



FOR GOD AND COUNTRY

ST. LAWRENCE HIGH SCHOOL

A Jesuit Christian Minority Institution
27, BALLYGUNGE CIRCULAR ROAD, KOLKATA- 700019



TERM: FIRST & SECOND

TEACHER'S NAME: MR. ABHIJIT MONDAL AND MR. PRADIP GHOSH

Syllabus planning for the academic year 2019

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
JANUARY	4	1.MARCH PAST 2.DRILL	1.MARCH PAST PRACTICE 2.DRILL PRACTICE	NIL	1.MARCH PAST PRACTICE 2.DRILL PRACTICE
FEBRUARY	3	1.LINE FORMATION 2.MAJOR GAME	1. HOW TO MAKE LINE FORMATION 2. SKILLS OF MAJOR GAME- (FOOT BALL)	NIL	1. HOW TO MAKE LINE FORMATION 2. SKILLS OF MAJOR GAME- (FOOT BALL)
MARCH	3	1.CALISTHENICS 2.MAJOR GAME	1.FREE HAND EXERCISE 2.SKILLS OF MAJOR GAME- (VOLLEY BALL)	NIL	1.FREE HAND EXERCISE 2.SKILLS OF MAJOR GAME- (VOLLEY BALL)
PRACTICAL: [EXAM FROM 01.04.2019 – 06.04.2019]					
APRIL	1	1. MAJOR GAME	1.SKILLS OF MAJOR GAME- (CRICKET)	NIL	1.SKILLS OF MAJOR GAME- (CRICKET)

Teachers are requested to prepare a LESSON PLAN for each Lesson to be taught. The Lesson plans are to be submitted along with the monthly planner.

Name of the Teacher : *Abhijit Mondal / Pradip Ghosh*

Signature of Teacher : *[Signature]* 18.02.19

[Signature]
18.02.19

Submitted on : 18.02.2019

Academic Co-ordinator : *[Signature]* 18.2.2019

PRINCIPAL

VICE PRINCIPAL *[Signature]* 19/2/19



ST. LAWRENCE HIGH SCHOOL

A Jesuit Christian Minority Institution
27, BALLYGUNGE CIRCULAR ROAD, KOLKATA- 700019



Syllabus planning for the academic year 2019

TERM: SECOND & THIRD

TEACHER'S NAME: MR. ABHIJIT MONDAL AND MR. PRADIP GHOSH

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
MAY	2	1. YOGA	1.DIFFERENT TYPES OF YOGA ASANS	NIL	1.DIFFERENT TYPES OF YOGA ASANS
JUNE	3	1.SURYANAMASKARA	1.SURYANAMASKAR – STEP BY STEP	NIL	1.SURYANAMASKAR – STEP BY STEP
JULY	4	1. LINE FORMATION 2.MAJOR GAME	1.HOW TO MAKE LINE FORMATION 2.MAJOR GAME- (KHO-KHO)	NIL	1.HOW TO MAKE LINE FORMATION 2.MAJOR GAME- (KHO-KHO)
PRACTICAL: [EXAM FROM 22.07.2019 – 26.07.2019]					
AUGUST	3 RD TERM BEGINS 2	1. MAJOR GAME	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPETION	NIL	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPETION

Teachers are requested to prepare a LESSON PLAN for each Lesson to be taught. The Lesson plans are to be submitted along with the monthly planner.

Name of the Teacher :*Abhijit Mondal*.....*Pradip Ghosh*.....

Signature of Teacher :*Abhijit Mondal*.....*18/02/19*.....

PRINCIPAL

Submitted on :*18/02/2019*.....

Academic Co-ordinator :*[Signature]*.....*18-2-2019*.....

VICE PRINCIPAL *[Signature]* *19/2/19*



ST. LAWRENCE HIGH SCHOOL

A Jesuit Christian Minority Institution
27, BALLYGUNGE CIRCULAR ROAD, KOLKATA- 700019



Syllabus planning for the academic year 2019

TERM: THIRD

TEACHER'S NAME: MR. ABHIJIT MONDAL AND MR. PRADIP GHOSH

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
SEPTEMBER	4	1.MAJOR GAME	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPITION	NIL	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPITION
OCTOBER	3	1.DRILL 2.MARCH PAST 3.EVENTS OF ANNUAL SPORTS	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING,THROWING	NIL	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING,THROWING
NOVEMBER	4	1.DRILL 2.MARCH PAST 3.EVENTS OF ANNUAL SPORTS	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING,THROWING	NIL	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING,THROWING
PRACTICAL: [EXAM FROM 04.11.2019 – 09.11.2019]					

Teachers are requested to prepare a LESSON PLAN for each Lesson to be taught. The Lesson plans are to be submitted along with the monthly planner.

Name of the Teacher : *Abhijit Mondal* *Pradip Ghosh*

Signature of Teacher : *Abhijit Mondal* (18.02.2019)

Pradip Ghosh
18-2-19

Submitted on : *18.02.2019*

Academic Co-ordinator : *MU* (18.2.2019)

PRINCIPAL

VICE PRINCIPAL
Pradip Ghosh
19/2/19