



ST. FRANCIS XAVIER SCHOOL

(A unit of St. Francis Xavier Education Society, Regd. No.: SO052939)

AFFILIATED TO THE COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI

CISCE SCHOOL CODE : WB - 127

Ref : 26-27/OP/130

Dated : 03/08/2026

NOTICE

STUDENTS, PARENTS AND GUARDIANS OF CLASSES IX AND XI INTRODUCTION OF COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION



Dear Parents,

The Council for the Indian School Certificate Examinations (CISCE) has introduced a comprehensive **Health and Physical Education** Internal Assessment for students of **Classes IX and XI** (ICSE and ISC Examination Year 2028 onwards). This assessment aims to promote not only physical fitness but also healthy living, emotional well-being, responsible citizenship and active participation in school life.

Unlike traditional Physical Education, this assessment recognises **continuous participation, healthy habits, teamwork, leadership and practical application of knowledge** throughout the academic year.

Assessment Structure (100 Marks)

The assessment will consist of:

1. ACTIVE CISCE Physical Health & Fitness Assessment – 50 Marks

- Assessment through the ACTIVE CISCE Portal.
- Students will participate in age-appropriate physical fitness assessments conducted by the school.

2. Participation in Games & Sports – 25 Marks

Marks will be awarded for:

- Regular participation in Physical Education classes and sports.
- Participation in health and wellness programmes.
- Participation in inter-house, inter-school, CISCE and other recognised activities.
- Leadership, volunteering and responsible contribution during school programmes.

3. Health, Safety & Well-being – 25 Marks

Students will complete collaborative learning tasks and projects related to:

- Healthy lifestyle and nutrition
- Physical fitness
- Mental and emotional well-being
- Personal hygiene
- Digital well-being

Regd. Off. : P-188, CIT Scheme IV M, Suren Sarkar Road, Kolkata-700010

School Premises : GA-Block, Purbachal, Phase-I, Sector-III, Salt Lake City, Kolkata-700 097

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- First Aid and Safety
- Disaster preparedness
- Environmental health
- Other health-related themes

Students will also be assessed on values such as **respect, empathy, cooperation, perseverance, inclusion and responsibility.**

What Parents Are Expected to Do

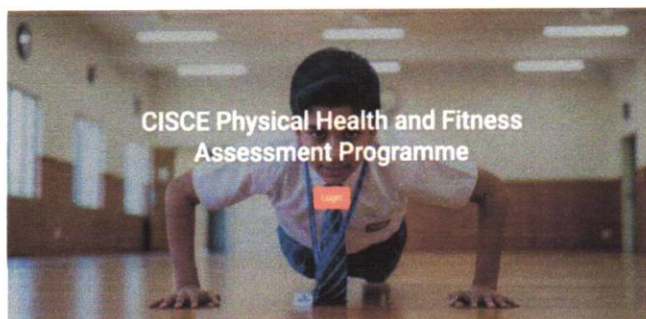
Parents play an important role in the success of this programme. You are requested to:

- Encourage your child to attend all Physical Education classes regularly.
- Motivate your child to participate actively in sports, yoga, fitness programmes and school health activities.
- **Help your child maintain a healthy lifestyle by ensuring:**
 - Balanced and nutritious meals.
 - Adequate sleep and hydration.
 - Regular physical activity.
 - Good personal hygiene.
- Encourage responsible use of mobile phones and digital devices and help reduce unnecessary screen time.
- Support your child in completing health-related projects and collaborative assignments sincerely and independently.
- Encourage participation in awareness campaigns, community service, leadership activities and recognised sporting events whenever opportunities arise.
- Reinforce values such as discipline, teamwork, fairness, respect, empathy and responsibility at home.
- Inform the school promptly if your child has any medical condition or physical limitation that may require special consideration during assessment.

Important Note

This assessment is conducted **throughout the academic year** and recognises **consistent participation, effort and individual progress**, rather than sporting excellence alone. Every student is expected to participate to the best of his or her ability and will be given equitable opportunities to demonstrate learning and growth.

We request all parents to extend their wholehearted cooperation so that together we can help our children develop healthy habits, physical fitness, emotional resilience and responsible citizenship.



[Signature]

PRINCIPAL (O)

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