



Loreto Convent Intermediate College

Lucknow

PHYSICAL EDUCATION Class -10 SYLLABUS (2025-26)

QUARTERLY EXAMINATION SYLLABUS

- Human Growth and Development
- Physical Education
- Body Type
- Basketball
- Badminton
- Cricket
- Football

PRE -BOARDS I EXAMINATION SYLLABUS

- Human Growth and Development
- Body Types
- Physical Fitness
- Sports Training
- Safety In Sports
- Basketball
- Badminton
- Football
- Cricket
- Practical/Project Files

PRE -BOARDS II EXAMINATION SYLLABUS

- Human Growth and Development
- Physical Fitness
- Sports Training
- Safety In Sports
- Health Education
- Careers in Physical Education
- Basketball
- Badminton
- Cricket
- Volleyball
- Football
- Practical/Project Files

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