

माध्यमिक शिक्षा मण्डल, मध्यप्रदेश, भोपाल
हायर सेकेण्डरी परीक्षा सत्र 2024-25
सुझावात्मक प्रायोगिक कार्य
कक्षा 12वीं

विषय- Physical Education

पूर्णांक 30 अंक

01. Physical Fitness Test - SAI khelo India Test, brockport Physical Fitness Test (BPFT*) - 6 Marks
02. Proficiency in Games and Sports (Skill of any one IOA recongnized Sport/Game of choice from the given list*)- 7 Marks
03. Yogic Practices - 7 Marks
04. Record File ** - 5 Marks
05. Viva Voce (Health/ Games & Sports/ Yoga) - 5 Marks

* Test for CWSN (any 4 items out of 27 items. one item from each component : Aerobic function, Body composition, Muscular strength and Endurance, range of motion or flexibility).

** CWSN (Children with special needs-Divyang) : Bocce/Boccia, Sitting Volleyball, Wheel chair basket ball, Unified badminton, Unified basket ball, Unified football, Blind cricket, Goal ball, Floor ball, Wheel chair races and Throws or any other sport/game of choice.

*** Children with special needs can also of any one sport/game from the list as alternative to Yogic practises. However, the sport/game must be different from test-"proficiency in games and sports".

**** Record File shall include :

Practical - 1 : Fitness tests administration. (SAI Khelo India Test)

Practical - 2 : Procedure for Asanas, Benefits & Contradiction for any two Asanas for each lifestyle disease.

Practical - 3 : Any one IOA recognised sport/game of your choice. Labelled diagram of field & equipment. Also mention its Rules, Terminologies & Skills.