

**PRESS INFORMATION BUREAU
GOVERNMENT OF INDIA**

Promoting Physical Education across the country

New Delhi, 25th November, 2019

As per the National Curriculum Framework, 2005, Health and Physical Education is a Compulsory subject from Class I to X. In this regard, National Council of Educational Research and Training (NCERT) has brought out material for Class VI, VII and VIII as Teachers Guide and for Class IX Textbooks on Health and Physical Education (HPE). In addition, Central Board of Secondary Examination (CBSE) has introduced a streamlined and well designed Health and Physical Education (HPE) Program to mainstream health and physical education in schools for students of class I - XII. The schools have been directed to reserve one period per day for HPE/ sports. This program is compulsory for all affiliated schools of CBSE.

Department of School Education and Literacy has launched an Integrated Scheme for School Education-Samagra Shiksha, with effect from 1st April, 2018. The new integrated scheme envisages school education as a continuum from pre-school to senior secondary level and aims to ensure inclusive and equitable quality education at all levels. Realizing the need for holistic development of children, under the Samagra Shiksha, Sports and Physical Education component has been introduced for the first time for encouragement of Sports, Physical activities, Yoga, Co-curricular activities etc.

Committee for the Draft National Education Policy (NEP) under the Chairmanship of Dr. K. Kasturirangan submitted its report to the Ministry on 31st May 2019. The Draft NEP states that all school subjects will be considered curricular rather than extra-curricular or co-curricular, including sports, yoga etc. Further, it states that all students at all levels of school will have regular periods and opportunities to participate in physical activity and exercise,

including sports, games, yoga, martial arts, dance, gardening, and more, in accordance with local availability of teachers and facilities.

The information was given by the Union Minister for Human Resource Development, Dr. Ramesh Pokhriyal 'Nishank' in a written reply in the Lok Sabha today.

NB/AKJ/AK