

----- Click on the -----  
**Download Link**  
To view the complete book

# Health and Physical Education

Textbook for Class XI



विद्यया ऽ मृतमश्नुते



एन सी ई आर टी  
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

**First Edition**

July 2020 Ashadha 1942

**Reprinted**

December 2021 Agrahayana 1943

**PD 10T RSP**

© **National Council of Educational  
Research and Training, 2020**

₹ **240.00**

Printed on 80 GSM paper with NCERT watermark

Published at the Publication Division by the Secretary, National Council of Educational Research and Training, Sri Aurobindo Marg, New Delhi 110 016 and printed at Pratibha Press & Multimedia Pvt. Ltd., 6, Ashok Nagar, Latouche Road, Lucknow - 226 018

**ALL RIGHTS RESERVED**

- ❑ No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher.
- ❑ This book is sold subject to the condition that it shall not, by way of trade, be lent, re-sold, hired out or otherwise disposed off without the publisher's consent, in any form of binding or cover other than that in which it is published.
- ❑ The correct price of this publication is the price printed on this page. Any revised price indicated by a rubber stamp or by a sticker or by any other means is incorrect and should be unacceptable.

**OFFICES OF THE PUBLICATION**

**DIVISION, NCERT**

NCERT Campus  
Sri Aurobindo Marg  
**New Delhi 110 016** Phone : 011-26562708

108, 100 Feet Road  
Hosdakere Halli Extension  
Banashankari III Stage  
**Bengaluru 560 085** Phone : 080-26725740

Navjivan Trust Building  
P.O.Navjivan  
**Ahmedabad 380 014** Phone : 079-27541446

CWC Campus  
Opp. Dhankal Bus Stop  
Panihati  
**Kolkata 700 114** Phone : 033-25530454

CWC Complex  
Maligaon  
**Guwahati 781 021** Phone : 0361-2674869

**Publication Team**

Head, Publication Division : *Anup Kumar Rajput*

Chief Editor : *Shveta Uppal*

Chief Production Officer : *Arun Chitkara*

Chief Business Manager : *Vipin Dewan*

Editor : *Bijnan Sutar*

Production Assistant : *Om Prakash*

Cover and Layout : *Bluefish Designs Ltd.*

Illustrations : *Mohd. Fajruddin*

## FOREWORD

Health of children is of paramount importance as it affects their educational outcomes, day-to-day behaviour and the attainment of goals. Many factors like, physical, socio-economic conditions and culture, influence the health of children. School education plays an important role in promoting sound health among children by involving them in various physical activities, such as, games, sports and yoga. These activities foster development of physical, socio-emotional competencies, and academic performance among students. All the policy documents have very categorically focused on the role of schools in holistic development of children in all age groups.

The National Council of Educational Research and Training (NCERT) has developed a textbook on Health and Physical Education for Class XI. This book focuses on a holistic understanding of health and physical education, different individual and team games, yoga and its relevance in modern times and safety and security. Fitness development and fitness measurement tests, types of tournaments and competitions being organised at various levels are also covered in this book. Given the inter-related nature of the concepts covered in the area of health and physical education, efforts have been made to present the content in a cohesive and integrated manner. Experiential learning activities for acquiring skills in games, sports and yoga for healthy living have also been made an integral part of the book.

NCERT appreciates the hard work done by the Textbook Development Committee. Professor Saroj Yadav, *Dean (Academic)* has made continuous efforts to develop this book. Several experts and teachers have also contributed towards the finalisation of this book. We are grateful to them for their contribution. As an organisation committed to systemic reform and continuous improvement in the quality of our products, NCERT welcomes comments and suggestions which will enable us to undertake further revision in the book.

New Delhi  
October, 2019

HRUSHIKESH SENAPATY  
*Director*  
National Council of Educational  
Research and Training

----- Click on the -----  
**Download Link**  
To view the complete book

© NCERT  
not to be republished

# TEXTBOOK DEVELOPMENT COMMITTEE

## MEMBERS

- Archana Chahal, *Professor*, Department of Physical Education, University of Allahabad, Prayagraj, Uttar Pradesh.
- Bhuwan Chandra Kapri, *Professor*, Department of Physical Education, Banaras Hindu University, Varanasi, Uttar Pradesh.
- Ikram Hussain, *Professor*, Department of Physical Education, Aligarh Muslim University, Aligarh, Uttar Pradesh.
- Ishwar V. Basavaraddy, *Director*, Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India, New Delhi.
- Nishant Singh Deol, *Professor*, Department of Physical Education, Punjab University, Patiala.
- Poonam Khattar, *Professor and Head*, Department of Communication, National Institute of Health and Welfare.
- Priyanka, *Assistant Professor*, Mihir Bhoj PG College, Dadri, Gautam Budh Nagar, Uttar Pradesh.
- Ratnesh Singh, *Associate Professor*, Department of Physical Education, Guru Ghasidas Central University, Koni, Bilaspur, Chhattisgarh.
- Shorya Kumar Yadav, *Professor*, Department of Physical Education, Devi Ahilyabai University, Indore, Madhya Pradesh.

## REVIEW COMMITTEE

- Anuradha, *Teacher*, Sardar Patel Vidyalaya, New Delhi.
- Arun Kumar Uppal, *Former Dean*, Laxmibai National Institute of Physical Education, Gwalior, Madhya Pradesh.
- Atul Mittal, *Dean*, Technical Support Unit, Ministry of Health and Family Welfare, New Delhi.
- Sanjeev Sharma, *Dean*, G.S.U. Rohini, New Delhi.
- Shorye Kumar, *Dean*, Department of Physical Education, Devi Ahilya Vishwavidyalaya, Indore.
- Vandana Nair, *Dean*, Technical Support Unit, Ministry of Health and Family Welfare, New Delhi.

## MEMBER COORDINATOR

- Saroj Yadav, *Dean (Academic)*, NCERT, New Delhi.