

CBSE | DEPARTMENT OF SKILL EDUCATION

CURRICULUM FOR SESSION 2025-2026

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 418)

JOB ROLE: EARLY YEARS PHYSICAL ACTIVITY FACILITATOR

CLASS – IX & X

COURSE OVERVIEW

Early Years Physical Activity Facilitator works in play schools, day care centers, apartments and clubs to teach age appropriate physical activities to build fundamental skills and fitness in children up to the age of 8 years. Early Years Physical Activity Facilitator looks after the smooth functioning of the physical activities and sports events of the school, organization, institute, etc. He/ She should possess the knowledge and skills of safety and management of play field, equipment and tools, conduction of sports events, assessment of student's physical activity and report preparation.

COURSE OUTCOMES:

On completion of the course, students should be able to:

1. Apply effective oral and written communication skills to interact with people and customers;
2. Identify the principal components of a computer system;
3. Demonstrate the basic skills of using computer;
4. Demonstrate self-management skills;
5. Demonstrate the ability to provide a self-analysis in context of entrepreneurial skills and abilities;
6. Demonstrate the knowledge of the importance of green skills in meeting the challenges of sustainable development and environment protection;
7. Demonstrate the knowledge of the importance of physical activity in child development;
8. Plan age appropriate physical activity;
9. Execute age appropriate exercise;
10. Demonstrate the knowledge of children health and safety;
11. Assess and evaluate the students;
12. Conduct recreational activities; and
13. Demonstrate the knowledge of maintaining records.

COURSE REQUIREMENTS:

The learner should have the basic knowledge of science.

COURSE DURATION:

Class IX	200 hrs.
Class X	200 hrs.
TOTAL	400 hrs.

SCHEME OF UNITS

CLASS	THEORY	PRACTICAL	TOTAL
Class IX	50 marks	50 marks	100 marks
Class X	50 marks	50 marks	100 marks

This course is a planned sequence of instructions consisting of units meant for developing employability and vocational competencies of students of Class IX opting for skill subject along with other education subjects.

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CLASS – IX (SESSION 2025-2026)

Total Marks: 100 (Theory-50 + Practical-50)

	UNITS	NO. OF HOURS for Theory and Practical		MAX. MARKS for Theory and Practical	
Part A	Employability Skills				
	Unit 1 : Communication Skills-I	13		2	
	Unit 2 :Self-management Skills-I	7		2	
	Unit 3: Information and Communication Technology Skills-I	13		2	
	Unit 4 :Entrepreneurial Skills-I	10		2	
	Unit 5 :Green Skills-I	7		2	
	Total	50		10	
Part B	Subject Specific Skills		Theory (In Hours)	Practical (In Hours)	
	Unit 1: Role of Physical education in Child Development		24	15	10
	Unit 2: Planning Age Appropriate Physical Activity		15	24	10
	Unit 3: Organizing Age Appropriate Physical Activities		16	32	12
	Unit 4: Children Health and Safety		8	16	8
	Total		63	87	40
Part C	Practical Work				
	Practical Examination				15
	Written Test				10
	Viva Voce				10
	Total				35
Part D	Project Work/ Field Visit				
	Practical File/ Student Portfolio				10
	Viva Voce				05
	Total				15
Grand Total		200		100	

DETAILED CURRICULUM/TOPICS FOR CLASS IX:

PART-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Communication Skills-I	13
2.	Unit 2: Self-management Skills-I	07
3.	Unit 3: Information and Communication Technology Skills-I	13
4.	Unit 4: Entrepreneurial Skills-I	10
5.	Unit 5: Green Skills-I	7
	TOTAL DURATION	50

Note: Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

PART-B – SUBJECT SPECIFIC SKILLS

- Unit 1: Role of Physical Education in Child Development
- Unit 2: Planning Age Appropriate Physical Activity
- Unit 3: Organising Age Appropriate Physical Activities
- Unit 4: Children Health and Safety

UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT

LEARNING OUTCOME	THEORY	PRACTICAL
1. Identify the physical and emotional needs of the children	<ol style="list-style-type: none">1. Domains for Early Childhood Development - Physical, Emotional, Social, Communicative, Adaptive, etc.2. Development of fundamental motor skills – gross and fine motor skills3. Cognitive development4. Psychosocial wellbeing5. School readiness6. Understanding child activity	<ol style="list-style-type: none">1. Prepare chart on domain for early childhood development2. Prepare slide presentation on cognitive and psychological wellbeing
2. Identify factors influencing physical activities	<ol style="list-style-type: none">1. Demographic factors (socio-economic status)2. Biological factors (age, weight status)3. Psychological factors4. Behavioural factors5. Social-cultural factors6. Environmental factors	<ol style="list-style-type: none">1. Group activity on demonstration of factors influencing physical activities2. Write a paragraph on how Environmental factors influence physical activity

LEARNING OUTCOME	THEORY	PRACTICAL
3. Plan physical activities	<ol style="list-style-type: none"> 1. Identifying physical activity sessions (everyday activities, recreational activities, sport) 2. Structuring physical activity sessions 3. Macro-planning 4. Meso-planning 5. Micro-planning 6. Weekly Planning 7. Lesson plan 	<ol style="list-style-type: none"> 1. Prepare flow chart on sequence of planning cycle. 2. Write a lesson plan
4. Conduct physical activities	<ol style="list-style-type: none"> 1. Arranging play spaces 2. Props and equipment required for physical activity sessions 3. Conducting physical activity sessions 	<ol style="list-style-type: none"> 1. Write down brief note on the importance of equipment for conducting physical activities 2. Group discussion on conducting Physical Activity sessions

UNIT 2: PLANNING AGE APPROPRIATE PHYSICAL ACTIVITY

LEARNING OUTCOME	THEORY	PRACTICAL
1. Plan activities for increasing physical strength and coordination	<ol style="list-style-type: none"> 1. Resources required for activities 2. Planning everyday activities 3. Planning recreational activities 4. Planning sport activities 	<ol style="list-style-type: none"> 1. List down the activities to be planned for everyday physical strength session 2. Draw the diagram of area required for free play games and list down the equipment needed
2. Plan activities for developing cognitive skills	<ol style="list-style-type: none"> 1. Cognitive skills – Reading, Writing, Numeracy, etc. 2. Activities to be organized – Games, Singing, Dancing 	<ol style="list-style-type: none"> 1. Prepare poster for the dancing and singing activity 2. Discuss the various activities to cognitive skills
3. Manage class	<ol style="list-style-type: none"> 1. Designing time table 2. Understanding Duration of activities as per learning outcomes 	<ol style="list-style-type: none"> 1. Prepare a time table for the physical activity class 2. Discussion on setting time duration for different activities

UNIT 3: ORGANIZING AGE APPROPRIATE PHYSICAL ACTIVITIES

LEARNING OUTCOMES	THEORY	PRACTICAL
1. Identify games for everyday activities	1. Fitness Activities 2. Specific sports training 3. Sports periods 4. Games	1. Identification of games appropriate for different classes and list them down 2. Discussion on selection of games for school
2. Organize sport activities	1. Sports days 2. Summer camp 3. Winter camp 4. Tournaments 5. Mass drills and display 6. Programs for parents and staff	1. Prepare a poster for the invitation of sports day and explain about the sequence of games 2. Prepare list of activities that can be conducted for the parents and staff and discuss in the class

UNIT 4: CHILDREN HEALTH AND SAFETY

LEARNING OUTCOMES	THEORY	PRACTICAL
1. Demonstrate the knowledge of child health care and habits	1. Child health 2. Factors influencing child health and hygiene 3. General Nutrition	1. Prepare a chart on Macro and Micro nutrition 2. Prepare poster on development of mental health 3. Group discussion on factors influencing child health
2. Describe the various aspects of safety management and emergency response	1. Storage facility for the equipment 2. Safe acts and safety measures in playground 3. Safety aspects related to use of equipment 4. Basic First Aid and response to emergency 5. Exit protocol	1. Draw the diagram of storage are of equipment 2. List down the safety aspects for the use of equipment 3. Prepare a chart on PRICE-R with relative pictures