



# 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: 8

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	04	1: Calisthenics. 2: Yoga.(Halasana)	<ul style="list-style-type: none"> <li>• Different stapes of Yogasana.</li> <li>• Free hand exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• Step by step practice.</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga Mat.</li> </ul>
May	02	1: Drill. 2: Chess.	<ul style="list-style-type: none"> <li>• Any two standing freehand drill.</li> <li>• Movements of Chessmen.</li> </ul>	<ul style="list-style-type: none"> <li>• Drill practice with counting.</li> <li>• Movements of Chessmen.</li> </ul>	<ul style="list-style-type: none"> <li>• Chess Board.</li> <li>• Stopwatch.</li> </ul>
June	03	1: Chess.	<ul style="list-style-type: none"> <li>• Different strategies and planning with mentor / master.</li> <li>• Selection for Inter House Chess Competition.</li> </ul>	<ul style="list-style-type: none"> <li>• Practice with partner.</li> </ul>	<ul style="list-style-type: none"> <li>• Chess Board.</li> <li>• Stopwatch.</li> </ul>
July	05	1: Yoga. (Chakrasana) 2: Major Game.	<ul style="list-style-type: none"> <li>• Different stapes of Yogasana</li> <li>• Kho-Kho Skills and Techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Step by step practice</li> <li>• Practice of Kho-Kho in match.</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga Mat.</li> <li>• Markers.</li> <li>• Kho-Kho Poles</li> </ul>

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: 8

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, Standing March.</li> <li>Basketball/Football skills and Techniques.</li> <li>Drill, Yoga, March Past.</li> </ul>	<ul style="list-style-type: none"> <li>March Past Practice.</li> <li>Basketball/Football practice.</li> </ul>	<ul style="list-style-type: none"> <li>Football.</li> <li>Basketball</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, Standing March.</li> </ul>	<ul style="list-style-type: none"> <li>March Past Practice.</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, Standing 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* .....

*[Signature]*  
PRINCIPAL

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:** 8

**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/ Basketball.</li> </ul>	<ul style="list-style-type: none"> <li>• Match practice.</li> </ul>	<ul style="list-style-type: none"> <li>• Football.</li> <li>• Marker.</li> <li>• Basketball.</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/ Basketball</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>• Marker.</li> <li>• Basketball.</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			

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* .....

*[Signature]*  
PRINCIPAL

VICE PRINCIPAL

*[Signature]*