



Nagaland Board of School Education
Upper Bayavü, Kohima - 797001
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NOTIFICATION NO.33/2025

Dated Kohima, the 16th May, 2025

NO.NBE-8/Ad-Misc(10)/2025-26:: It is hereby notified for information of all the Heads of Registered Institutions (Government Schools) under NBSE, that a concise guideline on Sports and Physical Education has been prepared for implementation in all the Government Schools,

As per the NEP 2020, the emphasis is on sports-integrated learning to focus on skills such as collaboration, self-initiative, self-direction, self-discipline, teamwork, spirit of competition, fostering friendship, responsibility and leadership quality in them.


In order to nurture talents and boost grassroots participation in Sports and Physical Education, Heads of all Government Schools are requested to strengthen regular sports activities in schools so that the children are more prepared to compete at the district and state level sports meet. It should be a year-long sustained activity instead of a one-time event.

In this regard, the Department of School Education has integrated sports in the Annual Academic Calendar with special focus on the following activities.

Elementary : 1.Football 2. Track & Field 3. Indigenous Games

Secondary: 1.Football 2. Sepak Takraw 3. Track & Field 4. Badminton
5. Volley Ball

Head of Institutions are therefore requested to ensure the implementation of this core part of the Curriculum based on the guidelines. (Enclosed: Annexure).


16.5.2025
(Rangumbuing Nsarangbe)

Secretary & Chairperson (Addl. Charge)

No.NBE-8/Ad-Misc(10)/2025-26/1525


Dated Kohima, the 16th May, 2025

A. Copy for information and necessary action:

1. The Heads of Registered Institution (**Government Schools**) under NBSE

B. Copy for information:

1. The Commissioner & Secretary to the Government of Nagaland, School Education & SCERT, Nagaland, Kohima.
2. The State Mission Director, Samagra Shiksha, Nagaland, Kohima.
3. The Principal Director, School Education, Nagaland, Kohima.
4. Office copy.


16.5.2025
(Rangumbuing Nsarangbe)

Secretary & Chairperson (Addl. Charge)

Guidelines for implementation of Sports and Physical Education in Government schools.

1. Major objectives of Sports and Physical Education in schools: Some of the major objectives of Sports Grant in schools are as follows:

- a) To make sports integral part of daily routine of the students.
- b) To promote sports at national and international level. (Especially, the indigenous games of India)
- c) To inculcate among students the desired habits and attitudes towards their health status from the school level.
- d) To develop positive attitude of pride, sportsmanship, and ethical behaviour in the students.
- e) To make the students physically, mentally, psychologically, socially and emotionally fit.
- f) To help students to reach fitness goals (cardiovascular fitness, muscular endurance, muscular strength and flexibility to meet the demands of everyday life) and maintain a healthy life through physical activities and sports participation.
- g) To encourage team spirit among students by bringing individuals from a variety of social and economic background together in a shared platform.
- h) To develop and maintain a sense of good relationships among the students.
- i) To inculcate the social and moral values among the students through games/sports.
- j) To help students learn skills such as self-regulation, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue.
- k) To provide opportunities for the development of social network, social cohesion and competencies.
- l) To develop positive attitude towards accepting challenges, success and defeat.
- m) To encourage students to include 30 to 60 minutes of physical activity in their daily lives.
- n) To encourage a greater number of Physical Education teachers (PETs) to impart sports specific training in Olympic Sports disciplines to increase number of athletes at the grassroots level.
- o) PETs may be incentivized by recognizing them through publishing their achievements in print media
- p) To conduct baseline – midline – end line assessments based on fitness parameters and battery of tests.

2. Utilization of Sports Equipment:

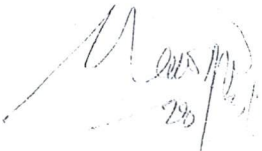
- a) Schools shall utilize sports material/equipment provided by Samagra Shiksha earlier.
- b) Schools may also be encouraged to include traditional/regional games of the respective District/Region.
- c) Proper records of sports materials shall be maintained and periodical review may be done of functional equipment.
- d) To encourage the fitness assessment of students, **FIT INDIA Mobile App** is available for free from Google play store or Apple store.

3. Conduct of Sports Activities in school:

- a) Age-appropriate Sports Activities (learning by doing): An age-appropriate sports activities are recommended for implementation in the schools.
- b) **FIT INDIA** (Fit India related Activities to be conducted by Schools every year): **Fit India Movement was launched on 29th August, 2019 by the Hon'ble Prime Minister of India** with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:
 - To promote fitness as easy, fun and free.
 - To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.

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- To encourage indigenous sports.
 - To make fitness reach every school, college/university, panchayat/village, etc.
 - To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.
4. **Fit India Events** : In the above background, the Fit India Mission encourages Schools to organize various activities during the year:
- Fit India School Week in month of November/December
 - Fit India Freedom Run – 15th Aug – 2nd Oct
 - Fit India Plogging event on 2nd October (culmination of the Freedom run)
 - Fit India Cyclothon
 - Fit India Quiz
 - Fit India Mobile App (focus on maximizing downloads for the same) amongst other events to engage children, teachers and parents.
5. **Fit India Certification for Schools** : Fit India has also prepared a set of Fit India School Certification with simple and easy parameters. Schools can apply for Fit India Flag, Fit India 3 Star or Fit India 5 Star Certification.
6. **Khelo India** : The following activities may also be considered:
- Periodic intra-school multi-discipline sports competitions may be held to identify sports talent
 - Annual sports & fitness event involving parents may be conducted
 - PETs to be encouraged to undertake **e-khelfathshala courses**, seminars, workshops, etc. to increase their technical knowledge.
 - Khelo India e Pathshala concept is aimed at developing the competencies of Grassroots/Community Coaches and PE teachers through provisioning of physical & online training, enabling them to subsequently provide standardized coaching.
7. **Indigenous Games** : India's sports culture is thousands of years old, with countless games developed and played in the region. These games, however, are not popular in urban India today. As the British lived in cities and towns, these regions converted to playing British games. There are a number of indigenous sports being played in different States as per their culture and tradition. 'Sports' being a state subject, the responsibility to promote indigenous sports in the country and conduct special training programmes for the development and promotion of traditional sports rests primarily with the respective State/Union Territory Governments. The Union Government supplements their efforts. To popularize and promote these games among children, one of the Indigenous games may be played in schools in a month. List of such **75 Bharateeya Khel** is annexed at Annexure-I
8. **Guidelines regarding maintenance of Sports Equipment/Stock** : The schools are required to maintain the sports equipment and keep them functional. One responsible person/PET/Teacher in charge shall be given the responsibility to take care of the equipment and to maintain the stock position of sports equipment in the school. Moreover, the state shall issue guidelines with a proforma to the schools to maintain a record of students performing (Annexure-II) and availing sports infrastructure/equipment as well as to keep a record of sports equipment purchased/donated during the current year and equipment available in the school till the end of the year (stock record). The proforma is attached at Annexure-III.


 23/11/2018

9. **The Structure of School Sports Committee and its duties :**

a) **School Sports Committee (SSC) :** For efficient implementation of sports related activities one school sports committee shall be formed in every school for a year. This school committee may be composed of the following:

- (i) Head/Principal of the School – Chairperson
- (ii) One Physical Education Teacher/ Teacher in charge/ one responsible person having basic understanding of sports.
- (iii) 3 Teachers from different streams/subjects including one female teacher (if available).
- (iv) One student nominee/ Sports Monitor.

b) **The Committee shall be responsible for the following :**

- To identify the sports activities to be conducted in school and suggest the sports equipment to be purchased accordingly.
- To organize and decide the timing, location, date of competitive events.
- To organize Annual Sports day in school and integrate the games/sports period in the timetable of the school.
- To ensure the regular attendance and maximum participation of the students in sports.
- Design the sports guidelines for the school and display them on the notice board.
- To monitor the implementation of guidelines issued on sports.
- To help the one responsible person/PET/ Teacher in charge of performing his/her task effectively.
- To prepare students profile and maintain a record of performance of the students in sports.
- To co-ordinate with the monitoring team and provide them information on sports.
- To promote the culture of sports in the school.
- Peer learning component may be promoted.
- To organize Fit India activities at school level and conduct the activities such as Fit India School Week, Fitness assessment of school going children using Fit India Mobile App, Fit India awareness programs, etc.
- To select a FIT India coordinator for coordinating on Fit India Activities. The Principal/Head of the school shall be the chairperson of the committee. If there is a Physical Education Teacher, then he/she shall be nominated directly as one of the members of the committee. If no physical education teacher is available, then any other responsible person or teacher in charge of the school can be nominated by the Principal as member based on his/her interest. 3 teachers of the different subjects (having interest in sports) may be nominated in the committee to assist the PET/ Teacher-in-charge. The student nominee or Sport monitor may be nominated from the seniormost classes. The Chairperson may **convene at least one meeting in a quarter** to discuss issues relating to sports activities in school. Suggestions/recommendations from parents may also be invited during the discussion.

10. **Duties of PET/ Teacher in charge:** Looking into the importance of the Sports programme, PE teacher may be appointed at every school so that it will ensure effective implementation, monitoring and evaluation of the desired goals. Schools may appoint both male & female physical teachers as per availability in every school to maintain good participation of girls in Sports and Physical Education. PETs/Teachers in charge shall be responsible for the following:

- a) To practically implement the guidelines issued by the concerned authorities. 10 To motivate the students to participate in the sports activities.
- b) To maintain the attendance record of the student availing sports facilities.
- c) To update the school sports committee about the sports activities, stock position of the equipment, any best practice in sports and any issue related to sports. To mentor the students in sports activities.
- d) To prepare the students to perform in the competitive events.
- e) To give special training to children with special needs to take part sports activities/sports events/Paralympic games.
- f) To ensure the formation of a general sports club in school. To keep a record of sports equipment purchased/donated for the current year and equipment available in the school till the end of year (stock record)


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- g) To encourage students/teachers to attend the Khelo India training program for fitness assessment (online TOT available at **Khelo India website and Fit India Mobile App**) and ensure fitness assessment of school going children and updating the data on mobile app
- h) To continuously enhance sports & physical education knowledge by getting certified in **e-Khel Pathshala online courses**
- i) To implement talent identification tests and identify potential talent based on general battery of tests m)
- j) To ensure medical facilities to deal with sports injuries are available in school or nearby the schools.
- k) PET teachers should focus on **proper nutrition of students**, should focus on preventing injuries and should be well versed in **providing primary care** to students.

11. Formation of General Sports Club and its responsibilities :

General Sports Club (GSC) : The PET/ teacher in charge shall form general sports club in Upper Primary and Secondary/Senior Secondary Schools. The club shall be composed of minimum 10 (ten) students from the respective classes based on their interest or may be nominated by the teacher in charge/PET and any member of School Sports Committee. While forming the general sports club and setting its responsibilities, representatives from the parents may also be included as members. The general sports club shall assist PET/Teacher in charge and will be responsible for the following:

- a) To volunteer in organizing sports related events/ competition at school- The members of general sports club shall participate in organizing sports related events/competition in school such as Annual sports day etc.
- b) To cooperate in maintaining the playground safe and clean- The general sports club shall be responsible to generate awareness among the fellow students about the safety and maintenance of the playground.
- c) **To mentor younger students** – The members of Upper Primary School sports club may mentor the students of Primary Schools and the members of Secondary/Senior Secondary level sports club may mentor to Upper Primary students. This mentorship shall be done only in the presence of the PET/ Teacher in charge.
- d) To communicate the students about the timing of sports and other necessary information- The general sports club shall also be responsible for informing students about the timing of the sports and any other important information relating to sports.
- e) To **select a Fit India fitness school influencer** of the month with responsibilities to sensitize students on fitness. This may be a teacher or student interested in fitness activities and selected on monthly basis for plan and execute fitness awareness program for the children.
- f) To organize After-school training sessions in the school for talented sports athletes / students.

12. Sports for Children with Special Needs (CwSN) : Provisions for children with special category students (physically challenged/hearing impaired/visually challenged/ intellectually challenged etc.) – Schools may engage such students in adaptive sports/ Para sports/ **Paralympics sports**. Appropriate sports activities or games for children with special needs (CwSN) may be organized in schools especially during School sports week to make it more inclusive and **during celebration of International Day of Persons with Disabilities every year**

13. Safety measures :

- a) **Safety at Playground:** Safety at playground or sports ground should be achieved by establishing a balanced approach to providing good equipment, good practice and good management. Maintaining records of incidents and circumstances which have potential to cause accidents, remedial actions to be taken and monitoring the implementation of safety guidelines will ensure safe conditions for the children to play. There should be a readily available First Aid Kit.

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b) **Playground - Safe Condition:** Playgrounds and outdoor play equipment offer children fresh air and proper exercise. So, it is important to make sure that faulty equipment or uneven ground do not ruin their interest in going out and playing with other children. Schools may keep the playground levelled, safe and clean by checking equipment for potential hazards and following some simple safety rules and guidelines. A levelled playground is one of the most important factors in reducing injuries and the severity of injuries that may occur when children fall from equipment. **Following precautionary measures may be taken:**

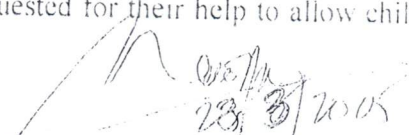
- i) Concrete, asphalt, and blacktop are unsafe. Grass, soil, and packed earth surfaces are safe because these can cushion a fall.
 - ii) The playground surface should be free of standing water and debris that could cause children to trip and fall, such as rocks, stones, tree stumps, and tree roots.
 - iii) There should be no dangerous materials, like broken glass, nails, erected rods and twisted metals.
 - iv) Surfacing mats made of safety-tested rubber or rubber-like materials are safe.
 - v) Rubber mats allow the best access for primary students.
 - vi) The cushioned surface should extend at least 6 feet past the equipment. Additional coverage may be needed, depending on how high a slide is or how long a swing is.
 - vii) Equipment with rounded edges is safer than angular edges.
 - viii) Keep first-aid kit available close to the playground.
- c) **Adult Supervision:** Adult supervision can help prevent injuries by making sure children properly use playground equipment and do not engage in unsafe behavior around it. If an injury does occur, an adult can assist the child and administer any needed first aid right away. Do not leave children unattended at any point of time. School may organize the safety audit and regularly scheduled preventive maintenance inspections by staff members or external agencies.

14. Sports Calendar:

- a) **Daily Fitness Session/Fitness ki Dose Aadha Ghanta Roz:** The schools shall integrate **at least 30 minutes for daily PT session** as a part of regular curriculum for all the students in their school timetable.
- b) **Regular Sports for Post-Primary Students:** The schools shall also reserve at least one games period preferably daily for the students. School can choose the day and period as per their convenience.
- c) **Annual Sports Day:** Schools may organize an "Annual Sports day" keeping in mind the vacations/exams schedule so that maximum participation is ensured.
- d) **Weekly/Monthly sports competitions:** The schools are encouraged to organize regular sports competitions. These competitions may be focused on indigenous sports/games of every state/UT.
- e) **Duration of sports activities in School:** The sports activities can be held throughout the academic year in a sustained manner.

15. Community Participation :

- a) **School Management Committee (SMC):** The School Management Committee may be involved to discuss the issues related to sports with School Sports Committee, monitor whether the sports activities are being carried out or not, monitor the receipt and utilization of sports grant in the respective school to help in maintaining the playground safe and clean and to extend the support in organizing the "Annual Sports Day" and other sports events.
- b) **Visit of Eminent Sports Persons:** To motivate and guide the students of the school, *Eminent Sports Persons* belonging to the respective block, cluster, district and state *may be invited on Annual sports day* and other special occasions.
- c) **Community leaders:** The community leaders can be requested for their help to allow children to play games in their spare land available near to the school.


(TEMSUNARO AIER) IAS
State Mission Director