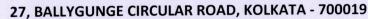
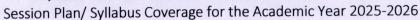
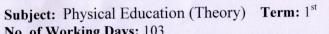


## ST. LAWRENCE HIGH SCHOOL







Name of the Subject Coordinator: Mr. Sukanta Panja No. of Periods Available: 36 Class: 9

Name of the book: Health & Physical Education.

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	10	Ch-1: The Human Anatomy and Physiology. Page No:01-04	<ul> <li>Skeletal System: Bones Identification.</li> <li>Functions of the skeletal system.</li> <li>Classification of different types of joints.</li> </ul>	<ul><li>Multiple Choice Questions.</li><li>Fill in the Blanks.</li></ul>	• Model.
May	07	Ch-1: The Human Anatomy and Physiology. Page No:05-11 Ch-2: Muscular System.Page No11-15	<ul> <li>Types of joint movements in physical activities.</li> <li>Benefits of exercise on the Skeletal system.</li> <li>Types of muscles.</li> <li>Project Topics on two games.</li> </ul>	<ul><li>Fill in the Blanks.</li><li>Write True and False.</li></ul>	<ul><li>Chart/ Picture.</li><li>Model.</li></ul>
June (U.T-1 EXAM BEGINS ROM 23 <sup>rd</sup> JUNE, 2025)	06	<b>Ch-2:</b> Muscular System. Page No:16-19	• Identification of Muscles • Benefits of exercise on Muscular system.  1st UNIT TEST SYLLABUS:  Ch-1: The Human Anatomy & Physiology  Ch-2: Muscular System.	<ul><li>Picture based questions.</li><li>Fill in the Blanks.</li></ul>	• Short Video.
July	13	<b>Ch-3:</b> Respiratory System. Page No:21-29	<ul> <li>Pathway of Air into the body.</li> <li>Mechanics of breathing.</li> <li>Oxygen Debt and lactic acid accumulation. Meaning only. Second Wind.</li> <li>Vital capacity and Tidal volume.</li> <li>Benefits of exercise on the Respiratory system.</li> </ul>	<ul><li>Short questions</li><li>Case based questions.</li></ul>	<ul><li>Chart/ Picture.</li><li>Short Video.</li><li>Model.</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.

Sukanta Panja.

Submitted on: 21-4-25

Academic Coordinator: K. Barrense.

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## ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



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

Name of the Subject Coordinator: Mr. Sukanta Panja Name of the book: Health & Physical Education.

No. of Periods Available: 39 (18+21)

Class: 0 Sections: A. P. C.

	NO. OF		10. of Teriods Available; 39 (18+)	Class:	9 Sections: A, B, C
MONTH	PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	13	Group-B/ Option-1: Cricket/Football/Basketb all/Volleyball (Any one) Opt-1 Page No:48-217		<ul> <li>Answer the questions briefly.</li> <li>Case based questions.</li> <li>Picture based questions.</li> </ul>	Sports Equipments.
Euptember (I <sup>ST</sup> TERM EXAM BEGINS FROM 15 <sup>th</sup> SEPTEMBER , 2025)	05 (1 <sup>st</sup> Term)	1: Revision of previous chapters. Ch-4: Circulatory System. Page No:30-31	• Revision • Structure of the Heart.  1 <sup>ST</sup> TERM EXAM SYLLABUS: Ch-1: The Human Anatomy and Physiology. Ch-2: Muscular System. Ch-3: Respiratory System. Group-B/ Option- 1:Cricket/Football/Basketball/Volleyball (Any one) Opt-1	<ul><li>Revision</li><li>Multiple Choice Questions.</li></ul>	• Biology Lab.
October (2 <sup>ST</sup> TERM BEGINS FROM 07 <sup>TH</sup> OCTOBERR, 2025)	(Z Term)	<b>Ch-4:</b> Circulatory System. Page No:31-33	<ul> <li>Heart rate, Stroke Volume, Cardiac Output, Meaning and difference.</li> <li>Mechanism of blood circulation.</li> </ul>	<ul><li>Case based questions.</li><li>Fill in the Blanks.</li></ul>	• Model.
November (U.T-2 EXAM BEGINS FROM 17th Nov, 2025)	12	C1 1 C' 1	<ul> <li>Blood.</li> <li>Benefits of exercise on the Circulatory system.</li> <li>2<sup>nd</sup> UNIT TEST SYLLABUS: Ch-3 Respiratory System.</li> <li>Ch-4 Circulatory System.</li> </ul>	<ul><li>Multiple Choice Questions.</li><li>Picture based questions</li></ul>	• Chart/ Picture. • Short Video.

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. Range Co...

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## ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



**Subject:** Physical Education (Theory) **No. of Working Days:** 92

Term: 2<sup>n</sup>Name of the Subject Coordinator: Mr. Sukanta Panja No. of Periods Available: 27

Name of the book: Health & Physical Education.

Class: 9 Sections: A. B. C.

	NO. OF			Class: 9	Sections: A, B, C	
MONTH	PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS	
December	09	Ch-5: Games and Sports. Page No:41-46	<ul> <li>Games and sports and their psychological and social benefits.</li> <li>Meaning and difference between Games and Sports.</li> </ul>	<ul><li>Picture based questions.</li><li>Answer the questions briefly.</li></ul>	• Short Video.	
January	12	Group-B/ Option-2: Cricket/Football/Basketb all/Volleyball (Any one) Opt-2 Page No:48-217	<ul> <li>Knowledge of the game.</li> <li>Rules of the game.</li> <li>Fundamental skills and technique.</li> <li>Terminology.</li> <li>National and International tournaments/ governing bodies.</li> </ul>	<ul> <li>Multiple Choice Questions.</li> <li>Case based questions.</li> <li>Answer the questions briefly.</li> </ul>	•Sports Equipments.	
February (2nd TERM EXAM BEGINS FROM 16 <sup>TH</sup> FEBRUARY, 2026)	06	Ch-3: Respiratory System. Ch-4: Circulatory System. Ch-5: Games and sports.	<ul> <li>Revision</li> <li>2<sup>ND</sup> TERM EXAM SYLLABUS:         Ch-3: Respiratory System. Ch-4:         Circulatory System. Ch-5: Games and sports Group-B/ Option:         Cricket/Football/Basketball/Volleybal 1 (Any two) Opt-2     </li> </ul>	<ul> <li>Fill in the Blanks.</li> <li>Multiple Choice Questions.</li> <li>Case based questions.</li> <li>Answer the questions briefly.</li> <li>Picture based questions.</li> </ul>	•Biology Lab.	
March		Correction of Answer Sheet				

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.

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