

PREFACE

"Education is not the filling of a pail, but the lighting of a fire"

The aim of imparting education is not only to increase the knowledge but also to create the possibilities for a student to invent and discover.

The purpose of this syllabus, thus, is to establish minimum basic concepts for each subject to meet the needs of all our students.

All the elements in this curriculum model amalgamate to bring out the best in every child and enable them to be on the path of continuous progress.

Contained within this booklet, is the pattern of examination and detailed datesheet for the whole session which will help a child to get prepared for assessment and evaluation with ease and also bring about uniformity in the teaching learning process.

Objectives of the Curriculum

- To identify and articulate the curriculum challenges for educating young people for the twenty first century.
- Taking care of different styles of learning i.e. audio, visual and experimental.
- The theoretical knowledge to be pursued ensuring maximum application of it.
- Correlating academics to real life situations balancing social and emotional stimulation among children and imbibe human values.
- To shape and influence the development of a national collaborative approach to curriculum.

EXAMINATION SCHEDULE FOR SESSION 2019-20

<u>PERIODIC – I</u>				(1-Saturday)
Date	Day	IV	V	
12.07.19	Friday	English	Hindi	
19.07.19	Friday	Science	English	
22.07.19	Monday	Computer	Computer	
27.07.19	Saturday	Hindi	Maths	
02.08.19	Friday	S.St.	Science	
09.08.19	Friday	Maths	S.St.	

1st Periodic 12th July to 10th August 2019

PTM on 24th August 2019

Guidelines :

- Regular classes will be held after each test.
- **No re-test will be conducted at any level.**
- First periodic will be conducted for 20 marks.
- Duration of exam will be 1.0 hour.
- 20% of the entire syllabus will be covered in the first periodic.
- 5% of the First Periodic will be added to the final cumulative result.
- 10 marks of the 1st Periodic will be added to Half-Yearly Exam for Classes IV-V.

<u>HALF-YEARLY</u>				(2-Saturdays)
Date	Day	IV	V	
30.09.19	Monday	English	Hindi	
03.10.19	Thursday	Science	English	
05.10.19	Saturday	Computer	Computer	
10.10.19	Thursday	Hindi	Maths	
14.10.19	Monday	S.St.	Science	
19.10.19	Saturday	Maths	S.St.	

Half-Yearly 30th Sept. to 19th Oct. 2019

PTM on 30th Oct. 2019

Guidelines :

- **No re-test will be conducted at any level.**
- Half-yearly exam will be conducted for 60 marks and 50% weightage of the same will be taken + 10 marks will be added from 1st Periodic + 5 marks assessment will be there for maintenance of notebooks and 5 marks for subject enrichment activities = Total marks 50.
- Duration of exam will be 2 hours.
- 50% of the entire syllabus will be covered till the half-yearly exams.
- 15% weightage of half-yearly will be added in cumulative Annual result.

<u>PERIODIC – II</u>			
Date	Day	IV	(2-Saturdays) V
30.11.19	Saturday	English	Hindi
06.12.19	Friday	Science	English
09.12.19	Monday	Computer	Computer
13.12.19	Friday	Hindi	Maths
21.12.19	Saturday	S.St.	Science
27.12.19	Friday	Maths	S.St.

2nd Periodic 23rd Nov. to 27th Dec. 2019

PTM on 18th January 2020

Guidelines :

- Regular classes will be held after each test.
- **No re-test will be conducted at any level.**
- Second periodic will be conducted for 25 marks.
- Duration of exam will be 1.0 hour.
- 75% of the entire syllabus will be covered till second periodic.
- 20% of the Half-Yearly will be added to the Final cumulative result.

<u>ANNUAL EXAM</u>			
Date	Day	IV	(2-Saturdays) V
29.02.20	Saturday	English	Hindi
03.03.20	Tuesday	Science	English
07.03.20	Saturday	Computer	Computer
12.03.20	Thursday	Hindi	Maths
16.03.20	Monday	S.St.	Science
19.03.20	Thursday	Maths	S.St.

Yearly Exam 2nd March to 19th March 2020

PTM on 28th March 2020

Guidelines Annual Exam

- **No re-test will be conducted at any level.**
- Yearly exam will be conducted for 60 marks and 50% weightage of the same will be taken.
- Duration of exam will be 2 hours.
- Syllabus-25% syllabus left + 10% First Periodic + 15% Half Yearly + 10% Second Periodic. Total Syllabus 60%.
- Co-scholastic activities will be graded on a Five point grading scaling i.e. A to E.
- Life skills will also be graded on a Five point grading scale i.e. A to E.

ENGLISH

Book : Wow English (Course Book)
: Wow English (Workbook)

Ist PERIODIC

April (20 Days)

Literature : L-1 Better Me (The Right Track)
Poem : Two Little Kittens
: My Song
Grammar : Reflexive and Emphatic Pronoun
Writing Skill : Story writing
Reading Skill : Unseen Passage
Listening Skill : Radio Advertisement

May

Literature : L-2 Family (Mowgli Finds His Family)
: L-3 Fascinating Science
(How Things work)- Activity Based
Grammar : Types of Sentences, Articles
Writing Skill : Message Writing
Reading Skill : Unseen Passage
Speaking Skill : Poem Recitation
Group Activity : A design that can change the world.

HALF-YEARLY

July (23 Days)

Literature : L-4 Travel (Travels of Marco Polo)
Grammar : Preposition
Writing Skill : Informal Letter
Reading Skill : Unseen Passage
Speaking Skill : Poem Recitation

August (20 Days)

Literature : Poem : The Secret Machines
: Poem : From a Railway Carriage
Grammar : Past & Present Tense
Writing Skill : Informal Letter
Listening Skill : Briefing from a tour guide

September (20 Days)

- Literature : L-5 Inspiring People (Hellen Keller)
: Poem : How the Little Kite Learnt to Fly
: Poem : The Blind Man and the Elephant
- Grammar : Connectors
- Writing Skill : Biography
- Reading Skill : Unseen Passage
- Speaking Skill : Biography of someone who inspire you
- Repeated : Preposition, Types of Sentences and Message Writing.

IInd PERIODIC

October (17 Days)

- Literature : L-7 Virtues and Values (Its Not Fair)
: Poem : Weed or Bloom
- Grammar : Modal Verbs
- Writing Skill : Formal Letter
- Reading Skill : Unseen passage
- Speaking Skill : Poem Recitation

November (20 Days)

- Literature : L-8 Adventure (Robinson Crusoe)
: L-6 Myths and Legends
(The Great fall).. Activity Based
: Poem : Land of the Story Books
- Grammar : Clauses and Phrases, Adjective
- Writing Skill : Diary Entry
- Listening Skill : Description of grandfather's old trunk
- Speaking Skill : Story narration

ANNUAL EXAM

December (21 Days)

- Literature : L-9 Wit and Humour
(Ebony Black & the Seven Splendid Mimes)
: Poem : Father William
- Grammar : Reported Speech
- Writing Skill : Thank you note
- Reading Skill : Unseen Passage
- Speaking Skill : Poem Recitation

January (15 Days)

Literature : L-10 Animals (How the Tiger got his strips)
Grammar : Adverb
Writing Skill : Paragraph Writing
Reading Skill : Unseen Passage
Listening Skill : Funny story
Speaking Skill : Poem recitation

February (19 Days)

Literature : Poem : The Puppy
: Poem : The Blind Men and the Elephant
Reading Skill : Unseen Passage
Speaking Skill : Speaking about someone's qualities
Repeated : Articles, Adjectives, Past & Present Tense,
Informal Letter Writing.

Reader of the Month Activities (2019-20)

Month	Date	Activities
April-May	10.05.19	Book Maze
June-July	19.7.19	World of Words
Aug.-Sep.	20.9.19	Read to Me
Oct.-Nov.	22.11.19	What's in the Book ?
Dec.-Jan	17.01.20	Reading Pyramid
Feb.-March	28.02.20	Map Your Readings

**Intra Class Activities Schedule on
every Friday of the Month**

Date	Activity
	English Handwriting (Every month 1st week on Monday)
26.04.19	English Spell Check, Vocabulary
10.05.19	English Creative Writing
26.08.19	English Spell Check, Vocabulary and Creative writing
27.09.19	School English Olympiad
11.10.19	English Spell Check, Vocabulary
08.11.19	English Creative Handwriting
07.02.20	English Spell Check & Vocabulary

HINDI

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Ist PERIODIC

vi

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HALF-YEARLY

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IInd PERIODIC

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ANNUAL EXAM

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 j p u k e d y s k u %i B&16 j h y s k u
 d k s y %i B&17 d k o & d k s y (n s)
 f i V k k %i B&18 7] 8

t u o j h

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 O d j . k %i B&20 a a c k s d
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 (f i V k k r f k u n i t r d a d e y i B u g s o g e)

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
	Hindi Handwriting (Every month 2nd week on Monday)
12.07.19	Hindi Spell Check & Vocabulary
19.07.19	Hindi Creative Writing
18.10.19	Hindi Spell Check, Vocabulary & Creative Writing
07.02.20	Hindi Spell Check, Vocabulary & Creative Writing

MATHS

Book : Wow ! Maths (Eupheus Learning)
: Practice Manual

Term - 1 Ist Periodic

April : Unit-2 The Four Operations
: Unit-8 Geometry (Ex. 8.1)

May : Unit-1 Numbers
: Unit-13 Symmetry, Patterns & Nets

July : Unit-3 Factors & Multiples (Ex. 3.1 to 3.3)

Activity 1 : To understand the concept of symmetry by paper folding.

Activity 2 : To find the prime numbers from 1 to 100 by the method of the Sieve of Eratosthenes (Pg. 63)

Half-Yearly

July : Unit-3 Factors and Multiples
: Unit-7 Average

August : Unit-15 Data Handling
: Unit-8 Geometry (Ex. 8.2)
: Unit-20 Maths in daily life

September : Unit-4 Whole and Parts : Fractions

October : Unit-10 Measurement
Unit-3 (Ex. 3.1 to 3.3, Ex. 8.1 will be repeated)

Activity 1 : To develop an understanding of multiplication of the fractions. (Pg. 81)

Activity 2 : To find the average of 2, 7 and 12 (Pg. 110)

Term - 2 IInd Periodic

October : Unit-12 Speed and Temperature

November : Unit-5 Whole and Parts : Decimals
: Unit-14 Maps and Directions

December : Unit-9 Perimeter, Area & Volume (Ex. 9.1 & 9.2)
: Unit-8 Geometry (Ex. 8.3)

Activity 1 : To explore that the perimeter of a shape depends upon the way it is cut off (Pg. 144)

Activity 2 : To find about multiplication of a decimal fraction.

Annual Exam

December : Unit-8 Geometry (Ex. 8.4)

January : Unit-6 Percentage

: Unit-11 Time and Money

February : Unit-9 Perimeter, Area & Volume (Ex. 9.3 and 9.4)

: Unit-3, 4, 5 (Ex. 8.1 to 8.3, 9.1, 9.2 will be repeated)

Activity 1 : To understand rounding off money through real life situations.

Activity 2 : To get an idea of a squares and rectangles
Units 1, 10, 11, 15 to be taken up only in the Practice Manual.

: Unit 13, 14 will be done in the book and practice manual.

**Intra Class Activities Schedule on
every Friday of the Month**

Date	Activity
12.04.19	Number Handwriting & Number Dictation Mental Ability and Tables
05.07.19	Number Handwriting & Number Dictation Mental Ability and Tables
04.10.19	Number Handwriting & Number Dictation Mental Ability and Tables
04.12.19	Maths Olympiad
03.01.20	Number Handwriting & Number Dictation Mental Ability and Tables

SCIENCE

Books : Cambridge (Science Voyage)

PERIODIC 1

APRIL

Chapter 1 More about plants
Chapter 2 Animals and their adaptations
ACTIVITY- To study the conditions of germination.

MAY

Chapter 5 Good Health (Group Discussion)

JULY

Chapter 3 The skeletal and muscular systems
ACTIVITY- To demonstrate the various types of joints present in human body.

HALF YEARLY

AUGUST

Chapter 4 The nervous system
Chapter 7- Rocks and minerals
ACTIVITY- To study the properties and uses of different types of rocks.

SEPTEMBER

Chapter 8 Soil
Chapter 6 Safety and first aid (Project)
PROJECT- Make a list of 3 accidents that may occur in your home and think of a few precautionary measures which you may take to avoid them. Also prepare poster on precautions or first aid for various situations.
ACTIVITY- To observe the different layers of soil.

PERIODIC 2

OCTOBER

Chapter 9 States of matter
ACTIVITY- To observe the solubility of different substances in water.

NOVEMBER

Chapter 14 Changes in our environment (Group discussion)

ACTIVITY- To list the various ways to protect the environment

DECEMBER

Chapter 12 Earth, sun and moon

ANNUAL

JANUARY

Chapter 10 More about force, energy and simple machines.

Chapter 13 Natural disasters (Project)

PROJECT- The students will be divided into groups and each group will be allotted a natural calamity. The students will collect and write information on the causes, effects and the safety measures to be taken.

ACTIVITY- To demonstrate the three classes of levers.

FEBRUARY

Chapter 11 Air and water

Chapter 1 More about plants (repeat)

Chapter 4 The nervous system (repeat)

Chapter 9 States of matter (repeat)

ACTIVITY- To show that air occupies space.

SOCIAL SCIENCE

Text Book :

PERIODIC 1

APRIL

CH-1 Know your planet
CH-5 Weather and Climate (MCQ)
Activity- Make flash cards of the conventional symbols as per your choice and mention their names.

MAY

CH-15 Towards Freedom
HALF YEARLY
CH-2 Parallels and Meridians
Activity- Mark any five places on the world map where the Tropic of Cancer passes through.
Project-CH-10 Environment pollution (Holidays Homework)

Topic- Gather information on the topic " Global Warming" on the basis of the following parameters.

- What do you understand by the term Global Warming?
- Enlist the causes which lead to global warming.
- List out its hazardous consequences.
- Write some measures which you can take as a student to overcome this problem.
- As a resident of Delhi, find out some facts which you think that are responsible for making Delhi as the most polluted city in the world.
- Map activity- Mark the following places on the world map which have been already declared as the polluted ones-
 - a) India b) Pakistan
 - c) China d) Saudi Arabia
 - e) Egypt

Repeated Chapters- CH-5

JULY

- CH-6 The land of dense forests
CH-14 The World from 1914-1945 (MCQ)
Activity- List out various uses of forest along with the consequences due to their destruction. Paste some samples of the forest products.

AUGUST

- CH-4 Major Landforms (Group Discussion)
CH-16 India Wins Freedom
Activity- Gather information about any two women freedom fighters. Paste their pictures.

PERIODIC 2

SEPTEMBER

- CH-8 The Land of Sand
CH-3 The Movements of the Earth
Activity-
 - Search out similarities and dissimilarities between the great Indian desert and the Great Arabian desert mentioning their neighbouring countries, states, capitals, people, continent, pilgrimage etc.
 - Map Activity- Mark continents on the political map of the world which experience night when India in Asia experiences day at the same time.
 - a) North America-USA
 - b) South America-Brazil
 - c) Africa
 - d) Antarctica
 - e) Australia

OCTOBER

- CH-11 E for Environment
Activity- Find out examples from your daily life which can be reused like old clothes, cardboard boxes, plastic bottles, empty shoe box or egg carton etc. Write their uses and paste their pictures.

NOVEMBER

CH-18 Governing ourselves (MCQ)

ANNUAL EXAM

CH-9 The Treeless Grasslands

Activity- Make a web chart of the Grasslands of North America and Australia along with a comparative study on the basis of climate, location, continent, crops, wildlife, rivers and hemisphere. Paste pictures related to them.

DECEMBER

CH-7 The Land of Snow

CH-17 Transport and Communication (MCQ)

Activity- Form a grid of Greenland and Antarctica on the basis of their continent, wildlife, vegetation, climate, location, life of the people and famous names.

JANUARY

CH-12 Natural Disasters

CH-19 The United Nations (Group Discussion)

Activity- Mark the following places on the political map of India which have got affected by some or other natural disaster.

- A neighbouring country of India which lies above Uttar Pradesh and got affected by Earthquake in 2015.
- The state of India which got severely affected by the cyclone in 1999.
- The state which gets affected due to flood every year and crop production gets spoiled.
- An island of India which got affected due to Tsunami waves in 2004.
- The hilly state which got affected by flash flood and landslide in 2013.

FEBRUARY

Project- CH-13 Let us meet
Topic- Search out two famous personalities other than the textbook. Paste their pictures and mention their field of progress, ideology and their achievements.

Map Activity- Mark the following places on the political map of India.

- The state where Dr. Kalam was born.
- The state where Smt. Vijaya Laxmi Pandit was born.
- The state where she became the governor.
- The city where President House is situated where Dr. Kalam lived during his tenure.
- The state with which Rabindranath Tagore belonged to.

Repeated Chapters- CH-15,16,18

COMPUTER

Book : Windows 10 (Navdeep)

PERIODIC 1

Chapter 1 Development of computers
Chapter 3 Page formatting in MS-Word
Chapter 4 Advanced features of Word
Activity 1 Write about any latest ICT Invention in MS-Word.
Activity 2 Write an invitation letter and merge it with the data source.

HALF YEARLY

Chapter 5 Working in Microsoft Office PowerPoint
Chapter 6 Creating background and animation
Chapter 2 Control Panel
Activity 1 Create a presentation on the topic "Your favourite sport"
Activity 2 Change the display theme of your desktop and set a screensaver

PERIODIC 2

- Chapter 7 Introducing MS-Excel
Chapter 8 Problem solving
Activity 1 Create a student progress report and
 calculate the total marks
Activity 2 Draw a flowchart to calculate the sum of
 two numbers in MS-Word

ANNUAL EXAM

- Chapter 9 Starting QBasic
Chapter 10 WWW and E-mail
Chapter 11 Introduction to Scratch
Activity 1 Create a small game in Scratch.
Activity 2 Create your email account and send a mail
 to your teacher.

REPEATED CHAPTERS

- Chapter 1 Development of computers
Chapter 7 Introducing MS-Excel
Chapter 5 Working in Microsoft Office PowerPoint

G.K.

Book : WOW ! WORLD WITHIN WORLDS

APRIL-MAY

- Ch 1 : First Among Equals
Ch 2 : Fruity Fun
Ch 3 : A Splash of Water
Activity : Find about five herbs with medicinal values,
 paste their pictures and write about them

JULY

- Ch 4 : Gifts of nature
Ch 5 : All About Animals
Activity : Research and find about the ways junk food
 can be replaced with healthy option. Write a
 recipe for a healthy and easy to cook
 delicious food

AUGUST

- Ch 6 : The World Around Us
Ch 7 : Exploring Europe
Activity : Make a list of seven wonders of the world
 and write some information about it.

SEPTEMBER

- Ch 8 : Interesting Inventions
- Ch 9 : Science Struck
- Activity : Draw and describe any one innovative invention that you would like to make for the society.

OCTOBER

- Ch 10 : Space Quiz
- Ch 11 : India's Pride
- Activity : Write neatly on A4 size sheet about the divisions and ranks of the Indian Defence Forces.

NOVEMBER

- Ch 12 : Business Barons
- Ch 13 : Amazing Women
- Activity : Find about the women who set trends with their remarkable grit and courage

DECEMBER

- Ch 14 : Artist and their Art
- Ch 15 : Book Worm
- Activity : Find about some famous art museums and write about them.

JANUARY

- Ch 16 : Entertainment Arena
- Ch 17 : Sports Fever
- Activity : Write about the famous sports person in various fields and paste pictures also.

FEBRUARY

- Ch 18 : Banking Matters

TEST PAPERS (1- 4)

**G.K. Assessment
(Text Book, Reasoning and Current Affairs)**

Month	Date
April-May	03.05.19
July-August	02.09.19
Sept.-Oct.	25.10.19
Nov.-Dec.	21.11.19
January	10.01.20
Feb.-March	07.02.20

MORAL SCIENCE

Book : Dew Drops by Insight Publishing House

APRIL-MAY

Chapter-1 : Contentment.... the only Road to Happiness

Value Card : Prepare a 'This is me' collage using pictures, poems, quotations, words and phrases that reflect you as an individual.

Gender Sens. : Make a word list of polite and impolite words like 'thank you', 'please', 'sorry' etc. make it creative by pasting/drawing faces.

JULY-AUGUST

Chapter-2 : Trash Talk Beauty in Waste

Value Card : Enlist reasons as to why conservation of forests is important.

Gender Sens. : Write down the preference without considering the boundaries of the gender classification.

SEPTEMBER-OCTOBER

Chapter-3 : Patience the Virtue of the Wise

Value Card : Make a list of any 5 achievers who succeeded despite the hardships they faced. For example, Louis Braille.

Gender Sens. : Design a 'Being Responsible' poster illustrating the six most responsible behaviours.

NOVEMBER-DECEMBER

Chapter-4 : Desh Bhakti Ek Pavitra Bhavna

Value Card : Write the motivational song, 'We shall overcome some day...' with its meaning and significance.

Gender Sens. : Make a web chart on 'In what all ways and manner, are we all similar'.

JANUARY-FEBRUARY

Chapter-5 : Non-Violence ... Weapons of Mass Compassion

Value Card : To find out about one or two 'Shelter Homes' in and around their city. Paste pictures of them.

Gender Sens. : Make a list of activities/games played together by boys and girls.

ART & CRAFT

Referred Book : Art, Craft & Me

APRIL

Book Work : Fire & Ice, Squirrel

File Work : Squirrel Composition, Mountain Scenery

MAY

Book Work : Yoga Postures, Scenery

File Work : Submarine, Village Scene

JULY

Book Work : Chinar Leaf, Submarine

File Work : Pairley Art, Owl Composition

AUGUST

Book Work : Patterned Landscape, Zebra Illusion

File Work : Independence Day, Jaipuri Elephant

SEPTEMBER

Book Work : Morning Glory, Triangle Journey

File Work : Madhubani Art, Desert Scene

OCTOBER

Book Work : Rajasthani Miniature, Paisley Art

File Work : Diwali Scene, Fish Composition

NOVEMBER

Book Work : Oel pattern, Urn Pattern

File Work : Fruit basket, Landscape

DECEMBER

Book Work : Jaipuri Art, Madhubani Art

File Work : Christmas Composition, Peacock

JANUARY

Book Work : Tiger, Crane

File Work : Rangoli Making, Twin Swans

FEBRUARY

Book Work : Fruits, Landscape

File Work : Solar System, Flamingo

MUSIC

VOCAL

April	: Sanskrit Shloka chanting (Shubham Kurutwam Kalyanai)
May	: School song & Alankaars
July	: Rajasthani Folk Song (Rangilo Saawan aayo re)
August	: Patriotic Song
September	: Bhajans of Lord Rama & Lord Krishna
October	: English Prayer (You are my all in all)
November	: Save girl child song (Bekhauf azad hai rehna mujhe)
December	: Christmas Carol
January	: Save Trees Song (Naa kato mujhe dukhta hai)
February	: Revision & Annual Assessment

INSTRUMENTAL

Keyboard

April	: Introduction of Harmonium and Synthesizer
May	: Different Alankar as per Hindustani Classical Music
July	: Different Alankar as per Hindustani Classical Music
August	: Happy Birthday
September	: Assessment (EV I)
October	: National Anthem
November	: National Anthem
December	: Assessment (EV II)
January	: Jingle Bell
February	: Assessment (EV III)

Tabla

April	: Introduction of various parts of Tabla. Basic part practice & revision of previous lessons (if any).
May	: Continuation of part practice.
July	: Revision of part practice and starting of a basic Kaida
August	: Continuation of the Kaida
September	: Half-Yearly Assessment
October	: Complete the Kaida with Tihai
November	: Rhythm pattern of 8 beats on Congo
December	: Variations of rhythm on Congo
January	: Basic rhythm of 6 beats on Congo
February	: Revision of previous lessons and final assessment.

MUSIC CLUB SYLLABUS

April	: Introduction of Harmonium & Synthesizer
May	: Alankar I
July	: Alankar II & III
August	: Happy Birthday
September	: Happy Birthday
October	: We shall overcome
November	: We shall overcome
December	: Jingle Bell
January	: Jingle Bell
February	: Revision

DANCE

April	: Warm up exercises and body movements with count.
May	: Aerobics rhythmic body movements
July	: Krishna Dance
August	: Patriotic Dance
September	: Free style dance steps
October	: Hip-Hop Dance Steps
November	: Folk dance steps
December	: Christmas dance
January	: Classical Dance - Teen Taal
February	: Revision of whole syllabus
March	: Annual Assessment

CLAY MODELLING

April	: Abstract Shapes and Folk Art
May	: Slab Method - Human Figure & Island Scene
July	: Sinking Ship & Space Craft compositions
August	: Deer and Swamp Deer compositions
September	: Monsoon scene & Aquatic composition
October	: Dussehra & Diwali composition
November	: Standing Human Figure & Gesture, Posture Study
December	: Santa Claus & Deer Cart composition
January	: Monuments : India Gate & Lotus Temple
February	: Human Portrait : R.N. Tagore, Dr. Abdul Kalam

PHYSICAL EDUCATION

April

1st week	Aerobis
2nd week	Roll into the goal
3rd week	Fourth court dodge ball
4th week	Throw ball

	May
1st week	Lead up games for kabaddi
2nd week	Gallery
3rd week	Find that space
4th week	Simple net games
	July
1st week	Zone passing
2nd week	Track and field event
3rd week	Catch cricket
4th week	Fast forward
	August
1st week	Kho-kho
2nd week	Seven stones
3rd week	Leg cricket
4th week	Standing kho
	September
1st week	Throwing relay
2nd week	Lets get fit
3rd week	Fun relay races
4th week	Rythmic activities
	October
1st week	Badminton
2nd week	Mini athletic
3rd week	Dribble and shoot
4th week	Table tennis
	November
1st week	Athletics
2nd week	Basketball
3rd week	Rug by
4th week	Tanken aim
	December
1st week	Cricket
2nd week	Quick run
3rd week	Playing 2 against 1
4th week	Football
	January
1st week	Skipping

2nd week Hit the large target
3rd week Chasing game
4th week Tug of war

February

1st week Dog and the bone
2nd week Relay races (athletics)
3rd week Bean beg relay race
4th week Yoga

YOGA

April

- Introduction of yoga
- Sukshma vyayama (minor joint movement practices)
- Griva Shakti vikasak kriya (1, 2 and 3)
- Purna bhuja Shakti vikasak kriya (1, 2 and 3)
- Kati Shakti vikasak kriya (1, 2, 3 and 4)
- Asana
- Introduction of Asana
- Tadasana
- Tiryaka tadasana
- Hasttotanasana

May

- Chanting of om
- Sukshma vyayama
- Jangha Shakti vikasak (chair pose)
- Pindli Shakti viaksak
- Asana
- Vriksasana
- Katichakrasana
- Padhastasana
- Veerbhadradasana (part 1)
- Benefits of pranayam
- Importance of pranayam a
- Sheetli

July

- Om changing
- Asana
- Ardhakatichakrasana

- Dandasana
- Natrajasana
- Ardhpadmasana
- Paranayama
- Breath meditation
- Anulom vilom

August

- Asana
- Vajarasana
- Garudasana
- Trikonasana
- Mandukasana
- Pranayama
- Surya bhedi

September

- Asana
- Janushirsana
- Vakrasana
- Paschimotanasana
- Purvottanasana
- Pranayama
- Bhramri

October

- Introduction : Surya Namaskar
- Asana
- Gomukhasana
- Uttanmandukasana
- Kurmasana
- Salabhasana
- Pranayama
- Bhastrika

November

- Surya Namaskar
- Asana
- Bhujangasana (various steps)
- Dhanurasana
- Ushtrasana

- Sashankasana
- Pranayama
- Breath Meditation
- Nadishodhan

December

- Surya Namaskar
- Asana
- Suptavajarasana
- Halasana
- Sarvangasana
- Setubandhasana
- Pranayama
- Anulom vilom
- Om chanting

January

- Asana
- Marjaryasana
- Chakkichalāsana
- Naukasana
- Makrasana
- Pranayama
- Kapalbhāti
- Mudras of hand

February

- Surya Namaskar
- Asana
- Chakrasana
- Pawanmuktasana
- Mahavirasana
- Kagasana
- Pranayama
- Kapalbhāti
- Mudras

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