



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA-700019



TEST

TERM: - I

TEACHER'S NAME:- Mr. Chiranjit Mandal, Mr. Surajit Das

Syllabus planning for the academic year 2018

Subject: - HEALTH AND PHYSICAL EDUCATION

CLASS: -10

SECTION: A, B, C,D

No. of working days:-85

No. of periods available: 17

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
JANUARY	4	Formal line Formation and March Past	Making The various Type of Line Formation, March-past Practice for Annual Sports Day.	Practice at home	Perform all activities by part wise
FEBRUARY	5	Drill practice / March past	All standing and sitting series exercise for various type of drill	Practice at home	Perform all activities by part wise
MARCH	4	Yoga asana practice And Suryanamasker	Tad asana, Trikonasana, Dhanurasana, Sarvangasana, Paschimottanasana Halasana Bhujangasana	Practice at home	Perform all activities by part wise and Discuss the Benefits of all yoga asana
APRIL	4	Major game skill	Football , Volleyball , Kho-kho, Basketball, Kabadi , Cricket	Practice at home	Skill practices

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.

Submitted on : 27/02/18

Signature of Teacher : S. 02.2.18

PRINCIPAL

ACADEMIC CO-ORDINATOR

Academic Co-ordinator: 27/02/18
St. Lawrence High School

VICE PRINCIPAL



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA- 700019



TEST

TERM: - II

TEACHER'S NAME: - Mr. Chiranjit Mandal, Mr. Surajit Das

Syllabus planning for the academic year 2016

Subject: HEALTH AND PHYSICAL EDUCATION

CLASS: - 10

SECTION:- A, B, C,D

No. of working days:-.....^{7.3}

No. of periods available:¹³

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
MAY	2	Major game skill	Football , Volleyball , Kho-kho, Basketball, Kabadi , Cricket	Practice at home	Skill practices
JUNE	3	Major game skill	Football , Volleyball , Kho-kho, Basketball, Kabadi, Cricket	Practice at home	Skill practices
JULY	3	Major game skill	Football , Volleyball , Kho-kho, Basketball, Kabadi, Cricket	Practice at home	Skill practices
AUGUST	5	Drill practice / March past	All standing and sitting series exercise for various type of drill	Practice at home	Perform all activities by part wise

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.

Submitted on :^{27/02/18}.....

Signature of Teacher :^{S. Saha 26.2.18}.....

PRINCIPAL

ACADEMIC CO-ORDINATOR

Academic Co-ordinator:^{M. Saha 27/2/18}.....
 VICE PRINCIPAL



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA-700019



TEST

TERM: - III

TEACHER'S NAME: - Mr. Chiranjit Mandal, Mr. Surajit Das

Syllabus planning for the academic year 2016

Subject: HEALTH AND PHYSICAL EDUCATION

CLASS:10.....

SECTION: - A, B,C,D

No. of working days:-.....69.....

No. of periods available: ...16..

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	HOMEWORK	CLASS WORK
SEPTEMBER	4	Inter house competitions	Foot ball / kho kho	Practice at home	Match and skill practices
OCTOBER	5	Inter house competitions	Cricket / kabadi	Practice at home	Match and skill practices
NOVEMBER	4	Drill practice / March past / Suryanamasker exercises	All standing and sitting series exercise for various type of drill	Practice at home	Perform all activities by part wise
DECEMBER	3	Formal line Formation and March Past	Making The various Type of Line Formation, March-past Practice for Annual Sports Day.	Practice at home	Perform all activities by part wise

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.

Submitted on :27/02/18.....

Signature of Teacher :S. Das 27/2/18.....

PRINCIPAL

ACADEMIC

OR

Academic Co-ordinator:

St. Lawrence

School

VICE PRINCIPAL