



Rosary High School, Badlapur

Yadav Nagar, Ulhas Nadi Bridge, Badlapur Gaon Road, Badlapur West. 421503 |

CBSE Affiliation No. 1131242 | School Code. 31229 | www.rosaryedu.org.in

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HEALTH AND PHYSICAL EDUCATION (HPE) ASSESSMENT POLICY

Introduction

Health and Physical Education (HPE) is an integral part of the CBSE curriculum that promotes the holistic development of students. It focuses on physical fitness, healthy living, teamwork, leadership, discipline, and social responsibility. The HPE Assessment Policy at Rosary High School is designed as per CBSE guidelines and evaluates students on their participation, performance, fitness, discipline, and community engagement.

Objectives of HPE Assessment

The HPE Assessment aims to:

1. Encourage regular participation in physical and fitness activities.
 2. Promote physical, mental, emotional, and social well-being.
 3. Develop sportsmanship, teamwork, leadership, and cooperation.
 4. Foster self-discipline, confidence, resilience, and responsibility.
 5. Create awareness about health, fitness, and healthy lifestyle habits.
 6. Encourage active involvement in community service and social responsibility initiatives.
 7. Assess students holistically through practical participation and performance-based evaluation.
 8. Instill values of empathy, respect, commitment, and responsible citizenship.
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Assessment Structure

The HPE Assessment shall be conducted under the following three strands:

Strand I: SEWA (Social Empowerment through Work Education and Action) – 25 Marks

SEWA is a CBSE initiative that encourages students to participate in meaningful community service and social outreach programmes. It helps students develop empathy, responsibility, leadership, and a sense of service towards society.

Assessment Criteria

Criteria	Marks
Participation in SEWA Activities	10
Report / Documentation	10
Discipline and Conduct	5
Total	25

Strand II: Games and Sports – 50 Marks

This strand focuses on the development of sports skills, physical competence, teamwork, sportsmanship, and participation in various sporting activities.

Assessment Criteria

Activity	Marks
Athletics (Running and Shot Put)	20
Volleyball	10
Adventure Sport – Rappelling	20
Total	50

Strand III: Health and Fitness – 25 Marks

This strand assesses the overall fitness level, attitude, participation, and discipline of students.

Assessment Criteria

Component	Marks
Stamina	5
Strength	5

Component	Marks
Endurance	5
Interest and Participation	5
Discipline	5
Total	25

Overall Marks Distribution

Strand	Marks
SEWA	25
Games and Sports	50
Health and Fitness	25
Grand Total	100 Marks

General Guidelines

1. Participation in HPE activities is compulsory for all students unless exempted on valid medical grounds.
 2. Students must wear the prescribed sports uniform and maintain decorum during all HPE activities.
 3. Assessment will be based on participation, performance, effort, improvement, discipline, and conduct.
 4. Students are expected to actively participate in all sports, fitness, and SEWA activities organized by the school.
 5. SEWA reports and documentation must be submitted within the prescribed timelines.
 6. Safety instructions issued by teachers and coaches must be strictly followed, especially during adventure sports activities.
 7. The assessment conducted by the HPE Department shall be final and binding.
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Expected Outcomes

Through the HPE programme, students will:

- Develop physical fitness and health awareness.
- Demonstrate teamwork, leadership, and sportsmanship.
- Build confidence, discipline, and resilience.
- Participate responsibly in community service initiatives.
- Adopt healthy lifestyle practices and lifelong fitness habits.
- Grow into responsible, compassionate, and socially aware citizens.

“Health, Fitness, Discipline, and Service form the foundation of a well-rounded individual.”

Warm regards,



Sumita Wade

Principal

Rosary High School, Badlapur



Rasika Panicker

Director

Rosary High School, Badlapur