

# Health and Physical Education

Textbook for Class X



1077

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NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

## 1077 – HEALTH AND PHYSICAL EDUCATION

Textbook for Class X

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## FOREWORD

Health of children is a major concern worldwide. Their health is very important as they constitute a large percentage of our population. Many factors like physical, psychological, socio-economic and cultural influence our health, both in our day-to-day life and in the long run. The involvement of all children in physical activities, games and sport, and yoga along with authentic knowledge is essential for their physical, emotional, social and mental development. In this endeavour, school education plays an important role. All the National Curriculum Frameworks have recommended health and physical education as an integral part of the school curriculum. With this view, the National Council of Educational Research and Training (NCERT) has prepared this textbook on Health and Physical Education for Class X.

This textbook focuses on the holistic understanding of physical education and its relationship with other subjects and the effects of physical activities on human body. It also provides a scope for children to learn the theoretical, as well as, the practical aspects of individual and team games. Further, it discusses yoga, dietary considerations, safety measures for healthy living, social health, agencies and awards promoting health, sports and yoga. The information about coronavirus (COVID-19), its modes of transmission and prevention have also been included at relevant places to help the children remain safe and healthy. Keeping in view the inter-related nature of the concepts covered in the area of Health and Physical Education, the presentation is made in a cohesive and an integrated manner rather than adopting a fragmentary approach. Experiential learning activities for acquiring skills for healthy living are made an integral part of the book.

The NCERT appreciates the efforts of the Textbook Development Committee. Several experts and teachers have contributed towards the finalisation of this book. We are grateful to them and their institutions. I am thankful to Professor Saroj Yadav, *Dean (Academic)* and the *Project Coordinator* of the National Population Education Project (NPEP) for her continuous efforts in developing this material and bringing it to its present form.

As an organisation committed to systemic reform and continuous improvement in the quality of our products, the NCERT welcomes comments and suggestions from teachers and students, which will enable us to undertake further revision and refinement.

Hrushikesh Senapaty  
*Director*

National Council of Educational  
Research and Training

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