



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: VII

SECTION: A/B/C

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 1.04.2019 – 6.042019]					
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 Topic to be taught. The Lesson plans are to be submitted along with the monthly planner.

Submitted on: 28.01.2019

Signature of Teacher: *Abhijit Mondal 28.01.2019 / Pradip Ghosh 28.01.19*

Pradip Ghosh
1.2.19

PRINCIPAL

Pradip Ghosh
VICE PRINCIPAL 5/2/19



ST. LAWRENCE HIGH SCHOOL

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Syllabus planning for the academic year 2019

TERM: SECOND & THIRD

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

SUBJECT: PHYSICAL EDUCATION

CLASS: VII

SECTION: A/B/C

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

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Submitted on: 28.01.2019

Signature of Teacher: *Abhijit Mondal 28/1/2019 / Pradip Ghosh. 28.01.19*

pm
1.2.19

PRINCIPAL

Pradip Ghosh
7/2/19
VICE PRINCIPAL



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TERM: THIRD

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

Syllabus planning for the academic year 2019

SUBJECT: PHYSICAL EDUCATION

CLASS: VII

SECTION: A/B/C

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	NIL	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING
NOVEMBER	4	1.DRILL 2.MARCH PAST 3.EVENTS OF ANNUAL SPORTS	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING	NIL	1.DRILL PRACTICE 2.MARCH PAST PRACTICE 3.RUNNING,JUMPING
PRACTICAL: [EXAM FROM 04.11.2019 – 09.11.2019]					

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Submitted on: 28.01.2019

Signature of Teacher: *Abhijit Mondal*
28/1/2019 / Pradip Ghosh 28.01.19

PRINCIPAL

Am
1.2.19

Pradip Ghosh
VICE PRINCIPAL