



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

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

Date: 25.07.2018  
Circular No.Acad-21/2018

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 and Circular No.Acad-11/2018 dated 25.04.2018, 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 are already available on CBSE website.

For keeping the record of all activities of HPE, a format of 'Health and Activity Card' is enclosed at Annexure-A. Further, it is made mandatory for the schools to upload a report of work accomplished across the strands of HPE in the prescribed manner, for enabling students of class X and XII to appear in the Board exam. The said report is to be uploaded by the schools while registering their students online (LOC) w.e.f. 2018-19 onwards.

Individual data of students shall be maintained by schools. It shall be the responsibility of the school to maintain the privacy of data and protect it in the interest of the young students.

For any further details, the schools may contact **Dr. Manjit Singh**, Sports Cell, CBSE, Delhi at [manjit.cbse@gmail.com](mailto:manjit.cbse@gmail.com)

(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:**

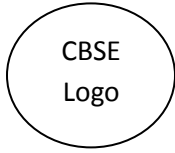
1. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi – 110001
2. The Secretary, AWES, Integrated Headquarters of Mod (Army), FDR Building No.202, Shankar Vihar (Near APS), Delhi Cantt – 110010
3. The Under Secretary (EE-1), MHRD, Govt. of India, Department of 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. SPS to Secretary, CBSE
8. SPS to Controller of Examinations, CBSE



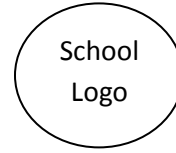
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CENTRAL BOARD OF SECONDARY EDUCATION

9. SPS to Director (Information Technology), CBSE
10. SPS to Director (Special Exams and CTET), CBSE
11. PS to Joint Secretary (Coordination), CBSE
12. PS to Joint Secretary (IT)

Sd/-  
Chairperson, CBSE



# HEALTH AND ACTIVITY CARD



## GENERAL INFORMATION

Aadhar Card no. of Student (optional) \_\_\_\_\_

NAME: \_\_\_\_\_

ADMISSION NO.: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

M F T \_\_\_\_\_ BLOOD GROUP: \_\_\_\_\_

**MOTHER'S NAME:** \_\_\_\_\_

YOB\* \_\_\_\_\_ WEIGHT\* \_\_\_\_\_ HEIGHT\* \_\_\_\_\_ BLOOD GROUP \_\_\_\_\_

AADHAR CARD NO.\* \_\_\_\_\_

**FATHER'S NAME:** \_\_\_\_\_

YOB\* \_\_\_\_\_ WEIGHT\* \_\_\_\_\_ HEIGHT\* \_\_\_\_\_ BLOOD GROUP \_\_\_\_\_

AADHAR CARD NO.\* \_\_\_\_\_

FAMILY MONTHLY INCOME\* \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE NO. \_\_\_\_\_ (M): \_\_\_\_\_

CWSN, SPECIFY \_\_\_\_\_

SIGNATURE OF PARENTS/ GUARDIAN

DATE:

\* Optional information; that need not be shared with CBSE. Data privacy and protection shall be the responsibility of the concerned school.

## HEALTH AND ACTIVITY RECORD

Components	Parameters	Class 9 <sup>th</sup>	Class 10 <sup>th</sup>	Class 11 <sup>th</sup>	Class 12 <sup>th</sup>
Vision	RE/ LE				
Ears	Left/ Right				
Teeth Occlusion	Caries/ Tonsils/ Gums				
General Body Measurements	Height				
	Weight				
Circumferences	Hip				
	Waist				
Health Status	Pulse				
	Blood Pressure				
Posture Evaluation	<u>If any:</u> Head Forward/ Sunken Chest/ Round Shoulders/ Kyphosis/ Lordosis/ Adominal Ptosis/ Body Lean/ Tilted Head/ Shoulders Uneven/ Scholiosis/ Flat Feet/ Knock Knees/ Bow Legs				
<b>Sporting Activities (HPE)</b>  (For details, see HPE manual available on CBSE website <a href="http://www.cbseacademic.in">www.cbseacademic.in</a> )	<b><u>Strand 1:</u></b> Any one of following: 1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports				
	<b><u>Strand 2:</u></b> <b>Health and Fitness</b> <i>(Mass PT, Yoga, Dance, Calisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-Chi etc)</i>				
	<b><u>Strand 3:</u></b> <b>SEWA</b>				

## HEALTH AND ACTIVITY RECORD

Fitness Components	Fitness Parameters		Test Name	What does it Measure	Class 9 <sup>th</sup>	Class 10 <sup>th</sup>	Class 11 <sup>th</sup>	Class 12 <sup>th</sup>
<b>Health Components</b>	Body Composition		<b>BMI</b>	Body Mass Index for specific Age and Gender				
	Muscular Strength	Core	<b>Partial Curl up</b>	Abdominal Muscular Endurance				
		Upper Body	<b>Flexed/ Bent Arm Hang</b>	Muscular Endurance/ Functional Strength				
	Flexibility		<b>Sit and Reach</b>	Measures the flexibility of the lower back and hamstring muscles				
	Endurance		<b>600 Mtr Run</b>	Cardiovascular Fitness/ Cardiovascular Endurance				
	Balance	Static Balance	<b>Flamingo Balance Test</b>	Ability to balance successfully on a single leg				
<b>Skill Components</b>	Agility		<b>Shuttle Run</b>	Test of speed and agility				
	Speed		<b>Sprint/ Dash</b>	Determines acceleration and Speed				
	Power		<b>Standing Vertical Jump</b>	Measures the Leg Muscle Power				
	Coordination		<b>Plate Tapping</b>	Tests speed and coordination of limb movement				
			<b>Alternative Hand Wall Toss Test</b>	Measures hand-eye coordination				

Details regarding how to conduct tests are mentioned in HPE manual available on CBSE website.