

# CENTRAL BOARD OF SECONDARY EDUCATION

(An autonomous Organisation under the Union Ministry of Human Resource Development, Govt. of India)

"SHIKSHA KENDRA" 2, COMMUNITY CENTER, PREET VIHAR, DELHI-110092

Tel. 011-22050061

CBSE/SPORTS/2010-2011/Cir.13

25.03.2010

All the Principals of  
Independent Category of Schools  
Affiliated to CBSE

## IMPORTANT

Madam/Sir,

**Subject: Physical Education Program in Primary Schools.**  
**Reference: Circular number 57 dated 20.11.2009.**

I am sure you must have gone through the circular number 57 dated 20.11.2009 sent earlier in regard to the Physical Education Program in Primary Schools, PEC Cards and Teachers' Manual. In case you haven't received it; you may download the same from the Board's web site: [www.cbse.nic.in](http://www.cbse.nic.in)

**The objectives of the Physical Education Cards (PEC) are:**

1. to offer support by introducing new teaching approaches and activities for primary age group for physical education lessons as well for the curriculum teaching.
2. to provide a new range of educational resources for Physical Education
3. to offer training to all of the primary staff who deliver primary educational lessons.
4. to assist schools to deliver elements of the Physical Education curricula.
5. to act as a research base that will demonstrate the wider benefits that Physical Education can have on the whole child education outcomes.

For the meaningful implementation of the PEC Cards in schools, the Board proposes to organise a three days training program of Primary Teachers/In Charge Primary Section. The first phase of the training will be held in June 2010 at the following two venues:

1. LNUPE Gwalior, MP
2. Delhi (Venue will be informed later on)

**Training schedule: First program: 01-05 June; Second program: 06-10 June; Third program: 11-15 June; Fourth program: 16-20 June; Fifth program: 21-25 June & Sixth program: 26-30 June 2010. First day as reporting and last day as departure date.**

It is expected that each school send one Primary Teacher/In Charge Primary Section to attend the program that will act as the Master Trainer and in turn will provide training to other primary teachers in their respective school. You are advised to forward the following details about the Teacher whom you would like to be trained:

1. Name of the teacher
2. School name and address
3. Telephone numbers and E-mail
4. Preferred city for training
5. Preferred program

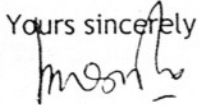
The above details may be forwarded to the undersigned so as to reach before 30 April 2010.

Continued:

**Please note:**

1. It is mandatory for all the schools to incorporate the Physical Education Cards (PEC).
2. It is mandatory for all the schools to send one teacher for training and obtain a "Certificate" from the Board.
3. The fee for the training program being held at LNUPE Gwalior: Rs 3000.00 per head. (Includes lodging, boarding and course fee).
4. The fee for the training program being held at Delhi: Rs 1500.00 per head. (Includes course fee and working lunch). Teachers attending course at Delhi will not be provided lodging.

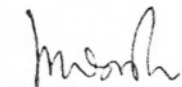
Yours sincerely



Pushkar Vohra  
AEO (Sports)

**Copy with a request to respective Heads of Directorates/KVS/NVS/CTSA as indicated below to also disseminate the information to all concerned schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110 016
2. The Commissioner, Navodaya Vidyalaya Samiti, A-28, Kailash Colony, N: Delhi
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160 017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim - 737 101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar- 791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair-744 101
8. The Secretary, Central Tibetan School Administration, ESS ESS Plaza, Community Centre, Sector 3, Rohini, Delhi-110 085
9. All the Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
10. The Education Officers/AEOs of the Academic Branch, CBSE.
11. The Joint Secretary (IT) so as to be uploaded on the CBSE website.
12. The Library and Information Officer, CBSE
13. E.O. to Chairman, CBSE
14. DO / PA to Secretary, CBSE
15. PA to CE, CBSE
16. PA to Director (Acad)
17. PA to Director (Special Exams)
18. PA to Director (Edusat)
19. PRO, CBSE



AEO (Sports)