

ST. LAWRENCE HIGH SCHOOL



27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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

Subj	ect:	Phys	ical	Education
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Term: 1st

No. of Periods Available: 14

Name of the Subject Coordinator: Mr. Sukanta Panja

Sections: A, B, C Class: 8

NO. OF WOLK	ang Days: 10	13	No. 01 Perious Available. 14	Class. 0	
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	04	1: Calisthenics. 2: Yoga.(Halasana)	Different stapes of Yogasana.Free hand exercises.	• Step by step practice.	• Yoga Mat.
May	03	1: Drill. 2: Chess.	Any two standing 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 (Chakrasana) 2: Major Game.	Different stapes of YogasanaKho-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: K. Lanenes

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: 1st and 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 103 (1st term) & 92 (2nd term)

No. of Periods Available: 12 (5+7)

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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, Standing March. Basketball/Football skills and Techniques. 1st TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game. 	March Past Practice.Basketball/Football practice.	Football.Basketball
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, Standing March. 	Football practice for Inter House Competition.March Past Practice.	• Football.
October (2" TERM BEGINS FROM 07 th OCTOBER, 2025)	03 (2 nd Term)	1: Events of Annual Sports	• Running & Jumping events	Practice for Sports Day.	DrumMeasuring tape.
November	04	1: March Past Practice. 2: Events of Annual Sports	 Attention, Stand at ease, Forward March, Standing 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.

ukanta Panja.

Submitted on: 21.4.25

Academic Coordinator: ... K. Barespee

PRINCIPAL

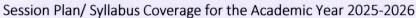
VICE PRINCIPAL

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ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019





Subject: Physical Education

Term: 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Work	ing Days: 9	2	No. of Periods Available: 09	C	Class: 8 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/ Basketball.	Match practice.	Football.Marker.Basketball.
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.	
February (2nd TERM EXAM BEGINS FROM 16 TH FEBRUARY, 2026)	02	1: Major Game 2: PT Exam	 Skills of major game-Football/ Basketball Drill, Yoga, March Past. 2ND TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game. 	Match practice	Football.Marker.Basketball.

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: ... Lane Jes......

PRINCIPAL

VICE PRINCIPAL

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