



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: 8

Sections: A, B, C

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 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:21.4.25.....

Academic Coordinator: *K. Banerjee*

VICE PRINCIPAL

R. Ag

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: 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)

Class: 8

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, Standing March. Basketball/Football skills and Techniques. 1st TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game.	<ul style="list-style-type: none"> March Past Practice. Basketball/Football practice. 	<ul style="list-style-type: none"> Football. Basketball
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, Standing 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"> Practice for Sports Day. 	<ul style="list-style-type: none"> Drum 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, Standing March. Running & Jumping events 	<ul style="list-style-type: none"> March Past Practice. 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: 21.4.25

Academic Coordinator: K. Panja

PRINCIPAL

VICE PRINCIPAL

R. H. S.



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: 8

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	1: Major Game	<ul style="list-style-type: none"> Skills of major game-Football/ Basketball. 	<ul style="list-style-type: none"> Match practice. 	<ul style="list-style-type: none"> Football. Marker. Basketball.
January	04	1: Drill 2: March Past.	<ul style="list-style-type: none"> Any two standing freehand drill. Attention, Stand at ease, Forward March 	<ul style="list-style-type: none"> Drill practice with counting. March Past Practice. 	<ul style="list-style-type: none"> Drum Flute Marker
February (2 nd TERM EXAM BEGINS FROM 16 TH FEBRUARY, 2026)	02	1: Major Game 2: PT Exam	<ul style="list-style-type: none"> Skills of major game-Football/ Basketball Drill, Yoga, March Past. <p>2ND TERM EXAM SYLLABUS: Any two Drills, One Yoga, March Past, Skills of Major Game.</p>	<ul style="list-style-type: none"> Match practice 	<ul style="list-style-type: none"> 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.

Sukanta Panja

Submitted on:21.4.25.....

Academic Coordinator: *K. Banerjee*

PRINCIPAL

[Signature]

VICE PRINCIPAL

[Signature]