

BAL BHARATI PUBLIC SCHOOL, KHANDWA

CLASS-III

SUBJECT- ENGLISH

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	My new canvas- ➤ Chapter 1 The whispering Palms ➤ Chapter 2 If mice could roar Cornerstone- ➤ Chapter 1 Alphabetical order ➤ Chapter 2 The Sentence	➤ To acquire the skills of listening, speaking, and reading in an integrated manner ➤ To understand and comprehend the written text ➤ To be able learn to how arrange the letters in alphabetical order ➤ To understand the structure of sentence and frame the sentence
June	My new canvas- ➤ Chapter 3 Who did Patrick's homework? Cornerstone- ➤ Chapter 3 Negative Sentences	➤ To understand and comprehend the written text ➤ To inculcate speaking and reading skills ➤ To learn to frame negative sentences
July	My new canvas- ➤ Chapter 4 Round about ➤ Chapter 5 My Robot Robbi Cornerstone- ➤ Chapter 4 Nouns ➤ Chapter 5 Singular and Plural ➤ Chapter 6 Masculine and feminine nouns	➤ To acquire the skills of listening, speaking, and reading in an integrated manner ➤ To understand and comprehend the written text ➤ To learn the usage of nouns in written as well as spoken English ➤ To be able to describe the concept of singular and plural
August	➤ My new canvas- ➤ Chapter6 A trip to Mars ➤ Chapter7 Magic Vessels ➤ Cornerstone- ➤ Chapter 7 Nouns: Possession ➤ Chapter 8 Personal Pronouns ➤ Chapter 9 Articles	➤ To develop the reading skills ➤ To understand and comprehend the written text ➤ To be able to learn the concept of pronoun ➤ To learn the usage of a, an and the

September	<p>My new canvas-</p> <ul style="list-style-type: none"> ➤ Chapter 8 Laughing Song ➤ Chapter 9 When rusty played Holi <p>Cornerstone-</p> <ul style="list-style-type: none"> ➤ Chapter 10 Kinds of Adjectives ➤ Chapter 11 Comparison of adjectives ➤ Chapter 12 Verbs 	<ul style="list-style-type: none"> ➤ Identify and explain literary texts' relevance to social skills ➤ Develop sophisticated reading, writing, and oral communication skills ➤ To be able to learn how to use adjectives and verbs in sentence
October	<p>My new canvas-</p> <ul style="list-style-type: none"> ➤ Chapter 10 Mother Wolf saves Mowgli ➤ Chapter 11 The lazy Frog <p>Cornerstone-</p> <ul style="list-style-type: none"> ➤ Chapter 13 & 14 Verbs ➤ Chapter 15 Verbs show time 	<ul style="list-style-type: none"> ➤ To understand and comprehend the written text ➤ To develop sophisticated reading, writing, and oral communication skills ➤ To learn to use the correct form of verbs in the sentence
November	<p>My new canvas-</p> <ul style="list-style-type: none"> ➤ Chapter 12 Save the big cat! ➤ Chapter 13 Face to Face <p>Cornerstone-</p> <ul style="list-style-type: none"> ➤ Chapter 16 Prefix and Suffixes ➤ Chapter 17 Present participles ➤ Chapter 18 Short forms 	<ul style="list-style-type: none"> ➤ To understand and comprehend the written text ➤ To develop sophisticated reading, writing, and oral communication skills ➤ To able to distinguish between simple past and simple present
December	<p>My new canvas-</p> <ul style="list-style-type: none"> ➤ Chapter 14 The World's Best dress <p>Cornerstone-</p> <ul style="list-style-type: none"> ➤ Chapter 19 Adverbs ➤ Chapter 20 Adverb & adjectives 	<ul style="list-style-type: none"> ➤ To express orally their opinion on the understanding of the Chapter ➤ To able to connect ideas through reading the context and with personal experiences ➤ To able to use the concept of adverb and adjective while framing the sentences
January	<p>My new canvas-</p> <ul style="list-style-type: none"> ➤ Chapter 15 The return of the Olympics Games <p>Cornerstone-</p> <ul style="list-style-type: none"> ➤ Chapter 21 Prepositions ➤ Chapter 22 Conjunctions 	<ul style="list-style-type: none"> ➤ To able to think, express views in specific situations ➤ To able to connect ideas through reading the context and with personal experiences ➤ To learn the use the concept of preposition and conjunctions

February	Cornerstone- ➤ Chapter 23 Punctuation ➤ Chapter 24 Interjections	➤ To able to use suitable interjections when taking about their real-life experiences ➤ To learn the usage of punctuation marks in writing such as question mark, full stop and capital letters
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SUBJECT- HINDI

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	नई आशाएं ➤ पाठ 1 : भारत का ध्वज फहराएंगे ➤ पाठ 2 : दो दोस्त व्याकरण – ➤ पाठ 1 : भाषा और व्याकरण	➤ देश प्रेम की भावना का संचार तथा दृढ़ निश्चय और निडरता का भाव बोध। ➤ मित्रता, सहायता, सूझ-बूझ, और आत्मरक्षा की भावना का विकास ➤ भाषा के विविध आयामों और व्याकरणिक महत्व को समझना क्रिया कलाप में- ➤ बच्चे राष्ट्र ध्वज का निर्माण करेंगे-
June	नई आशाएं ➤ पाठ 3 : सत्यवादी नरेंद्र	➤ सत्यवादिता, साहस, निडरता, और मित्रता की भावना तथा सहभागिता के गुणों का समुचित विकास
July	नई आशाएं ➤ पाठ 4 : स्वच्छ रहो, स्वस्थ रहो ➤ पाठ 5 : चलो उड़ चलें व्याकरण ➤ पाठ 3 : लिंग ➤ पाठ 4 : संज्ञा (नाम वाले शब्द)	➤ स्वच्छता स्वास्थ्य और एक दूसरे की सहायता के नैतिक मूल्यों का विकास ➤ कविता के माध्यम से प्रकृति सौंदर्य बोध की समझ और इनके संरक्षण की भावना का विकास ➤ संज्ञा शब्दों का परिचयात्मक अध्ययन और संज्ञा के भेद की समझ ➤ स्त्रीलिंग और पुल्लिंग शब्दों का वर्गीकरण करना और उनका वाक्य प्रयोग करने की समझ का विकास
August	नई आशाएं ➤ पाठ 6 : साथी की सहायता ➤ पाठ 7 : जादुई पौधा व्याकरण ➤ पाठ 5 : वचन ➤ पाठ 6 : सर्वनाम ➤ पाठ 7 : विशेषण	➤ मित्र के प्रति सहयोग और समर्पण की भावना का विकास (हास्य रस की प्रधानता) ➤ पेड़ पौधों का संरक्षण, देखभाल, और स्वास्थ्य लाभ में उनका योगदान तथा उनके औषधीय गुणों की पहचान की समझ का विकास ➤ एकवचन और बहुवचन शब्दों की समझ तथा उनका वाक्य प्रयोग करने कि समाज का विकास ➤ सार्वनामिक शब्दों का ज्ञान, सर्वनाम के भेद और रुके व्याकरणिक प्रयोग की समझ ➤ विशेषण, विशेष्य और विशेषण शब्दों की समझ तथा उनके व्याकरणिक प्रयोग की समझ का विकास

September	<p>नई आशाएं</p> <ul style="list-style-type: none"> ➤ पाठ 8 : जैसे को तैसा ➤ पाठ 9 : पेड़ लगाओ पेड़ लगाओ ➤ पाठ 11 : अकबर और बीरबल व्याकरण ➤ पाठ 9 : शुद्ध वर्तनी 	<ul style="list-style-type: none"> ➤ सूझबूझ और चतुराई के साथ समस्या समाधान की भावना का विकास ➤ पर्यावरण संरक्षण वृक्षारोपण तथा वनस्पतियों का वैज्ञानिक दृष्टिकोण से देखभाल करने की समझ का विकास ➤ हास्य और मनोरंजन के साथ-साथ सूझबूझ भरे त्वरित उत्तर देने की कला का विकास ➤ शब्दों के शुद्ध लेखन और उच्चारण की समझ का विकास
October	<ul style="list-style-type: none"> ➤ नई आशाएं ➤ पाठ 12 : मैसूर की सैर ➤ पाठ 13 : खट्टे अंगूर व्याकरण ➤ पाठ 11 : उलटे अर्थ वाले शब्द (विलोम शब्द) 	<ul style="list-style-type: none"> ➤ ऐतिहासिक व सांस्कृतिक विरासत का सामान्य ज्ञान तथा सौंदर्य बोध की भावना का विकास ➤ मदद की भावना का विकास ➤ उलटे अर्थ वाले शब्दों की पहचान तथा उनका वाक्य प्रयोग कर सकने की क्षमता का विकास
November	<p>नई आशाएं</p> <ul style="list-style-type: none"> ➤ पाठ 14 : सचिन तेंदुलकर व्याकरण ➤ पाठ 12 : विराम चिन्ह ➤ पाठ 10 : पर्यायवाची (समान अर्थ वाले शब्द) 	<ul style="list-style-type: none"> ➤ स्वस्थ खेल भावना निरंतर अभ्यास लगान आत्मविश्वास और उत्तरदायित्व की भावना का विकास ➤ विराम चिन्हों का उचित प्रयोग तथा उनसे प्रदर्शित होने वाले भावों की समझ का विकास ➤ समान अर्थ वाले शब्दों की पहचान करना तथा उचित वाक्य प्रयोग करने की समझ का विकास
January	<p>व्याकरण</p> <ul style="list-style-type: none"> ➤ पाठ 17 : चित्र वर्णन ➤ पाठ 19 : पत्र लेखन ➤ पाठ 20 : अनुच्छेद लेखन ➤ पाठ 22 : अपठित गद्यांश 	<ul style="list-style-type: none"> ➤ चित्र के माध्यम से वाक्य का निर्माण कहानी का निर्माण आदि कर सकने की क्षमता का विकास ➤ औपचारिक तथा अनौपचारिक पत्रों के लेखन की क्षमता का विकास ➤ किसी तथ्य पर अनुच्छेद लेखन की क्षमता का विकास ➤ अपठित गद्यांश को पढ़कर संबंधित प्रश्नों के उत्तर देने की क्षमता का विकास
February	<ul style="list-style-type: none"> ➤ परीक्षा पूर्वाभ्यास 	<ul style="list-style-type: none"> ➤ नई आशाएं और व्याकरण पाठ्य पुस्तकों के पठित अंश को तैयार करना और परीक्षा के दृष्टिकोण से प्रश्न अभ्यास तैयार करने की क्षमता का विकास

SUBJECT-MATHS

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> ➤ Chapter 1 Revisiting ➤ Chapter 2 Shapes 	<ul style="list-style-type: none"> ➤ To create shape using paper cutting, paper folding ➤ To identify & describe various 2-D shapes ➤ To make shapes on dot grid using straight line & curves

June	<ul style="list-style-type: none"> ➤ Chapter 3 Place Value and Numbers 	<ul style="list-style-type: none"> ➤ Expand a number for showing place value of the digits ➤ Decompose a number into groups of thousands, hundreds, tens and ones
July	<ul style="list-style-type: none"> ➤ Chapter 4 More about Numbers ➤ Chapter 5 Data Handling 	<ul style="list-style-type: none"> ➤ To read & write 4-digit numbers ➤ To compare and identify the greatest and the smallest number in a group of numbers ➤ To explore numbers to identify the even and odd numbers. ➤ To record data using TALLY MARKS ➤ To interpretation of data about any given topic
August	<ul style="list-style-type: none"> ➤ Chapter 6 Money ➤ Chapter 7 Patterns 	<ul style="list-style-type: none"> ➤ To convert Rupee to Paise using play money ➤ To add & subtract amounts using column addition and subtraction, without regrouping ➤ To identify different symmetrical shapes & patterns ➤ To create his/her own patterns using straight lines & other geometrical shapes
September	<ul style="list-style-type: none"> ➤ Chapter 8 Addition 	<ul style="list-style-type: none"> ➤ To add numbers by writing them vertically with and without regrouping ➤ To solve addition problems in situations presented through pictures and stories ➤ To frame problems for addition ➤ To estimate sum of two numbers
October	<ul style="list-style-type: none"> ➤ Chapter 9 Subtraction ➤ Chapter 10 Measurement of Length 	<ul style="list-style-type: none"> ➤ To subtract numbers by writing them vertically with and without regrouping ➤ To solve subtraction problems in situations presented through pictures and stories ➤ To appreciate the need for a standard unit. ➤ To measure length using appropriate standard units (cm, m, km)
November	<ul style="list-style-type: none"> ➤ Chapter 11 Multiplication 	<ul style="list-style-type: none"> ➤ To explain the meaning of multiplication as repeated addition ➤ To identify sign of multiplication ➤ To construct the multiplication tables of 2,3,4,5 & 10. To learn to use multiplication facts in situations
December	<ul style="list-style-type: none"> ➤ Chapter 12 Division ➤ Chapter 13 Measurement of Weight 	<ul style="list-style-type: none"> ➤ To explain the meaning of division from the context of equal sharing & regrouping ➤ To relate division with multiplication ➤ To weigh objects using nonstandard & standard units ➤ To appreciate the conservation of weight

January	<ul style="list-style-type: none"> ➤ Chapter 14 Measurement of Capacity ➤ Chapter 15 Fractions 	<ul style="list-style-type: none"> ➤ To measure and compare capacity of different containers in terms of non-standard & standard units ➤ To appreciate the conservation of volume ➤ To understand and represent part of a whole as a fraction ➤ To explore and identify fraction as a collection
February	<ul style="list-style-type: none"> ➤ Chapter 16 Time and Calendar 	<ul style="list-style-type: none"> ➤ To develop skill to read the clock and tell the time ➤ To read a calendar to find a particular day & date ➤ To learn to sequence the events chronologically

SUBJECT- EVS

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> ➤ Chapter 1 ➤ My Family and Me ➤ Chapter 2 ➤ Caring for others 	<ul style="list-style-type: none"> ➤ To understand, appreciate and identify the relationship with and among the family members ➤ To understand the different types of families ➤ To describe the role of family members ➤ To shows sensitivity towards differently abled and diverse family set ups in surroundings (For the diversity in appearance, abilities, choices Likes/dislikes)
June	<ul style="list-style-type: none"> ➤ Chapter 3 People around us ➤ Chapter 4 Playing is fun ➤ Chapter 5 Plants around us 	<ul style="list-style-type: none"> ➤ To appreciate value of community helpers ➤ To understand value of social workers ➤ To participate in outdoor games ➤ To appreciate team games ➤ To develop understanding about kinds of plants ➤ To know about plants from outside of India ➤ To show interest in plantation
July	<ul style="list-style-type: none"> ➤ Chapter 6 Leaves in our lives ➤ Chapter 7 World of Animals 	<ul style="list-style-type: none"> ➤ To observe features of leaves (ex. Shape, texture, color, aroma), trunk and bark of plants in the immediate surroundings ➤ To shows sensitivity for plants and understands the uses of different types of leaves ➤ To classify plants and leaves ➤ To enumerates different food items, we get from plants ➤ To analyses the sources of food that we get from plants and animals and their nutritional value
August	<ul style="list-style-type: none"> ➤ Chapter 10 Sources of Food ➤ Chapter 11 Cooking and 	<ul style="list-style-type: none"> ➤ To sensitize children about food ➤ To develop values and good habits ➤ To develop healthy cooking and eating habits

	Eating	➤ To develop analytical thinking
September	<ul style="list-style-type: none"> ➤ Chapter 11 Cooking and Eating ➤ Chapter 9 Birds we see 	<ul style="list-style-type: none"> ➤ To sensitize children about food and related habits ➤ To develop values and good habits of cleanliness ➤ To develop healthy cooking and eating habits and hygiene ➤ To develop analytical thinking and Critical thinking
October	<ul style="list-style-type: none"> ➤ Chapter 12 Our Houses ➤ Chapter 16 Water in Our Lives 	<ul style="list-style-type: none"> ➤ To sensitize children towards natural resources ➤ To develop values to conserve natural resources ➤ To develop analytical thinking ➤ To develop understanding to different kinds of houses and their use ➤ To develop understanding how climatic conditions affects our living
November	<ul style="list-style-type: none"> ➤ Chapter 17 Travelling to places ➤ Chapter 14 Maps and Directions 	<ul style="list-style-type: none"> ➤ To develop sense of directions ➤ To be able to identify location of different places using maps and directions ➤ To appreciate and identify the special names of places and transport ➤ To state the difference ➤ Between land, air and water transport
December	<ul style="list-style-type: none"> ➤ Chapter 8 Tiny Animals ➤ Chapter 18 Means of Communication ➤ Chapter 19 Clothes We Wear 	<ul style="list-style-type: none"> ➤ To develop sensitivity towards different creatures ➤ To appreciate different means of communication without speaking ➤ To understand different ways to make clothes ➤ To appreciate ways to make different patterns/designs ➤ To develop sense of creativity and lateral thinking
January	<ul style="list-style-type: none"> ➤ Chapter 15 We need water ➤ Chapter 20 The potter's wheel 	<ul style="list-style-type: none"> ➤ To appreciate need of water ➤ To prevent water pollution ➤ To develop understanding about ways to get water ➤ To understand importance of making a pot
February	<ul style="list-style-type: none"> ➤ Chapter 13 Animals in our homes 	<ul style="list-style-type: none"> ➤ To differentiate pet and domestic animals ➤ To appreciate value of pets (Revision)

SUBJECT- COMPUTER

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Chapter 1 Computer & its devices	➤ To know about functioning of computer system
June	➤ Chapter 2 Computer – hardware & software	➤ To know about basics of Internet and they will also get familiarize with some new terms like hyperlink, domain name, world wide web

July	➤ Chapter 3 Windows operating system	➤ To understand how Windows Operating System work ➤ To be able to customize and use the system efficiently
August	➤ Chapter 4 Fun with Paint	➤ To create shape using Ms. Paint ➤ To identify & describe various 2-D shape ➤ To make objects using different shapes. ➤ To use different resizing and stretching tools
September	➤ Chapter 5 Let us start Logo	➤ To be able to create circle in LOGO and at the same time relate it to balanced diet/doughnut
October	➤ Chapter 6 Internet-introduction	➤ To get an idea about basics of Internet and they will also get familiarize with some new terms like hyperlink, domain name, world wide web
November	➤ Chapter 7 Word Processor	➤ To be able to use MS. Word for first time and they will identify the basic structure of word editing software
December	➤ Chapter 8 Word- creating document	➤ To start creating documents now and add pictures also. They will also work on formatting features
January	➤ Practical	➤ Practical session
February	➤ Revision	➤ Revision

SUBJECT- ART & CRAFT

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Thumb Printing ➤ Leaf Impression	➤ To Improve fine motor development by strengthening finger and hand muscles ➤ To allows kids to stand and move their bodies while creating their art and utilize the large motor skills (hands and arms) rather than fine motor skills and also, learn about leaf shapes and fall colour
June	➤ T-shirt painting ➤ Kite-Making	➤ To assist learners to use the aesthetic sensibility of fabrics ➤ To demonstrate aerodynamic principles
July	➤ Landscape & Shading	➤ To learn the depiction of natural scenery in art. And in shading it helps to know depth, contrast and direct the viewer's eyes to focal point of your art
August	➤ Flag Making Activity ➤ Wall-Hanging Activity	➤ To develop eye hand coordination ➤ To improves decoration skills
September	➤ Nature Study ➤ Craft work	➤ To develop their drawing ability, Know the key art movements and Improve figure drawing ➤ To develop eye hand coordination
October	➤ Thumb printing ➤ Card-Making of Birthday	➤ To improve developmental skills like hand and eye coordination and also provide a sensory-stimulating experience

		➤ To improve thinking skills
November	➤ Clay work ➤ Poster colour painting	➤ To help tremendously in improving hand-eye coordination ➤ To know the skills of basic tools, techniques, and processes sufficient to work from concept to finished product, including knowledge of paints and surfaces
December	➤ Oil Pastel work ➤ Christmas celebration	➤ To enhance the colour combination knowledge ➤ To create artistic presentation of celebrations
January	➤ Cotton Work ➤ Wall hanging	➤ To learn the ability to design toys with soft hands ➤ To improve decoration skills
February	➤ Poster color painting ➤ Envelope Activity	➤ To enhance coloring techniques ➤ To improve skill of view shapes and subjects abstractly

SUBJECT-DANCE

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Basic Steps ➤ (classical dance kathak) tri taal padant (tri taal foot work 16 matras) ➤ Namaskaar ,guru vandana (kathak dance)	➤ To learn and improve coordination and team & children will know about classical dance, spiritual growth and they will learn meaning of the shlokas and appropriate hand and body gesture
June-July	➤ Mudras (asangukta), Hastak (hands movement)	➤ To learn about how to use mudra in classical dance & respect the guru during practice or performance, how to move hands with footwork, flexibility
August-September	➤ Patriotic dance & chakkar (5 leg)	➤ To learn about how bodies can move ➤ Self-expression
October-November	➤ Toda (namaskaar/salaami), ➤ Annual day preparation	➤ To be able Physical activity, expression, social interaction and cultural participation
December-January	➤ Tihaai , kavit (Krishna leela)	➤ They know about Krishna Leela, body/mind coordination
February	➤ Foot work of folk dance	➤ To learn coordination & know about folk dances

SUBJECT- MUSIC

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Alankaar 1-10 ➤ Prayers With Notation ➤ Plata 1-10	➤ To improve the vocal practice ➤ To understand the relevance of prayer ➤ To understand musical notes, and Alankars

June	<ul style="list-style-type: none"> ➤ Revision of Alankaar and palta ➤ Revision of Notation 	<ul style="list-style-type: none"> ➤ To improve the vocal practice ➤ To understand the relevance of prayer ➤ To understand musical notes, and Alankars
July	<ul style="list-style-type: none"> ➤ Lesson for Musical keyboard and guitar - Finger practice 	<ul style="list-style-type: none"> ➤ To improve keyboard practice ➤ To understand playing technique of instruments
August	<ul style="list-style-type: none"> ➤ Preparation of 15th August ➤ Independence Day ➤ Guitar, keyboard and percussion 	<ul style="list-style-type: none"> ➤ To learn about the culture of our country ➤ To know about the importance of our freedom ➤ To understand playing technique of instruments
September	<ul style="list-style-type: none"> ➤ Raga kafi ➤ Sargam geet ➤ Bandish ➤ Teen Taal 	<ul style="list-style-type: none"> ➤ To understand Indian classical music ➤ To learn Indian notation system ➤ To learn poetry and composition ➤ To learn Taal system
October	<ul style="list-style-type: none"> ➤ Raga kafi ➤ Sargam geet ➤ Bandish ➤ Teen Taal 	<ul style="list-style-type: none"> ➤ To understand Indian classical music ➤ To learn Indian notation system ➤ To learn poetry and composition ➤ To learn Taal system
November	<ul style="list-style-type: none"> ➤ Preparation of Annual Function 	<ul style="list-style-type: none"> ➤ To able to express physical activity, expression, social interaction and cultural participation
December	<ul style="list-style-type: none"> ➤ Christmas celebrations and carol singing 	<ul style="list-style-type: none"> ➤ To introduce Christmas celebration by Christmas songs, learn a Christmas carol, read a story about Santa
January	<ul style="list-style-type: none"> ➤ Preparation for Republic Day of India 	<ul style="list-style-type: none"> ➤ To promote patriotism among children ➤ To promote the knowledge of Indian Constitution
February	<ul style="list-style-type: none"> ➤ Raga bhupali ➤ Dhrupad ➤ History of Indian Music ➤ Music theory 	<ul style="list-style-type: none"> ➤ To gain knowledge about a different genre in Hindustani music other than khayal ➤ To develop an ability to sing basic compositions in the Dhrupad form ➤ To gain the ability to critically analyze theoretical aspects in music

SUBJECT-PHYSICAL EDUCATION AND SPORTS

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ KABADDI	<ul style="list-style-type: none"> ➤ To acquaint students with theoretical, technical and practical knowledge & skills of Kabaddi game and gain proficiency
June-July	➤ KARATE	<ul style="list-style-type: none"> ➤ To obtain the rank of yellow belt ➤ To female students will be benefited more from this course of self-defense ➤ To recognize the overall wellness benefits of martial arts training as a lifetime physical Exercise activity

August - September	➤ AEROBICS	<ul style="list-style-type: none"> ➤ To understand and apply the knowledge of basic choreography, music selection and effective Group management ➤ To identify the major muscle groups and their application to aerobics ➤ To identify and apply injury prevention principles related to aerobic activities
October- November	➤ VOLLEYBALL	<ul style="list-style-type: none"> ➤ To understand basic volleyball rules, terminology, and scoring procedures ➤ To demonstrate proper etiquette and good sportsmanship ➤ To understand and correctly apply biomechanical and physiological principles related to exercise and training
December- January	➤ BADMINTON	<ul style="list-style-type: none"> ➤ To understand basic badminton rules, terminology, safety concerns, and scoring procedures ➤ To willingly participate in badminton as a component of an active lifestyle ➤ To demonstrate basic skills associated with badminton including clear; drop, smash, shots, grip and serves
February	➤ YOGA	<ul style="list-style-type: none"> ➤ To demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition ➤ To demonstrate an understanding of health problems associated with inadequate fitness levels ➤ To demonstrate an understanding of sound nutritional practices as related to health