POLICE DAV PUBLIC SCHOOL

SYLLABUS FOR THE SESSION: 2025-26

CLASS-VII

SUBJECT- ENGLISH

Month	Reading	Writing	Grammar	Literature	Subject Enrichment Activity
April	Unseen Comprehension passage – pg. 147 Practice Book	Notices	Articles	Ch- The Monkey Trouble	Wedding card
				Poem-Birdie! Will you pet?	Poster Making
May	Reader Book Unit-1 People at	Bio Sketch	•Modals	Ch- A Hero	Bio sketch of real life hero
	work Practice sheet		*Editing * Omission (Topics : Articles/ Modals)	Ch – I Dream a World	Draw the world of your dreams

Note: 1. May Periodic Test (Syllabus of May and April will be tested)

- 2. Question answers will be both listed and unlisted.
- 3. Diary entry will be unseen.
- 4. Grammar topics will be tested in editing errors / omission form

September Evaluation

Month	Reading	Writing	Grammar	Literature	Subject Enrichment
					Activity
July	Reader Book	Telephonic Message	• Linkers	Ch- Fight Manju	Comic Strip
	Unit-2 Relationships	Message	• Sentences	Fight!	
			•The	right	Invitation card
		Informal e-	Compound	Ch- The	
		mails	Sentence	Spider and	
		(Wishing/	Schrence	the Fly	
		Congratulating)			

Month	Reading	Writing	Grammar	Literature	Subject Enrichment
					Activity
August	Reader Book Unit-3 Attitude Unseen passage Practice Book Pg- 149-151 Practice Sheet	Informal Letters Speech Writing Based upon the unit -2 and 3 of Reader book	 Transitive and Intransitive Verbs Procedure Writing Editing Omissions Rearrangement Note- Grammar Topics will be tested in Editing and Omission 	Ch – Stone soup in Bohemia	Procedure Writing (Favourite dish)

Note: 1. September- Revision of whole syllabus.

- 2. Half Yearly Examination will be conducted.
- 3. Listening, Speaking and Reading skills will be tested in the class and grading will be done accordingly.

December Periodic Test

Month	Reading	Writing	Grammar	Literature	Subject Enrichment Activity
October	Reading Comprehensions Reader Book Unit - 4 Achievers	Dialogue completion	• Direct and Indirect Speech (Simple/ Interrogative Sentence) • Phrases and Clauses	Ch-Stormy Adventure	Poster Making

		Letter to Editor	6.00	Ch- Human	Draw the scene
November	Practice Sheet	(Unlisted)	 Gap filling Editing	Robot	of courtroom /Dialogue Writing
		Article (Based on Unit 4 of My English Reader)	• Omission	Poem- Friends and Flatterers	Friendship band and thank-you card for friend.

Note: December Periodic Test (Syllabus of October and November will be tested)

Final Evaluation

Month	Reading	Writing	Grammar	Literature	Subject Enrichment Activity
January	Reader Book Unit-5 The Future World Unit 6 Unity in Diversity Practice Sheet	Short write ups (Telephonic Message/ Dialogue Completion/ Bio sketch/ Notice) Long write ups (Formal letters) unlisted (Article/ Speech writing) Based on unit 4,5,6 of My English Reader	• Perfect Progressive Tense • Future Time Reference • Editing • Omission • Narration (Simple / Interrogative sentences) • Rearrangement	Ch- Chocolate in your dreams too	Poster Making on Healthy Eating Habits along with some catchy slogan.
Note: 1.1	Relevant material v	viii be shown on th	ie smart board.		

2. Listening, Speaking, Reading will be conducted in the class and grading will be done accordingly

SUBJECT- MATHEMATICS

Month	Unit No.	Unit Name	Activity
April	1	Rational Numbers *Concept *Equivalent Patienal Numbers	"Rational Wheel"
		*Equivalent Rational Numbers *Absolute Value *Rational Numbers on number line	
	2	Operations on Rational Numbers *Addition of Rational Numbers and Properties *Subtraction of Rational Numbers *Multiplication of Rational Numbers *Division of Rational Numbers	Rational Fun Fold Frenzy-
May	12	Data Handling *Mean *Median *Mode *Bar Graphs Rational Numbers as Decimals	Data Mining
	3	Rational Numbers as Decimals *Conversion using Equivalent Rational Numbers *Conversion using Long Division method *Operations on Decimal Numbers	Rational Route- Maze

Pre Mid Term Syllabus

Unit 1: Rational Numbers

Unit 2: Operations on Rational Numbers

Unit 12: Data Handling (WS- 1 to 3)

Month	Unit No.	Unit Name	Activity
July	5	*Simple Applications *Profit and Loss *Simple Interest	Task card activity
	6	Algebraic Expressions *Multiplication of Monomials *Multiplication of a Monomial and a Binomial *Multiplication of Binomials *Multiplication of a Binomial and a Trinomial *Factorisation	Algebraic Mystery Tour
August	8	*Triangle and its Properties *Exterior Angle Property *Angle Sum Property *Triangular Inequality *Pythagoras Theorem *Medians and Centroid *Altitudes and Orthocenter	Triangle Centers Exploration

13	*Perpendicular Bisectors and Circumcenter	
	*Angle Bisectors and Incentre	
		Traffic Awareness Campaign
	Symmetry (Internal Assessment)	
	*Concept of Symmetry and line of symmetry	
	*Symmetry of line segment, angles, triangle,	
	quadrilaterals and regular polygons	

Half Yearly Examination Syllabus

Unit 1: Rational Numbers

Unit 2: Operations on Rational Numbers

Unit-3 Rational Numbers as Decimals

Unit 5: Percentage

Unit-6 Algebraic Expressions

Unit-8 Triangles and its Properties

Unit 12: Data Handling

Month	Unit No.	Unit Name	Activity
October	4	Exponents and Powers *Exponents of Rational Numbers *Reciprocals of Rational Numbers with exponents *Laws of exponents	Exponent-Showdown: Identify the Law
	7	*Expressing large numbers using exponents Linear Equations in One Variable *Solving the Linear Equation *Applications (Word Problems) Visualising Solids (Internal Assessment) *Faces, Vertices and Edges of a Solid *Nets for 3-D shapes *Sketching solids on a squared paper and on isometric sheet	Tarsia Puzzle Net Working- Net making for 3D Shapes
November	11	Perimeter and Area *Area of Rectangular Path *Area of Cross Roads *Area of Parallelogram and Rhombus *Area of Triangle *Circumference of Circle *Area of Circle	Park Geometry Scavenger Hunt
	9	*SSS Criterion of congruency *SAS Criterion of congruency *ASA Criterion of congruency *RHS Criterion of congruency	Congruent Clash

Post Mid Term Examination Syllabus

Unit 4: Exponents and Powers

Unit 7: Linear Equations in one variable

Unit 11: Perimeter and Area

Unit-12: Data Handling

Month	Unit No.	Unit Name	Activity
January	10	*SSS Triangle Construction *SAS Triangle Construction *ASA Triangle Construction *RHS Triangle Construction	Triangular Poster – "Climate Action"
February		Revision for Final Exams	

FINAL EXAMINATION

Unit-4 Exponents and Powers

Unit-5 Applications of Percentage

Unit-7 Linear Equations in One Variable

Unit-9 Congruent Triangles

Unit-10 Construction of Triangles

Unit 11: Perimeter and Area

Unit 12: Data Handling (WS-4)

INTERNAL ASSESSMENT

SKILLS	TERM1	TERM2
Evaluation and Inference	Algebraic Mystery Tour (Unit-6)	Exponent-Showdown: Identify the
		law (Unit-4)
Critical Thinking and Problem	Task card activity (Unit-5)	Park Geometry Scavenger Hunt
Solving		(Unit-11)
Value/Ethical Application of	Symmetrical Traffic Awareness Campaign	Triangular Poster – "Climate
Concept	(Unit-13)	Action"(Unit-10)
Project and VIVA	Data Mining (Unit-12)	Net Working- Net making for 3D

		Shapes (Unit-14)
Collaboration and Creative	Triangle Centers Exploration (Unit-8)	Tarsia Puzzle
Thinking		
Portfolio	Notebook and Subject Enrichment	Notebook and Subject Enrichment
	Activities	Activities

SUBJECT - SCIENCE

MONTH	CHAPTER	TOPIC	ACTIVITIES
April	Ch-1 Nutrition in	Nutrition and modes of nutrition Photosynthesis	Awareness campaign on Lichen degradation followed by questionnaire.(INTERNAL ASSESSMENT)
	Living Organisms –Plants	3. Replenishment of nutrients in the soil.	2. Permanent slides of Stomata, bread mould and Euglena.(LAB WORK)
	Ch-6 Motion and	 Motion and its Types. Speed and its calculation. 	3. Variegated leaves and Leguminous plant showing root nodules, Preparation of microbe garden. (EXPERIENTAL LEARNING)
	Time	3. Uniform and non – uniform motion 4.Graphs	Group discussion on uniform and non uniform motion.(INTERNAL ASSESSMENT)
	Ch-3 Chemical substances And Processes.	 Atoms, Molecules, Compounds, Mixtures. Chemical Symbols and Chemical Formulas, Chemical equations and type of chemical reactions. 	 Oscillations of simple pendulum will be counted with the help of stop watch.(LAB WORK) Measurement of speed of various objects on inclined surface.(ICE BREAKING) Plotting of graph of uniform motion.
			Lab Activity – Decomposition, Displacement and Neutralization will be demonstrated. Assessment sheet will be given. (INTERNAL ASSESSMENT) Formation of elements and compounds using clay.

May	Ch-4	1. Acid(Mineral and Organic)	1. Making a greeting card using turmeric
	Acids, Bases and	Bases, Alkalies and Indicators.	indicator. (INTERNAL ASSESSMENT)
	Salts	2. Salts and their properties.	2. To test acids, bases and salts using synthetic indicators.(LAB WORK)

SYLLABUS FOR MAY PERIODIC TEST – Ch -1, 3 and 6 + Worksheets

MONTH	CHAPTER	TOPIC	ACTIVITIES
JULY	Ch-7	1. Respiration and it's types.	1.To show that respiration produces heat energy.
	Respiration in Living Organisms	2. Respiration in Plants/ Animals and Humans.	Anaerobic respiration in yeast. (LAB WORK) Exhaled Air contains carbon-dioxide.(LAB WORK)
	Ch- 17 Electric Current and its effects	 Electric current and its effects, advantages and disadvantages of heating effects of current. Electric fuse, Magnetic effects of current. Electromagnets and its practical uses. 	Heat production through nichrome wire.(EXPERIENTAL LEARNING) Deflection of compass needle through a current carrying wire.(LAB WORK) Action of electromagnet.
August	Ch-13 Weather, Climate and Adaptation of Animals	Weather and its elements. Climate, Climatic Adaptationin Animals of the tropical rain forests and Polar regions	Project and Viva - Make your own weather Scrap book. (Stockpile newspaper and magazine clippings of 10 days weather report and depict different symbols being used there)(INTERNAL ASSESSMENT) 1. Art Integrated -Dissection of hibiscus flower.
	Ch-9 Reproducti on In Plants	 Reproduction and its types. Seed dispersal and its agents. 	2. Slides of budding, Fragmentation and spore formation.(LAB WORK)

Sept	Ch-16	1. Water on earth, Ground	1. Survey on "MUKHYA MANTRI JAL SWALAMBAN ABHIYAN."(ì
		water and water table.	Information to be collected includes – brief objective, year	i
	Water		and place of implementation, Scope, key objectives of the	ì
		2. Scarcity of water, Water	scheme, strategies followed to raise water level, benefits of	i
		management and Rain water	the scheme)	ì
		harvesting.	(CLIDIEGT ENDICLIDAENT A CTIVITA)	ì
			(SUBJECT ENRICHMENT ACTIVITY)	i
				i
				i

SYLLABUS FOR HALF YEARLY EVALUATION – Ch- 1,3,4,6,7,9,13,16,17 + Worksheets

CHAPTER	TOPIC	ACTIVITIES
Ch-8 Transportation In plants and animals	Transportation in plants and animals. Excretion in animals.	Slides of xylem and phloem.(Lab work) Transportation of water to different parts of flower through stem.(Lab work)
Ch-12 Light	 Reflection of Light. Spherical mirrors and image formation by spherical mirrors. Practical Uses of mirrors. 	3. Visual counting of pulse by 'pulsemeter'. 1. Extempore to test ray diagrams.(INTERNAL ASSESSMENT)
Ch- 15 Forest	 Forest, Components of forest. The layers of forest and importance of forest. Deforestation and its consequences. 	 Formation of image by plane mirror.(Lab work) Multiple images through kaleidoscope.(Experiential learning) Finding focus of concave mirror.(Experiential learning) Flowchart on different layers of forest on A4 size sheet. (INTERNAL
	Ch-8 Transportation In plants and animals Ch-12 Light Ch- 15	Ch-8 Transportation In plants and animals. Transportation In plants and animals. 2. Excretion in animals. Ch-12 Light 1. Reflection of Light. 2. Spherical mirrors and image formation by spherical mirrors. 3. Practical Uses of mirrors. 1. Forest, Components of forest. Ch-15 Forest 2. The layers of forest and importance of forest.

November	Ch – 11	1. Uncharged and Charged objects.	1. Acquiring of charge by plastic comb
	Electric Charges At Rest	2. Conductors and insulators.	or plastic scale on rubbing with dry hair. (Ice – breaking)
	At Nest	3. Kinds of charges in nature and methods of charging up.	2. Like and unlike charges with the glass rod and ebonite rod. (Lab work)
	Ch- 2	1. Modes of intake of food.	3. Working of gold leaf electroscope.(Lab work)
	Nutrition In Living Organisms – Animals and Man	2. Nutrition in humans, cud chewing herbivores, Amoeba.	1.Elocution on different topics from within the chapter.(INTERNAL ASSESSMENT)
	Ch- 10	1 Cail and the formachion pail modile	2.Slide of amoeba.
	Soil	 Soil and its formation, soil profile, properties of soil, composition of soil. Soil pollution, Soil erosion. 	3.Denture and model of digestive system.
			1.Project/Viva - To make a model of soil profile in a glass jar.(INTERNAL ASSESSMENT)
December	Ch-5	1. Heat as energy, effects of heat.	1.LAB ACTIVITY - To observe conduction in solids/To observe convection in
	Heat	2. Temperature and its measurement, conversion of temperature from one scale to	liquids.
		another.	(Assessment sheet will be
		3. Modes of transfer of heat.	given.)(INTERNAL ASSESSMENT)
			2.To check temperature with the help of clinical and laboratory thermometer.
			3. Heat energy can do mechanical work.
			4. Radiation using black and white paper.
			5. To calculate least count of an instrument- scale / thermometer.

SYLLABUS FOR DECEMBER PERIODIC TEST – Ch-2, 8, 10, 11 and 12 + worksheets

MONTH	CHAPTER	TOPIC	ACTIVITIES
January	Ch-14	1. Animal fibre	1. 3-D view of life cycle of silk moth using
	Fabric from fibre	2. Making wool from fleece.	art form of their choice. (Art- Integrated)
		3. Life cycle of silk moth.	

SYLLABUS FOR FINAL EVALUATION- 2, 3, 4, 5, 8, 10, 11, 12, 14, 15 +Worksheets.

	SCIENCE		
SKILLS/COMPETENCIES	TERM 1	TERM 2	
Critical thinking and Evaluation (5)	Ch -4 Acids, Bases and Salts (Making Greeting card)	Ch-2 Nutrition In Living Organisms- Animals and Man (Elocution)	
Problem Solving and Inference (5)	Ch-3 Chemical Substances and Processes (Lab Activity)	Ch-5 Heat (Lab Activity)	
Collaboration and Creative Thinking (5)	Ch-6 Motion and Time (Group Discussion)	Ch- 15 Forests (Flowchart/Info graphics)	
Value/Ethical Application of Concepts (5)	Ch-1Nutrition in living organisms – Plants (Awareness Campaign)	Ch -12 Light (Extempore)	
Project and Viva (5)	Ch-13 Weather, Climate and Adaptation of animals (Research project)	Ch- 10 Soil (Project)	
Portfolio (Notebook and Subject Enrichment Activity)(5)	Ch- 16 Water	Ch-14 Fabric from fibre	
TOTAL – (30)			

Subject – Social Science

Month	Chapter	Topics	Activities
April	Ch-1 Components of Environment	 Environment and Its elements Four Spheres of Environment Biodiversity Map Skill Page No. 6 	A Visit to Wildlife Sanctuaries through India political Map .
		Sources of information.	Calligraphic Stroke (Manuscript on Bhojpatras)
	Ch-9 Medieval Period		
	(Activity Based)	 Small Kingdoms in North India. Rashtrakutas Palas Pratiharas Map Skill: Page No .81	
	Ch-10 The Rise of Small Kingdoms in North India.	Map Skiii : 1 age 110 .01	Collage of temples
	Ch-18 Democracy and Equality	 Constitution Preamble Right to Equality Reservation 	Mock Polling
May	Ch-2 The Earth and Changes on it.	 External Process Agents of gradation Soil : Formation, distribution in India Map Skill Page No.15 	Models of various Landforms formed due to gradation.

Syllabus for May Unit Test:-Ch-1 Components of environment Ch-10 The Rise of Small Kingdom in North India Ch-18 Democracy and Equality Map Work: Page No. 6, 81

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Month	Chapters	Topics	Activities
July	Ch-3 The Surface and Interior of the earth.	 Earth's Surface The Interior of the Earth Structure of the Earth A treasure of Rock Materials 	Model of the layers of the earth
	Ch-11 The Rise of Small Kingdom in South India.	 Cholas Pandyas Governance in South India Map Skill: Page No 89 	Comic Strip on Chola Empire
	Ch-19 Our state governments	 The state legislature The Governor The Chief Ministers and his councils of ministers Union Territories Map Skill:- Page No 165 	Present yourself as a Minister of a State (member of council of ministers of State)
	Ch-20 Media The Mainstay of Democracy (Activity Based)	 Independence of Technology and Media Role of Money In media Media and Democracy 	Be a News reporter

August	Ch-4 Air Around Us	 Structure of the atmosphere Air and its composition Pollutants in the air Atmospheric Temperature and Pressure 	Showcase the layers of Atmosphere on Balloon
	Ch-12 Turkish Invasions in North India.	 Monitoring weather conditions Mahmud Ghazni Muhammad Ghori Map Skill : Page No 95 	
	Ch-13 Delhi Sultanate	 The Slave Dynasty The Khaljis Tughlaq Dynasty Sayyad Dynasty Lodi Dynasty Governance During Sultanate Period Art and Architecture 	Paste pictures of Somnath Temple and write Information about it .
		Map Skill : Page No 109	Time-Line
September	Revision		

Term 1:- September Evaluation Chapters :-1, 2,3,4,11,12,13,18,19

Map Work :-Page No.89, 95,109,165

Worksheets given are included

Month	Chapter	Topic	Activities
October	Ch-5 Water Surrounding The Earth	 The Process of Water Cycle Various Movement of Ocean Water. Importance of ocean to man Case Study of Tsunami Map Skill: Page No 40 Advertising Social or Public Service Advertising 	Ocean Currents on Political Map of world by waste electric wires or threads of red and blue colours or red and blue pens. Make your own advertisement.
	Ch-21 Advertising and Democracy	 Effects of advertising Advertising and Democracy 	make your own davertisement.
	Ch- 14 Regional Powers	 Vijaynagar Empire Bahamani Kingdom Ahoms Mewar Marwar Kashmir Map Skill: Page No . 118 	
	Ch-6 Life on the Earth	 The Plant kingdom The Animal Kingdom Human Impact on the Ecosystem Map Skill: Page No. 	Mind Map Aesthetic Organisation of physical environment by plantation of tree
November	Ch-7 Human Environment (Activity Based)	 Settlement Transport and Communication (Activity Based) 	Quiz
	Ch-15 The Mughal empire	Mughal EmperorsGovernance UnderMughal Empire	

	 Society and Economy Religion Literature , Art and architecture. Map Skill: Page No. 130 	Group discussion on Monarchy vs Democracy .
Ch-22 Unpacking Gender	 Roles of Boys and Girls Society and Stereotyping Gender Inequality Education and Awareness Need of Gender Equality 	Prepare an Album Showing life sketches of women, Who have excelled in different fields.
Ch-8 Land and People	 Map Skill: Page No. 190 Life in Desert Life in temperate Grasslands Life in tropical and subtropical forests region. Map Skill: Page No . 68	Prepare a Travelogue
Revision		

December Unit Test

Ch-5 Water Surrounding the Earth

Ch-6 Life on Earth

Ch-14 Regional Powers

Ch-21 Advertising and Democracy

Map Work :Page No 40, 48, 118

Worksheets given are included.

January	Ch 16 Emergence of Independent States	 Bengal Awadh Hyderabad Sikhs Marathas Rajputs Mysore 	
	Ch-23 Market Around Us	Map Skill: Page No. 140 Types of Market Market and Democracy Map Skill: Page No. 198	Debate On Topic "Offline shopping vs Online shopping"
	Ch-17 Major Religions (Activity Based)	IslamSikhismBhakti MovementSufism	Sangat and Pangat
February	Revision		

Final Evaluation

Chapters :-4, 5, 6, 8,14,15,16,19,22,23

Map Work :-68,130 ,190,198 Worksheet Given are included

Skills/ Competencies	Term 1	Term 2
Critical Thinking & Evaluation (5)	Ch-3 Model of the interior of the earth (Layers)	Ch-21 Make an advertisement
Problem Solving & Interference (5)	Ch. 11 Comic Strip	Ch- 7 Quiz
Collaboration & Creative Thinking (5)	Ch-18 Mock Polling	Ch-8 Land and people (Prepare a Travelogue)
Value/ Ethical Application of concepts (5)	Ch-4 Model of Layers of Atmosphere	Ch-17 Sangat and Pangat
Project & Viva (5)	Ch-10: Make a collage of temples	Ch-23 Market Around Us (Debate on Offline shopping vs Online shopping)
Portfolio (Notebook) (5)		

ਪੰਜਾਬੀ ਪਾਠਕ੍ਰਮ (2025-2026)

ਪਾਠ –ਪੁਸਤਕ:–ਨਵੀਂ ਨੁਹਾਰ–7, ਵਿਆਕਰਨ: ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ–7

ਉਦੇਸ਼-1) ਮਾਤ ਭਾਸ਼ਾ ਪ੍ਰਤੀ ਮੋਹ ਪੈਦਾ ਕਰਨਾ। 2) ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਸ਼ੁੱਧ ਉਚਾਰਨ ਕਰਨ ਯੋਗ ਬਣਾਉਣਾ ।3) ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ ।

ਮਹੀਨਾ	ਪਾਠ-ਪੁਸਤਕ	ਵਿਆਕਰਨ	ਗਤੀਵਿਧੀ
ਅਪਰੈਲ	ਪਾਠ-1 ਕਵਿਤਾ(ਕਾਵਿ-ਟੋਟੇ ਦੇ ਅਧਾਰ ਤੇ ਪ੍ਰਸ਼ਨ,ਸ਼ਬਦ ਅਰਥ) ਪਾਠ-2 ਕਹਾਣੀ ਦੇ ਸ਼ਬਦ ਅਰਥ,ਪ੍ਰਸ਼ਨ ਉੱਤਰ , ਅਭਿਆਸ ਕਾਰਜ ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ	ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ(1-20) (ਪੰਨਾ ਨੰ-115- 116) ਤਸਵੀਰ ਵਰਨਣ ਪੜਨਾਂਵ	ਵਿਸਾਖੀ ਦਿਹਾੜੇ ਤੇ ਅਧਾਰਤ ਕਵਿਤਾ ਉਚਾਰਨ
ਮਈ	ਪਾਠ-3 ਅਸੂਚੀਗਤ ਪ੍ਰਸ਼ਨ ਉੱਤਰ	ਵਿਰੋਧੀ ਸ਼ਬਦ (1-20)(ਉੱਚਾ ਤੋਂ ਖਰਾ) ਸ਼ੁੱਧ ਕਰੋ (ਭਾਗ-1,2))(ਪੰਨਾ ਨੰ—37) ਅਣਡਿੱਠਾ ਪੈਰਾ	ਦੁਨੀਆ ਦੇ ਸੱਤ ਅਜੂਬਿਆਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਲਗਾ ਕੇ ਉਹਨਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਲਿਖਣਾ

Syllabus for Mid term Examination

ਪਾਠ-1,2, ਵਿਰੋਧੀ ਸ਼ਬਦ (1-20),ਪੜਨਾਂਵ, ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ(1-20),ਸ਼ੁੱਧ ਕਰੋ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ , ਅਣਡਿੱਠਾ ਪੈਰਾ।

ਮਹੀਨਾ	ਪਾਠ-ਪੁਸਤਕ	ਵਿਆਕਰਨ	ਗਤੀਵਿਧੀ
ਜੁਲਾਈ	ਪਾਠ-4(ਕਵਿਤਾ ਦਾ ਸਾਰ) ਪਾਠ-5 ਕਹਾਣੀ ਦੇ ਪ੍ਰਸ਼ਨ ਉੱਤਰ ,ਸ਼ਬਦ ਅਰਥ ਅਭਿਆਸ ਕਾਰਜ	ਅਗੇਤਰ(1-10)ਪੰਨਾ ਨੰ.109 ਪਿਛੇਤਰ(1-10) ਪੰਨਾ ਨੰ.111 ਮੁਹਾਵਰੇ (1-15) ਪੰਨਾ 135	ਬੋਲਣ ਕੌਸ਼ਲ -ਤਸਵੀਰ ਵਿੱਚ ਆਏ ਵਿਚਾਰਾਂ ਨੂੰ ਜਮਾਤ ਵਿੱਚ ਸਾਂਝਾ ਕਰਨਾ
ਅਗਸਤ	ਪਾਠ-6 (ਕੇਵਲ ਪੜ੍ਹਨ ਲਈ) ਪਾਠ-7 ਕਵਿਤਾ(ਕਾਵਿ-ਟੋਟੇ ਦੇ ਅਧਾਰ ਤੇ ਪ੍ਰਸ਼ਨ,ਸ਼ਬਦ/ ਅਰਥ) ਪਾਠ-8(ਕਿਸ ਨੇ ਕਿਸ ਨੂੰ ਕਹੇ)	ਅਖਾਣ(1-10)(ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ) ਪੱਤਰ। ਲੇਖ	ਵੱਖ-ਵੱਖ ਫੁੱਲਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਇਕੱਠੀ ਕਰਕੇ ਤਸਵੀਰਾਂ ਸਹਿਤ ਲਿਖਣਗੇ

	ਪਾਠ-9 ਅਸੂਚੀਗਤ ਪ੍ਰਸ਼ਨ	
ਸਤੰਬਰ	ਦੁਹਰਾਈ	

Syllabus for Mid term Examination-

ਪਾਠ-1,2,3,4,5,7,8,9 , ਵਿਰੋਧੀ ਸ਼ਬਦ (1-20), ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ(1-20),ਮੁਹਾਵਰੇ (1-15) , ਸ਼ੁੱਧ ਕਰੋ, ਅਗੇਤਰ (1-10),ਪਿਛੇਤਰ(1-10),ਅਖਾਣ(1-10),ਪੜਨਾਂਵ ਲੇਖ, ਪੱਤਰ , ਅਣਡਿੱਠਾ ਪੈਰਾ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ ਤਸਵੀਰ ਵਰਨਣ।

ਮਹੀਨਾ	ਪਾਠ–ਪੁਸਤਕ	ਵਿਆਕਰਨ	ਗਤੀਵਿਧੀ
ਅਕਤੂਬਰ	ਪਾਠ-10 ਕਵਿਤਾ -ਸਾਰ ਪਾਠ-11 ਅਸੂਚੀਗਤ ਪ੍ਰਸ਼ਨ ਪਾਠ-12 ਕਾਵਿ-ਟੋਟੇ ਦੇ ਅਧਾਰ ਤੇ ਪ੍ਰਸ਼ਨ)	ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ(21-40) (ਪੰਨਾ ਨੰ-116) ਵਿਰੋਧੀ ਸ਼ਬਦ (21-40) (ਖੁਸ਼ ਤੋਂ ਜਿੱਤ) (ਪੰਨਾ ਨੰ—101) ਲੇਖ	ਘਰ ਵਿੱਚ ਆਪਣੇ ਵੱਡੇ ਬਜ਼ੁਰਗ ਤੋਂ ਉਹਨਾਂ ਦੀ ਕੋਈ ਪੁਰਾਣੀ ਵਸਤੂ ਬਾਰੇ ਜਾਣ ਕੇ ਉਸ ਬਾਰੇ ਜਮਾਤ ਵਿੱਚ ਸਾਂਝਾ ਕਰਨਗੇ ।
		ਚਿੱਤਰ ਵਰਨਣ,	
ਨਵੰਬਰ	ਪਾਠ-13 (ਕਹਾਣੀ ਦੇ ਪ੍ਰਸ਼ਨ ਉੱਤਰ , ਸ਼ਬਦ ਅਰਥ,ਅਭਿਆਸ ਕਾਰਜ) ਪਾਠ-14 ਅਸੂਚੀਗਤ ਪ੍ਰਸ਼ਨ ਪਾਠ-15 (ਕਹਾਣੀ ਦੇ ਪ੍ਰਸ਼ਨ ਉੱਤਰ , ਸ਼ਬਦ ਅਰਥ,ਅਭਿਆਸ ਕਾਰਜ)	ਅਗੇਤਰ(11-15),ਪੰਨਾ ਨੰ-110 ਪਿਛੇਤਰ(11-15),ਪੰਨਾ ਨੰ-111 ਮੁਹਾਵਰੇ(16-25) ਪੰਨਾ-136 ਸ਼ੁੱਧ ਕਰੋ (ਭਾਗ-3,4)ਪੰਨਾ- 38 ਪੱਤਰ। ਲੇਖ	
ਦਸੰਬਰ	ਦੁਹਰਾਈ		

Post Mid Term Examination

ਪਾਠ-11, 12,13 ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ(21-40), ਵਿਰੋਧੀ ਸ਼ਬਦ (21-40), ਅਗੇਤਰ(11-15),ਪਿਛੇਤਰ(11-15), ਮੁਹਾਵਰੇ(16-25), ਪੱਤਰ, ਚਿੱਤਰ ਵਰਨਣ ।

ਮਹੀਨਾ	ਪਾਠ–ਪੁਸਤਕ	ਵਿਆਕਰਨ	ਗਤੀਵਿਧੀ
ਜਨਵਰੀ	ਪਾਠ-16 ਕਾਵਿ-ਟੁਕੜੀ ,ਸ਼ਬਦ ਅਰਥ ਪਾਠ-17 ਕਿਸ ਨੇ ਕਿਸ ਨੂੰ ਕਹੇ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ	ਵਿਸ਼ਰਾਮ ਚਿੰਨ੍ਹ(ਪੂਰਨ ਵਿਸਰਾਮ,ਪ੍ਰਸ਼ਨ ਚਿੰਨ੍ਹ,ਵਿਸਮਕ,ਬਿੰਦੀ) ਅਣਡਿੱਠਾ ਪੈਰਾ	ਪਾਠ-17 ਇਕਾਂਗੀ ਦੇ ਅਧਾਰ ਤੇ ਜਮਾਤ ਵਿੱਚ ਨਾਟਕ ਪ੍ਰਸਤੁਤੀਕਰਨ।

IInd Term Examination

ਪਾਠ-10,11,12,13,14,15,16,17 ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ(1-40), ਵਿਰੋਧੀ ਸ਼ਬਦ (1-40), ਅਗੇਤਰ (1-15),ਪਿਛੇਤਰ,(1-15),ਮੁਹਾਵਰੇ (1-25), ਵਿਸ਼ਰਾਮ ਚਿੰਨ੍ਹ, ਸ਼ੁੱਧ ਕਰੋ ,ਅਣਡਿੱਠਾ ਪੈਰਾ,ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ, ਚਿੱਤਰ ਵਰਨਣ,**ਪੱਤਰ** , ਲੇਖ

Subject- Hindi

महीने	ज्ञान सागर	अभ्यास सागर	क्रियात्मक गतिविधियाँ
अप्रैल	•पाठ-1(बारहमासा) •पाठ-2 (नाटक में नाटक) • पाठ-3 (निर्मला साँप और सयाल)	अभ्यास सागर पृष्ठ सं प्रश्न सं 5 - 13,14 9 - 2,3,4 11 - 8 12 - 12 15 - 3,4,5 16 - 6,7 17 - 11,12 18 - 13	कला समेकित गतिविधिः- भारतीय देसी महीनों के नाम और उनमें आने वाले त्योहारों के नाम A4 शीट पर लिखें। अनुभवजन्य गतिविधिः-पसंदीदा ऋतु पर स्वरचित कविता ग्राफिक प्रबंधनः- CRAB WORKSHEET पाठ-2 क्रियात्मक गतिविधिः- पाठ में आए अनुस्वार ,अनुनासिक शब्दों को छाँटकर अपनी अभ्यास पुस्तिका में लिखें। क्रमानुसार कहानी वर्णन पाठ- 3 गतिविधिः- वर्ष (2018 से 2022) तक राष्ट्रीय वीरता पुरस्कार प्राप्त करने वाले बच्चों की सूची क गतिविधिः- अन्तर - समानता (Crab Worksheet)
मई	• पाठ-४ (बातूनी)	17 9,10 18 11 20 3 22 4,5,6 23 7,8,9,10 25,26 12,13,14,15 अन्य कार्य- अपठित गद्यांश, पठित काव्यांश, दीर्घ संधि	•पाठ -4 अनुभवजन्यः- • जिम कॉर्बेट वाइल्ड लाइफ सेंचुरी (स्मार्ट बोर्ड) पर दिखाया जाएगा।

जुलाई	•पाठ ६ - समय	31 - 5	क्रियात्मक कार्य - •छात्र समय सारणी का निर्माण करेंगे।
	•पाठ ७ - स्कूल की छुट्टियाँ	32 - 6	·
	• पाठ- ८ एवरेस्ट की चुनौती	33 - 10	<u>• सृजनात्मक लेखन</u>
		37 - 1	_पाठ- स्कूल की छुट्टियाँ ('आर के नारायण' की पुस्तक 'मालगुडी डेज'
		38 - 6	की किसी कहानी का कक्षा में वाचन
		39 - 7	
		41 - 11,12,14	पाठ- एवरेस्ट की चुनौती (शब्दावली
		44 - 3,4,5	चक्र)
		46 - 11	
		47 - 12,14	
		48 - 15,16	
		★अनुच्छेद -	
		(राष्ट्रीय त्योहार, कंप्यूटर, प्राकृतिक आपदा बाढ़)	
अगस्त	•पाठ ९ - सवाल का जवाब	51 - 3,4,5	<u>क्रियात्मक कार्य -</u> छात्र पटाखे रहित
	•पाठ -३ (दोहराई)	52 - 6	दीपावली मनाने पर लोगो (चार्ट) बनाएंँगे।
		गुण संधि, संवाद रचना,	्र गतिविधि:- चारित्रिक विशेषताएँ- तन्मय
		औपचारिक पत्र	(CRAB WORKSHEET)
		समास- द्विगु, द्वंद्व	
सितंबर	पाठ 3, 6 से 9की पुनरावृत्ति (अर्धवार्षिक परीक्षा हेतु)		
अक्तूबर	•पाठ- 11 उस रात की बात	58 - 3 59 - 4,5	पाठ- उस रात की बात (ग्राफिक
	•पाठ 12- दोहे	60 - 6,7	प्रबंधन)
	•पाठ 13- साहस को सलाम	61 - 9 64 2,3	कारण, प्रभाव, सुझाव
		66 7,8	पाठ- दोहे (वाचन कौशल) दोहा गायन
		70 2	पाठ- साहस को सलाम
		71 3,4,5 72 6,7,8	
		73 10,11,12	(ग्राफिक प्रबंधन) ग्राफ चार्ट

नवंबर	•पाठ 15- अन्नदाता कृषक	78 5	पाठ- अन्नदाता कृषक
	पाठ-16 (देशभक्त पुरु	79 6,7 80 9	क्रियात्मक गतिविधि - भारत की चारों दिशाओं (उत्तर- दक्षिण, पूर्व-पश्चिम) के किन्हीं दो-दो प्रसिद्ध राज्यों के प्रमुख पौष्टिक एवं संतुलित व्यंजनों को भारत
		85 8,9	के मानचित्र पर दर्शाएँ।
		86 11,12	CRAB WORKSHEET
		अन्य कार्य :-काव्यांश,अपठित गद्यांश, संधि (वृद्धि संधि)	(पाठ- 12,15)
जनवरी	●पाठ 17 काकी • पाठ 18-	पृष्ठसं ख्या प्रश्न संख्या	•अपनी माँ को धन्यवाद देते हुए पत्र (लेखन कौशल)
	 पाठ 19- गणेशोत्सव 	89 - 2,3	•िकसी एक त्योहार संबंधित प्रोजेक्ट
		90 - 4,5,6,7	तैयार करें ।
		91 - 8	
		92 - 10,11	
		97 - 4,6	
		100 - 2,3	
		102 - 5,6	
		107 - 2	
		111 -	
		अनौपचारिक पत्र	
		संवाद रचना	
		अलंकार	
		SINITIN	
फ़रवरी	पाठ20- कर्मवीर पाठ-11(उस रात की बात) दोहराई	 संधि-दीर्घ संधि,वृद्धि संधि,गुण संधि अनुच्छेद- बाल श्रम, दहेज प्रथा, यदि मैं प्रधानमंत्री होता 	CRAB WORKSHEET अपठित गद्यांश

	• अन्य कार्य -	
	अपठित गद्यांश, पठित काव्यांश	
	समास	

Syllabus – G.K

Month	Topic to be covered	Page No.
	Language and Literature	1
April	 Mind Power Which City Are You In? Environment Around 	2
	• Environs	17
	Steps to FameWorld Around	18
	Canals of the worldGlobe TrekkerArt And Culture	33 34
	Fairs of IndiaRock and Roll	34
	Math Magic	48
	• Tricks and Figures	49
	NetworkingSports and Games	63
	• Check Mates	64
	• Terrific Tennis	81
		82

May	Language and Literature	
	• It's never too late	3
	 Maze of words 	_
	Environment Around	4
	Gadgets Galore	
	 Endangered Birds 	19
	World Around	
	D (15)	20
	Dates and Events	
	• Island Quiz	
	Art And Culture	35
	Jewellery Section	
	• Folk Theatre	36
	Math Magic	
	With Magic	
	 Hunt the Hidden Figures 	50
	Matchstick Puzzles	
	Sports and Games	51
		65
	• Indian Tennis Stars	0.5
	• The Game of Skill	67
		83
		84

July	Language and Literature	5
	 Indian Roots Quotable Quotes Environment Around 	6
	 An Atmosphere of Spheres Blasting into Space World Around 	21 22
	 National Anthem Song (world) Important Border Lines Art And Culture 	37 38
	Street foodTheatre PersonalityMath Magic	52
	What comes NextMagic SquaresSports and Games	53
	Our National gameOur Hockey Stars	68
	- Our Hockey Stars	69 85
		86

August	Language and Literature	
	• Variant verbs	7
	 Writings of Great Men Environment Around 	8
	• Explore the Sciences	
	• Dreaded Diseases	24
	World Around	25
	• Countries and Their parliaments	
	 Emperors and Kings Art And Culture 	39
	• World of Fashion	40
	• Festivals and Celebration	
	Math Magic	54
	Missing NumbersGuess The ShapeSports and Games	55
	Yoga – The Spirit of lifeThe Everest Story	71,72
	The Everest Story	73
		87
		88

September Evaluation	Language and Literature	
	Mind Power	1
	• It's never too late	3
	 Indian Roots Environment Around 	5
		3
	EnvironsEndangered Birds	
	An Atmosphere of Spheres	17
	World Around	20
	 Dates and Events Countries and their Parliaments	21
	Art and Culture	
	• Fairs of India	35
	World of fashionMath Magic	39
	• Tricks and Figures	
	What comes Next	48
	Sports and Games • Terrific Tennis	54
	Yoga – The Spirit of life	
		63
		68
		82
		87

October	Language and Literature	9
	 Pertinent Proverbs Animal Expressions Environment Around 	10
	 Way to Health World's topper World Around 	26 27
	Natural FeaturesFamous ParksArt And Culture	41 42
	Tribal TalkTraditional CostumesMath Magic	56
	 Know Your Measure International Shopping Sports and Games 	57
	Adventure Sports	74
	• The Carrom Connection	75
		90,91
		92

November	Language and Literature	
	• What's the World	11
	 Valuable Values 	10
	Environment Around	12
	• Electronic Brain Game	
	 Buzz Zone 	28
	World Around	
	 Mountains passes 	29
	• Famous Bridges	
	Art And Culture	
	Art And Culture	43
	 Awards and Accolades 	44
	 Best Indian Brand Slogans 	77
	Math Magic	
	• Scratch Your Head	58
	 Formulae can Be Fun 	5 0
	Sports and Games	59
	Basketball is the best	
	• International Stadium	76
		77
		93
		94

January	Language and Literature	
	• Fact Files	13
	• Test Your Wisdom	14
	Environment Around	17
	• Fact File	
	• Test Your Wisdom	30
	World Around	31
	• Fact file	
	• Test Your wisdom	
	Art And Culture	45
	• Fact File	46
	• Test Your wisdom	
	Math Magic	
	• Fact File	60
	• Test Your wisdom	61
	Sports and Games	
	• Fact File	
	• Test Your Wisdom	78
		79
		95
		96

Final Evaluation	Language & Literature	
	• Pertinent Proverbs	9
	 Animal Expressions 	10
	 What's the World 	10
	Environment Around	11
	 World's Toppers 	
	• Fact File	
	World Around	27
	• Famous Park	30
	Mountain Passes	
	Art and Culture	
	Awards and Accolades	42
	Best Indian Brand Slogans	43
	Math Magic	
	• Know your measure	58
	 International Shopping 	30
	• Formulae Can Be Fun	59
	Sports and Games	7.4
	Adventure Sports	74
	• The Carrom Connection-	75
	International Stadiums	77
	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	90-91
		92
		94

## **SUBJECT- COMPUTER**

April	Ch-1 (The Evolution of Computers)	Introduction of history of Computer, Different generation of Computers  Assignment: Quiz based on computer history  Practical Demonstraion: Internal parts of computer like motherboard, RAM, Hard Disc, Power Supply.	Students will understand the evolution of computers and will be able to identify the internal parts of the computer.
May	Ch-2 (Scratch – I)	Introduction of making Sprites in Scratch, use of background on the Stage.  Practical Activity:  Create a Park Scene and more sprites to it in Scratch Software.	Students will be able to practically create sprites in Scratch, applying background and save the project in editable format.
July	Ch-3 (Scratch –II)	Introduction of Scratch animation, modification of sprite object.  Practical Activity:  Students will create a animated racing game in Scratch.	Students will be able to apply animation, sound on Scratch sprites.
August	Ch-4 (Introduction to GIMP)	Introduction and uses of basic tools in GIMP, transformation tools and saving a file in project format.  Practical Activity: Students will create a logo in GIMP.	Students be able to upload an image in GIMP and apply various transformation tools on that image.

October	Ch-5 (GIMP Tools)	Introduction of tools in GIMP for editing images  Practical Activity:  Creating two copies of the image and applying different blur effects using GIMP Software.	Appreciate various tools available in GIMP and usage of advanced tools in GIMP for editing images.
November	Revision Assignment Tech Event 2025-26	Win and Joy (Game) My Dream Students will create game in Scratch.	Students will enhance their practical skills on Scratch.
November	Ch-6 (Advanced GIMP)	Introduction of Layers, Masking and Filters.  Practical Activity:  Creating an artistic effect on a simple photograph using GIMP	Students will learn to apply different effects on the image using Masking option, application of layers and filters.
December	Ch-7 (Basic of Internet)	Introduction of World Wide Web (www), Web Pages and Blogs.  Practical Activity:  Students will create a blog of their own on which they put the content of their favourite hobby.	Students will learn the concept of world wide web (www), web servers and blogs.
January	Ch-8 (Internet and Web services)	Introduction of various internet and web services, social networking sites and egroups.  Practical Demonstration:  Students will be given practical demonstration of creating an email and applying 2 factor authentication to make their email more secure.	Students will be able to understand the concept of the e-learning, e-shopping, e-mail, e-commerce, e-reservation and e-banking.

February	Practical Project	Assigning a project based on Scratch to the students.	Students will create a a major game on Scratch.			
Class Activity						
July	Activity:	Create a Calculator and Quiz Based on Sci /	Students will enhance			
To October	Make Calculator & Quiz Based on any Subject.	Maths / SSt on the given topic.	their practical skills in Scratch Application.			

#### **SUBJECT- ART & CRAFT**

**COURSE BOOK: STEP BY STEP** 

MONTH	PAGE NO
APRIL	Pg no 1,2,3,5,7,9,10,14
	Pencil shading
MAY	Pg no 17,20,23,39,4,6,8,11
	Pencil shading & colour study
JULY	Pg no 13,15,19,21,25
	Colour study on different topics
AUGUST	Pg no 27,29,35,37,39,41,43,45,47
	Compositions
SEPTEMBER	Pg no 30-33
	Perspective

- ACTIVITIES WILL BE CONDUCTED ON GIVEN TOPICS:
- BAISAKHI
- EARTH DAY
- MOTHER'S DAY
- INDEPENDENCE DAY
- RAINY DAY
- RAKSHA BANDHAN
- DIWALI
- CHRISTMAS

- NEW YEAR AND LOHRI
- REPUBLIC DAY AND BASANT PANCHMI

#### SUBJECT- MUSIC

Topics
Alankaar- 1,2
Baisakhi song:Aayee ae vaisakhi yaaro
Mother's Day song: Achhi achhi pyari pyari maa
Summer vacations
Enviornmental song: Rang birangi iss dharti par
Patriotic song: Tumko naman shaheed ae watan
Optimistic song: Jo waqat ki keemat na samjhe
Sports Day song: khelon mein hunar dikhaye
Shabad : Jeevan mukatkre
Unity in Diversity: Saathchle hum manzil ek hamari
Kehrwa Taal
Saraswati Vandna: More kanth baso Maharani

## **SUBJECT- DANCE**

Month	Topic State - Maharashtra	
April–May	<ul> <li>Aerobics (a dance integrated with physical exercises and yoga)</li> <li>Knowledge of all Classical Dances (Classical Dances &amp; their regions)</li> <li>Kathak – Hand movements Basic to Advanced through Technical Composition (Integrated with geometry of Mathematics)</li> <li>Topic Presentation by students</li> </ul>	
June	Summer Vacation	
July-August	<ul> <li>Folk dances of Punjab (Luddi and Gatka / Dankara)</li> <li>Creative Dance (related to religion and integrated with Social Science)</li> <li>Detailed Knowledge with practical demonstration of Folk dances of Maharashtra Laavani including its costume and musical orchestra needed in the dance form.</li> <li>Knowledge of Manipuri Dance</li> <li>Knowledge of Dance Drama (Krishna leela of Krishna and Sudhama integrated with the story of Punjabi Curriculum)</li> <li>Topic Presentation by students</li> </ul>	
September	September Evaluation	
October- November	<ul> <li>Detailed Knowledge with practical demonstration of Folk dances of Maharashtra (Jogwa and Gondhal) including its costume and musical orchestra needed in the danceform. (Celebration of Navratras)</li> <li>Kavitt, a poetic composition in Teen Taal (Kathak)</li> <li>Topic Presentation by students</li> </ul>	
December	December Evaluation	
January- Feburary	<ul> <li>Knowledge of Marathi Folk Dance – Tamasha &amp; Koli</li> <li>Semi Classical Dance (Related to Basant and Hindi Language</li> <li>Topic Presentation by students</li> </ul>	
March	Annual Evaluation	

# **SUBJECT-SPORTS**

APRIL	Preparations for Sports Meet
	> 100mt
	> 200mt
	> 400mt
	> 800mt
	➤ Hurdle Race
	Long distance running
	Long jump
	Annual Sports Meet
MAY	> Fitness and wellness
	• 50mtr sprint(speed test)
	Push-ups (boys) & modified push-ups (girls)
	(arm strength and endurance test)
	• 600mtr run (CV endurance test)
	Sit and reach (flexibility test)
	Lagori (Pithu Garam)
	Dodge ball
	> Ladder ecercise
	> Self Defense
	> Soft archery
JULY	> Yoga
	Pranayama (bhramari pranayam & anulom- vilom)
	Surya Namaskar
	Standing asans
	<ul><li>Dog and the bone</li></ul>
	<ul><li>Squat jumping exercise</li></ul>
	Self Defense
	Sen Detense

AUGUST	➤ Basketball	
	• Lay Up Shot	
	• Passing	
	• Dribbling	
	Throwing & catching	
	> Chess	
	> Carom	
	➤ Self Defense	
	➤ Dart game	
September	> Volleyball	
	Underhand Serve	
	Overhand serve	
	Attack (Hitting)	
	• Blocking	
	> Stairs exercise	
	➤ Human tunnel	
	Self Defense	
October	> Judo	
	Nage-waza (standing Technique)	
	• Katame-Waza (Ground work )	
	➤ Rain on the mountain (group making)	
	➤ Leg cricket	
	> Self Defense	
November	➤ Head-to-toe exercise	
	Cones Drills	
	> Agility training	
	➤ ABC Exercise	
	Cricket	
	Defense & Bowling Action	

	Bating	
	• Catching	
	> Self Defense	
December	> Badminton	
	• Rally	
	• Knocking	
	• Service	
	➤ Head-to-toe stretching	
	> Adventure sports	
	• Tug of war	
	> Self Defense	
January	> Football	
	Ball Control Exercises & Skills	
	• Dribbling	
	• kicking	
	• Passing	
	> Standing kho-kho	
	> Aerobics	
February	> Revision Practice	