

9TH STD LESSON DISTRIBUTION 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 | 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 | - | 14 | 34 |
| 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 | 09 | | |
| 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 | - | - | - | - | - | - | | | | | | | | | | | |
| | | | | 18 | | | | 12 | 30 | | | | | 25 | - | | | 17 | 42 |
| TOTAL | | | 30 | 37 | 20 | 2 | 25 | 62 | TOTAL | | | 48 | 45 | 36 | 0 | 31 | 76 | | |