



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education

Term: First Term

Name of the Subject Co-Ordinator: Abir Panja

No. of Working Days: 81

No. of Periods Available: 17


Class: UKG

Sections: A & B


MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	03	First Term Begins		<ul style="list-style-type: none"> Practice of Line formation Step by step practice of Attention & Stand at Easy Step by step practice of different freehand exercises 	<ul style="list-style-type: none"> Markers Whistle
		<ol style="list-style-type: none"> Formation of Line Calisthenics 	<ul style="list-style-type: none"> Line Formation Attention & Stand at Easy Different types of exercises 		
May	02	<ol style="list-style-type: none"> Warm Up Exercises Drill 	<ul style="list-style-type: none"> Different types of warm up exercises Drill No-1 standing freehand drill 	<ul style="list-style-type: none"> Step by step practice of different warm up exercises Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle
June	02	<ol style="list-style-type: none"> Warm Up Exercises Drill 	<ul style="list-style-type: none"> Different types of warm up exercises Drill No-2 standing freehand drill. 	<ul style="list-style-type: none"> Step by step practice of different warm up exercises Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle
July	05	<ol style="list-style-type: none"> Yoga (Vrikshasana) Calisthenics Yoga (Sukhasana) 	<ul style="list-style-type: none"> Different steps of Vrikshasana Different types of exercises Different steps of Sukhasana 	<ul style="list-style-type: none"> Step by step practice of different freehand exercises Step by step practice of Yogasanas 	<ul style="list-style-type: none"> Markers Whistle Yoga Mat

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

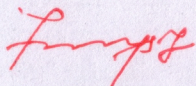
Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2.

Submitted on: 05.05.2026

Academic Co-Ordinator: 

PRINCIPAL



VICE PRINCIPAL





ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



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Term: Second Term

Name of the Subject Co-Ordinator: Abir Panja

No. of Working Days: 83

No. of Periods Available: 17

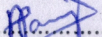
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Sections: A & B


MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	10. Calisthenics 11. Recreational Games • Physical Education Test/Assessment	• Different types of exercises • Walking, Sitting, Running • Individual Physical Education Test/ Internal Assessment	• Step by step practice of different freehand exercises • Step by step and whole practice of different Recreational Games • Regular participation	• Markers • Whistle • Football
September	01	Physical Education Test/Assessment First Term Examination	Individual Physical Education Test/ Internal Assessment First Term Examination	Regular participation First Term Examination	
	02	Second Term Begins 1. Drill	• Drill No-3 standing freehand drill	• Drill practice with counting and whistling	• Markers • Whistle • Football
October	02	2. Drill 3. Meditation	• Drill No-4 standing freehand drill • Meditation	• Drill practice with counting and whistling • Practice of Meditation	• Markers • Whistle
November	04	4. Drill 5. Yoga (Triangle Pose)	• Drill No-5 standing freehand drill • Different steps of Triangle Pose	• Drill practice with counting and whistling • Step by step practice of Yogasanas	• Markers • Yoga Mat • Whistle

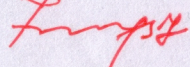
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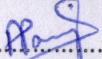
Class: UKG

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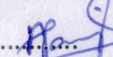
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	6. Events of Annual Sports 7. Meditation	<ul style="list-style-type: none">Running EventsNon-Sprint eventsMeditation	<ul style="list-style-type: none">Practice of different events for Annual SportsPractice of Meditation	<ul style="list-style-type: none">MarkersFootballWhistle
January	04	8. Events of Annual Sports 9. Recreational Games	<ul style="list-style-type: none">Running EventsNon-Sprint events	<ul style="list-style-type: none">Practice of different events for Annual SportsStep by step and whole practice of different Recreational Games	<ul style="list-style-type: none">MarkersWhistleFootball
February	02	<ul style="list-style-type: none">Physical Education Test/ Assessment Second Term Examination	<ul style="list-style-type: none">Individual Physical Education Test/ Internal Assessment Second Term Examination	<ul style="list-style-type: none">Regular participation Second Term Examination	<ul style="list-style-type: none">Football
March		-	-	-	-

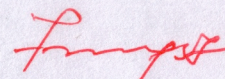
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