

## 7TH STD LESSON DISTRIBUTION LIST WITH PRACTICAL AND THEORY-2023-24

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	Realy	3	4	2	-	3	07
	2	Objectives of Physical Education	-	-	1	-	2	02	NOV	2	Shot put	5	7	5	1	7	14
	3	Khabaddi	8	6	4	-	8	14		3	Ideal Posture	0	-	2	-	3	03
JULY	4	Kho-Kho	12	9	3	-	6	15	DEC	4	Regional Festivals & National Festivals	0	-	2	-	3	03
										5	Pranayama	8	10		-	-	10
	5	Formative Assessment -1	2	3	-	-	-	03		6	Formative Assessment -3	2	3	-	-	-	03
<b>TOTAL</b>			<b>25</b>	<b>24</b>	<b>8</b>	<b>0</b>	<b>16</b>	<b>40</b>	<b>TOTAL</b>			<b>18</b>	<b>24</b>	<b>11</b>	<b>3</b>	<b>16</b>	<b>40</b>
AUGUST	6	HINDI LEZIUM	4	5	-	-	-	05	JAN	6	PHYSICAL EFFICIENCY TEST-2	3	6	-	-	-	6
	7	Drill and marching	6	6	-	-	-	06		7	Yogasana	10	6	2	-	5	06
	8	Foot Ball	5	5	3	-	4	09		8	Surya Namaskara	10	6	-	-	-	18
SEPTEMBER	9	Novjavanko Sandesh	1	2	-	-	-	02	FEB	9	Balanced food and diet of sports persons	4	3	-	-	-	05
	10	Health Education	-	-	2	-	3	03		10	Healthy habits	4	3	-	-	-	03
	11	National Integration & National Flag			5	1	7	07	MAR	11	First Aid	-	-	2		5	04
	12	Formative Assessment -2	2	3	-	-		03		12	Formative Assessment -4	-	-	3	1	8	
	13	summative Assessment -1	-	-	-	-	-				summative Assessment -2	2	3	-	-	03	03
<b>TOTAL</b>			<b>18</b>	<b>21</b>	<b>10</b>	<b>1</b>	<b>14</b>	<b>35</b>	<b>TOTAL</b>			<b>33</b>	<b>27</b>	<b>7</b>	<b>1</b>	<b>18</b>	<b>42</b>
<b>TOTAL</b>			<b>43</b>	<b>45</b>	<b>18</b>	<b>1</b>	<b>30</b>	<b>75</b>	<b>TOTAL</b>			<b>51</b>	<b>51</b>	<b>18</b>	<b>4</b>	<b>34</b>	<b>85</b>

PHY.EDU.TEACHER SIGNATURE

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HEAD MASTER'S SIGNATURE