



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: SRIMANTA ROY & PALASH MAL

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

Syllabus planning for the academic year 2020

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 20.03.2020 – 27.03.2020]					
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.

Signature of Teacher: *Srimanta Roy Palash Mal*

Submitted on: 27.01.2020

Academic Coordinator: *[Signature]*

PRINCIPAL

VICE PRINCIPAL *[Signature]*



ST. LAWRENCE HIGH SCHOOL

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Syllabus planning for the academic year 2020

TERM: SECOND & THIRD

TEACHER'S NAME: SRIMANTA ROY & PALASH MAL

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 13.07.2020 – 20.07.2020]					
AUGUST	3 RD TERM BEGINS 2	1. MAJOR GAME	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPETITION	NIL	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPETITION

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PRINCIPAL

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TERM: THIRD

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SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

Syllabus planning for the academic year 2020

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 03.11.2020 – 09.11.2020]					

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Signature of Teacher: *Srimanta Roy Palash Mal*

Submitted on: 27.01.2020
Academic Coordinator: *[Signature]*

PRINCIPAL

VICE PRINCIPAL *[Signature]*