



# 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>

**Name of the Subject Coordinator:** Mr. Sukanta Panja

**Name of the book:** Health & Physical Education.

**No. of Working Days:** 103

**No. of Periods Available:** 36

**Class:** 9

**Sections:** A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	10	<b>Ch-1:</b> The Human Anatomy and Physiology. Page No:01-04	<ul style="list-style-type: none"> <li>• Skeletal System: Bones Identification.</li> <li>• Functions of the skeletal system.</li> <li>• Classification of different types of joints.</li> </ul>	<ul style="list-style-type: none"> <li>• Multiple Choice Questions.</li> <li>• Fill in the Blanks.</li> </ul>	<ul style="list-style-type: none"> <li>• Model.</li> </ul>
May	07	<b>Ch-1:</b> The Human Anatomy and Physiology. Page No:05-11 <b>Ch-2:</b> Muscular System. Page No:11-15	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Fill in the Blanks.</li> <li>• Write True and False.</li> </ul>	<ul style="list-style-type: none"> <li>• Chart/ Picture.</li> <li>• Model.</li> </ul>
June (U.T-1 EXAM BEGINS FROM 23 <sup>rd</sup> JUNE, 2025)	06	<b>Ch-2:</b> Muscular System. Page No:16-19	<ul style="list-style-type: none"> <li>• Identification of Muscles</li> <li>• Benefits of exercise on Muscular system.</li> </ul> <p><b>1<sup>st</sup> UNIT TEST SYLLABUS:</b> <b>Ch-1:</b> The Human Anatomy &amp; Physiology <b>Ch-2:</b> Muscular System.</p>	<ul style="list-style-type: none"> <li>• Picture based questions.</li> <li>• Fill in the Blanks.</li> </ul>	<ul style="list-style-type: none"> <li>• Short Video.</li> </ul>
July	13	<b>Ch-3:</b> Respiratory System. Page No:21-29	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Short questions</li> <li>• Case based questions.</li> </ul>	<ul style="list-style-type: none"> <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. Banerjee

PRINCIPAL

VICE PRINCIPAL





# 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>

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

**No. of Working Days:** 103 (1<sup>st</sup> term) & 92 (2<sup>nd</sup> term)

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

**Class:** 9 **Sections:** A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	13	<b>Group-B/ Option-1:</b> Cricket/Football/Basketball/Volleyball (Any one) Opt-1 Page No:48-217	<ul style="list-style-type: none"> <li>Knowledge of the game.</li> <li>Rules of the game.</li> <li>Fundamental skills and technique.</li> <li>Terminology.</li> </ul>	<ul style="list-style-type: none"> <li>Answer the questions briefly.</li> <li>Case based questions.</li> <li>Picture based questions.</li> </ul>	<ul style="list-style-type: none"> <li>Sports Equipments.</li> </ul>
September (1 <sup>ST</sup> TERM EXAM BEGINS FROM 15 <sup>th</sup> SEPTEMBER, 2025)	05 (1 <sup>st</sup> Term)	<b>1: Revision of previous chapters.</b> <b>Ch-4:</b> Circulatory System. Page No:30-31	<ul style="list-style-type: none"> <li>Revision</li> <li>Structure of the Heart.</li> </ul> <b>1<sup>ST</sup> TERM EXAM SYLLABUS:</b> <b>Ch-1:</b> The Human Anatomy and Physiology. <b>Ch-2:</b> Muscular System. <b>Ch-3:</b> Respiratory System. <b>Group-B/ Option-1:</b> Cricket/Football/Basketball/Volleyball (Any one) Opt-1	<ul style="list-style-type: none"> <li>Revision</li> <li>Multiple Choice Questions.</li> </ul>	<ul style="list-style-type: none"> <li>Biology Lab.</li> </ul>
October (2 <sup>ST</sup> TERM BEGINS FROM 07 <sup>TH</sup> OCTOBER, 2025)	09 (2 <sup>nd</sup> Term)	<b>Ch-4:</b> Circulatory System. Page No:31-33	<ul style="list-style-type: none"> <li>Heart rate, Stroke Volume, Cardiac Output, Meaning and difference.</li> <li>Mechanism of blood circulation.</li> </ul>	<ul style="list-style-type: none"> <li>Case based questions.</li> <li>Fill in the Blanks.</li> </ul>	<ul style="list-style-type: none"> <li>Model.</li> </ul>
November (U.T-2 EXAM BEGINS FROM 17 <sup>th</sup> Nov, 2025)	12	<b>Ch-4:</b> Circulatory System. Page No:33-40	<ul style="list-style-type: none"> <li>Blood.</li> <li>Benefits of exercise on the Circulatory system.</li> </ul> <b>2<sup>nd</sup> UNIT TEST SYLLABUS:</b> Ch-3 Respiratory System. Ch-4 Circulatory System.	<ul style="list-style-type: none"> <li>Multiple Choice Questions.</li> <li>Picture based questions</li> </ul>	<ul style="list-style-type: none"> <li>Chart/ Picture.</li> <li>Short Video.</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. Panja*

PRINCIPAL

*[Signature]*

VICE PRINCIPAL

*[Signature]*





# ST. LAWRENCE HIGH SCHOOL

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



**Subject:** Physical Education (Theory)

**Term:** 2<sup>nd</sup> **Name of the Subject Coordinator:** Mr. Sukanta Panja

**Name of the book:** Health & Physical Education.

**No. of Working Days:** 92

**No. of Periods Available:** 27

**Class:** 9

**Sections:** A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	09	<b>Ch-5:</b> Games and Sports. Page No:41-46	<ul style="list-style-type: none"> <li>• Games and sports and their psychological and social benefits.</li> <li>• Meaning and difference between Games and Sports.</li> </ul>	<ul style="list-style-type: none"> <li>• Picture based questions.</li> <li>• Answer the questions briefly.</li> </ul>	<ul style="list-style-type: none"> <li>• Short Video.</li> </ul>
January	12	<b>Group-B/ Option-2:</b> Cricket/Football/Basketball/Volleyball (Any one) Opt-2 Page No:48-217	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>• Multiple Choice Questions.</li> <li>• Case based questions.</li> <li>• Answer the questions briefly.</li> </ul>	<ul style="list-style-type: none"> <li>• Sports Equipments.</li> </ul>
February (2 <sup>nd</sup> TERM EXAM BEGINS FROM 16 <sup>TH</sup> FEBRUARY, 2026)	06	<b>Ch-3:</b> Respiratory System. <b>Ch-4:</b> Circulatory System. <b>Ch-5:</b> Games and sports.	<ul style="list-style-type: none"> <li>• Revision</li> </ul> <p><b>2<sup>ND</sup> TERM EXAM SYLLABUS:</b>  <b>Ch-3:</b> Respiratory System. <b>Ch-4:</b> Circulatory System. <b>Ch-5:</b> Games and sports  <b>Group-B/ Option:</b> Cricket/Football/Basketball/Volleyball (Any two) Opt-2</p>	<ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <li>• Biology Lab.</li> </ul>
March		Correction of Answer Sheet			

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Signature of the Co-Teachers: 1.

*Sukanta Panja*

Submitted on: 21.4.25

Academic Coordinator: *K. Banerjee*

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