

## **ST. JOSEPH'S CO-ED SCHOOL**

Arera Colony, Bhopal



**CLASS V** 

	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: Going to a Hockey Game Grammar: Ls 1: Sentences	Stick a picture of Major Dhyanchand.	Glue, picture				
2.	April 9, 11, 15, 16, 17	Reader: Ls 1: Going to a Hockey Game Grammar: Ls 2: Nouns						
3.	April 21, 22, 23, 24, 25, 26	Reader: Poem: How Many Greens? Grammar: Ls 3: Adjectives	Choral Recitation					
4.	April 28, June 23, 24, 25, 26	Reader: Poem: How Many Greens? 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 3,8			
6.	July 4, 5, 14, 15, 16, 17	Reader: Poem: Books Informal Letter, Proverbs			Periodic Test – I 7-11 July Syllabus: Reader : Ls 1 Poem: How Many Greens? Grammar: Ls 1,2			
7.	July 18, 19, 21, 22, 23, 24	Reader: Poem: Books Grammar: Ls 4: Pronouns	Drop Everything Snd Read Activity	Story books	Activity Day – I 24 July			
8.	July 25, 28,29,30,31	Reader: Ls 2: The Invention of Shoes Grammar: Ls 4: Pronouns						
9.	August 1, 4, 5, 6, 7	Reader: Ls 2: The Invention of Shoes Grammar: Ls 5: Articles	Sing a famous song of Rabindranath Tagore		PTM 2 August			
10.	August 8, 11, 12, 13, 14	Reader: Ls 4: The Thief is Caught! Grammar: Ls 6: Verbs						

	ENGLISH							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
11.	August 18, 19, 20, 21 ,22	Reader: Ls 4: The Thief is Caught! Grammar: Ls 6: Verbs	Character Sketch of Emil	Colours				
12.	August 25, 26, 28, 29, 30, Sep. 1	Revision for Half Yearly Examination Poem Comprehension, Comprehension Passage, Composition, Informal Letter			Activity Day – II 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 1,2,4 Speaking Skill: Poems :			
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 1,2,4 Poems : • How Many Greens? • Books Grammar: Ls 1, 2,3,4,5,6; Proverbs Poem Comprehension, Comprehension Passage, Composition, Informal Letter			
15.	October 8, 9, 10 ,13 ,14	Reader: Ls 5: A Rupee Goes a Long Way Grammar: Ls 7: Tenses			PTM 11 October			

	ENGLISH							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
16.	October 15, 16, 17 ,18, 24, 27	Reader: Ls 5: A Rupee Goes a Long Way Grammar: Ls 7: Tenses	Stick pictures of three different currency notes.	Glue, pictures of currency notes				
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	Reader: Poem: Tamarind Grammar: Ls 8: Adverbs	Write a few lines on: 'Importance of Trees'	Colours				
18.	November 4, 6, 7, 8, 10 ,11	Reader: Ls 6: Sam and the Secret Call Grammar: Ls 8: Adverbs	Draw a picture of blue whale and write two facts about it.	Colours				
19.	November 12, 13, 17,18, 19	Reader: Ls 6: Sam and the Secret Call Grammar: Ls 9: Prepositions						
20.	November 20, 21, 24, 25 ,26	Reader: Poem: Ring Out, Wild Bells 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 9,11			
22.	December 5, 6, 15, 16, 17, 18	Reader: Poem: Ring Out, Wild Bells Formal Letter, Phrasal Verbs			Periodic Test – II 8-12 December Syllabus:- Reader : Ls 5 Poem: Tamarind Grammar: Ls 7, 8			
23.	December 19, 20, 22 ,23 ,26 ,29	Reader: Ls 7: The Newspaper Boy Grammar: Ls 10: Punctuation			PTM 27December			
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	Reader: Ls 7: The Newspaper Boy Grammar: Ls 10: Punctuation	'Newspaper Reading Activity'	Newspaper				
25.	January 7, 8, 9, 12 ,13	Reader: Ls 10: Maui's Kite Grammar: Ls 11: Conjunctions	Make a colourful kite.	Colourful craft papers, scissors, glue				

	ENGLISH						
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS		
26.	January 15, 16, 17 ,19, 20, 21	Reader: Ls 10: Maui's Kite Grammar: Ls 11: Conjunctions					
27.	January 22, 23, 27, 28 ,29	Revision for Final Examination Poem Comprehension, Comprehension Passage, 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 5,6,7,10 Speaking Skill: Poems : • What are Heavy? • Ring Out, Wild Bells		
30.	February 13				Final Examination 16 Feb - 13 Mar Syllabus:- Reader Ls 5,6,7,10 Poems : • Tamarind • Ring Out, Wild Bells Grammar: Ls 7, 8,9,10,11; Phrasal Verbs Poem Comprehension, Comprehension Passage, Composition, Formal Letter		

	HINDI							
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 राख की रस्सी, व्याकरण – क्रिया विशेषण	कोलाज बनाइए	रंगीन पेपर, फैवीकॉल				
2.	April 9, 11, 15, 16, 17	पाठ – 2 फसलों के त्योहार, व्याकरण – वचन (घोड़ा–पाठक)	वर्ग पहेली	रंगीन पेपर, फैवीकॉल				
3.	April 21, 22, 23, 24, 25, 26	पाठ – 3 खिलौने वाला (कविता) व्याकरण – सर्वनाम	कविता पाठ					
4.	April 28, June 23, 24, 25, 26	पाठ – 4 नन्हा फ़नकार, व्याकरण – क्रिया	हमारी धरोहर		PTM 29 APRIL			
5.	June 27, 30, July 1, 2, 3	पुनरावृत्ति						
6.	July 4, 5, 14, 15, 16, 17	पाठ – 5 जहाँ चाह वहाँ राह व्याकरण – विलोम (न्याय–ज्ञान)	पत्र		Periodic Test – I 7-11 July पाठ – 1, 2, व्याकरण – वचन, क्रियाविशेषण			
7.	July 18, 19, 21, 22, 23, 24	पाठ – 6 चिट्ठी का सफर व्याकरण – समानार्थी (अंधेरा–कपड़ा)	पत्र लेखन	रंगीन पेपर	Activity Day – I 24 July			
8.	July 25, 28, 29, 30, 31	पाठ – 7 डाकिया की कहानी कॅवर सिंह की जुबानी, व्याकरण – अनेक शब्दों के लिए एक शब्द (20-31)	चिट्ठी पत्री	लिफाफा, पोस्टकार्ड तथा अंतर्देशीय				
9.	August 1, 4, 5, 6, 7	पाठ – ৪ वे दिन भी क्या दिन थे, व्याकरण – विराम चिह्न	शब्द अंत्याक्षरी	रंगीन पेन	PTM 2 August			
10.	August 8, 11, 12, 13, 14	पाठ – 9 एक मॉं की बेबसी,	अनुच्छेद लेखन	रंगीन पेन				

	HINDI							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
		व्याकरण – मुहावरे (2-9)						
11.	August 18, 19, 20, 21 ,22	व्याकरण – पत्र (औपचारिक), अनुच्छेद, 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, 8, 9 व्याकरण – सर्वनाम, क्रिया, विराम चिह्न, विलोम, समानार्थी, अनेक शब्दों के लिए एक शब्द, मुहावरे, पत्र, अनुच्छेद, अपठित गद्यांश			
15.	October 8, 9, 10 ,13 ,14	पाठ – 10 एक दिन की बादशाहत, व्याकरण – सामान्य अशुद्धियाँ (सप्ताहिक– व्योपार) वाक्य (1–10)	फोटो फ्रेम	रंगीन पेपर, स्वयं का फोटो, फैवीकॉल	PTM 11 October			
16.	October 15, 16, 17 ,18, 24, 27	पाठ - 11 चावल की रोटियॉं,	चावल के पकवान	चावल के पकवानों के चित्र				
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	पाठ – 12 गुरू और चेला (कविता) <b>,</b> व्याकरण – लिंग (वर–बकरा)	संदेश लेखन	रंगीन चार्ट पेपर				
18.	November 4, 6, 7, 8, 10 ,11	पाठ –13 स्वामी की दादी व्याकरण – संज्ञा	संज्ञा का संसार	रंगीन पेन				

		HIN	DI		
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
19.	November 12, 13, 17, 18, 19	पाठ – 14 बाघ आया उस रात (कविता), व्याकरण – विशेषण	सस्वर वाचन		
20.	November 20, 21, 24, 25 ,26	पाठ - 15 बिशन की दिलेरी, व्याकरण - काल	पोस्टर बनाइए	ए-4 साईज शीट, रंगीन पेन	Annual Sports Day 22 November
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	पुनरावृत्ति			
22.	December 5, 6, 15, 16, 17, 18	पाठ – 16 पानी रे पानी व्याकरण – विलोम (धनी-यश)	कविता लेखन		Periodic Test – II 8-12 December पाठ – 10, 11 व्याकरण – लिंग, सामान्य अशुद्धियॉं
23.	December 19, 20, 22 ,23 ,26 ,29	पाठ – 17 छोटी सी हमारी नदी (कविता) व्याकरण – समानार्थी शब्द (किनारा–पुष्प)	जल चक्र बनाइए		PTM 27 December
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	पाठ – 18 चुनौती हिमालय की, व्याकरण – मुहावरे (10–17)	हमारी नदियाँ हिमालय के शिखर पर		
25.	January 7, 8, 9, 12 ,13	व्याकरण - अनेक शब्दों के लिए एक शब्द (32-43) पत्र (अनौपचारिक पत्र)			
26.	January 15, 16, 17 ,19, 20, 21	व्याकरण – अनुच्छेद लेखन, 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

	HINDI						
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS		
					16 Feb - 13 Mar पाठ - 12,13,14,15,16,17,18, व्याकरण - संज्ञा, विशेषण, काल, विलोम, समानार्थी शब्द, अनेक शब्दों के लिए शब्द, मुहावरे, पत्र, अनुच्छेद, अपिठत 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 Large Numbers						
2.	April 9, 11, 15, 16, 17	CH- 1 Large Numbers CH- 2 Operations involving large numbers	Place value of digits (International place value system)	Colour pencils / sketch pens				
3.	April 21, 22, 23, 24, 25, 26	CH- 2 Operations involving large numbers CH- 3 Factors and Multiples	Multiplication pyramid	Origami sheet, colour pencils / sketch pens, glue				
4.	April 28, June 23, 24, 25, 26	CH- 3 Factors and Multiples	Factor tree	Origami sheet, colour pencils , glue	PTM 29 APRIL			
5.	June 27, 30, July 1, 2, 3	Revision						
6.	July 4, 5, 14, 15, 16, 17	CH- 4 Fractions			Periodic Test – I 7-11 July Syllabus: CH- 1,2 Tables:2 to 12			
7.	July 18, 19, 21, 22, 23, 24	CH- 4 Fractions	Paper folding activity	Origami sheet, colour pencils , glue	Activity Day – I 24 July			

	MATHEMATICS							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
8.	July 25, 28, 29, 30, 31	CH- 5 Decimals	Decimal wheel(Place Value chart)	Origami sheet, colour pencils , glue				
9.	August 1, 4, 5, 6, 7	CH- 7 Profit and Loss			PTM 2 August			
10.	August 8, 11, 12, 13, 14	CH- 7 Profit and Loss	Monopoly(Business game activity)	Dummy notes				
11.	August 18, 19, 20, 21 ,22	CH- 9 Basics of Geometry	Making different types of angles with paper strips	Origami sheet ,scissors, pencil, glue				
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 Syllabus: CH- 1 to 5,7,9 Tables: 2 to 13			
15.	October 8, 9, 10 ,13 ,14	CH- 6 Percentage			PTM 11 October			
16.	October 15, 16, 17 ,18, 24, 27	CH- 6 Percentage CH- 8 Measurement	To find the % of half yearly exam	Colour pencils				
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	CH-8 Measurement	Flow chart of converting higher unit to lower unit (Pg : 124)	Origami sheet, colour pencil, glue				
18.	November 4, 6, 7, 8, 10 ,11	CH- 10 Geometrical Shapes						
19.	November 12, 13, 17, 18, 19	CH- 10 Geometrical Shapes	Line of symmetry	Pictures, colour pencil, glue				

	MATHEMATICS							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
20.	November 20, 21, 24, 25 ,26	CH- 11 Time and Temperature	To find exact age of students	Colour pencils	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 Perimeter and Area			Periodic Test – II 8-12 December Syllabus: CH- 6,8 Tables: 2 to 14			
23.	December 19, 20, 22 ,23 ,26 ,29	CH- 12 Perimeter and Area	To show interior and exterior of a circle(Pg: 218)	Origami sheet, colour pencil, glue	PTM 27 December			
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	CH- 13 Volume						
25.	January 7, 8, 9, 12 ,13	CH- 13 Volume CH- 14 Patterns	Measuring units of area and volume(Pg: 227) Patterns and designs with circle	Origami sheet, colour pencils, glue Colour pencils				
26.	January 15, 16, 17 ,19, 20, 21	CH- 15 Data Handling	Pie Chart	Origami sheet, colour pencil, glue				
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- 6,8,10 to 15 Tables: 2 to 15			

	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 The Circulatory System	Pictorial Classification : Chambers of Heart	Pictures of animals having 2,3,4 chambered heart, colours etc.				
2.	April 9, 11, 15, 16, 17	Chapter – 1 The Circulatory System						
3.	April 21, 22, 23, 24, 25, 26	Chapter – 2 The Skeletal System	Pictorial Presentation: Skeletal System	Picture of Skeletal System (Text Book),glue, etc.				
4.	April 28, June 23, 24, 25, 26	Chapter - 2 The Skeletal System			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 Food and Health	Experiential Learning: Salt Adulteration	Salt, Potato, Lemon etc.	Periodic Test – I 7-11 July Syllabus: Chapters 1 & 2			
7.	July 18, 19, 21, 22, 23, 24	Chapter – 3 Food and Health			Activity Day – I 24 July			
8.	July 25, 28, 29, 30, 31	Chapter – 4 Health and Hygiene	Case Study: Hygienic Habits	Information on various Hygienic Habits				
9.	August 1, 4, 5, 6, 7	Chapter – 5 From Flowers to Seeds	Experiential Learning: Parts of a Flower	Hibiscus flowers.	PTM 2 August			
10.	August 8, 11, 12, 13, 14	Chapter – 7 Interdependence in Nature	Collage Making: Food Web	Pictures of animals (Text Book), glue, colours etc.				
11.	August 18, 19, 20, 21 ,22	Chapter – 7 Interdependence in Nature						
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			

	SCIENCE							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
					15-27 September Syllabus: Chapters 1, 2, 3, 4, 5 & 7			
15.	October 8, 9, 10 ,13 ,14	Chapter – 8 Dealing with Waste	Pictorial Presentation: Parks made out of Waste	Pictures of Parks – Rock Garden (Chandigarh), Waste to Wonder Park (Delhi) etc.	PTM 11 October			
16.	October 15, 16, 17 ,18, 24, 27	Chapter – 8 Dealing with Waste						
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	Chapter -9 More about Matter	Display: Molecular Arrangement in three States of Matter	A4 size Drawing sheets, colours, articles to show molecules, glue etc.				
18.	November 4, 6, 7, 8, 10 ,11	Chapter -9 More about Matter						
19.	November 12, 13, 17, 18, 19	Chapter – 10 Light and Shadows	Picture Completion: Size of a Shadow (Text B00k)	Text Book, colours etc.				
20.	November 20, 21, 24, 25 ,26	Chapter – 10 Light and Shadows			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 – 11 Sound	Pictorial Differentiation: Indian Musical Instruments (Text Book)	Pictures of Instruments (Text Book), colours, glue, etc.	Periodic Test – II 8-12 December Syllabus: Chapters 8 & 9			
23.	December 19, 20, 22 ,23 ,26 ,29	Chapter – 12 Work and Energy	Case Study: How to Save Electricity	Information on various ways to save Electricity.	PTM 27 December			
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	Chapter – 12 Work and Energy						
25.	January 7, 8, 9, 12 ,13	Chapter – 13 Simple Machines	Picture Presentation: Kinds of Simple Machines	Pictures of various Simple Machines, glue, colours etc.				

	SCIENCE							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
26.	January 15, 16, 17 ,19, 20, 21	Chapter – 13 Simple Machines						
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 8, 9, 10, 11, 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 Globe	Mark the states of India where Tropic of Cancer passes	Political map of India,glue,colours,copy					
2.	April 9, 11, 15, 16, 17	L-2 Maps:Our Guide	Identify the physical features of India	Physical map of India , glue , colours and copy					
3.	April 21, 22, 23, 24, 25, 26	L-3 Weather and climate	Differentiate between land breeze and sea breeze	Cut outs of Sun , moon colour sheets , glue , copy					
4.	April 28, June 23, 24, 25, 26	L-4 Land of dense forests	Forest and wildlife of DRC	Pictures of forest , animals, canopy , A4 size sheet and glue	PTM 29 APRIL				
5.	June 27, 30, July 1, 2, 3	Revision							
6.	July 4, 5, 14, 15, 16, 17	L-4 Continued			Periodic Test – I 7-11 July				

	SOCIAL SCIENCE							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
					Syllabus: L-1 and 2			
7.	July 18, 19, 21, 22, 23, 24	L-5 Greenland - The Land of Snow	Model of an Igloo	Craft paper , coconut shell, chart paper , glue and colours	Activity Day – I 24 July			
8.	July 25, 28, 29, 30, 31	L-6 Saudi Arabia -The Land of Sand	3D model of desert with Oasis	Tray,sand , plastic bowl, artificial plants , grass and glue				
9.	August 1, 4, 5, 6, 7	L-7 Prairies - The Grasslands	Endangered animals , symbol of WWF	Colour pencils , glue , copy , pictures	PTM 2 August			
10.	August 8, 11, 12, 13, 14	L-8 Means of Transport	Role play on road safety	Costume and props				
11.	August 18, 19, 20, 21 ,22	L-8 continue						
12.	August 25, 26, 28, 29, 30, Sep. 1	Revision +Map work			Activity Day – II 30 August			
13.	September 2, 3, 4, 8, 9	Revision + Model test paper 1			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- 3,4,5,6,7,8 map work, Model test paper 1			
15.	October 8, 9, 10 ,13 ,14	L-10 The world of Growing Knowledge	Find the details about the famous personalities who were blind	Pictures related to the topic, activity , glue and copy	PTM 11 October			
16.	October 15, 16, 17, 18, 24, 27	L-10 continued						
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	L-14 The Birth of United Nations	Draw and colour UN flag	Copy, colours				
18.	November 4, 6, 7, 8, 10 ,11	L-15 The Working Of United Nations						

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
19.	November 12, 13, 17, 18, 19	L-15 continued	Paste 5 famous world heritage sites of India	Pictures, copy, glue	
20.	November 20, 21, 24, 25 ,26	L-17 The Revolt of 1857	Movie on Mangal Pandey	Smart board	Annual Sports Day 22 November
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	Revision			
22.	December 5, 6, 15, 16, 17, 18	L-17 continued			Periodic Test – II 8-12 December Syllabus of P.T Test II L-10,14
23.	December 19, 20, 22 ,23 ,26 ,29	L-18 Beginning of Freedom Struggle	Details on Bhagat Singh	Picture of Bhagat Singh , colours , glue , copy	PTM 27 December
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	L-18 continued			
25.	January 7, 8, 9, 12 ,13	L-19 India Wins Freedom	Enactment of Swadeshi Movement	Costumes and props	
26.	January 15, 16, 17 ,19, 20, 21	L-19 Continues			
27.	January 22, 23, 27, 28 ,29	Revision+ Map work			
28.	Jan. 30, Feb. 2, 3, 4, 5	Revision,Model test paper II			
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 the Final Exam L-14, 15, 1 18, 19, Map work, Model test paper II

	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	L1:Faith in God						
2.	April 9, 11, 15, 16, 17	L1:Faith in God						
3.	April 21, 22, 23, 24, 25, 26	L - 2 Good Behaviour						
4.	April 28, June 23, 24, 25, 26	L - 3 Alexander"s house			PTM 29 APRIL			
5.	June 27, 30, July 1, 2, 3	L - 3 Alexander"s house						
6.	July 4, 5, 14, 15, 16, 17	L - 4 The Willy Jackal			Periodic Test – I 7-11 July			
7.	July 18, 19, 21, 22, 23, 24	L - 4 The Willy Jackal			Activity Day – I 24 July			
8.	July 25, 28, 29, 30, 31	L - 5 The Snake Bite						
9.	August 1, 4, 5, 6, 7	L - 5 The Snake Bite			PTM 2 August			
10.	August 8, 11, 12, 13, 14	L - 6 Real Friendship						
11.	August 18, 19, 20, 21 ,22	L - 6 Real Friendship						
12.	August 25, 26, 28, 29, 30, Sep. 1	L -7 Commitment			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: L 1, 2, 3, 4, 5, 6 and 7			
15.	October 8, 9, 10 ,13 ,14	L - 8 Truth of Life			PTM 11 October			

	VALUE EDUCATION							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
16.	October 15, 16, 17 ,18, 24, 27	L - 8 Truth of Life						
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	L -9 Generosity						
18.	November 4, 6, 7, 8, 10 ,11	L9 Generosity						
19.	November 12, 13, 17, 18, 19	L - 10 Thankless Goldsmith						
20.	November 20, 21, 24, 25 ,26	CH L - 10 Thankless Goldsmith			Annual Sports Day 22 November			
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	L - 11 Be Polite						
22.	December 5, 6, 15, 16, 17, 18	L - 11 Be Polite			Periodic Test – II 8-12 December			
23.	December 19, 20, 22 ,23 ,26 ,29	L - 12 The Disloyal King			PTM 27 December			
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	L - 12 The Disloyal King						
25.	January 7, 8, 9, 12 ,13	L - 13 Unity is Strength						
26.	January 15, 16, 17 ,19, 20, 21	L - 13 Unity is Strength						
27.	January 22, 23, 27, 28 ,29	L -14 Choose Your Company						
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: L 8,9,10,11,12,13and14			

	GENERAL KNOWLDEGE							
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
1.	April 2, 3, 4, 5, 7, 8	Unit – 1: Plants and Animals Ls. 1 Trees: Evergreen and Deciduous Ls. 2 Awesome Plant World						
2.	April 9, 11, 15, 16, 17	Ls. 3 Animal Defences Ls. 4 Insect World						
3.	April 21, 22, 23, 24, 25, 26	Ls. 5 Animal Habitats Its Quiz Time						
4.	April 28, June 23, 24, 25, 26	Unit – 2: Incredible India Ls. 6 Famous Fathers Ls. 7 Seven Sister States of India			PTM 29 APRIL			
5.	June 27, 30, July 1, 2, 3	Ls. 8 Architectural Grandeur Ls. 9 Indian Railways						
6.	July 4, 5, 14, 15, 16, 17	Unit – 3: Our World Ls. 10 Nations and Languages Ls. 11 Airports in the World			Periodic Test – I 7-11 July			
7.	July 18, 19, 21, 22, 23, 24	Ls. 12 Tourists Spots Ls. 13 National Emblems Ls. 14 Parliaments of Different Countries Its Quiz Time			Activity Day – I 24 July			
8.	July 25, 28, 29, 30, 31	Unit – 4: Science and Technology Ls. 15 Fields of Study Ls. 16 Nature's Fury						
9.	August 1, 4, 5, 6, 7	Ls. 17 Social Networking Unit – 5: Language and Literature Ls. 18 Pen Names			PTM 2 August			
10.	August 8, 11, 12, 13, 14	Ls. 19 Work of Writers Ls. 20 Books and Authors						
11.	August 18, 19, 20, 21 ,22	Ls.21 Speak in English Only						

	GENERAL KNOWLDEGE								
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS				
		Ls. 22 English Words of Indian Origin Model Test Paper 1							
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 Syllabus: Ls. 1 to Ls. 22 and Model Test Paper 1				
14.	September 10, 11, 12, 29, Oct. 4, 6	Ls. 23 Homonyms			Half Yearly Examination 15-27 September				
15.	October 8, 9, 10 ,13 ,14	Ls. 24 Indian Writers of English Literature Ls. 25 Glorious Epics			PTM 11 October				
16.	October 15, 16, 17 ,18, 24, 27	Unit – 6: Sports and Entertainment Ls. 26 Sports Symbols Ls.27 National Sports of Countries							
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	Ls. 28 Sports Terms Ls. 29 Best Footballers							
18.	November 4, 6, 7, 8, 10 ,11	Ls. 30 Track and Field Ls. 31 Legendry Olympic Athletes							
19.	November 12, 13, 17, 18, 19	Ls. 32 Water Sports Ls. 33 Popular Toys and their Creators							
20.	November 20, 21, 24, 25 ,26	Ls. 34 Indian Classical Musicians Its Quiz Time			Annual Sports Day 22 November				
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	Unit – 7: Nature and Environment Ls. 35 Food from Farm to Plate							
22.	December 5, 6, 15, 16, 17, 18	Ls. 36 Places for Special Purpose Ls. 37 Space Marvels			Periodic Test – II 8-12 December				

GENERAL KNOWLDEGE								
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS			
23.	December 19, 20, 22 ,23 ,26 ,29	Unit – 8: Value Education and Life Skills Ls. 38 Latin Phrases in our Communication			PTM 27 December			
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	Ls. 39 Travelling by Train						
25.	January 7, 8, 9, 12 ,13	Unit – 9: Logical Thinking and Number Skills Ls. 40 Fun with Numbers Ls. 41 Fun with Words						
26.	January 15, 16, 17 ,19, 20, 21	Ls. 42 Working on Shapes Ls. 43 Strain your Brain						
27.	January 22, 23, 27, 28 ,29	Model Test Paper 1 and 2						
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 Syllabus: Ls 23 to Ls. 43, Model Tes Paper 1 & 2			
30.	February 13	Revision for Final Examination			Final Examination 16 Feb - 13 Mar			

	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 Computer Memory								
2.	April 9, 11, 15, 16, 17	Ls 1 Computer Memory								
3.	April 21, 22, 23, 24, 25, 26	Ls 1 Computer Memory								
4.	April 28, June 23, 24, 25, 26	Ls 2 Windows 10- Advanced Features			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- Advanced Features						
6.	July 4, 5, 14, 15, 16, 17	Ls 2 Windows 10- Advanced Features			Periodic Test – I 7-11 July			
7.	July 18, 19, 21, 22, 23, 24	Ls 3 Word Processor- Page Formatting and Mail Merge			Activity Day – I 24 July			
8.	July 25, 28,29,30,31	Ls 3 Word Processor- Page Formatting and Mail Merge						
9.	August 1, 4, 5, 6, 7	Ls 3 Word Processor- Page Formatting and Mail Merge			PTM 2 August			
10.	August 8, 11, 12, 13, 14	Ls 10 A I Timelines and Applications						
11.	August 18, 19, 20, 21 ,22	Ls 10 A I Timelines and Applications						
12.	August 25, 26, 28, 29, 30, Sep. 1	Ls 10 A I Timelines and Applications Revision			Activity Day – II 30 August			
13.	September 2, 3, 4, 8, 9	Revision			Half Yearly Examination Skill Test 8-12 September Computer Practical-MS Word			
14.	September 10, 11, 12, 29, Oct. 4, 6	Revision			Half Yearly Examination 15-27 September Syllabus:-Ls-1, 2,3,10. Pg. 29,72,73			
15.	October 8, 9, 10 ,13 ,14	Ls 4 Presentation- Editing and Formatting			PTM 11 October			

	COMPUTER				
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
16.	October 15, 16, 17 ,18, 24, 27	Ls 4 Presentation- Editing and Formatting			
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	Ls 4 Presentation- Editing and Formatting			
18.	November 4, 6, 7, 8, 10 ,11	Ls 5 Presentation- Animations and Transitions			
19.	November 12, 13, 17,18, 19	Ls 5 Presentation- Animations and Transitions			
20.	November 20, 21, 24, 25 ,26	Ls 5 Presentation- Animations and Transitions			Annual Sports Day 22 November
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	Ls 6 Spreadsheet – An Introduction			
22.	December 5, 6, 15, 16, 17, 18	Ls 6 Spreadsheet – An Introduction			Periodic Test – II 8-12 December
23.	December 19, 20, 22 ,23 ,26 ,29	Ls 6 Spreadsheet – An Introduction			PTM 27December
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	Ls 7 Internet –Social Media			
25.	January 7, 8, 9, 12 ,13	Ls 7 Internet –Social Media			
26.	January 15, 16, 17 ,19, 20, 21	Ls 7 Internet –Social Media			
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, Excel
30.	February 13				Final Examination 16 Feb - 13 Mar Syllabus: Ls 4, 5,6, 7. Pg 95

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	Pencil shading technique			
2.	April 9, 11, 15, 16, 17	Landscape			
3.	April 21, 22, 23, 24, 25, 26	Flying birds(origami)			
4.	April 28, June 23, 24, 25, 26	Blooming lotus			PTM 29 APRIL
5.	June 27, 30, July 1, 2, 3	Antelope			
6.	July 4, 5, 14, 15, 16, 17	Rising sun(collage)			Periodic Test – I 7-11 July
7.	July 18, 19, 21, 22, 23, 24	Warli painting			Activity Day – I 24 July
8.	July 25, 28, 29, 30, 31	Wax crayon painting			
9.	August 1, 4, 5, 6, 7	Animal drawing			PTM 2 August
10.	August 8, 11, 12, 13, 14	Flying bird(spray painting)			
11.	August 18, 19, 20, 21 ,22	Bird drawing			
12.	August 25, 26, 28, 29, 30, Sep. 1	Human expression			Activity Day – II 30 August
13.	September 2, 3, 4, 8, 9	Landscape			Half Yearly Examination Skill Test 8-12 September
14.	September 10, 11, 12, 29, Oct. 4, 6	Mehendi designs			Half Yearly Examination 15-27 September
15.	October 8, 9, 10 ,13 ,14	Flower design			PTM 11 October
16.	October 15, 16, 17 ,18, 24, 27	Vegetable composition			

	DRAWING & CRAFT					
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS	
17.	Oct. 28, 29, 30, 31, Nov. 1, 3	Camel				
18.	November 4, 6, 7, 8, 10 ,11	Christmas card				
19.	November 12, 13, 17, 18, 19	Horse				
20.	November 20, 21, 24, 25 ,26	Madhubani painting			Annual Sports Day 22 November	
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	Portrait				
22.	December 5, 6, 15, 16, 17, 18	Flower (woolen thread pasting)			Periodic Test – II 8-12 December	
23.	December 19, 20, 22 ,23 ,26 ,29	Humans faces			PTM 27 December	
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	Human figures				
25.	January 7, 8, 9, 12 ,13	Bottle and tumbler				
26.	January 15, 16, 17 ,19, 20, 21	Paper duck(origami)				
27.	January 22, 23, 27, 28 ,29	Tulip flowers				
28.	Jan. 30, Feb. 2, 3, 4, 5	Pigeon				
29.	February 6, 7, 9, 10 ,11 ,12	Landscape			Final Examination Skill Test 7-13 February	
30.	February 13	Flower and butterfly (paper quilling)			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
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:- Height & Weight.			Half Yearly Examination 15-27 September
15.	October 8, 9, 10 ,13 ,14	Revision			PTM 11 October

	PHYSICAL EDUCATION				
PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
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.			
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	Kho-Kho:- Take off.			
20.	November 20, 21, 24, 25 ,26	Kho-Kho:- Chasing.			Annual Sports Day 22 November
21.	Nov. 27, 28, 29, Dec. 1, 2, 4	Kho-Kho:- Dodging.			
22.	December 5, 6, 15, 16, 17, 18	Basketball:- Passing- Bounce Pass & Over Head Pass.			Periodic Test – II 8-12 December
23.	December 19, 20, 22 ,23 ,26 ,29	Basketball:- Dribbling.			PTM 27December
24.	Dec. 30, 31, Jan. 2, 3 ,5 ,6	Basketball:- Match Play.			
25.	January 7, 8, 9, 12 ,13	Football :- Dribbling & Push Pass.			
26.	January 15, 16, 17 ,19, 20, 21	Football :- Push Pass & Instep Pass.			
27.	January 22, 23, 27, 28 ,29	Football :- Match Play.			
28.	Jan. 30, Feb. 2, 3, 4, 5	Revision			
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 & date	Exam date & syllabus			
1	Term- 1	<ol> <li>Review and Deeper Understanding:         <ul> <li>Revisiting Core Principles: The meaning &amp; benefits of yoga.</li> <li>Energy Centers (Chakras - basic concept)</li> </ul> </li> <li>II. Expanding and Refining Asanas:         <ul> <li>Standing Poses:</li> <li>Tadasana (Mountain Pose) - with a strong foundation and awareness Vrikshasana (Tree Pose) - with eyes closed for balance challenge</li> <li>Sitting Poses:</li> <li>Sukhasana (Easy Pose) - for longer meditation Baddha Konasana (Butterfly Pose) - deeper hip opening Dandasana (Staff Pose) - as a foundational sitting pose</li> <li>Lying Down Poses:</li> <li>Shavasana (Corpse Pose) - extended relaxation with body awareness Bhujangasana (Cobra Pose) - with variations like Urdhva</li> </ul> </li> <li>Balancing Poses:         <ul> <li>Natarajasana (Dancer Pose) - gentle introduction to balance and backbend</li> <li>Animal Poses (with mindful movement):</li> <li>Marjaryasana and Bitilasana (Cat-Cow Pose) - synchronized with breath</li> </ul> </li> <li>III. Deeper Exploration of Pranayama:         <ul> <li>Deep Breathing (Dirga Pranayama)</li> <li>Anuloma Viloma Pranayama (Alternate Nostril Breathing)</li> <li>Bhramari Pranayama (Humming Bee Breath)</li> </ul></li></ol>	Half yearly exam		
2	Term- 2	<ul> <li>I. Suryanamaskar (Sun salute): An introduction</li> <li>II. Expanding and Refining Asanas:         <ul> <li>Standing Poses:</li> <li>Utkatasana (Chair Pose) - holding with engaged core</li> <li>Trikonasana (Triangle Pose) - with focus on spinal twist &amp; gaze</li> <li>Virabhadrasana (Warrior Pose)</li> </ul> </li> <li>Sitting Poses:         <ul> <li>Padmasana (Lotus pose)</li> </ul> </li> </ul>	Final Exam		

	YOGA				
Pack	Month & date	No. and name of the topics	Exam date & syllabus		
		<ul> <li>Paschimottanasana (Seated Forward Bend) - with emphasis on spinal elongation</li> <li>Lying Down Poses: <ul> <li>Pawanmuktasana (Wind-Relieving Pose) - and its variations</li> <li>Setu Bandhasana (Bridge Pose) - with variations like lifting one leg</li> <li>Viparita Karani (Legs-Up-the-Wall Pose) - for relaxation</li> <li>Sarvangasana</li> </ul> </li> <li>Balancing Pose: <ul> <li>Natarajasana (Dancer Pose) - gentle introduction to balance and backbend</li> </ul> </li> <li>Animal Pose (with mindful movement): <ul> <li>Ushtrasana (Camel pose)</li> <li>Gomukhasana (Cow face pose)</li> </ul> </li> <li>III. Deeper Exploration of Pranayama: <ul> <li>Deep Breathing (Dirga Pranayama)</li> <li>Ujjayi Pranayama (Ocean Breath) - gentle introduction</li> </ul> </li> </ul>			

#### KATHAK DANCE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
> 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> <li>THATTADAVU 1 TO 8</li> <li>NATTADAVU1 TO 8</li> <li>KUDITHU METTU 1 TO 4</li> <li>PRAVAL ADAVU 1 TO 4</li> <li>ASAMYUKTA HASTAS</li> </ul>	

#### WESTERN DANCE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
> 8 & 16 COUNT EXERCISE ON DANCE NUMBERS ENERGY TO MAINTAIN CHEERFUL EXPRESSION.	
DANCE MOVEMENT OF THE BODY IN A RHYTHMIC WAY	
PRACTICE ON THE SAME DANCE NUMBERS,	
LEARN NEW STEPS OF FREE STYLE AND BOLLYWOOD DANCE FORMS	
> MORE PRACTICE ON THE SAME DANCE FORMS.	

#### **INSTRUMENTAL MUSIC**

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<ul> <li>SYLLABUS-HALF YEARLY</li> <li>INTRODUCTION OF THE INSTRUMENT</li> <li>BASIC FUNDAMENTALS OF THE INSTRUMENT</li> <li>FINGERS' EXERCISES</li> <li>CHILDREN SONGS (NOTATION &amp; PLAYING)</li> <li>POPULAR SONGS (NOTATION &amp; PLAYING)</li> </ul>	
<ul> <li>SYLLABUS- FINAL EXAM</li> <li>HYMNS (NOTATION &amp; PLAYING)</li> <li>FILM SONGS (NOTATION &amp; PLAYING)</li> <li>CHILDREN SONGS (NOTATION &amp; PLAYING)</li> <li>ANTHEMS (NOTATION &amp; PLAYING)</li> <li>PRACTICE</li> <li>REVISION</li> </ul>	

#### **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         > 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         DEVOTIONAL SONGS HINDI/ENGLISH AND PATRIOTIC SONGS.         CHILDREN SONGS HINDI/ENGLISH         REVISION OF ALL SONGS HYMNS AND ANTHEM         BASIC KNOWLEDGE OF MUSIC	

THEATRE		
NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS	
<ul> <li>TYPES OF ABHINAYA</li> <li>INDIAN DRAMA DIRECTORS &amp; THERE WORK</li> <li>THEATRE SONGS</li> <li>THEATRE GAMES</li> <li>THEATRE EXERCISE</li> </ul>		

THEATRE		
NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS	
<ul> <li>DIALOGUE DELIVERY</li> <li>REVISION OF ALL ABOVE</li> <li>BODY MOVEMENT</li> <li>FACIAL EXPRESSION</li> <li>DRAMA READING</li> <li>DRAMA ENACTMENT</li> <li>IMPROVISATION</li> <li>REVISION OF ALL ABOVE</li> </ul>		

# 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)	
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.	