATURE
01	Rais Ahmad	AMU ABK.	[Signature]
02	Chalini Chaudhary	GS AMU Aligarh	[Signature]
03	Xephon Khush	AMU ABK (Girls)	[Signature]
04	Waseem Khan	S.T.S. A.M.U. Alig	[Signature]
05	Lara Raza	ASUC	[Signature]
06	Mohet Mohsin	C.G.H.S	[Signature]
07	Md. Parvez Khan	R.M.P.S. AMU, City School	[Signature]

- Note:- (1) Best of two will be counted from activity - $2 \times 10 = 20$ marks
 (4) Best of three will be counted from assignment $3 \times 10 = 30$ marks