

6TH 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	Sprints	5	9	4	1	5	14
	2	Physical Education Meaning and importance	-	-	1	-	2	02	NOV	2	Long Jump	3	5	3	1	4	09
	3	Khabaddi	13	7	3	1	4	11		3	Foot Ball	4	7	3	-	4	11
JULY	4	Kho-Kho	16	8	7	1	9	17	DEC	4	First Aid	-	-	2	1	3	03
	5	Formative Assessment -1	2	3	-	-	-	03		5	Formative Assessment -3	2	3	-	-	-	03
	TOTAL			34	24	12	2	16	40	TOTAL			14	24	12	3	16
	6	HINDI LEZIUM	7	8	-	-	-	08	JAN	6	PHYSICAL EFFICIENCY TEST-2	3	6	-	-	-	6
AUGUST	7	Drill and marching	6	8	-	-	-	08		7	Surya Namaskara	10	6	2	-	5	12
	8	Janda Uooncha	1	2	-	-	-	02		8	Yogasana	10	6	-	-	-	02
	9	Health Education	-	-	6	-	9	09	FEB	9	Pranayama	4	3	-	-	-	14
SEPTEMBER	10	Personal Safety	-	-	3	-	5	05		10	Mudras	4	3	-	-	-	05
	11	Formative Assessment -2	2	3	-	-	-	03		11	Yoga	-	-	2	-	5	
	12	summative Assessment -1	-	-	-	-	-		MAR	12	National Integration (National Flag)	-	-	3	1	8	
								13		Formative Assessment -4	2	3	-	-	03	03	
										summative Assessment -2							
			16	21	9	0	14	35				33	27	7	1	18	42
TOTAL			50	45	21	2	30	75	TOTAL			47	51	19	4	34	85

PHY.EDU.TEACHER SIGNATURE

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HEAD MASTER'S SIGNATURE