



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: IX

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)
<b>PRACTICAL: [EXAM FROM 01.04.2019 – 06.04.2019]</b>					
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 : *[Handwritten signatures]*

*[Handwritten signature]*  
18.02.19

Submitted on : *18.02.2019*

Academic Co-ordinator : *[Handwritten signature]*  
*18.2.2019*

PRINCIPAL

VICE PRINCIPAL *[Handwritten 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: IX

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)
<b>PRACTICAL: [EXAM FROM 22.07.2019 – 26.07.2019]</b>					
AUGUST	3 <sup>RD</sup> 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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Name of the Teacher : *Abhijit Mondal Pradip Ghosh*

Signature of Teacher : *Abhijit Mondal Pradip Ghosh*  
18/02/19

PRINCIPAL

Submitted on : *18.02.2019*

Academic Co-ordinator : *[Signature]*

VICE PRINCIPAL

*[Signature]*  
18.2.2019  
19/2/19



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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: IX

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
<b>PRACTICAL: [EXAM FROM 04.11.2019 – 09.11.2019]</b>					

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 : *[Signatures]*  
18/02/19

PRINCIPAL

Submitted on : 18.02.2019

Academic Co-ordinator : *[Signature]*  
18.2.2019

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