



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: 15

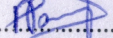
Class: 2

Sections: A, B & C

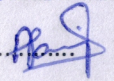
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	02	First Term Begins			
		1. Formation of Line 2. Calisthenics	<ul style="list-style-type: none"> Line Formation Attention & Stand at Easy Different types of exercises 	<ul style="list-style-type: none"> Practice of Line formation 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
May	02	3. Warm Up Exercises 4. 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	02	5. March Past 6. Drills	<ul style="list-style-type: none"> Standing Marching Drill No - 3 & 4 standing freehand drills 	<ul style="list-style-type: none"> Step by step practice of Standing Marching Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle Drum
July	05	7. March Past 8. Yoga (Butterfly Pose) 9. Calisthenics 10. Yoga (Unicorn Pose)	<ul style="list-style-type: none"> Forward Marching 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 Forward Marching Step by step practice of different freehand exercises Step by step practice of Yogasanas 	<ul style="list-style-type: none"> Markers Whistle Drum Yoga Mat

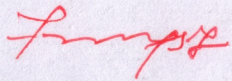
Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

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: 14


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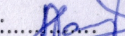
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	11. Calisthenics 12. Recreational Games <ul style="list-style-type: none"> Physical Education Test/Assessment 	<ul style="list-style-type: none"> Different types of exercises Walking, Sitting, Running Individual Physical Education Test/ Internal Assessment 	<ul style="list-style-type: none"> Step by step practice of different freehand exercises Step by step and whole practice of different Recreational Games Regular participation 	<ul style="list-style-type: none"> Markers Whistle Football
September	01	First Term Examination <u>Second Term Begins</u> 1. Recreational Games	First Term Examination <ul style="list-style-type: none"> Walking, Sitting, Running 	First Term Examination <ul style="list-style-type: none"> Step by step and whole practice of different Recreational Games 	<ul style="list-style-type: none"> Markers Whistle Football
October	02	2. Drills 3. Yoga (Vrikshasana)	<ul style="list-style-type: none"> Drill No-5 & 6 standing freehand drills Different steps of Vrikshasana 	<ul style="list-style-type: none"> Drill practice with counting and whistling Step by step practice of Yogasanas 	<ul style="list-style-type: none"> Markers Whistle Yoga Mat Football
November	04	4. Drill 5. Yoga (Warrior Pose)	<ul style="list-style-type: none"> Drill No - 7 & 8 standing freehand drills Different steps of Warrior Pose 	<ul style="list-style-type: none"> Drill practice with counting and whistling Step by step practice of Yogasanas 	<ul style="list-style-type: none"> Markers Yoga Mat Whistle

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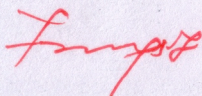
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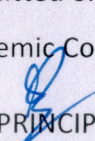
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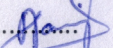
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	6. Events of Annual Sports 7. Yoga (Bhujangasana) 8. Meditation	<ul style="list-style-type: none"> Running Events Non-Sprint events Different steps of Bhujangasana Meditation 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Practice of Meditation 	<ul style="list-style-type: none"> Markers Yoga Mat Football Whistle
January	03	9. Events of Annual Sports 10. Recreational Games <ul style="list-style-type: none"> Physical Education Test/ Assessment 	<ul style="list-style-type: none"> Running Events Non-Sprint events Individual Physical Education Test/ Internal Assessment 	<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 Basketball
February	01	<ul style="list-style-type: none"> Physical Education Test/ Assessment <p>Second Term Examination</p>	<ul style="list-style-type: none"> Individual Physical Education Test/ Internal Assessment <p>Second Term Examination</p>	<ul style="list-style-type: none"> Regular participation <p>Second Term Examination</p>	<ul style="list-style-type: none"> Football Basketball
March		-	-	-	-

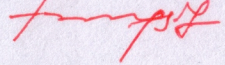
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