



केन्द्रीय विद्यालय संगठन (मुख्यालय)
18, संस्थागत क्षेत्र, शहीदजीत सिंह मार्गए नईदिल्ली- 110 016
Kendriya Vidyalaya Sangathan
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New Delhi - 110016 Tel:26965154 Fax No. 26514179
Website: www.kvsangathan.nic.in

पत्रांक सं.110362/01/2018-19/KVS (HQ)/SP/Time-Table

दिनांक: 13.08.2018

उपायुक्त
केन्द्रीय विद्यालय संगठन
समस्त संभाग

बिषय- Implementation of revised time-table in physical education/yoga from the session 2018-19.

महोदया / महोदय,

Health and Physical Education are the outmost important issues of the present day scenario. During the Meeting of the NSCB, it was felt that the time allotted in the Time-Table for carrying out the activities of Sports and Games/Yoga/Fitness Programme (SBSB) is not adequate. Based on the feedback from various Regional offices this issue was discussed at KVS (HQ) in length and it has been decided to reintroduce block period system for promoting sports activities in the session 2018-19.

In this connection the following annexures may be refer ed for necessary action:-

- Annexure-I – Distribution of periods for classes I – V – No change
- Annexure-II- Distribution of periods for classes VI – VIII – Minor change in Art & Physical education period
- Annexure III-Distribution of periods for classes IX – X – Minor change in Art & Physical Education period
- Annexure IV-Distribution of periods for classes XI – XII – Three Physical education periods

For smooth conduct block period for sports and games following points to be noted:-

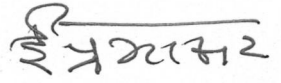
- Minor changes in allotment of period for art education and physical education mentioned in Annexure-II and III.

2. The block period of physical education/yoga for class VI to X should be allotted as per Annexure-II and III.
3. For class XI and XII one block period and one period of 35 minutes may also be spared for PHE/yoga as per Annexure-IV.
4. For single shift KV there will be two block period preferably, first block period in Ist & IInd period and second block period in VIIth & VIIIth period as mentioned in model time table to avoid the adverse temprature.
5. For second shift KV the first block period may be preferably in IIIrd and IVth period and second block in VIIth and VIIIth period to avoid adverse temprature.
6. Block periods should be utilized to carry out various activities simultaneously. For sports/yoga/sports skill development in vidyalaya. The class may be divided in different games as per the facilities available in vidyalaya.
7. All the Principals may be directed to arrange mass PT/yoga also in morning assembly (as a part of assembly) in the designated days.

You are requested to disseminate this information to all the Principals of your Regions and implement the time table accordingly.

भवदीय,

Encl: As above



(डा. ई. प्रभाकर)

संयुक्त आयुक्त (प्रशिक्षण)

Copy to:-

1. PS to the Addl. Commissioner (Acad.).

Distribution of periods for classes I - V

S.. No.	Subject	No. of periods existing	Total No. of Periods Proposed
1	English	6	6
2	Hindi	6	6
3	Mathematics	6	6
4	Enivornmental Studies	6	6
5	Work Education	2	2
6	Art Education*	4	4
7	Library	2	2
8	Physical & Health Education(Games & Yoga)	4	4
9	Computer Literacy	2	2
10	Co - Curricular Activities#	2	2
	Total	40	40

* Art Education includes music (2 periods), drawing, dance activities, etc.

CCA includes Bharat Scout & Guide activities (Cub & Bulbul), Club activities, etc.

Note: Mass PT to be arranged as part of morning assembly. New PT Exercises can be taken up for few minutes as warm up in games periods.

. Distribution of periods for classes VI-VIII

S.No	Subject	No. of periods existing	Total No. of Periods proposed	Variation
1	English	6	6	
2	Hindi	6	6	
3	Language #	3	3	
4	Mathematics	7 (6+1)	7 (6+1)	
5	Science	6 (5+1)	6 (5+1)	
6	Social Science	6	6	
7	Work Education	2	2	
8	*Art Education	4	3	-1
9	**Physical & Health Education (Games & Yoga)	3	4	+1
10	***Co-curricular Activities	2	2	
11	Computer Literacy	2	2	
12	****Life skill, values education & gender sensitivity	-	-	
13	Library	1		
	Total	48	48	

Sanskrit/foreign language as opted by students and permitted by KVS.

* Art Education includes activities like Drawing (02 periods), dance, music, dramatics etc. may be arranged in block-periods, if needed and feasible.

** At least 01 period for Yoga.

*** CCA includes Bharat scout & Guide activities, club activities, etc.

**** Life skill, values education & gender sensitivity to be made integral part of teaching in that class by teachers.

Note: Mass PT to arranged as part of morning assembly. New PT exercises can be taken up for few minutes as warm up in games periods

Distribution of periods for classes IX-X

ANNEXURE - III

S. No	Subject	No. of periods existing			Total No. of Periods proposed			Variation
		Theory	Practical	Total	Theory	Practical	Total	
1	English	6	1	7	6	1	7	
2	Hindi/Sanskrit	6	1	7	6	1	7	
3	Mathematics	6	1 (Lab)	7	6	1 (Lab)	7	
4	Science	6	1 (Lab)	7	6	1 (Lab)	7	
5	Social Science	6	1	7	6	1	7	
6	Work Education		2	2		2	2	
7	*Art Education		3	3		2	2	-1
8	**Physical & Health Education (Games & Yoga)		3	3		4	4	+1
9	***Co-curricular Activities		2	2		2	2	
10	Computer Literacy		2	2		2	2	
11	****Life skill, values education & gender sensitivity		-	0		-	0	
12	Library		1	1		1	1	
	Total			48			48	

* Art Education includes activities like Drawing (01 period), dance, music, dramatics etc. may be arranged in block-periods, if needed and feasible.

** At least 01 period for Yoga.

*** CCA includes Bharat scout & Guide activities, club activities, etc.

**** Life skill, values education & gender sensitivity to be made integral part of teaching in that class by teachers.

Note: Mass PT to be arranged as part of morning assembly. New PT exercises can be taken up for few minutes as warm up in games periods.

