# HEALTH AND ACTIVITY CARD



**GENERAL INFORMATION**

Aadhar Card no. of Student (optional)

NAME: . ADMISSION NO.: DATE OF BIRTH: .

M F T BLOOD GROUP: .

**MOTHER’S NAME**: . YOB\* WEIGHT\* \* BLOOD GROUP AADHAR CARD NO. \*

HEIGHT

**FATHER’S NAME**: \_ . YOB\* WEIGHT\* \* BLOOD GROUP AADHAR CARD NO. \*

HEIGHT

FAMILY MONTHLY INCOME\* .

ADDRESS

.

PHONE NO. (M): .

CWSN, SPECIFY .

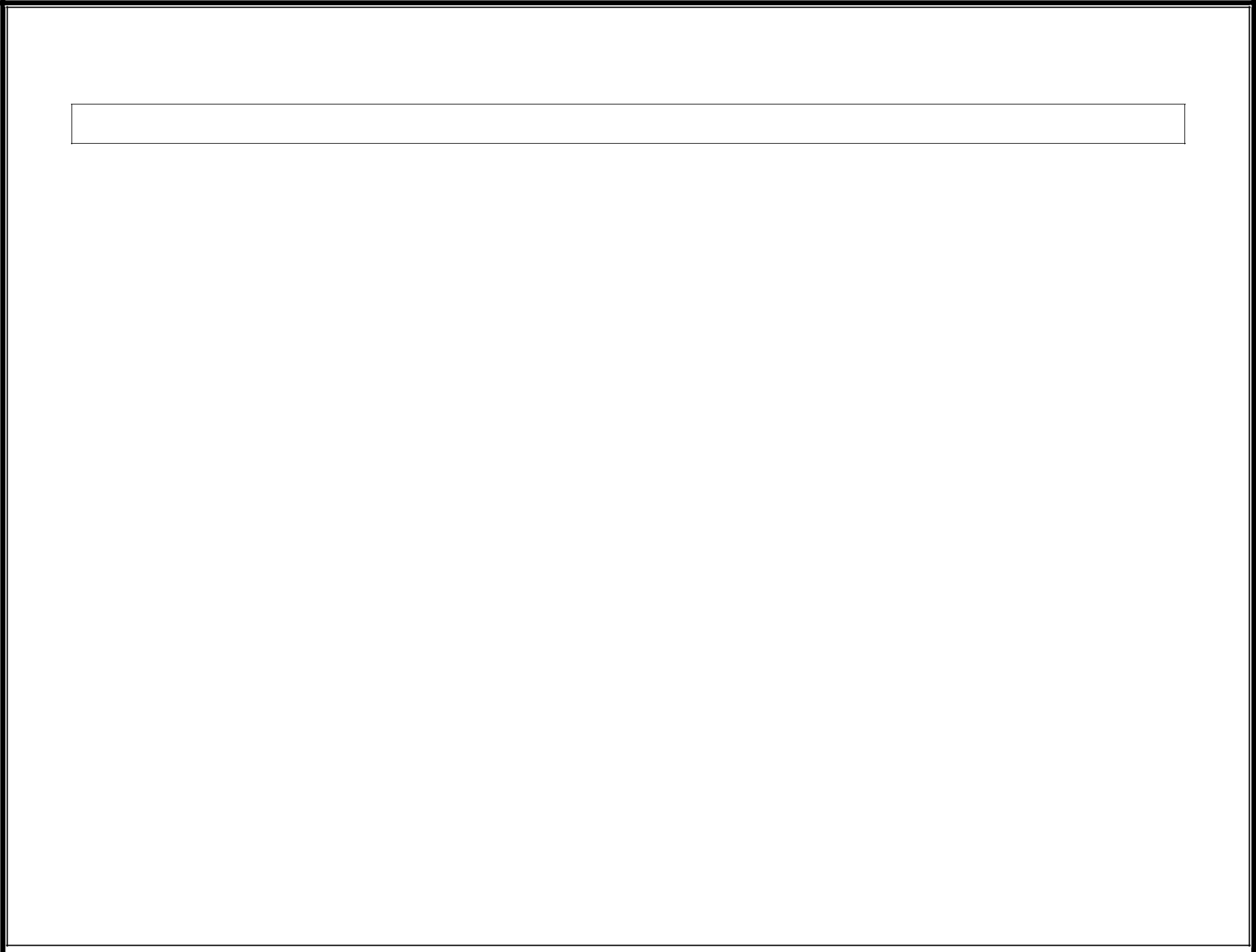
SIGNATURE OF PARENTS/ GUARDIAN DATE:

\* Optional information; that need not be shared with CBSE. Data privacy and protection shall be the responsibility of the concerned school.



**HEALTH AND ACTIVITY RECORD**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Components** | **Parameters** | **Class 9th** | **Class 10th** | **Class 11th** | **Class 12th** |
| **Vision** | RE/ LE |  |  |  |  |
| **Ears** | Left/ Right |  |  |  |  |
| **Teeth Occlusion** | Caries/ Tonsils/ Gums |  |  |  |  |
| **General Body Measurements** | Height |  |  |  |  |
| Weight |  |  |  |  |
| **Circumferences** | Hip |  |  |  |  |
| Waist |  |  |  |  |
| **Health Status** | Pulse |  |  |  |  |
| Blood Pressure |  |  |  |  |
| **Posture Evaluation** | If any:  Head Forward/ Sunken Chest/ Round Shoulders/ Kyphisis/ Lordosis/ Adominal Ptosis/ Body Lean/ Tilted Head/ Shoulders Uneven/ Scholiosis/ Flat Feet/ Knock  Knees/ Bow Legs |  |  |  |  |
| **Sporting Activities (HPE)**  (For details, see HPE manual available on CBSE website  www.cbseacademic.in) | **Strand 1:**  Any one of following:   1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports |  |  |  |  |
| **Strand 2:**  **Health and Fitness**  *(Mass PT, Yoga, Dance, Calisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-*  *Chi etc)* |  |  |  |  |
| **Strand 3:**  **SEWA** |  |  |  |  |



**HEALTH AND ACTIVITY RECORD**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Fitness** | **Fitness Parameters** | | **Test Name** | **What does it Measure** | **Class** | **Class** | **Class** | **Class** |
| **Components** | **9th** | **10th** | **11th** | **12th** |
|  | Body |  | **BMI** | Body Mass Index for |  |  |  |  |
| **Health** | Composition |  |  | specific Age and Gender |  |  |  |  |
| **Components** |  | Core | **Partial Curl** | Abdominal Muscular |  |  |  |  |
|  | Muscular |  | **up** | Endurance |  |  |  |  |
|  | Strength | Upper Body | **Flexed/ Bent** | Muscular Endurance/ |  |  |  |  |
|  |  |  | **Arm Hang** | Functional Strength |  |  |  |  |
|  | Flexibility |  | **Sit and** | Measures the flexibility of |  |  |  |  |
|  |  |  | **Reach** | the lower back and |  |  |  |  |
|  |  |  |  | hamstring muscles |  |  |  |  |
|  | Endurance |  | **600 Mtr Run** | Cardiovascular Fitness/ |  |  |  |  |
|  |  |  |  | Cardiovascular Endurance |  |  |  |  |
|  | Balance | Static Balance | **Flamingo** | Ability to balance |  |  |  |  |
|  |  |  | **Balance Test** | successfully on a single leg |  |  |  |  |
|  | Agility |  | **Shuttle Run** | Test of speed and agility |  |  |  |  |
| **Skill** | Speed |  | **Sprint/ Dash** | Determines acceleration |  |  |  |  |
| **Components** |  |  |  | and Speed |  |  |  |  |
|  | Power |  | **Standing** | Measures the Leg Muscle |  |  |  |  |
|  |  |  | **Vertical Jump** | Power |  |  |  |  |
|  | Coordination |  | **Plate Tapping** | Tests speed and |  |  |  |  |
|  |  |  |  | coordination of limb |  |  |  |  |
|  |  |  |  | movement |  |  |  |  |
|  |  |  | **Alternative** | Measures hand-eye |  |  |  |  |
|  |  |  | **Hand Wall** | coordination |  |  |  |  |
|  |  |  | **Toss Test** |  |  |  |  |  |

Details regarding how to conduct tests are mentioned in HPE manual available on CBSE website.