



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

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



Subject: Physical Education (Theory) Term: 1st

Name of the Subject Coordinator: Mr. Sukanta Panja

Name of the book: Health & Physical Education.

No. of Working Days: 61

No. of Periods Available: 35

Class: 9

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
April	09	Ch-1: The Human Anatomy and Physiology.	<ul style="list-style-type: none"> • Skeletal System: Bones Identification. • Functions of the skeletal system. • Classification of different types of joints. Page No:01-04	<ul style="list-style-type: none"> • Multiple Choice Questions. • Fill in the Blanks. 	<ul style="list-style-type: none"> • Text Book. • Model.
May	06	Ch-1: The Human Anatomy and Physiology. Ch-2: Muscular System.	<ul style="list-style-type: none"> • Types of joint movements in physical activities. • Benefits of exercise on the Skeletal system. Page No:05-11 <ul style="list-style-type: none"> • Types of muscles. Page No:11-15 	<ul style="list-style-type: none"> • Fill in the Blanks. • Write True and False. 	<ul style="list-style-type: none"> • Note Book. • Chart/ Picture. • Model.
June <i>(UNIT TEST I EXAM BEGINS FROM 15th JUNE, 2026)</i>	07	Ch-2: Muscular System.	<ul style="list-style-type: none"> • Identification of Muscles • Benefits of exercise on Muscular system. Page No:16-19 UT-I Syllabus: Ch-1: The Human Anatomy and Physiology. Ch-2: Muscular System.	<ul style="list-style-type: none"> • Picture based questions. • Fill in the Blanks. 	<ul style="list-style-type: none"> • Short Video. • Text Book.
July	13	Ch-3: Respiratory System.	<ul style="list-style-type: none"> • Pathway of Air into the body. • Mechanics of breathing. • Oxygen Debt and lactic acid accumulation. Meaning only. • Second Wind. • Vital capacity and Tidal volume. • Benefits of exercise on the Respiratory system. Page No:21-29 	<ul style="list-style-type: none"> • Short questions • Case based questions. 	<ul style="list-style-type: none"> • Chart/ Picture. • Short Video. • Model.

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]



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



Subject: Physical Education (Theory) Term: 1st and 2nd Name of the Subject Coordinator: Mr. Sukanta Panja Name of the book: Health & Physical Education.
No. of Working Days: 61, 36 (1st term) + 42 (2nd term) No. of Periods Available: 37 (13+ 24) Class: 9 Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	11	Group-B/ Option-1: Cricket/Football/Basketball/Volleyball (Any one) Opt-1	<ul style="list-style-type: none"> • Knowledge of the game. • Rules of the game. • Fundamental skills and technique. • Terminology. • National and International tournaments/ governing bodies. Page No:48-217	<ul style="list-style-type: none"> • Answer the questions briefly. • Case based questions. • Picture based questions. 	<ul style="list-style-type: none"> • Sports Equipments.
1ST TERM EXAM SYLLABUS:					
Ch-1: The Human Anatomy and Physiology, Ch-2: Muscular System. Ch-3: Respiratory System. Group-B. Cricket/Football/Basketball/Volleyball (Any one) Opt-1					
September <i>(1ST TERM EXAM BEGINS FROM 07th SEPTEMBER, 2026)</i>	02 (1 st Term) 05 (2 nd Term)	1: Revision of previous chapters. Ch-4: Circulatory System.	<ul style="list-style-type: none"> • Revision • Structure of the Heart. Page No:30-31 	<ul style="list-style-type: none"> • Revision • Multiple Choice Questions. 	<ul style="list-style-type: none"> • Biology Lab.
October <i>(2ST TERM BEGINS FROM 21st SEPTEMBER, 2026)</i>	03	Ch-4: Circulatory System.	<ul style="list-style-type: none"> • Heart rate, Stroke Volume, Cardiac Output, Meaning and difference. • Mechanism of blood circulation. Page No:31-33 PROJECT SUBMISSION: On 28th October.	<ul style="list-style-type: none"> • Case based questions. • Fill in the Blanks. 	<ul style="list-style-type: none"> • Model.
November <i>(UNIT TEST II EXAM BEGINS FROM 16th NOV, 2026)</i>	11	Ch-4: Circulatory System.	<ul style="list-style-type: none"> • Blood, Benefits of exercise on the Circulatory system. Page No:33-40 UT-I Syllabus: Ch-3: Respiratory System. Ch-4: Circulatory System.	<ul style="list-style-type: none"> • Multiple Choice Questions. • Picture based questions 	<ul style="list-style-type: none"> • Chart/ Picture. • Short Video.

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



Subject: Physical Education (Theory)

Term: 2nd Name of the Subject Coordinator: Mr. Sukanta Panja

Name of the book: Health & Physical Education.

No. of Working Days: 42, 58

No. of Periods Available: 24

Class: 9

Sections: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	09	Ch-5: Games and Sports.	<ul style="list-style-type: none"> Games and sports and their psychological and social benefits. Meaning and difference between Games and Sports. Page No:41-46	<ul style="list-style-type: none"> Picture based questions. Answer the questions briefly. 	<ul style="list-style-type: none"> Short Video. Text Book.
January	10	Group-B/ Option-2: Cricket/Football/Basketball/Volleyball (Any one) Opt-2	<ul style="list-style-type: none"> Knowledge of the game. Rules of the game. Fundamental skills and technique. Terminology. National and International tournaments/ governing bodies. Page No:48-217	<ul style="list-style-type: none"> Multiple Choice Questions. Case based questions. Answer the questions briefly. 	<ul style="list-style-type: none"> Sports Equipments.
February <i>(2nd TERM EXAM BEGINS FROM 15TH FEBRUARY, 2027)</i>	05	Ch-3: Respiratory System. Ch-4: Circulatory System. Ch-5: Games and sports.	<ul style="list-style-type: none"> Revision 	<ul style="list-style-type: none"> Fill in the Blanks. Multiple Choice Questions. Case based questions. Answer the questions briefly. Picture based questions. 	<ul style="list-style-type: none"> Biology Lab.
2ND TERM EXAM SYLLABUS:					
Ch-2: Muscular System Ch-3: Respiratory System. Ch-4: Circulatory System. Ch-5: Games and sports. Group-B Cricket/Football/Basketball/Volleyball (Any two) Opt-2					
March	NIL	Exam continues			

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Sukanta Panja.

Submitted on: *20.04.26*
Academic Coordinator: *Chaitali Roy*

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