



ST. JOSEPH'S CO-ED SCHOOL

Arera Colony, Bhopal

SYLLABUS

2025-2026

CLASS IV

ENGLISH

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-----------------------------------|---|--|--|---|
| 1. | April 2, 3, 4, 5, 7, 8 | Reader: Ls 1: Unke Munke Timpetoo Grammar: Ls 1: Sentences | Create a poster stating three magical phrases. | Colours, black sheet, glue, colourful sheets | |
| 2. | April 9, 11, 15, 16, 17 | Reader: Ls 1: Unke Munke Timpetoo Grammar: Ls 2: Nouns | | | |
| 3. | April 21, 22, 23, 24, 25, 26 | Reader: Poem: Seeds Grammar: Ls 3: Adjectives | Germination of seed | Seed, a pot | |
| 4. | April 28, June 23, 24, 25, 26 | Reader: Poem: Seeds Grammar: Ls 3: Adjectives | | | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | Revision and Skill Test for Periodic Test I | | | Reading Skill Test: Reader Book: Ls 2,6 |
| 6. | July 4, 5, 14, 15, 16, 17 | Reader: Poem: How the Little Kite Learned to Fly Informal Letter, Homophones | | | Periodic Test – I 7-11 July Syllabus:- Reader : Ls 1 Poem: Seeds Grammar: Ls 1,2 |
| 7. | July 18, 19, 21, 22, 23, 24 | Reader: Poem: How the Little Kite Learned to Fly Grammar: Ls 4: Pronouns | Draw a kite. | Colours | Activity Day – I 24 July |
| 8. | July 25, 28,29,30,31 | Reader: Ls 3: The Magic Wardrobe Grammar: Ls 4: Pronouns | 'If you had a magic pen' | Colours, colourful sheets | |
| 9. | August 1, 4, 5, 6, 7 | Reader: Ls 3: The Magic Wardrobe Grammar: Ls 5: Articles | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | Reader: Ls 4: The Trumpet of the Swans Grammar: Ls 6: Verbs | Character Sketch of Sam | | |
| 11. | August 18, 19, 20, 21 ,22 | Reader: Ls 4: The Trumpet of the Swans Grammar: Ls 6: Verbs | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Revision for Half Yearly Examination | | | Activity Day – II |

ENGLISH

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|------|-------------------------------------|---|--|--------------------|---|
| | | Poem Comprehension, Comprehension Passage, Composition, Informal Letter | | | 30 August |
| 13. | September 2, 3, 4, 8, 9 | Revision and Skill Test for Half Yearly Examination | | | Half Yearly Examination Skill Test 8-12 September Reading Skill: Reader : Ls 1,3,4 Speaking Skill: Poems : <ul style="list-style-type: none"> • Seeds • Summer Sun |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision for Half Yearly Examination Grammar: Ls 7: Tenses | | | Half Yearly Examination 15-27 September Syllabus:- Reader Ls 1,3,4 Poems : <ul style="list-style-type: none"> • Seeds • How the Little Kite Learned to Fly Grammar: Ls 1, 2,3,4,5,6; Homophones Poem Comprehension, Comprehension Passage, Composition, Informal Letter |
| 15. | October 8, 9, 10 ,13 ,14 | Reader: Ls 5: The Mark of a Champion Grammar: Ls 7: Tenses | Stick a picture of any famous Indian archer. | Glue, picture | PTM 11 October |
| 16. | October 15, 16, 17 ,18, 24, 27 | Reader: Ls 5: The Mark of a Champion Grammar: Ls 7: Tenses | | | |

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|------|---------------------------------|--|--|------------------------|--|
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | Reader: Poem: The Earth Speaks Grammar: Ls 8: Adverbs | Choral Recitation | | |
| 18. | November 4, 6, 7, 8, 10, 11 | Reader: Ls 7: Saving the Sparrow Grammar: Ls 8: Adverbs | Best Out of Waste Activity: 'Make a bird feeder' | Plastic bottle | |
| 19. | November 12, 13, 17, 18, 19 | Reader: Ls 7: Saving the Sparrow Grammar: Ls 9: Prepositions | | | |
| 20. | November 20, 21, 24, 25, 26 | Reader: Poem: Let's Grammar: Ls 9: Prepositions | Choral Recitation | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Revision and Skill Test for Periodic Test II | | | Reading Skill Test: Reader Book: Ls 9, 10 |
| 22. | December 5, 6, 15, 16, 17, 18 | Reader: Poem: Let's Formal Letter, Idioms | | | Periodic Test – II 8-12 December Syllabus:- Reader : Ls 5 Poem: The Earth Speaks Grammar: Ls 7, 8 |
| 23. | December 19, 20, 22, 23, 26, 29 | Reader: Ls 8: Chips Grammar: Ls 10: Punctuation | Stick a picture of your favourite dish made of potatoes. | Glue, picture | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3, 5, 6 | Reader: Ls 8: Chips Grammar: Ls 10: Punctuation | | | |
| 25. | January 7, 8, 9, 12, 13 | Reader: Ls 11: The Boat Song Grammar: Ls 11: Conjunctions | Make a paper boat and stick in your copy. | Glue, colourful sheets | |
| 26. | January 15, 16, 17, 19, 20, 21 | Reader: Ls 11: The Boat Song Grammar: Ls 11: Conjunctions | | | |
| 27. | January 22, 23, 27, 28, 29 | Revision for Final Examination Poem Comprehension, Comprehension Passage, | | | |

ENGLISH

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|------|------------------------------|---|-------------------------|--------------------|---|
| | | Composition, Formal Letter | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Revision and Skill Test for Final Examination | | | |
| 29. | February 6, 7, 9, 10, 11, 12 | Revision for Final Examination | | | Final Examination Skill Test 7-13 February Reading Skill: Reader : Ls 5,7,8,11 Speaking Skill: Poems : <ul style="list-style-type: none"> • Singing Secrets • Let's |
| 30. | February 13 | | | | Final Examination 16 Feb - 13 Mar Syllabus:- Reader Ls 5, 7, 8, 11 Poems : <ul style="list-style-type: none"> • The Earth Speaks • Let's Grammar: Ls 7, 8,9,10,11; Idioms Poem Comprehension, Comprehension Passage, Composition, Formal Letter |

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| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------|---|--|------------------------|--|
| 1. | April 2, 3, 4, 5, 7, 8 | पाठ - 1 मन के भोले भाले बादल (कविता), व्याकरण - सामान्य अशुद्धियाँ (रितु - भूमि) वाक्य (5 - 10) | कविता का सस्वर वाचन | | |
| 2. | April 9, 11, 15, 16, 17 | पाठ - 2 जैसा सवाल वैसा जवाब, व्याकरण - वचन (पुस्तक - कविता) | मुहावरों का ज्ञान | रंगीन पेंसिल | |
| 3. | April 21, 22, 23, 24, 25, 26 | पाठ - 3 किरमिच की गेंद, व्याकरण - संज्ञा | पौधों एवं बेल से मिलने वाली सब्जियों की तालिका | रंगीन कागज और कलर | |
| 4. | April 28, June 23, 24, 25, 26 | पाठ - 4 पापा जब बच्चे थे, व्याकरण - विलोम (अमीर - अंधकार) | रिश्तों की समझ | रंगीन कागज, फैवीकॉल | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | पुनरावृत्ति | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | पाठ - 5 दोस्त की पोशाक, व्याकरण - विशेषण | अपनी मनपसंद पोशाक का चित्र बनाकर रंग भरिए। | कलर, कागज | Periodic Test - I 7-11 July पाठ - 1, 2, व्याकरण - सामान्य अशुद्धियाँ, वचन |
| 7. | July 18, 19, 21, 22, 23, 24 | पाठ - 6 नाव बनाओ - नाव बनाओ (कविता), गिनती (51-70) | कविता का सस्वर वाचन | | Activity Day - I 24 July |
| 8. | July 25, 28, 29, 30, 31 | पाठ - 7 दान का हिसाब | महान व्यक्ति और उनकी पहचान | रंगीन कागज, कलर | |
| 9. | August 1, 4, 5, 6, 7 | व्याकरण - समानार्थी शब्द (कमल-सॉप), अनेक शब्दों के लिए एक शब्द (1-10) | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | व्याकरण - मुहावरे (2-8), अनुच्छेद | | | |

HINDI

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|------|-------------------------------------|---|---|------------------------|---|
| 11. | August 18, 19, 20, 21 ,22 | व्याकरण - पत्र, (औपचारिक) अपठित गद्यांश | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | पुनरावृत्ति | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | पुनरावृत्ति | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | पुनरावृत्ति | | | Half Yearly Examination 15-27 September पाठ - 3, 4, 5, 6, 7 व्याकरण - संज्ञा, विशेषण, विलोम, समानार्थी, अनेक शब्दों के लिए एक शब्द, मुहावरे, गिनती, पत्र, अनुच्छेद, अपठित गद्यांश |
| 15. | October 8, 9, 10 ,13 ,14 | पाठ - 8 कौन? (कविता) , व्याकरण - क्रिया | कविता का सस्वर वाचन | | PTM 11 October |
| 16. | October 15, 16, 17 ,18, 24, 27 | पाठ - 9 स्वतंत्रता की ओर, व्याकरण - लिंग (हिरण - साँप) | वस्तु और उनकी विशेषताएँ | चित्र, फैवीकॉल | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | पाठ - 10 थप्प रोटी - थप्प दाल | लज़ीज व्यंजन (कोई 2) | | |
| 18. | November 4, 6, 7, 8, 10 ,11 | पाठ -11 पढ़क्कू की सूझ (कविता) , व्याकरण - सर्वनाम | कविता का सस्वर वाचन | | |
| 19. | November 12, 13, 17, 18, 19 | पाठ - 12 सुनीता की पहिया कुरसी | नए साल का ग्रीटिंग कार्ड (मित्र के लिए) | रंगीन कागज, फैवीकॉल | |
| 20. | November 20, 21, 24, 25 ,26 | व्याकरण - विराम चिह्न | | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | पुनरावृत्ति | | | |

HINDI

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|------|---------------------------------|--|--|--------------------|---|
| 22. | December 5, 6, 15, 16, 17, 18 | पाठ - 13 हुदहुद, व्याकरण - विलोम (हार-अपना) | हुदहुद का चित्र लगाकर उसकी विशेषताएँ | चित्र, फैवीकॉल | Periodic Test – II 8-12 December पाठ - 8, 9, व्याकरण - क्रिया, लिंग |
| 23. | December 19, 20, 22, 23, 26, 29 | व्याकरण - समानार्थी (पहाड़ - मित्र), मुहावरे (9-15) | | | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3, 5, 6 | पाठ - 14 मुफ्त ही मुफ्त, व्याकरण - अनुच्छेद | गुजरात की 5 विशेषताएँ (सचित्र) | चित्र, फैवीकॉल | |
| 25. | January 7, 8, 9, 12, 13 | व्याकरण अनेक शब्दों के लिए एक शब्द (11-20) गिनती (71-100) | | | |
| 26. | January 15, 16, 17, 19, 20, 21 | पत्र (अनौपचारिक) अपठित गद्यांश | | | |
| 27. | January 22, 23, 27, 28, 29 | पुनरावृत्ति | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | पुनरावृत्ति | | | |
| 29. | February 6, 7, 9, 10, 11, 12 | पुनरावृत्ति | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | | | | Final Examination 16 Feb - 13 Mar पाठ - 10, 11, 12, 13, 14 व्याकरण - सर्वनाम, विराम चिह्न, विलोम, समानार्थी, अनेक शब्दों के लिए शब्द, मुहावरे, गिनती, पत्र, अनुच्छेद, अपठित गद्यांश। |

MATHEMATICS

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|-----------------------------|---|---|---|
| 1. | April 2, 3, 4, 5, 7, 8 | CH- 1 Numeration | | | |
| 2. | April 9, 11, 15, 16, 17 | CH- 1 Numeration | Place Value Ladder(Indian Place Value System) | Colour pencils/sketch pens , pencil | |
| 3. | April 21, 22, 23, 24, 25, 26 | CH- 3 Addition | Addition Pyramid | Origami sheets , colour pencil/sketch pens , glue | |
| 4. | April 28, June 23, 24, 25, 26 | CH- 4 Subtraction | Subtraction on number line | Colour pencil, scale | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | Revision | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | CH- 5 Multiplication | Multiplication wheel | Colour pencils, scale | Periodic Test – I 7-11 July Syllabus: CH – 1,3 Tables: 2 to 10 |
| 7. | July 18, 19, 21, 22, 23, 24 | CH- 6 Division | Division cloud | Pencil, sketch pens | Activity Day – I 24 July |
| 8. | July 25, 28, 29, 30, 31 | CH- 7 Factors and Multiples | | | |
| 9. | August 1, 4, 5, 6, 7 | CH- 7 Factors and Multiples | The Sieve of Eratosthenes | Colour pencils/sketch pens ,origami sheet ,glue | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | CH- 8 Fractions | | | |
| 11. | August 18, 19, 20, 21 ,22 | CH- 8 Fractions | Paper folding activity | Origami sheet | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Revision | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | Revision | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision | | | Half Yearly Examination 15-27 September |

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|------|---------------------------------|--|---|---|--|
| | | | | | Syllabus: CH- 1, 3 to 8 Tables: 2 to 12 |
| 15. | October 8, 9, 10 ,13 ,14 | CH- 2 Roman Numerals CH- 9 Decimals | Roman Numbers(Number of family members, strength of your class, your age) | Colour pencils | PTM 11 October |
| 16. | October 15, 16, 17 ,18, 24, 27 | CH- 9 Decimals | Decimal Place Value chart | Colour pencils/sketch pens | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | CH- 10 Measurement | | | |
| 18. | November 4, 6, 7, 8, 10 ,11 | CH- 10 Measurement | To measure the length of the palm | Origami sheet ,sketch pens ,glue | |
| 19. | November 12, 13, 17, 18, 19 | CH- 11 Time and Calendar | | | |
| 20. | November 20, 21, 24, 25 ,26 | CH- 11 Time and Calendar | Read the calendar and answer the given questions | Origami sheets ,glue ,sketch pens | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Revision | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | CH- 12 Geometry | | | Periodic Test – II 8-12 December Syllabus: CH -2,9 ,10 Tables:2 to 13 |
| 23. | December 19, 20, 22 ,23 ,26 ,29 | CH- 12 Geometry | Polygons | Origami sheet ,scissors ,glue, sketch pens | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3 ,5 ,6 | CH- 13 Perimeter and Area | | | |
| 25. | January 7, 8, 9, 12 ,13 | CH- 13 Perimeter and Area | To find area of your desk | Scale, pencil | |

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|------|--------------------------------|---|---|----------------------------|---|
| 26. | January 15, 16, 17 ,19, 20, 21 | CH- 14 3D Shapes, Symmetry and Patterns CH- 15 Data Handling | Show the line of symmetry in a leaf Tally Mark | Leaf Colour pencils | |
| 27. | January 22, 23, 27, 28 ,29 | Revision | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Revision | | | |
| 29. | February 6, 7, 9, 10 ,11 ,12 | Revision | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Revision | | | Final Examination 16 Feb - 13 Mar Syllabus: CH- 2, 9 to 15 Tables: 2 to 14 |

SCIENCE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------|---|---|--|--------------------------------|
| 1. | April 2, 3, 4, 5, 7, 8 | Chapter – 1 Food | Picture Presentation: Sources of Protein | Pictures, glue, colours etc. | |
| 2. | April 9, 11, 15, 16, 17 | Chapter – 2 The Teeth | Diagrammatic Presentation: Wisdom Tooth | Drawing material, colours etc. | |
| 3. | April 21, 22, 23, 24, 25, 26 | Chapter – 2 The Teeth | | | |
| 4. | April 28, June 23, 24, 25, 26 | Chapter – 3 The Digestive System | Case Study: Animal Saliva | Information on use of saliva by animals | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | Skills and Revision for Periodic Test 1 | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | Chapter – 3 The Digestive System | | | Periodic Test – I 7-11 July |

SCIENCE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|--------------------------------------|--|---|---|
| | | | | | Syllabus: Chapters 1 & 2 |
| 7. | July 18, 19, 21, 22, 23, 24 | Chapter – 4 The Excretory System | Diagrammatic Presentation: The Excretory System | Drawing material, colours etc. | Activity Day – I 24 July |
| 8. | July 25, 28, 29, 30, 31 | Chapter – 5 Adaptation in Animals | Picture Presentation: Migratory Birds | Pictures of migratory birds, glue, colours etc. | |
| 9. | August 1, 4, 5, 6, 7 | Chapter – 5 Adaptation in Animals | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | Chapter – 6 Plants | Pictorial Differentiation: Man Made VS Natural Fibres | Pictures of different fibres, glue, colours etc. | |
| 11. | August 18, 19, 20, 21, 22 | Chapter – 6 Plants | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Revision for Half Yearly Examination | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | Revision for Half Yearly Examination | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision for Half Yearly Examination | | | Half Yearly Examination 15-27 September Syllabus: Chapters 1, 2, 3, 4, 5 & 6 |
| 15. | October 8, 9, 10, 13, 14 | Chapter – 7 Adaptation in Plants | Collection: Indian Floral Postage Stamps | Pictures of stamps, glue, colours etc. | PTM 11 October |
| 16. | October 15, 16, 17, 18, 24, 27 | Chapter – 7 Adaptation in Plants | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | Chapter – 8 Air | Exploration: Effects of Air Pollution on Historical Monuments | Pictures of Monuments (Text Book), glue, colours etc. | |

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|------|---------------------------------|---|--|---|--|
| 18. | November 4, 6, 7, 8, 10 ,11 | Chapter – 8 Air | | | |
| 19. | November 12, 13, 17, 18, 19 | Chapter – 9 Mixtures and Solutions | Experiential Learning: Roll of Detergent in Washing | Water, detergent, oil, beaker etc. | |
| 20. | November 20, 21, 24, 25 ,26 | Chapter – 9 Mixtures and Solutions | | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Skills and Revision for Periodic Test 2 | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | Chapter – 10 Light | Picture Presentation: Luminous & Non-Luminous Objects | Pictures of different objects, glue, colours etc. | Periodic Test – II 8-12 December Syllabus: Chapters 7 & 8 |
| 23. | December 19, 20, 22 ,23 ,26 ,29 | Chapter – 10 Light | | | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3 ,5 ,6 | Chapter – 12 Force | Experiential Learning: Effect of Gravity | Ball, Paper, Cotton etc. | |
| 25. | January 7, 8, 9, 12 ,13 | Chapter – 12 Force | | | |
| 26. | January 15, 16, 17 ,19, 20, 21 | Chapter – 13 Friction | Experiential Learning: Static Energy | Plastic Ruler, bits of paper etc. | |
| 27. | January 22, 23, 27, 28 ,29 | Revision for Final Examination | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Revision for Final Examination | | | |
| 29. | February 6, 7, 9, 10 ,11 ,12 | Revision for Final Examination | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Revision for Final Examination | | | Final Examination 16 Feb - 13 Mar Syllabus: Chapters 7, 8, 9, 10, 12 & 13 |

SOCIAL SCIENCE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-----------------------------------|------------------------------------|---|--|---|
| 1. | April 2, 3, 4, 5, 7, 8 | L-1 Physical Features Of India | Mark the neighboring countries of India | Political Map of India, glue, colours copy | |
| 2. | April 9, 11, 15, 16, 17 | L-2 The Northern Mountains | Paste pictures related to dress and dance of North Eastern states | Pictures, glue and copy | |
| 3. | April 21, 22, 23, 24, 25, 26 | L-3 The Northern plains | Model making of sanctuaries and National Parks | 3D images of animals , trees and plants | |
| 4. | April 28, June 23, 24, 25, 26 | L-3 continued | | | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | Revision PT - I | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | L-4 The Great Indian Desert | Paste the Pictures related to the desert | Pictures of sanddunes, camel, oasis etc , glue and colours | Periodic Test – I 7-11 July Syllabus of PT Test I L- 1 and 2 |
| 7. | July 18, 19, 21, 22, 23, 24 | L-5 The Southern Plateaus | Different charts of Southern states of India | Chart paper , pictures, colors and glue | Activity Day – I 24 July |
| 8. | July 25, 28, 29, 30, 31 | L-5 continued | | | |
| 9. | August 1, 4, 5, 6, 7 | L-6 The coastal Plains and Islands | Crossword puzzle | Smart board and copy | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | L-6 continued + L- 8 Soil | Paste the Pictures of crops grown in Black soil | Pictures, glue , colours and copy | |
| 11. | August 18, 19, 20, 21 ,22 | L-9 Forest and Wildlife of India | Model of types of forest | Base , cardboard , leaves and branches | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Revision for Half Yearly + Mapwork | | | Activity Day – II 30 August |

SOCIAL SCIENCE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|--------------------------------------|---|---|--|
| 13. | September 2, 3, 4, 8, 9 | Revision, Model Test Paper I | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision | | | Half Yearly Examination 15-27 September Syllabus for Half Yearly Examination L- 3,4,5,6,8,9,Map work and Model Test Paper-1 |
| 15. | October 8, 9, 10, 13, 14 | L-10 Our Water resources | Poster making - Save Water | A4 size sheet, colours | PTM 11 October |
| 16. | October 15, 16, 17, 18, 24, 27 | L-11 Our Mineral Resources | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | L-12 Agriculture | Making things out of cotton | A4 Size sheet, cotton, cardboard, straw etc | |
| 18. | November 4, 6, 7, 8, 10, 11 | L-13 Industrial Development of India | Flow chart on Industries of India | Pictures of Industries related to small scale, large scale, cottage industries | |
| 19. | November 12, 13, 17, 18, 19 | L-15 Means of Communication | Paste the Pictures related to newspaper | Newspaper cuttings- National news, international news, sports news, city news and 1 Advertisement, copy | |
| 20. | November 20, 21, 24, 25, 26 | L-16 Art Architecture and Culture | Making Festive greeting card | Sheet, glue, colours and decorative materials | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Revision PT - II | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | L- 16 continued | | | Periodic Test – II 8-12 December Syllabus for P.T Test II L- 10,11,12 |

SOCIAL SCIENCE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|---------------------------------|--------------------------------|--|--------------------|--|
| 23. | December 19, 20, 22 ,23 ,26 ,29 | L-17 They showed us the Way | Enact the role of any social reformer | Costumes and props | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3 ,5 ,6 | L-17 continued | | | |
| 25. | January 7, 8, 9, 12 ,13 | L-18 Our Government | Flow chart showing the hierarchy of Government | Smart board , copy | |
| 26. | January 15, 16, 17 ,19, 20, 21 | L-18 continued + Map work | | | |
| 27. | January 22, 23, 27, 28 ,29 | Revision + Model Test Paper II | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Revision | | | |
| 29. | February 6, 7, 9, 10 ,11 ,12 | Revision | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Revision | | | Final Examination 16 Feb - 13 Mar Syllabus for Final Examination L- 12,13,15,16,17,18, Map work and Model Test Paper II |

COMPUTER

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------|------------------------------------|-------------------------|--------------------|-----------------------|
| 1. | April 2, 3, 4, 5, 7, 8 | Ls 1 Computers - Timelines | | | |
| 2. | April 9, 11, 15, 16, 17 | Ls 1 Computers - Timelines | | | |
| 3. | April 21, 22, 23, 24, 25, 26 | Ls 1 Computers - Timelines | | | |
| 4. | April 28, June 23, 24, 25, 26 | Ls 2 Windows 10- Files and Folders | | | PTM 29 APRIL |

COMPUTER

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|--|-------------------------|--------------------|--|
| 5. | June 27, 30, July 1, 2, 3 | Ls 2 Windows 10- Files and Folders | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | Ls 2 Windows 10- Files and Folders | | | Periodic Test – I 7-11 July |
| 7. | July 18, 19, 21, 22, 23, 24 | Ls 3 Paint 3D – Advanced Features | | | Activity Day – I 24 July |
| 8. | July 25, 28,29,30,31 | Ls 3 Paint 3D – Advanced Features | | | |
| 9. | August 1, 4, 5, 6, 7 | Ls 3 Paint 3D – Advanced Features | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | Ls 4 Word Processor- Tables and Graphics | | | |
| 11. | August 18, 19, 20, 21 ,22 | Ls 4 Word Processor- Tables and Graphics | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Ls 4 Word Processor- Tables and Graphics Revision | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | Revision | | | Half Yearly Examination Skill Test 8-12 September Computer Practical- Paint 3D,MS Word |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision | | | Half Yearly Examination 15-27 September Syllabus:-Ls-1,2,3,4 Pg28,61,62 |
| 15. | October 8, 9, 10 ,13 ,14 | Ls 5 Presentation – An Introduction | | | PTM 11 October |
| 16. | October 15, 16, 17 ,18, 24, 27 | Ls 5 Presentation – An Introduction | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | Ls 5 Presentation – An Introduction | | | |
| 18. | November 4, 6, 7, 8, 10 ,11 | Ls 6 Internet - Email | | | |
| 19. | November 12, 13, 17,18, 19 | Ls 6 Internet - Email | | | |

COMPUTER

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|---------------------------------|--------------------------------------|-------------------------|--------------------|---|
| 20. | November 20, 21, 24, 25 ,26 | Ls 6 Internet - Email | | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Ls 7 Computational thinking- Sorting | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | Ls 7 Computational thinking- Sorting | | | Periodic Test – II 8-12 December |
| 23. | December 19, 20, 22 ,23 ,26 ,29 | Ls 7 Computational thinking- Sorting | | | PTM 27December |
| 24. | Dec. 30, 31, Jan. 2, 3 ,5 ,6 | Ls 10 AI – An Introduction | | | |
| 25. | January 7, 8, 9, 12 ,13 | Ls 10 AI – An Introduction | | | |
| 26. | January 15, 16, 17 ,19, 20, 21 | Ls 10 AI – An Introduction | | | |
| 27. | January 22, 23, 27, 28 ,29 | Revision | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Revision | | | |
| 29. | February 6, 7, 9, 10 ,11 ,12 | Revision | | | Final Examination Skill Test 7-13 February Computer Practical- Presentation |
| 30. | February 13 | | | | Final Examination 16 Feb - 13 Mar Syllabus:- Ls 5,6,7,10 Pg 62,84 |

GENERAL KNOWLEDGE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-----------------------------------|--|-------------------------|--------------------|--------------------------------|
| 1. | April 2, 3, 4, 5, 7, 8 | L1 .Amazing Plants L2. Aquatic Plants | | | |
| 2. | April 9, 11, 15, 16, 17 | L3. Nestling Grounds of Plants L4. Dry Fruits in Your Diet | | | |
| 3. | April 21, 22, 23, 24, 25, 26 | L5. Flightless Birds L6 .Endangered animals | | | |
| 4. | April 28, June 23, 24, 25, 26 | L7. Primates It's Quiz time | | | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | L 8. Super Tens of India (. Famous Lakes in India L10. Indian Industries | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | L11. Official Residences L12. About the Planet Earth | | | Periodic Test – I 7-11 July |
| 7. | July 18, 19, 21, 22, 23, 24 | L13. Famous Landmarks L14. Female First | | | Activity Day – I 24 July |
| 8. | July 25, 28, 29, 30, 31 | L15.Geographical Epithets L16. World's Seven Summits It's Quiz Time | | | |
| 9. | August 1, 4, 5, 6, 7 | L17. Branches of Science L18. Space Journeys | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | L19. Phobias L20. Computer Vocabs | | | |
| 11. | August 18, 19, 20, 21 ,22 | L21. Inventions that Changed Life It's Quiz Time | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | L22.Spell Well L23. Abbreviations L24. World of Words | | | Activity Day – II 30 August |

GENERAL KNOWLEDGE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|--|-------------------------|--------------------|---|
| 13. | September 2, 3, 4, 8, 9 | L25. Inspirational Quotes Revision | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision | | | Half Yearly Examination 15-27 September Syllabus L 1 to 19 It's Quiz Time (Pg No. 15,27,35) |
| 15. | October 8, 9, 10, 13, 14 | L26. Valuable Expressions | | | PTM 11 October |
| 16. | October 15, 16, 17, 18, 24, 27 | L27. Cricket Stadiums | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | L28. Movie Making | | | |
| 18. | November 4, 6, 7, 8, 10, 11 | L29. Adventure Sports L30. Biopic Movies | | | |
| 19. | November 12, 13, 17, 18, 19 | L31. Nicknames | | | |
| 20. | November 20, 21, 24, 25, 26 | L32. Water Cycle | | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | L33. Notable Environmentalists | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | L34. Things Used in the Garden It's Quiz Time | | | Periodic Test – II 8-12 December |
| 23. | December 19, 20, 22, 23, 26, 29 | L35. Good Manners | | | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3, 5, 6 | L36. Be Sensitive Towards Animals | | | |
| 25. | January 7, 8, 9, 12, 13 | L37. Fun with Numbers | | | |
| 26. | January 15, 16, 17, 19, 20, 21 | L38. Working with Words | | | |
| 27. | January 22, 23, 27, 28, 29 | L39. Solving Riddles | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Model Test Paper 1 & 2 | | | |

GENERAL KNOWLEDGE

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|------------------------------|----------------------|-------------------------|--------------------|---|
| 29. | February 6, 7, 9, 10 ,11 ,12 | Revision | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Revision | | | Final Examination 16 Feb - 13 Mar Syllabus L20 to39 It's Quiz Time(Pg No. 55) |

VALUE EDUCATION

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------|----------------------|-------------------------|--------------------|--------------------------------|
| 1. | April 2, 3, 4, 5, 7, 8 | L-1 Devotion | | | |
| 2. | April 9, 11, 15, 16, 17 | L-1 Devotion | | | |
| 3. | April 21, 22, 23, 24, 25, 26 | L--2 Pleasant Truth | | | |
| 4. | April 28, June 23, 24, 25, 26 | L-2 Pleasant Truth | | | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | L- 3 Fool's Paradise | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | L-4 God is One | | | Periodic Test – I 7-11 July |
| 7. | July 18, 19, 21, 22, 23, 24 | L-4 God is One | | | Activity Day – I 24 July |
| 8. | July 25, 28, 29, 30, 31 | L-5 Common Sense | | | |
| 9. | August 1, 4, 5, 6, 7 | L- 5 Common Sense | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | L-6 Respect | | | |

VALUE EDUCATION

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|-------------------------|-------------------------|--------------------|---|
| 11. | August 18, 19, 20, 21 ,22 | L-7 Saint Mother Teresa | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | L-7 Saint Mother Teresa | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | Revision | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Revision | | | Half Yearly Examination 15-27 September Syllabus- L1 to 7 |
| 15. | October 8, 9, 10 ,13 ,14 | L-8 Respect Aged People | | | PTM 11 October |
| 16. | October 15, 16, 17 ,18, 24, 27 | L-8 Respect Aged People | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | L-9 The Cycle Race | | | |
| 18. | November 4, 6, 7, 8, 10 ,11 | L-10 Gratitude | | | |
| 19. | November 12, 13, 17, 18, 19 | L-10 Gratitude | | | |
| 20. | November 20, 21, 24, 25 ,26 | L-11 Be Kind to All | | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | L-11 Be Kind of All | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | L-12 Traffic Sense | | | Periodic Test – II 8-12 December |
| 23. | December 19, 20, 22 ,23 ,26 ,29 | L-12 Traffic Sense | | | PTM 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3 ,5 ,6 | L-13 Mango Tree | | | |
| 25. | January 7, 8, 9, 12 ,13 | L13 Mango Tree | | | |

VALUE EDUCATION

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|--------------------------------|-------------------------|-------------------------|--------------------|---|
| 26. | January 15, 16, 17 ,19, 20, 21 | L- 14 Unity is Strength | | | |
| 27. | January 22, 23, 27, 28 ,29 | L-14 Unity is Strength | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Revision | | | |
| 29. | February 6, 7, 9, 10 ,11 ,12 | Revision | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Revision | | | Final Examination 16 Feb - 13 Mar Syllabus - L8 to 14 |

DRAWING & CRAFT

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------|----------------------|-------------------------|--------------------|--------------------------------|
| 1. | April 2, 3, 4, 5, 7, 8 | Frog in a pond | | | |
| 2. | April 9, 11, 15, 16, 17 | A rooster and a hen | | | |
| 3. | April 21, 22, 23, 24, 25, 26 | Landscape | | | |
| 4. | April 28, June 23, 24, 25, 26 | Cup(origami) | | | PTM 29 APRIL |
| 5. | June 27, 30, July 1, 2, 3 | A duck and a swan | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | Lotus flowers | | | Periodic Test – I 7-11 July |
| 7. | July 18, 19, 21, 22, 23, 24 | Marine life | | | Activity Day – I 24 July |

DRAWING & CRAFT

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|--------------------------------------|-------------------------|--------------------|--|
| 8. | July 25, 28, 29, 30, 31 | Sun flower (matchstick pasting) | | | |
| 9. | August 1, 4, 5, 6, 7 | Antelope | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | Pigeon | | | |
| 11. | August 18, 19, 20, 21, 22 | Landscape | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Sea animals(collage) | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | Boat | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Warli painting | | | Half Yearly Examination 15-27 September |
| 15. | October 8, 9, 10, 13, 14 | Variegated leaves (Leaf painting) | | | PTM 11 October |
| 16. | October 15, 16, 17, 18, 24, 27 | Dahlia flower | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | Vegetables | | | |
| 18. | November 4, 6, 7, 8, 10, 11 | Greeting card | | | |
| 19. | November 12, 13, 17, 18, 19 | Message/pineapple | | | |
| 20. | November 20, 21, 24, 25, 26 | Box(origami) | | | Annual Sports Day 22 November |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Pattern design | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | Landscape | | | Periodic Test – II 8-12 December |
| 23. | December 19, 20, 22, 23, 26, 29 | Paper cutting pattern (paper craft) | | | PTM |

DRAWING & CRAFT

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|--------------------------------|-------------------------------------|-------------------------|--------------------|---|
| | | | | | 27 December |
| 24. | Dec. 30, 31, Jan. 2, 3, 5, 6 | Fish | | | |
| 25. | January 7, 8, 9, 12, 13 | Human faces | | | |
| 26. | January 15, 16, 17, 19, 20, 21 | Tress(blow painting) | | | |
| 27. | January 22, 23, 27, 28, 29 | Human expression | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Portrait | | | |
| 29. | February 6, 7, 9, 10, 11, 12 | Still life | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Thread painting and Rangoli design. | | | Final Examination 16 Feb - 13 Mar |

PHYSICAL EDUCATION

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------|--|-------------------------|--------------------|-----------------------|
| 1. | April 2, 3, 4, 5, 7, 8 | Basic Skills of Space Awareness :- Attention, Stand At Ease & Turn Around. | | | |
| 2. | April 9, 11, 15, 16, 17 | Formation & Boundaries:- Line Formation. | | | |
| 3. | April 21, 22, 23, 24, 25, 26 | Formation & Boundaries:- Line Formation. | | | |
| 4. | April 28, June 23, 24, 25, 26 | Basic Skills of Space Awareness :- Attention & Stand At Ease | | | PTM 29 APRIL |

PHYSICAL EDUCATION

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|-------------------------------------|---|-------------------------|--------------------|--|
| 5. | June 27, 30, July 1, 2, 3 | Basic Skills of Space Awareness :- Attention, Stand At Ease, March in Line. | | | |
| 6. | July 4, 5, 14, 15, 16, 17 | Formation & Boundaries:- Line Formation. | | | Periodic Test – I 7-11 July |
| 7. | July 18, 19, 21, 22, 23, 24 | Formation & Boundaries:- Line Formation. | | | Activity Day – I 24 July |
| 8. | July 25, 28,29,30,31 | Body Movement:- Stretching exercises, Run, Hop & Jump, Aerobic Exercises | | | |
| 9. | August 1, 4, 5, 6, 7 | Body Movement:- Stretching exercises, Run, Hop & Jump, Aerobic Exercises | | | PTM 2 August |
| 10. | August 8, 11, 12, 13, 14 | Physical Fitness Test. | | | |
| 11. | August 18, 19, 20, 21 ,22 | Physical Fitness Test. | | | |
| 12. | August 25, 26, 28, 29, 30, Sep. 1 | Physical Fitness Test. | | | Activity Day – II 30 August |
| 13. | September 2, 3, 4, 8, 9 | Physical Fitness Test. | | | Half Yearly Examination Skill Test 8-12 September |
| 14. | September 10, 11, 12, 29, Oct. 4, 6 | Physical Fitness Test. | | | Half Yearly Examination 15-27 September |
| 15. | October 8, 9, 10 ,13 ,14 | Revision | | | PTM 11 October |
| 16. | October 15, 16, 17 ,18, 24, 27 | Fitness Circuit:- Short distance Run(10 mtr), Hopping in ladder, Jumping in Hurdle, Zig – Zag Run& Balancing in Balancing Beam. | | | |
| 17. | Oct. 28, 29, 30, 31, Nov. 1, 3 | Fitness Circuit:- Short distance Run(10 mtr), Hopping in ladder, Jumping in Hurdle, Zig – Zag Run& Balancing in Balancing Beam. | | | |

PHYSICAL EDUCATION

| PACK | MONTH AND DATE | NO. & NAME OF TOPICS | ACTIVITY BASED TEACHING | MATERIALS REQUIRED | EXAM DATES & SYLLABUS |
|------|---------------------------------|---|-------------------------|--------------------|---|
| 18. | November 4, 6, 7, 8, 10 ,11 | Fitness Circuit:- Short distance Run(10 mtr), Hopping in ladder, Jumping in Hurdle, Zig – Zag Run& Balancing in Balancing Beam. | | | |
| 19. | November 12, 13, 17,18, 19 | Football :- Dribbling. | | | |
| 20. | November 20, 21, 24, 25 ,26 | Football:- Push Pass & Instep Pass. | | | |
| 21. | Nov. 27, 28, 29, Dec. 1, 2, 4 | Football:- Match Play. | | | |
| 22. | December 5, 6, 15, 16, 17, 18 | Kho-Kho:- Take off. | | | Periodic Test – II 8-12 December |
| 23. | December 19, 20, 22 ,23 ,26 ,29 | Kho-Kho:- Chasing. | | | PTM 27December |
| 24. | Dec. 30, 31, Jan. 2, 3 ,5 ,6 | Kho-Kho:- Dodging. | | | |
| 25. | January 7, 8, 9, 12 ,13 | Basketball:- Passing- Bounce Pass & Over Head Pass. | | | |
| 26. | January 15, 16, 17 ,19, 20, 21 | Basketball:- Dribbling. | | | |
| 27. | January 22, 23, 27, 28 ,29 | Physical Fitness Test:- Height & Weight. | | | |
| 28. | Jan. 30, Feb. 2, 3, 4, 5 | Physical Fitness Test:- Height & Weight. | | | |
| 29. | February 6, 7, 9, 10 ,11 ,12 | Physical Fitness Test:- Height & Weight. | | | Final Examination Skill Test 7-13 February |
| 30. | February 13 | Physical Fitness Test:- Height & Weight. | | | Final Examination 16 Feb - 13 Mar |

YOGA

| Pack | Month and date | No. and name of the topics | Examination date and syllabus |
|------|----------------|--|-------------------------------|
| 1 | Term- 1 | <p>I. Expansion of Basic Concepts:</p> <ul style="list-style-type: none"> • Yoga Basics Recap: What yoga is and its benefits. • Importance of Breath: Emphasizing the role of breath in yoga and everyday activities. <p>II. Expanding Yoga Poses (Asanas):</p> <ul style="list-style-type: none"> • Standing Poses: Tadasana (Mountain Pose) - with variations like Urdhva Hastasana (Raised Arms Pose) Vrikshasana (Tree Pose) - holding for a longer duration • Sitting Poses: Sukhasana (Easy Pose) - with variations like Parivrtta Sukhasana (Easy Twist) Baddha Konasana (Butterfly Pose) - encouraging deeper hip opening • Lying Down Poses: Shavasana (Corpse Pose) - longer relaxation periods Bhujangasana (Cobra Pose) - with variations like Ardha Bhujangasana (Half Cobra) • Animal Poses (with more detail): Marjaryasana and Bitilasana (Cat-Cow Pose) - focusing on the spinal movement and breath coordination Shashankasana (Rabbit Pose) <p>III. Deeper Breathing Exercises (Pranayama): Introducing slightly more advanced breathing techniques:</p> <ul style="list-style-type: none"> • Deep Breathing (Dirga Pranayama) • Anuloma Viloma Pranayama (Alternate Nostril Breathing): Introducing the concept of balancing energy. • Bhramari Pranayama (Humming Bee Breath): Practicing for a longer duration to enhance calmness. | Half yearly exam |
| 2 | Term- 2 | <p>I. The Mind-Body Connection: Exploring further how yoga helps connect thoughts, feelings, and physical sensations.</p> <p>II. Expanding Yoga Poses (Asanas):</p> <ul style="list-style-type: none"> • Standing Poses: Utkatasana (Chair Pose) - with a deeper bend Trikonasana (Triangle Pose) - with focus on alignment • Sitting Poses: Dandasana (Staff Pose) | Final Exam |

YOGA

| Pack | Month and date | No. and name of the topics | Examination date and syllabus |
|------|----------------|--|-------------------------------|
| | | <p>Paschimottanasana (Seated Forward Bend) - gentle introduction to forward folds</p> <ul style="list-style-type: none"> ● Lying Down Poses: Pawanmuktasana (Wind-Relieving Pose) - and its variations (single leg) Setu Bandhasana (Bridge Pose) - gentle backbending ● Animal Poses (with more detail): Ushtrasana (Camel Pose) - gentle introduction to deeper backbends Simhasana (Lion Pose) - engaging facial muscles & breath <p>III. Deeper Breathing Exercises (Pranayama):</p> <ul style="list-style-type: none"> ● Deep Breathing (Dirga Pranayama) ● Anuloma Viloma Pranayama (Alternate Nostril Breathing) ● Bhramari Pranayama (Humming Bee Breath) | |

KATHAK DANCE

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|---|-----------------------|
| <ul style="list-style-type: none"> ➤ REVISION OF THE LAST SESSION ➤ TUKADA - 1 ➤ HASTAK – 5 ➤ THAH CHUGAN OF TAL TEEN TAL PERIODIC TEST-I ➤ DEFINITION OF MANTRA AND SUM, AVARTAN ➤ PRAYER DANCE / KAVITTA ➤ TODA-2 ➤ ASAMYUKTA MUDRA | |

BHARAT NATYAM DANCE

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|---|-----------------------|
| <ul style="list-style-type: none"> ➤ NATTADAVU 1 TO 8 ➤ KUDITHU METTU 1 TO 4 ➤ DANCE ➤ ASAMYUKTAMUDRA 1 TO 20 | |

INSTRUMENTAL MUSIC

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|---|-----------------------|
| SYLLABUS-HALF YEARLY <ul style="list-style-type: none"> ➤ INTRODUCTION OF THE INSTRUMENT ➤ BASIC FUNDAMENTALS OF THE INSTRUMENT ➤ FINGERS' EXERCISES ➤ CHILDREN SONGS (NOTATION & PLAYING) ➤ POPULAR SONGS (NOTATION & PLAYING) | |
| SYLLABUS- FINAL EXAM <ul style="list-style-type: none"> ➤ HYMNS (NOTATION & PLAYING) ➤ FILM SONGS (NOTATION & PLAYING) ➤ CHILDREN SONGS (NOTATION & PLAYING) ➤ ANTHEM (NOTATION & PLAYING) ➤ PRACTICE ➤ REVISION | |

VOCAL MUSIC

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|---|-----------------------|
| SYLLABUS-HALF YEARLY REVISION AND PRACTICE OF NATIONAL ANTHEM AND SCHOOL ANTHEM, READING AND SINGING WITH CLEAR PRONUNCIATION <ul style="list-style-type: none"> ➤ SHOWERS OF BLESSINGS ➤ NUMEROUS STRINGS ➤ THIS IS MY PRAYER ➤ SOME FESTIVE SONGS ➤ REVISION OF HYMNS AND ANTHEMS ➤ SCHOOL ANTHEM ➤ BASIC KNOWLEDGE OF VOCAL MUSIC | |
| SYLLABUS- FINAL EXAM <ul style="list-style-type: none"> ➤ DEVOTIONAL SONGS HINDI/ENGLISH AND PATRIOTIC SONGS. ➤ CHILDREN SONGS HINDI/ENGLISH ➤ REVISION OF ALL SONGS HYMNS AND ANTHEM ➤ BASIC KNOWLEDGE OF MUSIC | |

WESTERN DANCE

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|--|-----------------------|
| <ul style="list-style-type: none"> ➤ Warmup and rhythm sense exercise ➤ Eight & four count dance steps on popular dance number ➤ Basic steps on free style dance numbers ➤ Energy to maintain cheerful expression ➤ More on practice on that dance and revision | |

THEATRE

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|--|-----------------------|
| <ul style="list-style-type: none"> ➤ Natyashastra part II ➤ Theatre Directors of Bhopal ➤ Types of kathaputti ➤ Theatre songs ➤ Theatre Games ➤ Theatre Exercise ➤ Revision of all above ➤ Body Movement ➤ Dialogue delivery ➤ Facial Expression ➤ Drama Reading ➤ Drama Enactment ➤ Improvisation ➤ Revision of all above | |

KARATE

| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
|---|-----------------------|
| Syllabus-Half Yearly Basic steps of Karate, Hachi-Dachi, Zenkutsu Dachi and Keeba Dachi, Zenkutsu Dachi and Keeba Dachi with Uke, Chudan Zuki, Jodan Zuki, Sambon Zuki, Zenkutsu Dachi and Keeba Dachi with Blocks, Gedan Barai, Age Uke, Unchi Uke and Shoto Uke, Zenkutsu Dachi with Blocks and Punch, Shoto Uke, Nukite, Yogo Enpee, Ko Kutsu Dachi with Uke, Combination Zuki and Uke Kata 1st Hein Shodan (21 Moments) | |

| KARATE | |
|--|-----------------------|
| NO. & NAME OF TOPICS | EXAM DATES & SYLLABUS |
| Syllabus- Final Exam Kata IInd Hein Nidan, Revision of Kata Ist and IInd, Kicks (Geri) Fight Practice Maigeri, Yokogeri, Mavashigeri, Fight Practice, Kata Defination, Hein Shodan, Hein Nidan, Theory of Karate and Knowledge of Japanese words Complete of Kata Hein Shodan and Hein Nidan, Revision Hein Shodan, Preparation for Final Examination. | |