

# 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 Periods Available: 14

Class: 5

Sections: A, B, C

No. of Work	ing Days: 10	13	No. of Periods Available: 14	Class. 5 Sections: 11, B, C	
MONTH	NO. OF PERIODS	1 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	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.	<ul><li>Any twostanding freehand drill.</li><li>Movements of Chessmen.</li></ul>	<ul><li>Drill practice with counting.</li><li>Movements of Chessmen.</li></ul>	<ul><li>Chess Board.</li><li>Stopwatch.</li></ul>
June	02	1:Chess.	<ul> <li>Different strategies and planning with mentor/master.</li> <li>Selection for Inter House Chess Competition.</li> </ul>	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.	<ul><li>Yoga Mat.</li><li>Markers.</li><li>Kho-Kho Poles</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.

. Panja

Submitted on: 21.4.25

Academic Coordinator: Karone

VICE PRINCIPAL

13.5.25

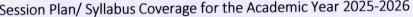
Rffy:

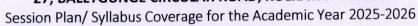
PRINCIPAL



# ST. LAWRENCE HIGH SCHOOL

### 27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019





		on <b>Term:</b> 1 <sup>st</sup> and 2 <sup>nd</sup> (1 <sup>st</sup> term) & 92 (2 <sup>nd</sup> term)	Name of the Subject Coordinator: Mr. St No. of Periods Available: 12 (5+7)		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> <li>Attention, Stand at ease, Forward March.</li> <li>Football skills and Techniques.</li> <li>Drill, Yoga, March Past.</li> <li>1st TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game.</li> </ul>	<ul><li>March Past Practice.</li><li>Football practice.</li></ul>	• Football.
September (1 <sup>ST</sup> TERM EXAM BEGINS FROM 15 <sup>th</sup> SEPTEMBER , 2025)	01 (1 <sup>st</sup> Term)	1: Major Game. 2: March Past.	<ul> <li>Football practice for Inter House Competition.</li> <li>Attention, Stand at ease, Forward March</li> </ul>	<ul> <li>Football practice for Inter House Competition.</li> <li>March Past Practice.</li> </ul>	• Football.
October (1"d TERM BEGINS FROM 07th OCTOBER, 2025)	03 (2 <sup>nd</sup> Term)	1: Events of Annual Sports	• Running & Jumping events	• .Athletic Practice.	Relay Baton     Measuring Tape
November	04	1: March Past Practice. 2: Events of Annual Sports	<ul><li>Attention, Stand at ease, Forward March.</li><li>Running &amp; Jumping events</li></ul>	<ul><li>March Past Practice.</li><li>Athletic practice for Sports Day.</li></ul>	<ul><li>Drum.</li><li>Drum stick.</li><li>House Flags</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.

Submitted on: ...214.21

Academic Coordinator: K. Lanenee.....

VICE PRINCIPAL

PRINCIPAL



## ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Subject: Physical Education Term: 2<sup>nd</sup>

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Work	ing Days:92	2	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.	<ul><li>Football.</li><li>Bat.</li><li>Cricket Ball.</li></ul>
January	04	1: Drill 2: March Past.	<ul><li>Any two standing freehand drill.</li><li>Attention, Stand at ease, Forward March</li></ul>	<ul><li>Drill practice with counting.</li><li>March Past Practice.</li></ul>	• Drum. • Flute.
February (2nd TERM EXAM BEGINS FROM 16 <sup>TH</sup> FEBRUARY, 2020)	02	1: Major Game 2: PT Exam	<ul> <li>Skills of major game-Football/ Cricket</li> <li>Drill, Yoga, March Past.</li> <li>2<sup>ND</sup> TERM EXAM SYLLABUS:         Any two Drills, One Yoga, March Past, Skills of Major Game.     </li> </ul>	Match Past practice	<ul><li>Football.</li><li>Bat.</li><li>Cricket Ball.</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.

Academic Coordinator: ... K. Lanence

VICE PRINCIPAL

PRINCIPAL