



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 AND PALASH MAL

Syllabus planning for the academic year 2021

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
JANUARY	2	1.MARCH PAST 2.DRILL	1.MARCH PAST PRACTICE 2.DRILL PRACTICE	NIL	1.MARCH PAST PRACTICE 2.DRILL PRACTICE
FEBRUARY	2	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	2	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)
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*
15.03.2021 15/03/2021

Submitted on: 15.03.2021

Academic Coordinator: *Srimanta Roy*
15/03

PRINCIPAL

VICE PRINCIPAL *Zindab*
15/3/2021

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27, BALLYGUNGE CIRCULAR ROAD, KOLKATA- 700019



FOR GOD AND COUNTRY

Syllabus planning for the academic year 2021

TERM: SECOND & THIRD

TEACHER'S NAME: SRIMANTA ROY AND PALASH MAL

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
MAY		1. YOGA	1.DIFFERENT TYPES OF YOGA ASANS	NIL	1.DIFFERENT TYPES OF YOGA ASANS
JUNE		1.SURYANAMASKARA	1.SURYANAMASKAR – STEP BY STEP	NIL	1.SURYANAMASKAR – STEP BY STEP
JULY		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)
AUGUST	3 RD TERM BEGINS	1. MAJOR GAME	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPETITION	NIL	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPETITION

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Signature of Teacher:

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15.03.2021 15/03/2021

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Submitted on: 15.03.2021

Academic Coordinator:

[Signature]
15/03

VICE PRINCIPAL

[Signature]
15/3/2021

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FOR GOD AND COUNTRY

TERM: THIRD

TEACHER'S NAME: SRIMANTA ROY AND PALASH MAL

Syllabus planning for the academic year 2021

SUBJECT: PHYSICAL EDUCATION

CLASS: X

SECTION: A/B/C/D

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
SEPTEMBER	5	1.MAJOR GAME	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPITITION	NIL	1.FOOTBALL PRACTICE FOR INTER HOUSE COMPITITION
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	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

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15.03.2021

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VICE PRINCIPAL

[Signature]
15/3/2021