

**Essential Standard Operating Procedure
(SOP) Required for Affiliation with CBSE**

Sports Facilities



CENTRAL BOARD OF SECONDARY EDUCATION

IMPORTANCE OF SPORTS IN SCHOOL EDUCATION

The sports in school education aren't just limited to physical activities as children today choose sports as their career and it has become equally essential as academic values.

1. **Enhances Health:** When children engage in sports, it enables them to build their muscle strength, reduce fat, burn cholesterol, increases height, lung capacity, and prevent the body from obesity, or problems like high blood pressure or diabetes. Sports education has greatly emphasized that physical activities are not just about being healthy but fitness should become a lifestyle.
2. **Enhances Character:** Playing sports develops a child's character to become confident and adaptable. It also instills patience, self-discipline, perseverance, to accept the beauty of defeat and improving their skills, teamwork, and lifelong healthy habits of fitness which they will carry till adulthood.
3. **Enhances Leadership:** Becoming captain or aspiring to become one, naturally teaches children how to become good leaders – how to talk to other teammates, manage team emotions, taking crucial decisions, etc. These leadership experiences will be critical to working their way up as adults for shaping their career.
4. **Enhances Academic Performance:** It helps to strengthen their belief system and confidence, which results in improved academic performance. Participation in sports has proven to increase cognitive and memory functions of the brain, helping kids perform better in academics. The power of focus, discipline, or perseverance that comes from playing sports also enables the child to thrive well in academics.
5. **Enhances Social Life:** Physical stimulation releases beta-endorphins, and also the levels of serotonin in the central nervous system causing an increase in appetite, and the feeling of well-being that reduces stress and accentuates the feeling of happiness. When a child is happy and healthy it reflects in their social interactions with others. The improvement in energy levels that come from playing sports enable children to be active, jovial and playing in teams makes them develop a sense of belongingness and an opportunity to make new friends. These communication and social skills in turn help them in their future relationships and careers.

National Education Policy (NEP) 2020 gives special attention to sports-integrated learning for students to adopt fitness as a lifelong attitude as envisaged in the Fit India Movement.

Sports Infrastructure

Every school should have adequate or latest sports infrastructure/ facilities both indoor and outdoor as per following:

1) Sports Field with Track (Minimum 200m Track) Synthetic/ cinder/ grassy

2) Outdoor Games (Minimum two)

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| 1. Basketball | Synthetic/ cemented |
| 2. Kho-Kho | Synthetic/ grassy |
| 3. Volleyball | Synthetic/ wooden / grassy |
| 4. Handball | Grassy/ Synthetic |
| 5. Lawn Tennis | Synthetic/ clay court |
| 6. Skating | Cemented |
| 7. Football | Synthetic/ artificial turf / grassy |
| 8. Hockey | Synthetic/ artificial turf/ grassy |
| 9. Swimming pool | 50m (standard)/ 25m as per budget/ space availability |
| 10. Badminton | Synthetic/ cemented |
| 11. Kabbadi | Grassy/ Synthetic |

3) Indoor Games (Minimum three)

1. Basketball
2. Badminton
3. Chess
4. Judo
5. Taekwondo
6. Yoga
7. Aerobics
8. Rope skipping
9. Archery
10. Rifle shooting
11. Swimming pool
12. Kabbadi
13. Boxing
14. Table Tennis
15. Gymnastics

Equipment's

1. The school should have certain essential and protective equipment's / safety gear according to the nature of sports/game.
2. Athletics - Relay Batons, hurdle, Discus, Javelin, shot put, etc.
3. Basketball - Balls should be arranged in different sizes according to the age group of students and according to the norms and rules of NSF.
4. Table tennis - Standard size tables and other equipments.
5. Football, Volleyball and Handball size, weight and circumference of the ball should be according to the age group of the students according to the norms prescribed by the concerned National Sports Federation (NSF).
6. Judo, Taekwondo, Gymnastics, Yoga & Kabaddi mats should be according to the norms of NSF.
7. Badminton, Tennis racquets and shuttles should be according to the norms of NSF.

Staff

1. Dedicated Technical Sports staff having aptitude to perform both on and off field is obligatory on the part of school.
2. **Primary / Middle Classes - 01 Physical Education Teacher** having minimum qualification as B.P.Ed. or as per NCTE guidelines.
3. **Secondary / Senior Secondary Classes - 01 Primary Sports Teacher (PET) and 01 Senior Sports Teacher** having minimum qualification as Masters in Physical Education (M.P.Ed. or MPE or any other equivalent qualification as prescribed by AICTE or NCTE for Physical Education) or as per NCTE guidelines.