



COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS

P 35-36, Sector-VI, Pushp Vihar, Saket, New Delhi – 110017

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CISCE/Circular/2026-27/47

22 July 2026

To: All Heads of CISCE Affiliated Schools

Subject: *Addendum to ICSE & ISC Regulations and Syllabuses Examination Year 2028: Introduction of Health and Physical Education as a compulsory internal assessment component at the ICSE & ISC level from the Examination Year 2028 onwards.*

Reference: *Circular No. 2026-2027/03 dated 23 January 2026 for the release of Regulations and Syllabuses of Examination Year 2028 for ICSE & ISC Level.*

Dear Principal,

The National Education Policy (NEP) 2020 and the National Curriculum Framework (NCFSE 2023) recognise health, physical activity and sports as integral to the education and overall development of every learner. These policy documents emphasise that schools must provide regular and meaningful opportunities for learners to develop healthy habits, physical competence and an appreciation for active living, as these are essential for promoting well-being, self-discipline, resilience and lifelong participation in healthy practices.

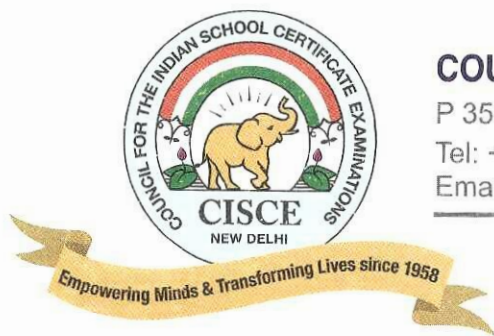
Physical education has been a compulsory component towards qualifying the ICSE Examination. As per the existing Regulations, candidates for the ICSE Examination are required to have completed satisfactorily, courses in:

- A third language from at least Class V to Class VIII (Internal Examination).
- Art (Internal Assessment).
- Socially Useful Productive Work and Community Service (Internal Assessment).
- Physical Education (**renamed as Health and Physical Education**).
- Education in Moral and Spiritual Values.

The assessment of Art and Education in Moral & Spiritual Values is subsumed under SUPW & Community Service. To further strengthen the alignment of the ICSE & ISC curriculum with the National Curriculum Framework (NCFSE 2023), the Council for the Indian School Certificate Examinations (CISCE) introduces compulsory Health and Physical Education at the ICSE and ISC levels as a structured area of learning that places equal emphasis on physical activity, health awareness and responsible living. This initiative of CISCE fortifies the curricular areas of Physical Education & Well-being (NCFSE 2023) in the CISCE secondary school curriculum.

Assessment in Health and Physical Education at the ICSE and ISC level shall be internal and integrated with everyday school experiences. This assessment recognises a student's engagement in school-based health and physical education activities, their adoption of healthy and active lifestyles and their participation in the CISCE's Physical Health and Fitness Programme - ACTIVE CISCE.

Assessment for Health and Physical Education at the ICSE and ISC level shall be done internally by the school in integrated multi-disciplinary settings based on the following components and will be conducted throughout the academic year as part of regular school experiences.



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Component	Marks
ACTIVE CISCE Physical Health and Fitness Assessment Tool*	50
Participation in Games and Sports	25
Health, Safety and Well-being	25
Total	100

**ACTIVE CISCE is CISCE's Physical Health and Fitness Programme that provides a standardised tool for assessing, monitoring and promoting the physical fitness of candidates through age-appropriate assessments.*

In addition to SUPW & Community Service, Health and Physical Education will be an independent and compulsory internal assessment component of secondary school education in CISCE **from the Examination Year 2028 onwards**. Candidates desirous of studying Physical Education as a subject can continue to opt for the same from the Group III Section A subjects at the ICSE level (Subject Code 72) and from elective subjects at the ISC level (Subject Code 875).

Opting for the subject Physical Education at the ICSE or ISC Level will have no bearing on the candidate's internal assessment for Health and Physical Education which is compulsory for all the candidates appearing for ICSE and ISC Examinations.

Accordingly, you are hereby requested to inform all students, their parents and teachers regarding this significant initiative of CISCE to be implemented from the academic year 2026-27 onwards for students registering in Classes IX and XI, who will be appearing for the Board Examination in the Year 2028. The detailed guidelines for implementation and the addendum to the Regulations and Syllabuses for the ICSE and ISC Examination Year 2028 are attached as annexure herewith. Alternate assessment strategies for the Students with Special Needs will be provided separately. The revised Regulations and Syllabuses for the ICSE and ISC Examination Year 2028, incorporating the Health and Physical Education component have been uploaded in the respective sections on the CISCE website.

Please note that there is no change in the scheme of studies for the current Class X and Class XII students registered for the ICSE/ISC Board Examinations in the year 2027.

Kindly initiate the implementation of CISCE Health and Physical Education in Class IX and Class XI from the academic year 2026-27 onwards by providing ample opportunities for every student to participate in school-based physical education, health awareness, and wellness activities.

With warm regards,

Yours sincerely,

Dr. Joseph Emmanuel
Chief Executive and Secretary