



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

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

Date: 25.04.2018  
Circular No.Acad-11/2018

**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 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 is now available on CBSE website. However, the format of 'Health and Activity Card' will be available on CBSE website shortly.

(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), FDRC 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. PS to Chairperson, CBSE
8. SPS to Secretary, CBSE
9. SPS to Controller of Examinations, CBSE
10. SPS to Director (Information Technology), CBSE
11. SPS to Director (Special Exams and CTET), CBSE
12. PS to Joint Secretary (Coordination), CBSE
13. PS to Joint Secretary (IT)

Chairperson, CBSE

"शिक्षा सदन", 17, राऊज एवेन्यू, नई दिल्ली – 110 002

"Shiksha Sadan", 17, Rouse Avenue, New Delhi – 110 002

फोन / Telephone : +91-11-23211575 वेबसाइट/Website : www.cbseacademic.in



**FAQs: Mainstreaming Health and Physical Education**

SN	Question	Answer
1	<b>Target Group for HPE</b>	All students of class IX-XII studying in CBSE affiliated schools w.e.f session 2018-19 onwards
2	<b>Time required</b>	One period everyday for each class (IX-XII)
3	<b>Maximum Marks</b>	100 Marks
4	<b>Theory/ Practical portion</b>	All practical. No theory
5	<b>Will the marks of HPE be added in final/ board exams?</b>	<b>No.</b> However, participation in HPE and assessment will be mandatory to be eligible to appear in Board Exams of class X & XII. <i>(All evidences and Portfolios regarding SEWA need to be in the school as they can be monitored by CBSE at any time)</i>
6	<b>Which co-scholastic areas are subsumed in HPE?</b>	The following co-scholastic areas are subsumed in HPE for class IX-XII: <b>Class IX-X</b> i. Work Education (500) ii. Health and Physical Education (506) <b>Class XI-XII</b> i. Work Experience (500) ii. Physical and Health Education (502)  Hence, there will be no separate grading for the above mentioned co-scholastic areas from session 2018-19 onwards. The periods allocated for the above co-scholastic areas may be used for HPE. Further details will be given subsequently.
7	<b>Is HPE different from Physical Education (048)?</b>	<b>Yes.</b> The HPE is different from academic elective subject 'Physical Education'(048) offered for class XI and XII
8	<b>Will the academic elective subject 'Physical Education' (code 048) for class XI &amp; XII continue?</b>	The academic elective subject Physical Education (code 048) will continue as choice/ optional subject for students of class XI & XII
9	<b>Is only PE/ Sports Teacher eligible for implementing/ evaluating and record keeping of HPE?</b>	Every teacher including class teacher, teaching in CBSE affiliated school is eligible for implementing/ evaluating and record keeping of HPE.



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10	What is the format for record keeping of 'Health and Activity Record'?	The format of 'Health and Activity Card' (Strand 4) will be uploaded on CBSE website shortly.
11	Will any external examiner/observer be appointed for HPE?	No. The whole process of HPE will be school-based, implemented & evaluated by the school teachers. However, marks/ grades of HPE will be submitted online on CBSE website.
12	Will the CBSE Annual Sports and Games Competitions continue to be organized?	Organizing CBSE Sports and Games Competitions will be continued as per existing practice.