



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019



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

Subject: Science

Term: First Term

Name of the Subject Co-ordinator: Bishnupriya Choudhury

Name of the Book: Interactive Science

No. of Working Days: 81



No. of Periods Available: 32

Class: 4 Sections: A, B & C

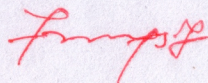
MONTH	NO. OF PERIODS	LESSONS	TOPICS	CLASS WORK	TEACHING AIDS
April	05	<u>First Term Begins</u> Chapter 1-Food We Eat	Food groups, Water and Roughage, A balanced diet, Food for special occasion, Care of food, Eating well.	Explanation (Pg. No. 9 to 14). MCQ (Pg. No. 14 & 15). Q. A – Tick & cross (Pg. No. 15). Q.B & Q. C (Pg. No. 16).	Pictures will be shown and students will have to say what nutrients they provide.
May	04	Chapter 2-Strong, Healthy Teeth	Different kinds of teeth, the structure of a tooth, why brushing keeps teeth healthy? Healthy habits, Role of food for healthy teeth and gums, how to brush your teeth?	Explanation (Pg. No. 19 to 22). Tick the right answer (Pg. No. 23 – 24). Q.A – Write the word (Pg. No. 24), Q.B (Pg. No. 25).	Students will count the number of teeth in their own mouth.
June	04	Chapter 3 – The Digestive and Excretory System	Process of Digestion, Chewing of Food, Regular bowel, The Excretory system, Water is important, Healthy habits of excretion and digestion.	Explanation (Pg.No.27 to 30), Tick the right answer (Pg. No.30 -31). Q.A – Fill in the blanks, Q.B – SAQ (Pg. No. 31) Q.C – LAQ (Pg.No.32).	Students will demonstrate the process of digestion. Role of different body parts will be explained by students.
July	10	Chapter 4 – Habitats and Survival Chapter 5 – Living and Growing differently	Adapting to living places, Adapting to winter conditions, Adapting to food habits, Adapting to be safe, Care and concern for animals. Terrestrial plants, Aquatic plants, Carnivores plants, Grasses	Explanation (Pg. No. 34 to 40). Tick the right answer (Pg. No.40 -41). Q.A- Write adaptations, Q.B – Write the word, Q.C – Matching (Pg. No. 42), Q.D – Give an example, Q. E – Q/A, Q.F – Define (Pg. No. 43) Explanation (Pg. No. 47 to 51). Tick the right answer (Pg. No.52 -53). Q.A– Write the word, Q. B – Name two (Pg. No. 53 &54), Q.C – Q/A (Pg.No.54).	Students will bring pictures of national animals of different nationalities and speak on its habitat. Pictures of endangered animals will be shown by the teacher and students will speak on the reason of being endangered. Students will stick pictures of different leaves and flowers in their class work copy.

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

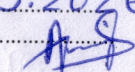
Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2. 

PRINCIPAL



Submitted on: 05.05.2026

Academic Co-ordinator: 

VICE PRINCIPAL





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

Subject: Science

Term: Second Term

Name of the Subject Co-ordinator: Bishnupriya Choudhury

Name of the Book: Interactive Science

No. of Working Days: 83

No. of Periods Available: 32


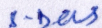
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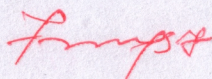
MONTH	NO. OF PERIODS	LESSONS	TOPICS	CLASS WORK	TEACHING AIDS
August	08	Chapter 6 – Plants in the Surroundings and Environment Chapter 7 – Air Revision of First Term Syllabus Chapters - 1, 2, 3, 4, 5, 6, 7	Parts of a plant, the parts of a leaf, Plants are useful to us. Components of air, other things in air, Properties of air, We breathe air, Air gets polluted, Keep air clean. Revision of First Term Syllabus Chapters - 1, 2, 3, 4, 5, 6, 7	Explanation (Pg.No. 56 to 66). Tick the right answer (Pg. No.67 -69). Q.A- Write the word, Q.B Q/A (Pg.No. 69 & 70), Q.C – Give reasons, Q.D – Diagram, Q. E – Write in detail (Pg. No. 70) Explanation (Pg.No. 75 to 80). Tick the right answer (Pg. No.80 -81). Q.A – Write the word, Q.B – Q.C Complete the sentences (Pg.No.82).	Students will bring a real plant and describe different parts. Balloon will be blown by the teacher to show air takes space and weight. Students will perform inhalation and exhalation in the class.
September	01 03	Revision of First Term Syllabus Chapters - 1, 2, 3, 4, 5, 6, 7 First Term Examination <u>Second Term Begins</u> Chapter 8 - Materials and Solutions	Revision of First Term Syllabus Chapters - 1, 2, 3, 4, 5, 6, 7 First Term Examination Matter, Solvent, Solute and Solution, Soluble and Insoluble substances. How to remove Insoluble Substances? How to remove Soluble Substances?	Revision of First Term Syllabus Chapters - 1, 2, 3, 4, 5, 6, 7 First Term Examination Explanation (Pg.No. 85 to 89).Q. A- Give examples, Q.B – Q/A (Pg.No. 91).	
October	05	Chapter 8 - Continued Chapter 9 - Light	Sources of light, Natural sources of light, Manmade or artificial sources of light.	Explanation (Pg.No. 94 to 99).	Students will take different items like a chalk, pen and book and weigh them on hand and check if all weigh the same and if they take space or not.
November	07	Chapter 9 – Light (Continued) Chapter 10- Measuring Instruments	Luminous and non-luminous objects, Properties of light, Shadows, Size of a shadow Measurement of time, Measurement of Weight, Measurement of distances	Q.A – Define the following, Q.B – Fill in the blanks, Q.C – Answer these questions(Pg.No.101). Explanation ((Pg.No. 105 to 109).	Students will show measurements of liquids using different size bottles.

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
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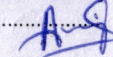
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December	06	Chapter 10 – Measuring Instruments (continued) Chapter 11- Push and Pull	Measuring of liquids, Measurement of temperature. Difference between push and pull, What is force? What does force do?	Q. A – Fill in the blanks, Q.B – Write the units, Q.C – Q/A (Pg.No. 110 to 111), Q.D – Write the units of measurement (Pg.No.111) Explanation (Pg.No.114 to 117).	Teacher will use a thermometer to show measurement in temperature.
January	08	Chapter 11- Push and Pull (continued) Chapter 12 – Friction as a Force	Types of force Can we increase or decrease friction? Friction is useful, Harmful effects of friction.	Question No. – A – Fill in the blanks, Q. B – Give reasons, Q.C Q/A (Pg.No. 119) Q&A from chapter. Explanation (Pg.No. 122 to 125). Q.A – Fill in the blanks, Q.B – Q/A (Pg.No.126)	Actions will be demonstrated by students with objects to show the force applied is push or pull. Students will rub sandpaper on a piece of wood for smoothness. Students will rub their palm to feel the heat.
February	03	Revision of Second Term Syllabus Chapters – 8, 9, 10, 11, 12 Second Term Examination	Revision of Second Term Syllabus Chapters – 8, 9, 10, 11, 12 Second Term Examination	Revision of Second Term Syllabus Chapters – 8, 9, 10, 11, 12 Second Term Examination	
March	—	—	—	—	

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