



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Subject: Physical Education **Term:** 1st

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 103

No. of Periods Available: 14

Class: 5

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	04	1: Calisthenics. 2: Yoga. (Padmasana)	• Different stapes of Yogasana.	• Step by step practice.	• Yoga Mat.
May	03	1: Drill. 2: Chess.	• Any twostanding freehand drill. • Movements of Chessmen.	• Drill practice with counting. • Movements of Chessmen.	• Chess Board. • Stopwatch.
June	02	1: Chess.	• Different strategies and planning with mentor/master. • Selection for Inter House Chess Competition.	• Practice with partner.	• Chess Board. • Stopwatch.
July	05	1: Yoga. (Vajrasana) 2: Major Game.	• Different stapes of Yogasana • Kho-Kho Skills and Techniques.	• Step by step practice • Practice of Kho-Kho in match.	• Yoga Mat. • Markers. • Kho-Kho Poles

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: ^{13.5.25}~~21.1.25~~

Academic Coordinator: *R. Banerjee*

PRINCIPAL

VICE PRINCIPAL

R. Panja



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Subject: Physical Education **Term:** 1st and 2nd
No. of Working Days: 103 (1st term) & 92 (2nd term)

Name of the Subject Coordinator: Mr. Sukanta Panja
No. of Periods Available: 12 (5+ 7)

Class: 5

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	1: March Past. 2: Major Game 3: PT Exam	<ul style="list-style-type: none"> Attention, Stand at ease, Forward March. Football skills and Techniques. Drill, Yoga, March Past. 1st TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game.	<ul style="list-style-type: none"> March Past Practice. Football practice. 	<ul style="list-style-type: none"> Football.
September (1 ST TERM EXAM BEGINS FROM 15 th SEPTEMBER, 2025)	01 (1 st Term)	1: Major Game. 2: March Past.	<ul style="list-style-type: none"> Football practice for Inter House Competition. Attention, Stand at ease, Forward March 	<ul style="list-style-type: none"> Football practice for Inter House Competition. March Past Practice. 	<ul style="list-style-type: none"> Football.
October (2 nd TERM BEGINS FROM 07 th OCTOBER, 2025)	03 (2 nd Term)	1: Events of Annual Sports	<ul style="list-style-type: none"> Running & Jumping events 	<ul style="list-style-type: none"> Athletic Practice. 	<ul style="list-style-type: none"> Relay Baton Measuring Tape
November	04	1: March Past Practice. 2: Events of Annual Sports	<ul style="list-style-type: none"> Attention, Stand at ease, Forward March. Running & Jumping events 	<ul style="list-style-type: none"> March Past Practice. Athletic practice for Sports Day. 	<ul style="list-style-type: none"> Drum. Drum stick. House Flags

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: ^{13.5.25}~~24.4.25~~

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 Term: 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 92

No. of Periods Available: 09

Class: 5

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	1: Major Game	• Skills of major game-Football/ Cricket.	• Match Past practice.	• Football. • Bat. • Cricket Ball.
January	04	1: Drill 2: March Past.	• Any two standing freehand drill. • Attention, Stand at ease, Forward March	• Drill practice with counting. • March Past Practice.	• Drum. • Flute.
February (2 nd TERM EXAM BEGINS FROM 16 TH FEBRUARY, 2020)	02	1: Major Game 2: PT Exam	• Skills of major game-Football/ Cricket • Drill, Yoga, March Past. 2 ND TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game.	• Match Past practice	• Football. • Bat. • Cricket Ball.

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: 13.5.25
21.4.25

Academic Coordinator: K. Banerjee

PRINCIPAL

[Signature]

VICE PRINCIPAL

[Signature]