



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: Physical Education

Term: First Term

Name of the Subject Co-Ordinator: Abir Panj

No. of Working Days: 91

No. of Periods Available: 18

Class: 1

Sections: A, B & C


MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING
		First Term Begins			
April	03	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"> Ma Wh
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"> Ma Wh
June	02	5. Warm Up Exercises 6. Drills	<ul style="list-style-type: none"> Different types of warm up exercises Drill No - 3 & 4 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"> Ma Wh
July	05	7. Yoga (Butterfly Pose) 8. Calisthenics 9. Yoga (Unicorn Pose)	<ul style="list-style-type: none"> 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 different freehand exercises Step by step practice of Yogasanas 	<ul style="list-style-type: none"> Ma Wh Yog

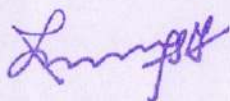
Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2. 

Submitted on: 29.04.2025

Academic Co-Ordinator: 





ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: Physical Education

Term: Second Term

Name of the Subject Co-Ordinator: Abir Panja

No. of Working Days: 76

No. of Periods Available: 14

Class: 1

Sections: A, B & C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	10. Calisthenics 11. Yoga (Sukhasana) 12. Recreational Games • Physical Education Test/Assessment	• Different types of exercises • Different steps of Sukhasana • Walking, Sitting, Running • Individual Physical Education Test/ Internal Assessment	• Practice of different freehand exercises • Step by step practice of Yogasanas • Step by step and whole practice of different Recreational Games • Regular participation	• Ma • Wh • Fo • Yo
September	02	13. Recreational Games • Physical Education Test/Assessment First Term Examination	• Walking, Sitting, Running • Individual Physical Education Test/ Internal Assessment First Term Examination	• Step by step and whole practice of different Recreational Games • Regular participation First Term Examination	• Ma • Wh • Fo
October	03	<u>Second Term Begins</u> 1. Drills 2. Yoga (Vrikshasana)	• Drill No-5 & 6 standing freehand drills • Different steps of Vrikshasana	• Drill practice with counting and whistling • Step by step practice of Yogasanas	• Ma • Wh • Yo • Fo
November	03	3. Drill 4. Yoga (Warrior Pose)	• Drill No-7 & 8 standing freehand drills • Different steps of Warrior Pose	• Drill practice with counting and whistling • Step by step practice of Yogasanas	• Ma • Yo • Wh

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December	03	5. Events of Annual Sports 6. Meditation	<ul style="list-style-type: none"> Running Events Non-Sprint events Meditation 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Practice of Meditation 	<ul style="list-style-type: none"> Mar Foc Wh
January	03	7. Events of Annual Sports 8. 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"> Mar Wh Foc
February	02	<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"> Foc Bas
March		-	-	-	

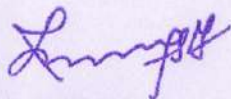
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PRINCIPAL

VICE PRINCIPAL 