



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



**Subject:** Physical Education (Theory) **Term:** 1<sup>st</sup>

**No. of Working Days:** 103

**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

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	10	<b>Ch-1:</b> The Human Growth and Development. Page No: 01-10	<ul style="list-style-type: none"> <li>• Meaning of Growth and Development.</li> <li>• Different stages of Human Life.</li> <li>• Factors that influence Human Growth and Development.</li> </ul>	<ul style="list-style-type: none"> <li>• Multiple Choice Questions.</li> <li>• Fill in the Blanks.</li> </ul> Exercises Page No: 9-12	<ul style="list-style-type: none"> <li>• Model.</li> </ul>
May	07	<b>Ch-2:</b> Physical Education. Page No: 11-17 <b>Ch-3:</b> Body Types. Page No: 18-22	<ul style="list-style-type: none"> <li>• Meaning of Physical Education.</li> <li>• Objectives of Physical Education.</li> <li>• Project topics: Any two games.</li> <li>• Endomorph, Mesomorph, Ectomorph.</li> <li>• Physiological and Psychological Characteristics.</li> </ul>	<ul style="list-style-type: none"> <li>• Fill in the Blanks.</li> <li>• Write True and False.</li> </ul> Exercises Page No: 16-20	<ul style="list-style-type: none"> <li>• Chart/ Picture.</li> <li>• Model.</li> </ul>
June <b>(U.T-1 EXAM BEGINS FROM 23<sup>rd</sup> JUNE, 2025)</b>	06	<b>Ch-4:</b> Physical Fitness. Page No: 23-36	<ul style="list-style-type: none"> <li>• Project file Submission.</li> <li>• Meaning of Physical Fitness.</li> <li>• Importance of Physical Fitness.</li> <li>• Components of Physical Fitness.</li> <li>• Factors affecting Physical Fitness.</li> </ul> <p><b>1<sup>st</sup> UNIT TEST SYLLABUS:</b></p> <p><b>Ch-1:</b> The Human Growth and Development</p> <p><b>Ch-2:</b> Physical Education.</p>	<ul style="list-style-type: none"> <li>• Picture based questions.</li> <li>• Fill in the Blanks.</li> </ul> Exercises Page No: 34-36	<ul style="list-style-type: none"> <li>• Short Video.</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.

*Sukanta Panja*

Submitted on: 21.4.25

Academic Coordinator: *R. Banerjee*

PRINCIPAL *[Signature]*

VICE PRINCIPAL

*[Signature]*





# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



**Subject:** Physical Education (Theory) **Term:** 1<sup>st</sup>

**No. of Working Days:** 103 (1<sup>st</sup> 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

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
July	13	<b>Group-B/ Option-1:</b> Cricket/Football/Basketball/Volleyball (Any one) Opt-1 Page No: 115-180 <b>Ch-5:</b> Sports Training. Page No: 37-41	<ul style="list-style-type: none"> <li>• Knowledge of the game.</li> <li>• Rules of the game.</li> <li>• Fundamental skills and technique.</li> <li>• Terminology.</li> <li>• National and International tournaments/ governing bodies.</li> <li>• Meaning of Sports Training.</li> <li>• Importance of Sports Training.</li> </ul>	<ul style="list-style-type: none"> <li>• Fill in the Blanks.</li> <li>• Multiple Choice Questions.</li> <li>• Case based questions.</li> <li>• Picture based questions.</li> <li>• Answer the questions briefly.</li> </ul> Exercises Page No: 47-49	<ul style="list-style-type: none"> <li>• Chart/ Picture.</li> <li>• Short Video.</li> <li>• Model.</li> </ul>
August	12	<b>Ch-5:</b> Sports Training. Page No:42-49 <b>Ch-6:</b> Safety in Sports. Page No: 50-78	<ul style="list-style-type: none"> <li>• Objective of Sports Training.</li> <li>• Principles of Sports Training</li> <li>• Sports related Injuries.</li> <li>• Prevention of Injuries.</li> </ul>	<ul style="list-style-type: none"> <li>• Multiple Choice Questions.</li> <li>• Case based questions.</li> <li>• Picture based questions.</li> </ul> Exercises Page No: 47-49. 77-78	<ul style="list-style-type: none"> <li>• Hurdles</li> <li>• Measuring Tape</li> <li>• Stop Watch</li> </ul>
September (1 <sup>ST</sup> TERM EXAM BEGINS FROM 15 <sup>th</sup> SEPTEMBER , 2025)	05 (1 <sup>st</sup> Term)	<b>1: Revision of previous chapters.</b> <b>Ch-7:</b> Health Education. Page No: 79-103	<ul style="list-style-type: none"> <li>• Revision</li> <li>• Meaning and importance of Health Education. Nutrition.</li> <li>• Dietary Modification</li> <li>• Meal planning guidelines for various physical activities.</li> </ul> <b>1<sup>ST</sup> TERM EXAM SYLLABUS:</b> <b>Ch-1: Ch-2: Ch-3: Ch-4:</b> <b>Group-B/ Option-1:</b> Cricket/Football/Basketball/Volleyball (Any one) Opt-1	<ul style="list-style-type: none"> <li>• Multiple Choice Questions.</li> <li>• Case based questions.</li> <li>• Answer the questions briefly.</li> </ul> Exercises Page No:	<ul style="list-style-type: none"> <li>• Model.</li> <li>• Biology Lab.</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.

*Sukanta Panja*

Submitted on: 21.4.25

Academic Coordinator: *K. Banerjee*

PRINCIPAL *[Signature]*

VICE PRINCIPAL

*[Signature]*





# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



**Subject:** Physical Education (Theory)

**Term:** 2<sup>nd</sup>

**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

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
October (2 <sup>ST</sup> TERM BEGINS FROM 07 <sup>th</sup> OCTOBER, 2025)	09 (2 <sup>nd</sup> Term)	<b>Ch-8:</b> Career in Physical Education. Page No: 104-113	<ul style="list-style-type: none"> <li>Various career options in Physical Education</li> </ul>	<ul style="list-style-type: none"> <li>Multiple Choice Questions.</li> <li>Answer the questions briefly.</li> <li>Picture based questions Exercises Page No: 111-113</li> </ul>	<ul style="list-style-type: none"> <li>Chart/ Picture.</li> <li>Model.</li> </ul>
November (U.T-2 EXAM BEGINS FROM 23 <sup>rd</sup> NOVEMBER 2025)	12	<b>Group-B/ Option-2:</b> Cricket/Football/Basketball/Volleyball (Any one) Opt-2 Page No: 115-180	<ul style="list-style-type: none"> <li>Knowledge of the game.</li> <li>Rules of the game.</li> <li>Fundamental skills and technique.</li> <li>Terminology.</li> <li>National and International tournaments/ governing bodies.</li> </ul> <p>2<sup>nd</sup> UNIT TEST SYLLABUS: (Section A) Ch-5: Ch-6: Ch:-7:</p>	<ul style="list-style-type: none"> <li>Case based questions.</li> <li>Answer the questions briefly.</li> <li>Picture based questions Exercises Page No: 171-180</li> </ul>	<ul style="list-style-type: none"> <li>Chart/ Picture.</li> <li>Short Video.</li> <li>Model.</li> </ul>
December (REHEARSAL EXAM BEGINS FROM 08 <sup>TH</sup> DECEMBER 2025)	<p><b>REHEARSAL EXAM SYLLABUS:</b></p> <p><b>Group -A All chapters from this Section (Chapter: 1-8)</b></p> <p><b>Group-B Option: Cricket/Football/Basketball/Volleyball (Any two) Opt-2</b></p>				

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: 21.9.25

Academic Coordinator: K. Banerjee

PRINCIPAL

VICE PRINCIPAL

*R. Ag*