



# Life Empowerment Awards

## for Schools 2018 -19

- Promotion & Recognition of Holistic Development in Schools -



### **BEST PRACTICES IN PROMOTING HEALTH & PHYSICAL WELLBEING EDUCATION**

#### **ASSESSMENT CRITERIA**

*Desired Outcome: The school has a clear and well defined Vision and Mission Statement that, inter alia, reflects promotion of effective transaction of Health and Physical Education. The Implementation Procedures are well in place. There is scope for providing opportunities to students and stakeholders for enhancing holistic physical, mental and psychological wellbeing leading to healthy life style and responsible physical, mental, psychological and social behavior. The school understands the need to provide opportunities to learners to develop basic skills, such as, agility, balance, coordination, speed, strength, endurance, teamwork and leadership to manage challenges, stress and emotions and acquire life skills, such as, critical thinking, creative thinking, problem solving and decision-making. The school respects diversity and nurtures talent to ensure that all students across the board participate in building a health promoting school.*

#### **Assessment Criteria**

- **Vision**
- **Policy**
- **Annual Calendar Plan**
- **Inclusivity**
- **Health and Physical Wellbeing Education Activities (use of PEC & PECABILITY CARDS)**
- **Infrastructure**
- **Human Resources**
- **Innovative Practices**
- **Safety & Security**
- **Stakeholders**
- **Indigenous Sports & Games**
- **Leadership**

## Components of the Criteria

- **Vision:** The School has a well defined vision reflecting promotion and effective curriculum transaction of health and physical education involving not only learners but all stakeholders.
- **Policy:** The school has a clear policy on the implementation of the Vision reflecting Standard Operating Procedure (SOP) across the board.
- **Annual Calendar Plan:** The school has well documented annual Calendar Plan reflecting all elements of distribution of time and activities related to Health & Physical Education. Time Table being an integral part of the ACP, it should reflect the distribution of activities that involve all stakeholders.
  
- **Inclusivity :** The Annual calendar plan should reflect provisions for:
  - Students who excelled in the academic year
  - Differently abled children
  - Gender Equality
  - Indigenous and Non Competitive Sports & Games
  
- **Physical Education Activities (PEC/PECABILITY) :**  
The School has a
  - i) Structured time table for PEC for classes I – VIII as per CBSE guidelines.
  - ii) Integration of PECABILITY cards as per CBSE guidelines
  - iii) Integration of PEC in the transaction process of academic subjects.
  - iv) Involvement of Parents, Teachers, Peer Educators
  - v) Documentation
  
- **Infrastructure**
  - i) Playground requirements as per CBSE guidelines
  - ii) Optimal use of infrastructure & equipment
  - iii) Provisions for minimum 3 indoor and 3 outdoor games
  - iv) Maintenance of ground and equipment
  - v) Documentation
  
- **Human Resources**
  - i) Adequate number of qualified PE staff as per the number of students
  - ii) Orientation & in-service programs for subject teachers and peer leaders
  - iii) Involvement of parents, students, peer educators
  
- **Innovations**
  - i) Innovative practices for effective transaction of Health & Physical Education
  - ii) Adapted indigenous games & sports activities

- **Safety & Security**
  - i) Preventive & Corrective protocols for each sport (physical injury & abuse}
  - ii) Standard Operating Procedure
  - iii) Observance of safety and security measures mentioned in PEC
  - iv) Self-rating on Safety Checklist circulated by CBSE
  
- **Stakeholders:** Involvement of all stakeholders (parents, teachers, students, alumni) in promoting Health & Physical Well Being. (minimum 2 for parents, 1 for alumni, 2 for teachers and 4 for peer educators activities) per stakeholder.
  
- **Indigenous sports and games:** Promotion of context specific indigenous games and sports (Minimum three indigenous sports).
  
- **Leadership:** The Head of the school is involved in the Planning, Implementation, Monitoring, Mentoring and Reviewing of the entire process of the Promotion of Health and Physical Wellbeing Education by involving all the stakeholders. The Head of the School also ensures the availability and accessibility of the needed Infrastructure, Equipment and Human Resources.