



FOR GOD AND COUNTRY

ST. LAWRENCE HIGH SCHOOL

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



Syllabus planning for the academic year 2020

TERM: FIRST & SECOND

TEACHER'S NAME: SRIMANTA ROY AND PALASH MAL

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 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]*

27/1/2020
20/2/2020



ST. LAWRENCE HIGH SCHOOL

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



Syllabus planning for the academic year 2020

TERM: SECOND & THIRD

TEACHER'S NAME: SRIMANTA ROY AND PALASH MAL

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 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 |

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*

PRINCIPAL

Submitted on: 27.01.2020

Academic Coordinator: *[Signature]*
27/1/2020

VICE PRINCIPAL *[Signature]*
20/2/2020



ST. LAWRENCE HIGH SCHOOL

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



TERM: THIRD

TEACHER'S NAME: SRIMANTA ROY AND PALASH MAL

Syllabus planning for the academic year 2020

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 03.11.2020 – 09.11.2020] | | | | | |

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]*
27/1/2020

PRINCIPAL

VICE PRINCIPAL

[Signature]
20/12/2020