

8TH 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	Middle and long distance races	6	6	6	1	4	10
	2	Significance of Physical education	-	-	1	-	2	02	NOV	2	High Jump	5	5	6	2	4	09
	3	VOLLEY BALL	3	4	4	2	5	09		3	Basketball	4	3	5	-	4	07
JULY	4	HOCKEY	6	6	5	1	6	13	DEC	4	Badminton	4	3	3	-	2	05
	5	Formative Assessment -1	2	3	-	-	-	03		5	Formative Assessment -3	2	3	-	-	-	03
	TOTAL			-	19	-	-	13		32	TOTAL			-	20	0	-
AUGUST	7	GHATI LEZIUM	7	10	-	-	-	10	JAN	6	PHYSICAL EFFICIENCY TEST-2	3	6	-	-	-	6
	8	Drill and marching	3	5	-	-	-	05		7	Yogasana	12	8	2	-	4	12
	9	Mental Health & Emotions	-	-	3	-	5	05		8	Pranayama	3	2	-	-	-	02
	10	National Flag and National Anthem	-	-	4	-	7	07	FEB	9	Handball	9	6	6	1	8	14
11	Formative Assessment -2	2	3	-	-	-	03	10		First Aid	-	-	3	-	5	05	
SEPTEMBER	12	summative Assessment -1	-	-	-	-	-	-	MAR	11	Formative Assessment -4	2	3	-	-	0	03
	13									12	summative Assessment -2						
				18			12	30					25	-		17	37
TOTAL			26	37	17	3	25	62	TOTAL			50	45	25	5	31	76

PHY.EDU.TEACHER SIGNATURE

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HEAD MASTER'S SIGNATURE