



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education

Term: 1st

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 61

No. of Periods Available: 14

Class: 6

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	04	1: Calisthenics. 2: Yoga. (Vajrasana)	• Different stapes of Yogasana.	• Step by step practice.	• Yoga Mat.
May	02	1: Drill. 2: Chess.	• Any two standing freehand drill. • Movements of Chessmen.	• Drill practice with counting. • Positions & Movements of Chessmen.	• Chess Board. • Stopwatch.
June	03	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.

Sukanta Panja.

Submitted on: 20.04.26

Academic Coordinator: *Chaitali Roy*

PRINCIPAL

[Signature]

VICE PRINCIPAL

[Signature]



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education

Term: 1st and 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 61, 36 (1st term) + 42 (2nd term)

No. of Periods Available: 14 (05+ 09)

Class: 6

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. Football skills and Techniques. Drill, Yoga, March Past. 	<ul style="list-style-type: none"> March Past Practice. Football practice. 	<ul style="list-style-type: none"> Football.
1ST TERM EXAM SYLLABUS: Any two Drills, Yoga, March Past.					
September <u>(1ST TERM EXAM BEGINS FROM 07th SEPTEMBER, 2026)</u>	01 (1 st Term) 02 (2 nd 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 	<ul style="list-style-type: none"> Football practice for Inter House Competition. March Past Practice with beats. 	<ul style="list-style-type: none"> Football.
October	03	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"> Nil
November	04	1: March Past Practice. 2: Events of Annual Sports	<ul style="list-style-type: none"> Attention, Stand at ease, Forward 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: 20.04.26

Academic Coordinator: *Chaitali Roy*

PRINCIPAL *[Signature]*

VICE PRINCIPAL *[Signature]*



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2026-2027



Subject: Physical Education

Term: 2nd

Name of the Subject Coordinator: Mr. Sukanta Panja

No. of Working Days: 42, 58

No. of Periods Available: 09

Class: 6

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/ Cricket. 	<ul style="list-style-type: none"> • Match practice. 	<ul style="list-style-type: none"> • Football. • Bat. • Cricket Ball.
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"> • Nil
February <i>(2nd TERM EXAM BEGINS FROM 15TH FEBRUARY, 2027)</i>	02	1: Major Game 2: PT Exam	<ul style="list-style-type: none"> • Skills of major game-Football/ Cricket • Drill, Yoga, March Past. 	<ul style="list-style-type: none"> • Match practice 	<ul style="list-style-type: none"> • Football. • Bat. • Cricket Ball.
2ND TERM EXAM SYLLABUS: Any two Drills, Yoga, March Past and One major game.					
March	NIL	Exam continues			

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: *20.04.26*

Academic Coordinator: *Chaitali Roy*

PRINCIPAL

[Signature]

VICE PRINCIPAL

[Signature]