



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA-700019

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

Subject: Science

Term: First Term

Name of the Subject Co-ordinator: Ms Shabari Das Pal

Name of the Book- Interactive Science

No. of working days: - 91

No. of periods available: 37

CLASS: 4

SECTION: A, B & C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	07	<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). Q. A – MCQ (Pg.No. 14 & 15) Q. B – Tick & cross (Pg.No. 15), Q.C & Q. D – Q/A (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). Q.A – Write the word (Pg.No. 24), Q.B – Q/A (Pg.No. 25).	Students will count the number of teeth in their own mouth.
June	05	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), 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	09	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). Q.A- Write adaptations of these animals, 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). 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 c.w. copy.

Teachers are requested to prepare a LESSON PLAN for each Topic month wise.
Kindly mention the chapters included for Terminal Examination

Signature of the Co-Teachers: 1. Shabari Das Pal

2. [Signature]

Submitted on: 29.04.2025

Academic Co-ordinator: [Signature]

VICE PRINCIPAL [Signature]

PRINCIPAL



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA-700019

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

Subject: Science

Term: Second Term

Name of the Subject Co-ordinator: Ms Shabari Das Pal

Name of the Book- Interactive Science

No. of working days: -76

No. of periods available: 32

CLASS: 4

SECTION: A, B & C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
August	08	Chapter 6 – Plants in the Surroundings and Environment Chapter 7 – Air	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.	Explanation (Pg.No. 56 to 66). 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). Q.A – Write the word, Q.B – Q/A Q. C Complete the sentences (Pg.No.82).	Students will bring a real plant and describe the 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	04	Revision of First Term Syllabus Chapters – 1,2,3,4,5,6,7 First Term Examination	Revision of First Term Syllabus Chapters – 1,2,3,4,5,6,7 First Term Examination	Revision of First Term Syllabus Chapters – 1,2,3,4,5,6,7 First Term Examination	
October	06	<u>Second Term Begins</u> Chapter 8 - Materials and Solutions Chapter 9 - Light	Matter, Solvent, Solute and Solution, Soluble and Insoluble substances. How to remove Insoluble Substances? How to remove Soluble Substances? Sources of light, Natural sources of light, Manmade or artificial sources of light.	Explanation (Pg.No. 85 to 89). Q. A- Give examples, Q.B – Q/A (Pg.No. 91). Explanation (Pg.No. 94 to 95).	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	08	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	Explanation (Pg.No. 96 to 99). Q.A – Define the following, Q.B – Fill in the blanks, Q.C – Answer these questions (Pg.No. 101). Explanation (Pg.No. 105 to 107).	Students will use torch to show reflection. Students will show measurements of liquids using different size bottles.

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

Kindly mention the chapters included for Terminal Examination

Signature of the Co-Teachers: 1. Shabari Das Pal

2. SK

Submitted on: 29.04.2025

Academic Co-ordinator: AS

VICE PRINCIPAL SK

PRINCIPAL SK



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA-700019

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

Subject: Science

Term: Second Term

Name of the Subject Co-ordinator: Ms Shabari Das Pal

Name of the Book- Interactive Science

No. of working days: - 76

No. of periods available: 32

CLASS: 4

SECTION: A, B & C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
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?	Explanation (Pg.No. 108 to 109). 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 116).	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.	Explanation (Pg.No. 116 to 117). 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	04	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		-----	-----	-----	-----

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

Kindly mention the chapters included for Terminal Examination

Signature of the Co-Teachers: 1. Shabari Das Pal

2. [Signature]

Submitted on: 29.04.2025

Academic Co-ordinator: [Signature]

[Signature]

PRINCIPAL

VICE PRINCIPAL [Signature]