



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Subject: Physical Education

Term: 1<sup>st</sup>

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 61

No. of Periods Available: 14

Class: 7

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	04	1: Calisthenics. 2: Yoga. (Bhujangasana)	• Different stapes of Yogasana.	• Step by step practice. • Free hand exercises by standing.	• Yoga Mat.
May	02	1: Drill. 2: Chess.	• Any two standing freehand drill. • Movements of Chessmen.	• Drill practice with counting. • Positions & Movements of Chessmen.	• Chess Board. • Stopwatch.
June	03	1: Chess.	• Different strategies and planning with mentor / master. • Selection for Inter House Chess Competition.	• Practice with partner.	• Chess Board. • Stopwatch.
July	05	1: Yoga. (Paschimottanasana) 2: Major Game.	• Different stapes of Yogasana • Kho-Kho Skills and Techniques.	• Step by step practice • Practice of Kho-Kho in match.	• Yoga Mat. • Markers. • Kho-Kho Poles

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.

*Sukanta Panja.*

Submitted on: ..... 20.04.26 .....

Academic Coordinator: *Chaitali Roy*

PRINCIPAL

*[Signature]*

VICE PRINCIPAL

*[Signature]*



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Subject: Physical Education

Term: 1<sup>st</sup> and 2<sup>nd</sup>

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 61,36 (1<sup>st</sup> term) + 42 (2<sup>nd</sup> term)

No. of Periods Available: 14 (05+ 09)

Class: 7

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	1: March Past. 2: Major Game 3: PT Exam	<ul style="list-style-type: none"> <li>Attention, Stand at ease, Forward March.</li> <li>Football skills and Techniques.</li> <li>Drill, Yoga, March Past.</li> </ul>	<ul style="list-style-type: none"> <li>March Past Practice.</li> <li>Football practice.</li> </ul>	<ul style="list-style-type: none"> <li>Football.</li> </ul>
<b>1<sup>ST</sup> TERM EXAM SYLLABUS:</b> Any two Drills, Yoga, March Past.					
September <i>(1<sup>ST</sup> TERM EXAM BEGINS FROM 07<sup>th</sup> SEPTEMBER, 2026)</i>	01 (1 <sup>st</sup> Term)	1: Major Game.	<ul style="list-style-type: none"> <li>Football practice for Inter House Competition.</li> </ul>	<ul style="list-style-type: none"> <li>Football practice for Inter House Competition.</li> </ul>	<ul style="list-style-type: none"> <li>Football.</li> </ul>
	02 (2 <sup>nd</sup> Term)	2: March Past.	<ul style="list-style-type: none"> <li>Attention, Stand at ease, Forward March</li> </ul>	<ul style="list-style-type: none"> <li>March Past Practice with beats.</li> </ul>	
October	03	1: Events of Annual Sports	<ul style="list-style-type: none"> <li>Running &amp; Jumping events</li> </ul>	<ul style="list-style-type: none"> <li>Practice for Sports Day.</li> </ul>	<ul style="list-style-type: none"> <li>Nil</li> </ul>
November	04	1: March Past Practice. 2: Events of Annual Sports	<ul style="list-style-type: none"> <li>Attention, Stand at ease, Forward March.</li> <li>Running &amp; Jumping events</li> </ul>	<ul style="list-style-type: none"> <li>March Past Practice.</li> <li>Practice for Sports Day.</li> </ul>	<ul style="list-style-type: none"> <li>Drum.</li> <li>Drum stick.</li> <li>House Flags</li> </ul>

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Signature of the Co-Teachers: 1.

*Sukanta Panja*

Submitted on: ..... 20.04.26 .....

Academic Coordinator: ..... *Chaitali Roy* .....

PRINCIPAL *[Signature]*

VICE PRINCIPAL *[Signature]*



**ST. LAWRENCE HIGH SCHOOL**  
27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019  
Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education

Term: 2<sup>nd</sup>

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 42, 58

No. of Periods Available: 09

Class: 7

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	1: Major Game	<ul style="list-style-type: none"><li>• Skills of major game-Football/ Cricket.</li></ul>	<ul style="list-style-type: none"><li>• Match practice.</li></ul>	<ul style="list-style-type: none"><li>• Football.</li><li>• Bat.</li><li>• Cricket Ball.</li></ul>
January	04	1: Drill 2: March Past.	<ul style="list-style-type: none"><li>• Any two standing freehand drill.</li><li>• Attention, Stand at ease, Forward March</li></ul>	<ul style="list-style-type: none"><li>• Drill practice with counting.</li><li>• March Past Practice.</li></ul>	<ul style="list-style-type: none"><li>• Nil</li></ul>
February <i>(2nd TERM EXAM BEGINS FROM 15<sup>TH</sup> FEBRUARY, 2027)</i>	02	1: Major Game 2: PT Exam	<ul style="list-style-type: none"><li>• Skills of major game-Football/ Cricket</li><li>• Drill, Yoga, March Past.</li></ul>	<ul style="list-style-type: none"><li>• Match practice</li></ul>	<ul style="list-style-type: none"><li>• Football.</li><li>• Bat.</li><li>• Cricket Ball.</li></ul>
<b>2<sup>ND</sup> TERM EXAM SYLLABUS:</b> Any two Drills, Yoga, March Past and One major game.					
March	NIL	Exam continues			

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Signature of the Co-Teachers: 1.

*Sukanta Panja*

Submitted on: ..... *20.04.26* .....

Academic Coordinator: ..... *Chaitali Roy* .....

PRINCIPAL *[Signature]*

VICE PRINCIPAL

*[Signature]*