

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

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

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

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 First Aid Kit -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

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. Evaluation of Skill Test (Cricket, Athletics, Basketball, Volleyball)
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. Callisthenics Exercises
3. Basic skill of the game related to inter section (FOOTBALL)

Dusshera 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

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)

Post Mid Term Exam from 20th Dec 2018 – 14th Jan 2019.

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

PTM on 29th Jan 2019.

15th Jan – 25th Jan 2019 (09 days)

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

28th Jan -08th Feb 2019 (11 days)

1. Warming UP
2. Calisthenics exercise

Completion of Syllabus by 11th Feb 2019.

Revision – 12th Feb 15th Feb 2019 (04 days)

Annual Exam 16th Feb. -26th Feb 2019

PTM 14th march 2019

New Session To Begin 18th march 2019