



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

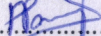
Class: 1

Sections: A, B & C

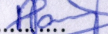
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	03	<u>First Term Begins</u>	<ul style="list-style-type: none"> Line Formation Attention & Stand at Easy Different types of exercises 	<ul style="list-style-type: none"> Practice of Line formation Step by step practice of Attention & 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 			
May	02	<ol style="list-style-type: none"> Warm Up Exercises Drills 	<ul style="list-style-type: none"> Different types of warm up exercises Drill No-1 & 2 standing freehand drills 	<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	03	<ol style="list-style-type: none"> Warm Up Exercises Drills 	<ul style="list-style-type: none"> Different types of warm up exercises Drill No - 3 & 4 standing freehand drills 	<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	04	<ol style="list-style-type: none"> Yoga (Butterfly Pose) Calisthenics Yoga (Unicorn Pose) 	<ul style="list-style-type: none"> Different steps of Butterfly Pose Different types of exercises Different steps of Unicorn Pose 	<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.

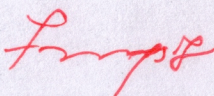
Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2.

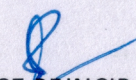
Submitted on: 05.05.2026

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



Subject: Physical Education

Term: Second Term

Name of the Subject Co-Ordinator: Abir Panja

No. of Working Days: 83

No. of Periods Available: 18


Class: 1

Sections: A, B & C

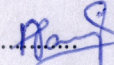
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	10. Calisthenics 11. Yoga (Sukhasana) • Physical Education Test/Assessment	• Different types of exercises • Different steps of Sukhasana • Individual Physical Education Test/ Internal Assessment	• Practice of different freehand exercises • Step by step practice of Yogasanas • Regular participation	• Markers • Whistle • Football • Yoga Mat
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. Recreational Games	• Walking, Sitting, Running	• Step by step and whole practice of different Recreational Games	• Markers • Whistle • Football
October	03	2. Drills 3. Yoga (Vrikshasana)	• Drill No 5 & 6 standing freehand drills • Different steps of Vrikshasana	• Drill practice with counting and whistling • Step by step practice of Yogasanas	• Markers • Whistle • Yoga Mat • Football
November	04	4. Drill 5. Yoga (Warrior Pose)	• Drill No-7 & 8 standing freehand drills • Different steps of Warrior Pose	• Drill practice with counting and whistling • Step by step practice of Yogasanas	• Markers • Yoga Mat • Whistle

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Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2.

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
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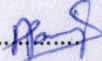
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	6. Events of Annual Sports 7. Meditation	<ul style="list-style-type: none"> Running Events Non-Sprint events Meditation 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Practice of Meditation 	<ul style="list-style-type: none"> Markers Football Whistle
January	04	8. Events of Annual Sports 9. Recreational Games	<ul style="list-style-type: none"> Running Events Non-Sprint events 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Step by step and whole practice of different Recreational Games 	<ul style="list-style-type: none"> Markers Whistle Football
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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