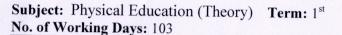


ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Name of the Subject Coordinator: Mr. Sukanta Panja No. of Periods Available: 23

Name of the book: Health & Physical Education.

Class: 10

Sections: A. B. C.

	NO. OF			Class. 10	Sections: A, B, C
MONTH	PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	10	Ch-1: The Human Growth and Development. Page No: 01-10	 Meaning of Growth and Development. Different stages of Human Life. Factors that influence Human Growth and Development. 	 Multiple Choice Questions. Fill in the Blanks. Exercises Page No: 9-12 	• Model.
May	07	Ch-2: Physical Education. Page No: 11-17 Ch-3: Body Types. Page No: 18-22	 Meaning of Physical Education. Objectives of Physical Education. Project topics: Any two games. Endomorph, Mesomorph, Ectomorph. .Physiological and Psychological Characteristics. 	 Fill in the Blanks. Write True and False. Exercises Page No: 16-20 	Chart/ Picture.Model.
June (U.T-1 EXAM BEGINS FROM 23 rd JUNE, 2025)	06	Ch-4: Physical Fitness. Page No: 23-36	 Project file Submission. Meaning of Physical Fitness. Importance of Physical Fitness. Components of Physical Fitness. Factors affecting Physical Fitness. 1st UNIT TEST SYLLABUS: Ch-1: The Human Growth and Development Ch-2: Physical Education. 	 Picture based questions. Fill in the Blanks. Exercises Page No: 34-36 	• Short Video.

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.

· Panja.

Submitted on: 21.4.25

Academic Coordinator: K. Langue

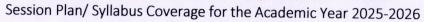
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ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019





Subject: Physical Education (**Theory**) **Term:** 1st **No. of Working Days:** 103 (1st term)

Name of the Subject Coordinator: Mr. Sukanta Panja Name of the book: Health & Physical Education. No. of Periods Available: 30 Class: 10 Sections: A. B. C.

	NO. OF		12, 4,4,4,4,5,6,7,6,7,6,7,6,7,6,7,6,7,6,7,6,7,6,7,6	Sect	ions: A, B, C
MONTH	PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
July	13	Group-B/ Option-1: Cricket/Football/Basketb all/Volleyball (Any one) Opt-1 Page No: 115-180 Ch-5: Sports Training. Page No: 37-41	 Knowledge of the game. Rules of the game. Fundamental skills and technique. Terminology. National and International tournaments/ governing bodies. Meaning of Sports Training. Importance of Sports Training. 	 Fill in the Blanks. Multiple Choice Questions. Case based questions. Picture based questions. Answer the questions briefly. Exercises Page No: 47-49 	Chart/ Picture.Short Video.Model.
August	12	Ch-5: Sports Training. Page No:42-49 Ch-6: Safety in Sports. Page No: 50-78	 Objective of Sports Training. Principles of Sports Training Sports related Injuries. Prevention of Injuries. 	 Multiple Choice Questions. Case based questions. Picture based questions. Exercises Page No: 47-49. 77-78 	HurdlesMeasuring TapeStop Watch
September (IST TERM EXAM BEGINS FROM 15 th SEPTEMBER , 2025)	(I* Term)	1: Revision of previous chapters. Ch-7: Health Education. Page No: 79-103	 Revision Meaning and importance of Health Education. Nutrition. Dietary Modification Meal planning guidelines for various physical activities. 1ST TERM EXAM SYLLABUS: Ch-1:.Ch-2: Ch-3: Ch-4: Group-B/ Option-1:Cricket/Football/Basketball/Volleyball (Any one) Opt-1 	 Multiple Choice Questions. Case based questions. Answer the questions briefly. Exercises Page No: 	• Model. • Biology Lab.

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: ...21.4.25.
Academic Coordinator: ...k. Loney.

VICE PRINCIPAL

RHAJ



Subject: Physical Education (Theory)

ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Name of the Subject Coordinator: Mr. Sukanta Panja. Name of the book: Health & Physical Education. No. of Working Days: 50 No. of Periods Available: 21 Class: 10 Sections: A. B. C NO. OF MONTH LESSONS **PERIODS TOPICS COVERED CLASS WORK** TEACHING AIDS October Ch-8: Career in Physical • Multiple Choice Ouestions. Various career options in (2ST TERM Education. • Answer the questions briefly. 09 Physical Education BEGINS FROM 07th (2ndTerm) Page No: 104-113 Picture based questions Chart/ Picture. OCTOBER, Exercises Page No: 111-113 Model. 2025) Knowledge of the game. • Case based questions. Rules of the game. • Answer the questions briefly. Group-B/ Option-2: November Fundamental skills and technique. Cricket/Football/Basketh Picture based questions (U.T-2 Terminology. all/Volleyball (Any one) Exercises Page No: 171-180 • Chart/ Picture. **EXAM** 12 Opt-2 National and International BEGINS • Short Video. FROM 23rd Page No: 115-180 tournaments/ governing bodies. • Model. **NOVEMB** ER 2025) 2nd UNIT TEST SYLLABUS: (Section A) Ch-5: Ch-6: Ch:-7:

REHEARSAL EXAM SYLLABUS:

L EXAM Group -A

All chapters from this Section (Chapter: 1-8)

Term: 2^{n d}

BEGINS Group-B

December REHEARSA

DECEMBER ,2025)

Option: Cricket/Football/Basketball/Volleyball (Any two) Opt-2

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.

Submitted on: ..21.4.25

Academic Coordinator: . K. Barray . e.....

VICE PRINCIPAL