



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: 4

Sections: A, B & C


MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	02	<u>First Term Begins</u>			
		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. March Past 5. Drills	<ul style="list-style-type: none"> Different types of warm up exercises Standing Marching Drill No -1 & 2 standing freehand drills 	<ul style="list-style-type: none"> Step by step practice of different warm up exercises Step by step practice of Standing Marching Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle Drum
June	02	6. March Past 7. Drills	<ul style="list-style-type: none"> Forward Marching Drill No - 3 & 4 standing freehand drills 	<ul style="list-style-type: none"> Step by step practice of Forward Marching Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle Drum Yoga Mat
July	05	8. March Past 9. Yoga (Vrikshasana) 10. Calisthenics 11. Yoga (Unicorn Pose)	<ul style="list-style-type: none"> Forward Marching Different steps of Vrikshasana Different types of exercises Different steps of Unicorn Pose 	<ul style="list-style-type: none"> 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

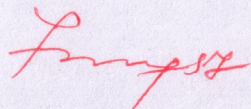
Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

Kindly mention the chapters included for Terminal Examinations.

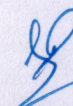
Signature of the Co-Teachers: 1.  2.

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

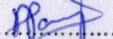
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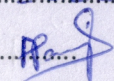
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	10. Calisthenics 11. Yoga (Naukasana) • Physical Education Test/Assessment	<ul style="list-style-type: none"> • Different types of exercises • Different steps of Naukasana • Individual Physical Education Test/ Internal Assessment 	<ul style="list-style-type: none"> • Practice of different freehand exercises • Step by step practice of Yogasanas • Regular participation 	<ul style="list-style-type: none"> • Markers • Whistle • Yoga Mat
September	01	First Term Examination Second Term Begins 1. Major Game (Football)	<ul style="list-style-type: none"> • Football Skills 	<ul style="list-style-type: none"> • Practice for Inter House Football Tournament 	<ul style="list-style-type: none"> • Markers • Whistle • Football
October	02	2. Major Game (Football) 3. Drills 4. Yoga (Butterfly Pose) 5. Pranayam	<ul style="list-style-type: none"> • Football Skills • Drill No-5 & 6 standing freehand drills • Different steps of Butterfly Pose • Pranayam 	<ul style="list-style-type: none"> • Practice for Inter House Football Tournament • Drill practice with counting and whistling • Step by step practice of Yogasana • Practice of Pranayam 	<ul style="list-style-type: none"> • Markers • Yoga Mat • Football
November	04	6. Drills 7. Yoga (Vajrasana) 8. March Past	<ul style="list-style-type: none"> • Drill No -7 & 8 standing freehand drills • Different steps of Vajrasana • Forward Marching 	<ul style="list-style-type: none"> • Drill practice with counting and whistling • Step by step practice of Yogasana • Practice of Forward Marching 	<ul style="list-style-type: none"> • Markers • House Flag • Yoga Mat • Drum

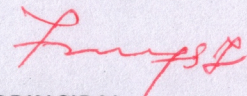
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
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Signature of the Co-Teachers: 1.  2.

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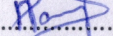
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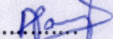
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	9. Events of Annual Sports 10. Yoga (Bhujangasana) 11. Meditation	<ul style="list-style-type: none"> Running Events Non-Sprint events Different steps of Bhujangasana Meditation 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Step by step practice of Yogasana Practice of Meditation 	<ul style="list-style-type: none"> Markers House Flag Yoga Mat Drum
January	03	12. Events of Annual Sports 13. 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 House Flag 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		-	-	-	-

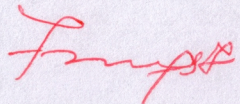
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