



Khel Yatra Textbook

In line with the [National Education Policy \(NEP\)](#), Haryana has launched the **Khel Yatra textbook** for **Class 6 teachers** in government schools to enhance **physical education and health awareness**.

Key Points

- **Target Audience:** Exclusively designed for **Class 6 teachers** in Haryana's government schools.
- **Primary Goal:** To enhance **physical education** by providing a **structured resource for teachers**, moving beyond **informal play** to a **curriculum-based approach**.
- **Core Content:** The book focuses on **motor skills**, **sports techniques** (specifically **Kho-Kho** and **handball**), [yoga](#), and **health awareness**.
- **Implementation Strategy:** Teachers will first study the **book** and then conduct **five structured activities** with **students**, ensuring a **standardized learning process**.
- **Broader Objective:** To foster **holistic development** by creating a **supportive environment** that promotes **physical and mental well-being**, aligning with the **NEP's emphasis on holistic education**.

National Education Policy (NEP) 2020

- **About:** **NEP 2020**, which replaced the **34-year-old NEP of 1986**, seeks to address gaps in **quality, equity, and access** across all levels of education.
 - Formulated based on the [Dr K Kasturirangan Committee](#) recommendations, it emphasizes **foundational literacy**, **a holistic curriculum**, **multilingual education**, and the **integration of vocational and academic pathways**.
- **Key Provisions:**
 - **Structural Reforms:** Replaced **10+2 system** with **5+3+3+4** to suit children aged 3-18.
 - **Experiential Learning:** Promotes **internships, field visits, and real-world projects** to connect theory with practice.
 - **Teacher Training:** Focus on **continuous professional development** for teachers to meet evolving educational needs.

Key Initiatives: [PM SHRI Schools](#), [NIPUN Bharat](#), [PARAKH](#), [NISHTHA](#) etc.