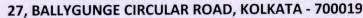
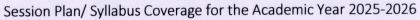


ST. LAWRENCE HIGH SCHOOL







Subject: Physical Education Term: 1st

Name of the Subject Coordinator: Mr. Sukanta Panja

No of Working Dover 102

No of Periods Available: 14

Sections: A. B. C.

No. of work	No. of Working Days: 103		No. 01 Perious Avanable: 14	:14 Class. 0 Sections. A, B, C	
MONTH	NO. OF PERIODS	LESSONS	TOPICSCOVERED	CLASSWORK	TEACHINGAIDS
April	0.4	1:Calisthenics. 2: Yoga.(Vajrasana)	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. Positions & 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. (Halasana) 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.

Submitted on: 21.4.25

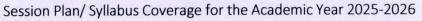
Academic Coordinator: T. Barrengee.....

VICE PRINCIPAL



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019





Name of the Subject Coordinator: Mr. Sukanta Panja

Subject: Physical Education **Term:** 1st and 2nd **No. of Working Days:** 103 (1st term) & 92 (2nd term) Class: 6 Sections: A, B, C No. of Periods Available: 15 (5+7)

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	1: March Past. 2: Major Game 3: PT Exam	 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. 	March Past Practice.Football practice.	• Football.
September (1 ST TERM EXAM BEGINS FROM 15 th SEPTEMBER , 2025)	01 (1 st Term)	1: Major Game. 2: March Past.	 Football practice for Inter House Competition. Attention, Stand at ease, Forward March 	 Football practice for Inter House Competition. March Past Practice with beats. 	• Football.
October (2 nd TERM BEGINS FROM 07 th OCTOBER, 2025)		1: Events of Annual Sports	• Running & Jumping events	• Athletic Practice for Sports Day.	Relay Baton Measuring Tape
November	04	1: March Past Practice. 2: Events of Annual Sports	Attention, Stand at ease, Forward March.Running & Jumping events	March Past Practice.Practice for Sports Day.	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.

Xukanta Panja.

Submitted on: 21.4.25

Academic Coordinator: K. Savenee.....

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: 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days:92			No. of Periods Available:09		Sections: A, B, C
MONTH	NO. OF PERIODS	LECCONG	TOPICSCOVERED	CLASSWORK	TEACHINGAIDS
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 (2nd TERM EXAM BEGINS FROM 16 TH FEBRUARY, 2026)	02	1: Major Game 2: PT Exam	 Skills of major game-Football/ Cricket Drill, Yoga, March Past. 2ND 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.

Submitted on: 21.4.25

Academic Coordinator:

VICE PRINCIPAL