

10TH STD LESSON DISTRIBUTION LIST WITH PRACTICAL AND THEORY-2022-23

FIRST SEMESTER									SECOND SEMESTER								
MONTH	SL. NO.	LESSON NAME	PRACTICAL		THEORY			TOTAL PERIOD	MONTH	SL. NO.	LESSON NAME	PRACTICAL		THEORY			TOTAL PERIOD
			SKILL	PERIOD	PAGE	PICTURE	PERIOD					SKILL	PERIOD	PAGE	PICTURE	PERIOD	
1	2	3	4	5	6	7	8	09	10	11	12	13	14	15	16	17	18
JUNE	1	PHYSICAL EFFICIENCY TEST-1	3	6	-	-	-	06	OCT	1	Hurdles	6	7	7	1	4	11
	2	Modern Olympics and Asian Games	4	-	3	1	3	03	NOV	2	Race Walking	2	3	5	3	3	06
	3	Hand ball	4	3	3	-	2	05		3	Discus throw	5	5	5	1	4	10
JULY	4	Basket ball	3	4	3	-	3	07	DEC	4	National Integration	0	0	5	0	6	06
	5	Badminton	-	3	8	-	5	08		5	Self-defense techniques	2	3	-	-	-	3
	6	Formative Assessment -1	2	3	-	-	-	03			Formative Assessment -3	2	3	-	-	-	03
TOTAL			-	19	-	-	13	32	TOTAL			-	21	0	-	17	38
AUGUST	7	NDS LEZIUM	2	3	-	-	-	03	JAN	6	PHYSICAL EFFICIENCY TEST-2	3	6	-	-	-	6
	8	Aerobics	15	8	-	-	-	08		7	Yogasana	12	7	3	-	-	07
	9	Drill and marching	6	4	-	-	-	04		8	Dhyna	-	-	4	-	3	03
	10	Community health	-	-	5	-	5	5	FEB	9	Hockey	5	7	5	-	4	11
11	Communi cable diseases	-	-	5	-	5	05	10		Volleyball	3	2	2	-	2	04	
SEPTEMBER	12	Formative Assessment -2	2	3	-	-	-	03	MAR	11	Lifestyle diseases	-	-	6	-	5	05
	13	summative Assessment -1	-	-	-	-	-	-		12	First Aid	-	-	2	-	03	03
											Formative Assessment -4	2	3	-	-	-	03
TOTAL				18			10	28	TOTAL				25	-		14	42
			41	37	27	0	23	60				42	46	44	1	31	80

PHY.EDU.TEACHER SIGNATURE

kpeta.weebly.com

HEAD MASTER'S SIGNATURE