

**CONTENTS OF HEALTH AND PHYSICAL EDUCATION
FOR CLASS-IX
(Curriculum 2006)**

- 1. PHYSICAL EDUCATION**
 - 1.1 Definition of Physical Education and its Importance
 - 1.2 Relationship of physical Education and Islam

- 2. WARM-UP, WARM DOWN**
 - 2.1 Types of Warm-up
 - 2.1.1 General warm-up
 - 2.1.2 Specific warm-up
 - 2.2 Steps of warm-up
 - 2.2.1 Mild stretching (static)
 - 2.2.2 Cardio-vascular respiratory (Part-I)
 - 2.2.3 Combination of activities
 - 2.2.4 Main stretching
 - 2.2.5 Cardio-vascular respiratory (Part-II)
 - 2.2.6 Strengthening exercises
 - 2.2.7 Warm down exercises

- 3. GAMES**
 - 3.1 Historical background
 - 3.2 Volleyball
 - 3.3 Table Tennis
 - 3.4 Cricket

- 4. ATHLETICS**
 - 4.1 Introduction
 - 4.2 High Jump
 - 4.3 Discus
 - 4.4 400 Meter Race
 - 4.5 800 Meter Race

- 5. HEALTH EDUCATION**
 - 5.1 Basic Principles of health
 - 5.1.1 Exercise
 - 5.1.2 Diet
 - 5.1.3 Fatigue and rest
 - 5.2 Effects of environment on health
 - 5.3 Relationship between Physical Education and Health Education

- 6. FIRST AID**
 - 6.1 Types of sports injuries.
 - 6.1.1 Muscular Injuries
 - 6.1.2 Skeletal Injuries
 - 6.2 Artificial respiration
 - 6.3 Bandages

- 7. NARCOTICS**
 - 7.1 Effects of narcotics
 - 7.2 Types of narcotics
 - 7.2.1 Tobacco
 - 7.2.2 Opium
 - 7.2.3 Hashish/Churs
 - 7.2.4 Heroin
 - 7.3 Misuse of drugs in sports

- 8. INFECTIOUS DISEASES**
 - 8.1 Types of Infectious diseases
 - 8.1.1 Tuberculosis
 - 8.1.2 Hepatitis
 - 8.1.3 Aids
 - 8.1.4 Cholera