

PHYSICAL EDUCATION
FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19
CLASS X

19th March -28th March 2018 (08 days)

1. Warming UP
2. Calisthenics exercise
3. Basic skill of the game related to inter section (Cricket)

2nd April -13th April 2018 (11 days)

1. Warming UP
2. Calisthenics exercise
3. Inter Section matches

16th April -27th April 2018 (11 days)

1. Warming UP
2. Calisthenics exercise
3. Inter Section matches

1st May -18th May (14 days)

1. Warming UP
2. Calisthenics exercise
3. Project on FRENCH OPEN 2018 -Summer Holidays
4. Inter Section matches
5. Physical Fitness Test and Skill Test

PTM on 12th MAY 2017

21st May -25th May (05 days) BLOCK TEACHING

1. Warming UP
2. Calisthenics exercise

Completion of Syllabus by 25th May 2018

SUMMER VACATIONS from- 26th MAY TO 28th JUNE 2018

Pre Mid Tern Exam – 29th June – 09th July 2018

PTM on 28TH JULY 2018

10th July-31st July (16 days)

1. Project Evaluation
2. Basic skill of the game related to inter section (ATHLETICS, BASKETBALL, VOLLEYBALL)
3. Inter Section matches

PTM on 12th MAY 2017

1st Aug -18th Aug (13 days)

1. Warming UP
2. Calisthenics exercise
3. Inter Section matches

20th Aug -4th September (10 days)

1. Warming UP
2. Calisthenics exercise
3. Inter class matches

Completion of Syllabus by 04th Sep 2018
Revision – 06th Sep – 11th Sep 2018 (05 days)
Mid Term Exam from 12th Sep to 22nd Sep 2018
PTM on 13th Oct 2018

24th Sept- 17th September (17 days)

1. Warming up
2. Basic skill of the game related to inter section (FOOTBALL)

Dussehra Break 18th Oct – 21st Oct 2018

22nd Oct -3rd Nov (10days)

1. Marching on the spot
2. Inter Section Matches

Diwali Break from 5th Nov – 11th Nov 2018

12th Nov-30th Nov (13 days)

1. Skill Athletics 100m , 200m and 4x100m
2. Inter Section Matches
3. Evaluation of Skill Test (ATHLETICS, BASKETBALL, CRICKET, FOOTBALL, VOLLEYBALL)

3rd Dec -15th Dec (11 days)

1. Skill Athletics Long Jump and shot Put
2. Inter Section Matches

Completion of Syllabus by 15th December 2018

Revision – 17th Dec - 19th Dec (03 days)

Pre Board Exam from 20th Dec 2018 – 14th Jan 2019.

Winter Break- 31st December 2018- 09th January 2019.

PTM on 28th Jan 2019.

15th Jan – 31st Jan 2019 (12 days)

1. Warming UP
2. Calisthenics exercise
3. Physical Fitness Test , Skill Test.

1st Feb -15th Feb 2019 (11 days)

1. Warming UP
2. Calisthenics exercise