



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: VII

SECTION: A/B/C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
JANUARY		1.MARCH PAST 2.DRILL	1.MARCH PAST PRACTICE 2.DRILL PRACTICE	NIL	1.MARCH PAST PRACTICE 2.DRILL PRACTICE
FEBRUARY		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		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. 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

PRINCIPAL

Submitted on: 15.03.2021

Academic Coordinator:

*[Signature]*  
15/03/2021

VICE PRINCIPAL

*[Signature]*  
15/3/2021



# ST. LAWRENCE HIGH SCHOOL

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



TERM: SECOND & THIRD

TEACHER'S NAME: SRIMANTA ROY AND PALASH MAL

Syllabus planning for the academic year 2021

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)
AUGUST	3 <sup>RD</sup> 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: *Srimanta Roy, Palash Mal*  
15.03.2021 15/03/2021

Submitted on: 15.03.2021

Academic Coordinator: *[Signature]*  
15/03

PRINCIPAL

VICE PRINCIPAL *[Signature]*  
15/3/2021



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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 2021

SUBJECT: PHYSICAL EDUCATION

CLASS: VII

SECTION: A/B/C

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

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