

6TH STD LESSON DISTRUBUTION LIST WITH PRACTICAL AND THEORY-2024-25

| 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 Uoncha | 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 | |
| | | | | | | | | | | | | | | | | | |
| | | | 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 |