



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 Panja

No. of Working Days: 91

No. of Periods Available: 18


Class: 2

Sections: A, B & C


MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	03	<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. 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"> Markers Whistle
June	02	5. March Past 6. Drills	<ul style="list-style-type: none"> Standing Marching Drill No - 3 & 4 standing freehand drills 	<ul style="list-style-type: none"> Step by step practice of Standing Marching Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle Drum
July	05	7. March Past 8. Yoga (Butterfly Pose) 9. Calisthenics 10. Yoga (Unicorn Pose)	<ul style="list-style-type: none"> Forward Marching 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 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

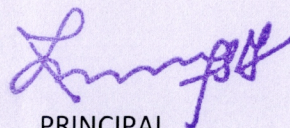
Teachers are requested to prepare a LESSON PLANS for each Topic month wise.


Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2.

Submitted on: 29.04.2025

Academic Co-Ordinator: 


PRINCIPAL

VICE PRINCIPAL 



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



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
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	10. Calisthenics 11. Recreational Games • Physical Education Test/Assessment	<ul style="list-style-type: none"> • Different types of exercises • Walking, Sitting, Running • Individual Physical Education Test/ Internal Assessment 	<ul style="list-style-type: none"> • Step by step practice of different freehand exercises • Step by step and whole practice of different Recreational Games • Regular participation 	<ul style="list-style-type: none"> • Markers • Whistle • Football
September	02	12. Recreational Games • Physical Education Test/Assessment First Term Examination	<ul style="list-style-type: none"> • Walking, Sitting, Running • Individual Physical Education Test/ Internal Assessment First Term Examination	<ul style="list-style-type: none"> • Step by step and whole practice of different Recreational Games • Regular participation First Term Examination	<ul style="list-style-type: none"> • Markers • Whistle • Football
October	03	<u>Second Term Begins</u> 1. Drills 2. Yoga (Vrikshasana)	<ul style="list-style-type: none"> • Drill No-5 & 6 standing freehand drills • Different steps of Vrikshasana 	<ul style="list-style-type: none"> • Drill practice with counting and whistling • Step by step practice of Yogasanas 	<ul style="list-style-type: none"> • Markers • Whistle • Yoga Mat • Football
November	03	3. Drill 4. Yoga (Warrior Pose)	<ul style="list-style-type: none"> • Drill No - 7 & 8 standing freehand drills • Different steps of Warrior Pose 	<ul style="list-style-type: none"> • Drill practice with counting and whistling • Step by step practice of Yogasanas 	<ul style="list-style-type: none"> • Markers • Yoga Mat • Whistle

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
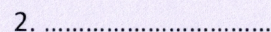
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
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	5. Events of Annual Sports 6. Yoga (Bhujangasana) 7. Meditation	<ul style="list-style-type: none"> Running Events Non-Sprint events Different steps of Bhujangasana Meditation 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Practice of Meditation 	<ul style="list-style-type: none"> Markers Yoga Mat Football Whistle
January	03	8. Events of Annual Sports 9. 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 Whistle Football Basketball
February	02	<ul style="list-style-type: none"> Physical Education Test/ Assessment Second Term Examination	<ul style="list-style-type: none"> Individual Physical Education Test/ Internal Assessment Second Term Examination	<ul style="list-style-type: none"> Regular participation Second Term Examination	<ul style="list-style-type: none"> Football Basketball
March		-	-	-	

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