

9TH 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	Triple jump	6	6	6	1	4	10
	2	Development of Physical Education in india after independence	-	-	4	-	5	05	NOV	2	Javelin throw	5	5	6	2	4	09
	3	Basket ball	5	5	3	1	4	09		3	Volley ball	4	3	5	-	4	07
JULY	4	HAND BALL	5	5	3	1	4	09	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	NDS LEZIUM	7	8	-	-	-	08	JAN	6	PHYSICAL EFFICIENCY TEST-2	3	6	-	-	-	6
	8	Drill and marching	6	7	-	-	-	07		7	Yogasana	12	8	8	-	8	16
	9	Social health	-	-	2	-	2	02		8	Dhyna	3	2	-	-	-	02
	10	Healthy environment	-	-	4	-	5	05		FEB	9	Hockey	5	4	5	-	5
SEPTEMBER	11	Importance and uses of raw vegetables	-	-	1	-	1	01	10		National integration	2	2	3	-	4	06
	12	First Aid	-	-	3	-	4	04	MAR	11	Formative Assessment -4	2	3	-	-	-	03
	13	Formative Assessment -2	2	3	-	-	-	03		12	summative Assessment -2	-	-	-	-	-	-
summative Assessment -1			-	-	-	-	-	-	TOTAL			-	25	-	-	17	42
TOTAL			30	37	20	2	25	62	TOTAL			48	45	36	0	31	76

PHY.EDU.TEACHER SIGNATURE

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HEAD MASTER'S SIGNATURE