

DIRECTORATE OF EDUCATION, GNCT OF DELHI
SESSION 2026-27
ANNUAL SYLLABUS
CLASS IX
SUBJECT: PHYSICAL EDUCATION AND WELLBEING
COURSE CONTENT

Theory

| Unit | Content |
|--|---|
| Unit 1 Development of Physical Culture in India | <ul style="list-style-type: none"> • Definition, Meaning, Aims and Objectives of Physical Education • History and Culture of Physical Education and Sports in India • Introduction to Physical Literacy • Career Prospects |
| Unit 2 Health, Fitness and Wellness 6 Hours | <ul style="list-style-type: none"> • Meaning and Difference Between Health, Physical Fitness and Wellness • Components of Health-related Fitness • Components of Skills related Fitness • Dimensions of Wellness. • First-Aid, Basic Life Skills (BLS) and CPR |
| Unit 3 Sciences and Sports | <ul style="list-style-type: none"> • Introduction to Body Systems • Skeletal System: Types of Bones, Major Joints, and Functions in Movement • Muscular System: Voluntary and Involuntary Muscles • Introduction to Circulatory and Respiratory Systems during Exercise • Growth and Development |
| Unit 4 Technology Integration | <ul style="list-style-type: none"> • Digital Literacy: Do's and Don'ts, Data Handling and Interpreting Results • Application of Technology in Sports • Wearables in Sports Competitions, Trainings and Projects |
| | <ul style="list-style-type: none"> • Syllabus of mid-term Examination <p>Note:</p> |

| | |
|----------------------------------|---|
| | <ul style="list-style-type: none"> • The prescribed syllabus should be completed by 5th September 2026, ensuring adequate time for revision and consolidation of learning. • All teaching–learning processes, assessment practices, and classroom transactions should be aligned with the Curricular Goals (CGs) and Competencies (Cs) as outlined in NCF-SE 2023. |
| Unit 5 Sports for All | <ul style="list-style-type: none"> • Meaning of Inclusiveness in Physical Education and Sports. • Introduction to Disability and Types (intellectual, physical, sensory) • Disability Etiquette and STEP Model • Women’s Participation in Sports • Master Athlete • Community Sports and Khelo India Movement and Fit India |
| Unit 6 Olympic Movement | <ul style="list-style-type: none"> • Olympism: Concept and Olympic Values (Excellence, Friendship and Respect) • Olympic Value Education: Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will and Mind • Ancient and Modern Olympics. • Olympics: Symbols, Motto, Flag, Oath, and Anthem |
| Unit 7 Yoga | <ul style="list-style-type: none"> • Yoga for Holistic Health and Well-being • Yoga for Health • Adolescent Age and Hormonal Balance • Yoga for Personal Excellence • Memory and Concentration • Willpower and Self-confidence/ Self-Esteem • Leadership and Responsibility • Creativity and Critical Thinking |
| | <ul style="list-style-type: none"> • Syllabus of Annual Examination https://cbseacademic.nic.in/curriculum_2027.html <p>Note:</p> <ul style="list-style-type: none"> • The prescribed syllabus should be completed by 30th January 2027, ensuring adequate time for revision and consolidation of learning. • Whole Syllabus will be evaluated in Annual Examination. |

| | |
|--|---|
| | <ul style="list-style-type: none"> • Sufficient time should be allocated for systematic revision prior to the Annual Examination to support learner preparedness. • All teaching–learning processes, assessment practices, and classroom transactions should be aligned with the Curricular Goals (CGs) and Competencies (Cs) as outlined in NCF-SE 2023. |
|--|---|

Practical

| Practical No. | Practical Content |
|----------------------|---|
| Unit 8 Sports | <ul style="list-style-type: none"> • Hockey • Basketball • Judo • Wrestling • Kalaripayattu • Thang Ta • Gatka • Malkambh • Swimming • Archery • Taekwondo • Cricket • Gymnastic • Yogasana • Students will be able to: Demonstrate fundamental skills of the given sports. |