



**Bal Bharati**  
**PUBLIC SCHOOL**

Sector-21, Noida, G.B. Nagar

Circular No.09/2024-25

Date: 16 Apr, 2024

### **PHYSICAL AND HEALTH EDUCATION**

Dear Parents,

Greetings!

We want to highlight the crucial role of physical and health education in your child's curriculum. According to CBSE regulations, it's mandatory for students to participate in daily physical activities offered by the school.

Physical and Health Education is a required part of the CBSE curriculum, emphasizing the importance of regular physical activity for a healthy lifestyle. To ensure this, our school has incorporated stretch time, Mass PT sessions, and PE/Games periods into the timetable. Furthermore, swimming facilities are available for all students from Classes PS to IX and XI, following the school's timetable.

For Senior Secondary students, the significance of Physical and Health Education (PHE) is reflected in their board mark sheets, where grades for these activities are included. We hope you recognize the value placed on their physical well-being and the importance of a healthy lifestyle as you review your child's mark sheet. Your encouragement and support in their participation in PHE activities are highly appreciated. However, we've observed that some parents are hesitant to allow their senior school students to participate in swimming.

Understanding that Science students often have coaching classes after school, we have adjusted the school timings from Monday to Friday, allowing them to manage their academic and extracurricular commitments effectively. For students in Classes XI A and B, swimming classes are scheduled every Saturday from 08:00 am to 09:30 am. Additionally, if a student from Class XI A & B wishes to swim after school hours, they may do so by informing their Class Teacher and Vice Principal, and they can join another class in the pool. We kindly request your cooperation in ensuring that your child attends these swimming sessions regularly and on time.

We appreciate your continued support in fostering your child's overall development.

Asha Prabhakar  
(Principal)

Kindness, Resilience, Respect



#### Distribution

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