



Sir Padampat Singhania Education Centre
Kamla Nagar, Kanpur

Lesson Plan

Session 2026 - 2027

Class: XI

Subject : **Psychology (037)**
Book : NCERT Psychology XI

Subject Coordinator
Name: Ms. Osheen Kundal

Sign:

Head of Department

Sign:



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Yearly Syllabus/Planning overview

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 170

Month	Assessed In	Lesson/s to be covered	Period Count
April		Understanding Psychology Methods of Enquiry in Psychology	21
May		Methods of Enquiry in Psychology <i>Introduction of Project</i>	22
June		Summer Break	-
July		Sensory Processes Attentional Process <i>Introduction of Experiment 1</i> Human Development <i>July Test (20/07 - 27/07)</i>	29
August		Human Development (Contd.) Motivation and Emotion Perceptual Processes	20
September		Revision <i>Practical Examination</i> <i>Half-Yearly Examination (15/09 - 28/09)</i>	15
October		Learning Human Memory	21
November		Human Memory (Contd.) Thinking <i>Introduction of Experiment 2</i>	19
December		Thinking (Contd.) Revision <i>December Test (14/12 - 21/12)</i>	24
January		<i>Submission of Project and Practical File (08/01)</i> Revision	
February		Revision <i>Practical Examination</i> <i>Annual Examination (18/02 - 03/03)</i>	
March		<i>Annual Examination (18/02 - 03/03)</i>	

Subject coordinator:

HOD:



Sir Padampat Singhan Education Centre

Kamla Nagar, Kanpur

Monthly Syllabus/Planning overview Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 127

Month	Date/Week		Lesson/s to be covered in classroom	Period Count
	From	To		
April	06/04	10/04	Understanding Psychology	5
	13/04	18/04	Understanding Psychology	5
	20/04	25/04	Understanding Psychology	6
	27/04	02/05	Methods of Enquiry in Psychology	5
May	04/04	08/05	Methods of Enquiry in Psychology	5
	11/05	16/05	Methods of Enquiry in Psychology	6
	18/05	23/05	Methods of Enquiry in Psychology	6
	25/05	30/05	<i>Revision</i>	5
June			<i>Summer Break</i>	-
July	29/06	04/07	Sensory Processes Attentional Processes	6
	06/07	10/07	Attentional Processes Human Development	5
	13/07	18/07	Human Development	6
	20/07	25/07	Human Development July Test	6
	27/07	01/08	Human Development	6
August	03/08	07/08	Motivation and Emotion	5
	10/08	15/08	Motivation and Emotion <i>Practicals</i>	5
	17/08	22/08	Motivation and Emotion Perceptual Processes	6
	24/08	29/08	Perceptual Processes	4
September	31/08	05/09	Perceptual Processes <i>Revision</i>	5
	07/09	11/09	<i>Revision</i> <i>Practical Examination</i>	5
Half-Yearly Examination (15/09/26- 28/09/26)				

September	28/09	03/10	Learning	4
October	05/10	09/10	Learning	5
	12/10	17/10	Learning	6
	19/10	24/10	Learning	4
	26/10	31/10	Learning	6
November	02/11	07/11	Learning Human Memory	6
	09/11	13/11	<i>Practical</i>	2
	16/11	21/11	Human Memory	6
	23/11	28/11	Human Memory	5
December	30/11	05/12	Thinking	6
	07/12	11/12	Thinking	5
	14/12	19/12	Thinking	6
	21/12	26/12	Thinking <i>Revision</i>	5
	28/12	02/01	<i>Revision</i>	2
January	04/01	09/01	<i>Revision</i>	2
	11/01	16/01	<i>Revision</i>	5
	18/01	23/01	<i>Revision</i>	6
	25/01	30/01	<i>Revision</i>	5
February	01/02	06/02	<i>Revision</i>	6
	08/02	13/02	<i>Revision</i>	
<i>Annual Examination (18/02/27 - 03/03/27)</i>				

Subject coordinator:

HOD:



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Kamla Nagar, Kanpur

Weekly Planning Overview (April)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 21

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 06/04 - 10/04			Period Count: 5
PD1	Understanding Psychology • Introduction		
PD2	• Introduction • Psychology as a Discipline		
PD3	• Psychology as a Discipline • Understanding Mind and Behaviour		
PD4	• Understanding Mind and Behaviour • Popular Notions About the Discipline of Psychology		
PD5	• Popular Notions About the Discipline of Psychology		
WEEK: 13/04 - 18/04 14/04/26: Baisakhi			Period Count: 5
PD1	• Evolution of Psychology		
PD2	• Evolution of Psychology		
PD3	• Development of Psychology in India		
PD4	• Branches of Psychology		
PD5	• Branches of Psychology		
WEEK: 20/04 - 25/04			Period Count: 6
PD1	• Psychology and Other Disciplines		
PD2	• Psychology and Other Disciplines		

PD3	Psychology in Everyday Life		
PD4	Revision		
PD5	<i>Practical Class</i>		
PD6	<i>Practical Class</i>		
WEEK: 27/04 - 02/05 01/05/26: Buddha Purnima			
		Period Count: 5	
PD1	Methods of Enquiry in Psychology Introduction		
PD2	Goals of Psychological Enquiry		
PD3	Goals of Psychological Enquiry		
PD4	Steps in Conducting Scientific Research (Problem Conceptualisation and Hypothesis)		
PD5	Steps in Conducting Scientific Research (Drawing and Revising Conclusions)		

Subject coordinator

Supervisor

Principal/V. Principal



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Kamla Nagar, Kanpur

Weekly Planning Overview (May)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 22

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 04/05 – 08/05			Period Count: 5
PD1	Alternative Paradigms of Research		
PD2	- Nature of Psychological Data - Analysis of Data		
PD3	- Analysis of Data - Limitation of Psychological Enquiry		
PD4	- Limitation of Psychological Enquiry - Ethical Issues		
PD5	Important Methods in Psychology		
WEEK: 11/05 – 16/05			Period Count: 6
PD1	Observational Method		
PD2	- Observational Method - Survey Method		
PD3	Survey Method		
PD4	Case Study		
PD5	Psychological Test		
PD6	Psychological Test		
WEEK: 18/05 – 23/05			Period Count: 6

PD1	• Experimental Method		
PD2	• Experimental Method		
PD3	• Experimental Method		
PD4	• Correlational Method		
PD5	• Overview of Research Method		
PD6	Revision		
WEEK: 25/05 - 30/05 28/05/26: Bakra-eid Period Count: 5			
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		

Summer Vacation: 30/05/26 - 29/06/26

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly Planning Overview (July)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 29

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 29/06 - 04/07			Period Count: 6
PD1	SENSORY PROCESSES • Introduction • Knowing the World • Nature and Variety of Stimulus		
PD2	• Sense Modalities • Functional Limitations of Sense Organs		
PD3	ATTENTIONAL PROCESSES • Introduction		
PD4	• Selective Attention • Factors Affecting Selective Attention • Divided Attention		
PD5	• Theories of Selective Attention		
PD6	• Theories of Selective Attention		
WEEK: 06/07 - 10/07			Period Count: 5
PD1	• Sustained Attention • Factors Affecting Sustained Attention		
PD2	• Span of Attention • Attention Deficit Hyperactive Disorder		
PD3	Revision		
PD4	HUMAN DEVELOPMENT • Introduction		
PD5	• Growth, Maturation, Evolution, and Development		
WEEK: 13/07 - 18/07			Period Count: 6
PD1	• Life-Span Perspective on Development		

PD2	• Factors Influencing Development		
PD3	• Context of Development		
PD4	Revision		
PD5	Revision		
PD6	Revision		
WEEK: 20/07 - 25/07		Period Count: 6	
<i>July Test</i>			
PD1	<i>July Test - Psychology</i>		
PD2	• Overview of Development		
PD3	• Infancy		
PD4	• Infancy		
PD5	• Childhood		
PD6	• Childhood		
WEEK: 27/07 - 01/08		Period Count: 6	
PD1	• Childhood		
PD2	• Challenges of Adolescence		
PD3	• Challenges of Adolescence		
PD4	• Challenges of Adolescence		
PD5	• Adulthood and Old Age (Adulthood)		
PD6	• Adulthood and Old Age (Adulthood)		

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly Planning Overview (August)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 20

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 03/08 - 07/08			Period Count: 5
PD1	Revision		
PD2	MOTIVATION AND EMOTION • Introduction • Nature of Motivation		
PD3	• Motivation Cycle		
PD4	• Types of Motives (Biological Motives)		
PD5	• Types of Motives (Psychosocial Motives)		
WEEK: 10/08 - 15/08 15/08/26: Independence Day			Period Count: 5
PD1	• Types of Motives (Psychosocial Motives)		
PD2	• Maslow's Hierarchy of Needs		
PD3	• Nature of Emotions		
PD4	• Expression of Emotions		
PD5	Practical Class		
WEEK: 17/08 - 22/08			Period Count: 6
PD1	• Managing Negative Emotions • Management of Examination Anxiety		
PD2	• Enhancing Positive Emotions		

PD3	Revision		
PD4	Revision		
PD5	PERCEPTUAL PROCESSES • Introduction • Processing Approaches in Perception		
PD6	• The Perceiver		
WEEK: 24/08 - 29/08 26/08/26: Eid-UL-Milad (Barawafat) 28/08/26: Rakshabandhan Period Count: 4			
PD1	• The Perceiver		
PD2	• Principles of Perceptual Organisation		
PD3	• Principles of Perceptual Organisation		
PD4	• Perception of Space, Depth, and Distance		

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly Planning Overview (September)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 15

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 31/08 - 05/09 <i>04/09/26: Shree Krishna Janmashtami</i>			Period Count: 5
PD1	Perception of Space, Depth, and Distance		
PD2	- Perceptual Constancies - Illusions - Socio-Cultural Influences on Perception		
PD3	Revision		
PD4	Revision		
PD5	Revision		
WEEK: 07/09 - 11/09			Period Count: 5
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
Half-Yearly Examination <i>(15/09/26 - 28/09/26)</i>			
WEEK: 28/09 - 03/10 <i>02/10/25: Gandhi Jayanti</i>			Period Count: 4
PD1	Recapitulation		

PD2	LEARNING • Introduction • Features of Learning		
PD3	• Paradigms of Learning		
PD4	• Classical Conditioning		

Subject coordinator

Supervisor

Principal/V. Principal



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Weekly Planning Overview (October)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 21

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 05/10 - 09/10			Period Count: 5
PD1	• Classical Conditioning (Determinants of Classical Conditioning)		
PD2	• Classical Conditioning (Determinants of Classical Conditioning)		
PD3	• Classical Conditioning (Determinants of Classical Conditioning)		
PD4	• Operant/Instrumental Conditioning		
PD5	• Operant/Instrumental Conditioning		
WEEK: 12/10 - 17/10			Period Count: 6
PD1	• Operant/Instrumental Conditioning (Determinants of Operant/Instrumental Conditioning)		
PD2	• Operant/Instrumental Conditioning (Determinants of Operant/Instrumental Conditioning)		
PD3	• Classical vs. Operant Conditioning		
PD4	• Key Learning Processes		
PD5	• Key Learning Processes		
PD6	• Key Learning Processes		
WEEK: 19/10 - 24/10			Period Count: 4
19/10/26 – 20/10/26: Navami, Dussehra			
PD1	• Factors Facilitating Learning		

PD2	• Factors Facilitating Learning		
PD3	• Observational Learning		
PD4	• Observational Learning		
WEEK: 26/10 - 31/10 Period Count: 6			
PD1	• Cognitive Learning (Insight Learning)		
PD2	• Cognitive Learning (Latent Learning)		
PD3	• Verbal Learning • Methods Used in Studying Verbal Learning		
PD4	• Methods Used in Studying Verbal Learning • Determinants of Verbal Learning		
PD5	• Learning Disabilities		
PD6	• Learning Disabilities (Symptoms of Learning Disabilities)		

Subject coordinator

Supervisor

Principal/V. Principal



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Kamla Nagar, Kanpur

Weekly Planning Overview (November)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 19

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 02/11 - 07/11			Period Count: 6
PD1	• Skill Learning		
PD2	• Skill Learning		
PD3	Revision		
PD4	HUMAN MEMORY • Introduction • Nature of Memory		
PD5	• Information Processing Approach		
PD6	• Memory Systems (Sensory Memory)		
WEEK: 09/11 - 13/11 09/11/26 – 11/11/26: Deepawali			Period Count: 2
PD1	Practical Class		
PD2	Practical Class		
WEEK: 16/11 - 21/11			Period Count: 6
PD1	• Memory Systems (Short-Term Memory) (Working Memory)		
PD2	• Memory Systems (Long-Term Memory) (Control Processes)		
PD3	• Types of Long-Term Memory		

PD4	Types of Long-Term Memory (Long-Term Memory Classification)		
PD5	Levels of Processing		
PD6	Methods of Memory Measurement		
WEEK: 23/11 - 28/11 24/11/26: Guru Tegh Bahadur Jayanti Period Count: 5			
PD1	Nature and Causes of Forgetting (Forgetting Due to Trace Decay)		
PD2	- Nature and Causes of Forgetting (Forgetting Due to Interference) (Forgetting Due to Retrieval Failure)		
PD3	Enhancing Memory (Mnemonics Using Images)		
PD4	Enhancing Memory (Mnemonics Using Organisation)		
PD5	Revision		

Subject coordinator

Supervisor

Principal/V. Principal



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly Planning Overview (December)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 24

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 30/11 - 05/12			Period Count: 6
PD1	THINKING • Introduction • Nature of Thinking (Building Blocks of Thought - Mental Images)		
PD2	• Nature of Thinking (Building Blocks of Thought - Concept) (Culture and Thinking)		
PD3	• The Process of Thinking (Overview) • Problem Solving (Mental Operations Involved in Solving a Problem)		
PD4	• Obstacles to Problem-Solving		
PD5	• Reasoning		
PD6	• Reasoning		
WEEK: 07/12 - 11/12			Period Count: 5
PD1	• Decision-Making		
PD2	• Nature and Process of Creative Thinking		
PD3	• Nature and Process of Creative Thinking (Nature of Creative Thinking)		
PD4	• Nature and Process of Creative Thinking (Nature of Creative Thinking)		
PD5	Practical Class		
WEEK: 14/12 - 19/12			Period Count: 6
December Test - Psychology			
PD1	• Nature and Process of Creative Thinking (Process of Creative Thinking)		

PD2	Developing Creative Thinking (Strategies for Creative Thinking)		
PD3	Revision for July Test		
PD4	Revision for July Test		
PD5	Discussion for July Test		
PD6	Thought and Language; Development of Language & Language Use (Whorf, and Piaget view)		
WEEK: 21/12 - 26/12 25/12/24: Christmas		Period Count: 5	
PD1	Thought and Language; Development of Language & Language Use (Skinner and Chomsky’s view)		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
WEEK: 28/12 - 02/01		Period Count: 2	
PD1	Revision		
PD2	Revision		

Winter Vacation: 30/12/25 - 07/01/26

Subject coordinator

Supervisor

Principal/V. Principal



Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly Planning Overview (January)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 18

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 04/01 - 09/01			Period Count: 2
PD1	Revision		
PD2	Practical Class (Final Submission of Project and Practical File)		
WEEK: 11/01 - 16/01 15/01/26: Makar Sankranti/ Guru Gobind Singh Jayanti			Period Count: 5
PD1	Practical Class (Orientation for Practical Examination)		
PD2	Practical Class		
PD3	Practical Class		
PD4	Practical Class		
PD5	Practical Class		
WEEK: 18/01 - 23/01			Period Count: 6
PD1	Practical Class		
PD2	Revision- What is Psychology?		
PD3	Revision- What is Psychology?		
PD4	Revision- Methods of Enquiry in Psychology		
PD5	Revision-Methods of Enquiry is Psychology		

PD6	Revision-Methods of Enquiry is Psychology		
WEEK: 25/01 - 30/01 26/01/26: Republic Day Period Count: 5			
PD1	Revision- Human Development		
PD2	Revision- Human Development		
PD3	Revision- Sensory, Attentional & Perceptual Processes		
PD4	Revision- Sensory, Attentional & Perceptual Processes		
PD5	Revision- Motivation and Emotion		

Subject coordinator

Supervisor

Principal/V. Principal



Sir Padampat Singhania Education Centre

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Weekly Planning Overview (February)

Session: 2026 - 2027

Subject: Psychology

Class: XI

No. of periods: 12

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
WEEK: 01/02 - 06/02			Period Count: 6
PD1	Revision- Thinking		
PD2	Revision- Learning		
PD3	Revision- Memory		
PD4	Revision		
PD5	Revision		
PD6	Revision		
WEEK: 08/02 - 13/02			Period Count: 6
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		
Annual Examination 18/02 - 03/03			

Subject coordinator

Supervisor

Principal/V. Principal