



## 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: UKG

Sections: A & B


MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
		<b><u>First Term Begins</u></b>			
April	03	1. Formation of Line 2. Calisthenics	<ul style="list-style-type: none"><li>Line Formation</li><li>Attention &amp; Stand at Easy</li><li>Different types of exercises</li></ul>	<ul style="list-style-type: none"><li>Practice of Line formation</li><li>Step by step practice of Attention &amp; Stand at Easy</li><li>Step by step practice of different freehand exercises</li></ul>	<ul style="list-style-type: none"><li>Markers</li><li>Whistle</li></ul>
May	02	3. Warm Up Exercises 4. Drill	<ul style="list-style-type: none"><li>Different types of warm up exercises</li><li>Drill No-1 standing freehand drill</li></ul>	<ul style="list-style-type: none"><li>Step by step practice of different warm up exercises</li><li>Drill practice with counting and whistling</li></ul>	<ul style="list-style-type: none"><li>Markers</li><li>Whistle</li></ul>
June	02	5. Warm Up Exercises 6. Drill	<ul style="list-style-type: none"><li>Different types of warm up exercises</li><li>Drill No-2 standing freehand drill.</li></ul>	<ul style="list-style-type: none"><li>Step by step practice of different warm up exercises</li><li>Drill practice with counting and whistling</li></ul>	<ul style="list-style-type: none"><li>Markers</li><li>Whistle</li></ul>
July	05	7. Yoga (Vrikshasana) 8. Calisthenics 9. Yoga (Sukhasana)	<ul style="list-style-type: none"><li>Different steps of Vrikshasana</li><li>Different types of exercises</li><li>Different steps of Sukhasana</li></ul>	<ul style="list-style-type: none"><li>Step by step practice of different freehand exercises</li><li>Step by step practice of Yogasanas</li></ul>	<ul style="list-style-type: none"><li>Markers</li><li>Whistle</li><li>Yoga Mat</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.  2. 

Submitted on: 29.04.2025

Academic Co-Ordinator: 

PRINCIPAL

VICE PRINCIPAL



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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: UKG

Sections: A & B


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"> <li>• Different types of exercises</li> <li>• Walking, Sitting, Running</li> <li>• Individual Physical Education Test/ Internal Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Step by step practice of different freehand exercises</li> <li>• Step by step and whole practice of different Recreational Games</li> <li>• Regular participation</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• Whistle</li> <li>• Football</li> </ul>
September	02	12. Recreational Games • Physical Education Test/Assessment  <b>First Term Examination</b>	<ul style="list-style-type: none"> <li>• Walking, Sitting, Running</li> <li>• Individual Physical Education Test/ Internal Assessment</li> </ul> <p><b>First Term Examination</b></p>	<ul style="list-style-type: none"> <li>• Step by step and whole practice of different Recreational Games</li> <li>• Regular participation</li> </ul> <p><b>First Term Examination</b></p>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• Whistle</li> <li>• Football</li> </ul>
October	03	<u><b>Second Term Begins</b></u> 1. Drill 2. Meditation	<ul style="list-style-type: none"> <li>• Drill No-3 standing freehand drill</li> <li>• Meditation</li> </ul>	<ul style="list-style-type: none"> <li>• Drill practice with counting and whistling</li> <li>• Practice of Meditation</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• Whistle</li> </ul>
November	03	3. Drill 4. Yoga (Triangle Pose)	<ul style="list-style-type: none"> <li>• Drill No-4 standing freehand drill</li> <li>• Different steps of Triangle Pose</li> </ul>	<ul style="list-style-type: none"> <li>• Drill practice with counting and whistling</li> <li>• Step by step practice of Yogasanas</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• Yoga Mat</li> <li>• Whistle</li> </ul>

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December	03	5. Events of Annual Sports 6. Meditation	<ul style="list-style-type: none"><li>Running Events</li><li>Non-Sprint events</li><li>Meditation</li></ul>	<ul style="list-style-type: none"><li>Practice of different events for Annual Sports</li><li>Practice of Meditation</li></ul>	<ul style="list-style-type: none"><li>Markers</li><li>Football</li><li>Whistle</li></ul>
January	03	7. Events of Annual Sports 8. Recreational Games	<ul style="list-style-type: none"><li>Running Events</li><li>Non-Sprint events</li></ul>	<ul style="list-style-type: none"><li>Practice of different events for Annual Sports</li><li>Step by step and whole practice of different Recreational Games</li></ul>	<ul style="list-style-type: none"><li>Markers</li><li>Whistle</li><li>Football</li></ul>
February	02	<ul style="list-style-type: none"><li>Physical Education Test/ Assessment</li></ul> Second Term Examination	<ul style="list-style-type: none"><li>Individual Physical Education Test/ Internal Assessment</li></ul> Second Term Examination	<ul style="list-style-type: none"><li>Regular participation</li></ul> Second Term Examination	<ul style="list-style-type: none"><li>Football</li></ul>
March		-	-	-	

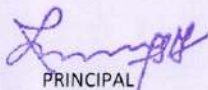
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