

Dear Parents

This is to bring to your notice that CBSE has introduced Health and Physical Education (HPE) in the Senior Secondary School Curriculum. It has four key areas for which the students will have to maintain a portfolio with evidence of participation and achievements.

The key areas of the programme along with the allocated marks are as follows:

Strand 1	Games/ Sports	50 marks
Strand 2	Health & Fitness	25 marks
Strand 3	SEWA Social Empowerment through Work Education and Action	25 marks
Strand 4	Health and Physical Record	No marks – only for record purpose

Please note that the grades obtained by a student in the above mentioned areas will be reflected in their CBSE Board mark sheet.

Some of the suggested activities by CBSE are as follows

- Organizing sports meet for CWSN (Children with Special Needs)
- Planning, organizing and delivering a League tournament (Basketball, Cricket, Football)
- Long distance runs (half and full marathons) for a cause
- Organizing a fund raising Musical Extravaganza for school
- Holding an Art Exhibition for fund raising
- Inviting professionals from industry to develop career pathways
- Environment Drive
- Anti Bullying or Anti Ragging Committee and awareness raising
- As volunteer for charities 'outside of school' such as orphanages, old-age homes
- Collecting and distributing used and unused books and clothes to the underprivileged
- Volunteer work with stray animals and organizations connected with the same cause
- Helping to raise funds for beneficiaries involving natural disasters (flood, earthquake victims)
- Adopting an old age home for interactive activities
- Adopting an orphanage for conducting joyful activities
- Online volunteering for counseling peers for raising awareness regarding career pathways.
- Paryatan Parv – creating awareness about historical sites and tourist spots in your city, etc.
- Holding an Art Exhibition for fund raising
- Collaborating as part of Photography Club and create Exhibitions across the city with a social message.
- Participating or volunteering in Youth Parliament or mock UN Sessions

- Adult Education
- Health Awareness Orogramme

SEWA activities require involvement and interaction. When students assume a passive role and no contributory service is performed, it cannot be defined as a SEWA. An activity through which a student attains financial or some other type of benefit (unless this benefit is passed on in full to a worthy cause).

Instructions for filling SEWA form

A. The students must fill 9 to 12 -(To be filled in SEWA hour log)

Suggested activities are listed above

B. Activity 1 and Activity 2 are WE

Taken in term 1 n term 2

C. Photographs of activities done must be pasted on A4 size sheets as evidence.

D. . SEWA forms duly filled and signed must be submitted to class teachers by 9 November 2018.