

अनीता करवल, मा. प्र. से.
अध्यक्ष
Anita Karwal, IAS
Chairperson



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/Acad/H&PE/Sports/2019

Date: 9.03.2019
Circular No. Acad-16/2019

Principals/ Heads of the Institutions
All CBSE affiliated Schools

Sub: Mainstreaming Health and Physical Education in Schools for class I to VIII

Sports, games and physical activity in schools is not only important for the general well-being of the child, but it leads to sharper and more creative mental faculties, as per mounting evidence and research. Sports is capable of developing team spirit and mental and physical toughness among students. It can inculcate the habit of discipline, and contribute to the growth of courage, determination and will power. The Board is clearly of the view that no education can be complete without an element of compulsory physical and health education.

This circular is therefore being issued in continuation with CBSE circular no. Acad-10/2018 dated 21.03.2018, through which the Board 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 IX-XII w.e.f. session 2018-19. This program is already compulsory for all affiliated schools of CBSE.

Now, the Board has decided to implement Health and Physical Education (HPE) Program for classes I to VIII also w.e.f. session 2019-20 onwards, with the aim of holistic development of the child, leading to a well-balanced individual in all walks of life. The primary focus shall be on sports, games and outdoor activities for classes I to VIII.

Keeping the above in view, the schools are advised that while preparing time-table for session 2019-20, one period every day may be reserved for Health and Physical Education (HPE) for class I to VII from session 2019-20 onwards. The revised and updated transactional strategies, detailed guidelines and methodology for administering HPE (Health and Physical Education) to students will be available on CBSE website shortly. It is reiterated that with this circular, now it is compulsory for all schools affiliated to CBSE to reserve one period per day for Health and Physical Education (HPE) for classes I to XII from academic session 2019-20 onwards.

For any further information, the schools may contact Dr. Manjit Singh, in-charge (Sports), CBSE, Preet Vihar, Delhi at manjit.cbse@gmail.com

(Anita Karwal, IAS)
Chairperson, CBSE

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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 Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, Delhi-110016.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim -737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar -791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sec 3, Rohini
9. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
10. The Secretary AWES, Integrated Headquarters of MoD (Army), FDR Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
11. 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 and the school managements in their respective regions for compliance.
12. All Director/Heads/ In-Charges, COEs of the Board with request to disseminate the information
13. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Public Relations Officer, CBSE
16. PS to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Controller of Examinations, CBSE
19. SPS to Director (Information Technology), CBSE
20. SPS to Director (CTET)
21. SPS to Director (Edusat)
22. SPS to Director (Academics) CBSE.
23. SPS to Director (Professional Exam) CBSE
24. SPS to Director (Skill Education), CBSE



Chairperson, CBSE