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

Date: 16.10.2018
Circular No.Acad-36/2018

Principals/ Heads of the Institutions
All CBSE affiliated Schools

Subject: Report of Health and Physical Education (HPE) to be Uploaded online during LOC data submission – reg.

Please refer to CBSE circular no.Acad-10/2018 dated 21.03.2018, circular no.Acad-11/2018 dated 25.04.2018 and circular no.Acad-21/2018 dated 25.07.2018 regarding Mainstreaming Health and Physical Education in Schools, wherein schools were advised to reserve one period every day for Health and Physical Education (HPE) 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 are available on CBSE website. Further, for keeping record of all activities, a format of 'Health and Activity Card' is also available on CBSE website.

The schools are required to upload data of HPE activities/ work accomplished across the strands of HPE for enabling students of class X and XII to appear in Board exam. Following may be noted:

1. The required data is to be uploaded by the school before registering their students for LOC online. The report format of data submission is available at Annexure-A.
2. The link to upload HPE data is available at www.cbse.nic.in
3. The schools may use the same Username and Password for login which they are using for registration/ LOC.
4. After uploading the HPE data, an 'HPE Confirmation Number' will be generated. Schools will not be able to finalize the LOC data without uploading the HPE data.
5. The printout of HPE report submitted is not required to be sent to either Regional Office or CBSE Headquarters. The schools may preserve a printout of the same for future reference.

For any other information, the schools may contact **Dr. Manjit Singh**, Sports Cell, CBSE, Preet Vihar, Delhi at manjit.cbse@gmail.com

(Anurag Tripathi)
Secretary, 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)

Sd/-
Secretary, CBSE

CENTRAL BOARD OF SECONDARY EDUCATION
HPE Report by School to CBSE

HPE Report By School

School's Name		Affiliation Number	

Name of The Sports/HPE Coordinator

Sports/HPE Coordinator's Mobile Number

Upload HPE Periods Information (Per Week):

Class	HPE Periods Per Week
9	
10	
11	
12	

STRAND 1 Details of Games/ Sports Chosen (Athletics/Swimming/Team Games/ Individual Games/ Adventure Sports)

SPORT	IX	X	XI	XII
Athletics	☐	☐	☐	☐
Swimming	☐	☐	☐	☐

Badminton	☐	☐	☐	☐
Basketball	☐	☐	☐	☐
Football (Boys)	☐	☐	☐	☐
Kabaddi	☐	☐	☐	☐
Kho-Kho	☐	☐	☐	☐
Table-Tennis	☐	☐	☐	☐
Volleyball	☐	☐	☐	☐
Archery	☐	☐	☐	☐
Badminton	☐	☐	☐	☐
Boxing	☐	☐	☐	☐
Chess	☐	☐	☐	☐
Football (Boys)	☐	☐	☐	☐
Handball	☐	☐	☐	☐
Hockey	☐	☐	☐	☐
Judo	☐	☐	☐	☐
Rifle-Shooting	☐	☐	☐	☐
Skating	☐	☐	☐	☐
Swimming	☐	☐	☐	☐
Taekwondo	☐	☐	☐	☐
Tennis	☐	☐	☐	☐
Aerobics	☐	☐	☐	☐
Gymnastics	☐	☐	☐	☐
Rope Skipping	☐	☐	☐	☐
Yoga	☐	☐	☐	☐
Netball	☐	☐	☐	☐
Water-Polo	☐	☐	☐	☐
Cricket	☐	☐	☐	☐

Softball	☐	☐	☐	☐
Golf	☐	☐	☐	☐
Any Other	Any Other	Any Other	Any Other	Any Other

STRAND 2 Details of Activities of Health And Fitness Strand

GAME	IX	X	XI	XII
Mass P.T.	☐	☐	☐	☐
Yoga	☐	☐	☐	☐
Dance	☐	☐	☐	☐
Calisthenics	☐	☐	☐	☐
Jogging	☐	☐	☐	☐
Cross Country Run	☐	☐	☐	☐
working out using weights/gym equipment	☐	☐	☐	☐
Tai-Chi	☐	☐	☐	☐
Any Other	Any Other	Any Other	Any Other	Any Other

STRAND 3 Details of SEWA Strand

Project / Activity	IX	X	XI	XII
Swachcha Vidyalaya Swachcha Bharat	☐	☐	☐	☐
Dignity of Labour	☐	☐	☐	☐
Empathy	☐	☐	☐	☐
Care for Homeless Children	☐	☐	☐	☐
Being Safe and Responsible: First Aid/ Health Club; Disaster Prevention and Mitigation	☐	☐	☐	☐
Environment Conscious Citizens as Part of Eco Clubs	☐	☐	☐	☐
Reduce, Recycle, Reuse (most important 3R's) and Now Respect	☐	☐	☐	☐

Activity				
Studying the nutrition and health status of people in a peer group/ village/city slum/ tribal area/ neighbourhood	☐	☐	☐	☐
Participating in the community health programme through door-to-door contact programmes	☐	☐	☐	☐
First Aid: Awareness raising and demonstration	☐	☐	☐	☐
Plantation of Shade/ Fuel/ Ornamental/ Avenue trees	☐	☐	☐	☐
Acquaintance with common fertilizers and pesticides and their application with appropriate equipment	☐	☐	☐	☐
Acquaintance with Common Pests and Diseases of Plants and Use of Simple Chemicals and Plant Protection Equipment	☐	☐	☐	☐
Preparation of Family Budget and Maintenance of Daily Household Accounts	☐	☐	☐	☐
Helping school authorities in oragnizing (a) picnics, tours, excursions, functions (b) exhibitions.	☐	☐	☐	☐
Participation in Adult-Literacy Programmes	☐	☐	☐	☐
Resources for Classroom Use and School Use	☐	☐	☐	☐
Organizing sports meet for CWSN (Children with Special Needs)	☐	☐	☐	☐
Planning, organizing and delivering a League tournament (Basketball, Cricket,Football)	☐	☐	☐	☐
Planning and holding a friendly cricket match between alumni and the current grade XI and XII	☐	☐	☐	☐
Organizing sports competition for primary school	☐	☐	☐	☐

Organized Inter-class/ Inter-school sporting activities (basketball, volleyball,swimming, hockey, netball, squash, cricket and boxing)	☐	☐	☐	☐
Long distance runs (half and full marathons) for a cause	☐	☐	☐	☐
Researching on Yoga, Running/Jogging, Dance, Trekking/ Hiking/Biking/Cycling, Camping, Military training as part of planned projects	☐	☐	☐	☐
Organizing a fund raising Musical Extravaganza for school	☐	☐	☐	☐
Holding an Art Exhibition for fund raising	☐	☐	☐	☐
Inviting professionals from industry to develop career pathways (App on mobile)	☐	☐	☐	☐
Running school cafe with focus on nutrition	☐	☐	☐	☐
School gardening project	☐	☐	☐	☐
Collaborating as part of Photography Club and create Exhibitions across the city with a social message.	☐	☐	☐	☐
Projects on social awareness or cross curricular themes initiated, planned and implemented by students with teacher as initiator.	☐	☐	☐	☐
As volunteer for 'in school activities' such as organizing a school-based event based on Life Skills.	☐	☐	☐	☐
Participating or volunteering in Youth Parliament or mock UN Sessions	☐	☐	☐	☐
Life Skills Activities (Creative and Critical Thinking, Problem Solving and Decision Making, Effective Communication, Self Awareness and Empathy)	☐	☐	☐	☐

'Buddies' or 'Peer Mentors' for Adolescence Education, School Health Program, Life Skills Program etc.	☐	☐	☐	☐
Anti Bullying or Anti Ragging Committee and awareness raising	☐	☐	☐	☐
As volunteer for charities 'outside of school' such as orphanages, old-age homes	☐	☐	☐	☐
Collecting and distributing used and unused books and clothes to the underprivileged	☐	☐	☐	☐
Volunteer work with stray animals and organizations connected with the same cause	☐	☐	☐	☐
Helping to raise funds for beneficiaries involving natural disasters (flood, earthquake,victims)	☐	☐	☐	☐
Adopting an old age home for interactive activities	☐	☐	☐	☐
Adopting an orphanage for conducting joyful activities	☐	☐	☐	☐
Online volunteering for counseling peers for raising awareness regarding career pathways.	☐	☐	☐	☐
Enrichment Activities of different Ministries can be taken up in project mode(Swachhta Abhiyan, Ek Bharat Shrestha Bharat (upto Oct 2018), Paryatan Parv etc)	☐	☐	☐	☐
Organising and volunteering for various 'in-school activities' and Language Club,Theatre and Dramatics Club, Social Science Club, Dance club, Science Club, Science	☐	☐	☐	☐
Fairs, Heritage Club, Nature Clubs.	☐	☐	☐	☐
Any Other	Any Other	Any Other	Any Other	Any Other

It is hereby certified that the format used by the school for HPE card is as per the format specified by CBSE.

Confirm & Submit