

Bal Bharati Public School, Khandwa CLASS – I

SUBJECT- ENGLISH

	SUBJECT - ENGLISH		
MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT	
April	New Canvas (Course Book) ➤ Chapter 1 First Day of School Grammar ➤ Three & four-letter words with vowels a, e, i, o, u ➤ Chapter 1 The Alphabet ➤ Chapter 2 Special Letters	 To discuss facts about school To read the letters with correct pronunciation To read and write three & four-letter words with vowels To associate words with pictures To recognize letters and their sounds To acquire the skills of listening, speaking, and reading in an integrated manner To understand the importance of school and making friends To introduce themselves 	
June-July	New Canvas (Course Book) Chapter 2 Meena Makes a Friend Chapter 3 Mary Had a Little Mouse Grammar Chapter 3 Alphabetical Order Chapter 4 Naming Words Chapter 5 Names of Animals and Birds	 To develop friendships and growing social interactions To understand the story To learn new words and understand their meaning To understand the value of friends in life To identify vowels and consonants To identify naming words To identify names of the animals To identify names of the birds 	
August	New Canvas (Course Book) Chapter 4 The Story of a Cloud Chapter 5 (Poem) Cats Sleep Anywhere Grammar Chapter 6 Names of Things Chapter 7 One and Many Chapter 8 Special Names	 To use a/an (Articles) appropriately in a sentence To tell the opposites of some of the common words used in daily life To know formation of cloud To know what is water cycle? To know what make you sleepy To know proper place for sleeping and resting To differentiate between singular and plural forms To enjoy poetry To know about the proper place for sleeping and resting To differentiate between singular and plural forms To recite the poem with suitable rhythm and intonation 	
September	New Canvas (Course Book) > Chapter 6 Want a Garden	> To understand the use of is/are/am	



	> Chapter 7 Holi Splash	> To identify doing words and learn to use them
	Grammar	correctly with nouns and pronouns
	> Chapter 9 He, She, It, They	> To learn the correct usage of this/that these/those in
	Chapter 10 Describing Words	the sentences
	> Chapter 11 Colours and	 To comprehend the text described and read with proper pronunciation
	Numbers	> To recite the poem with proper pronunciation and
		confidently with actionsTo understand the use of he/she
		 To associate words with pictures
		> To point out describing words given in the chapter
October	New Canvas (Course Book)	> To recite the poem with proper pronunciation
	Chapter 8 Two KitesChapter 9 The Missing Ring	To identify doing words and learn to use them correctly with nouns and pronouns
	Grammar	> To distinguish between their likes and dislikes
	Chapter 12 A, AnChapter 13 Action Words	> To speak about different festivals celebrated in their
	Chapter 14 Am, Is, Are	family
		➤ To point out describing words given in the chapter
		➤ To understand the use of he/she/it/they
		> To understand the use of am, is and are
		➤ To explain that am/is/are + doing word + ing
November	New Canvas (Course Book)	> To speak few lines on their garden
	Chapter 10 Parrots in My	➤ To recite the poem with proper pronunciation
	Garden Chapter 11 The Hely Duelding	> To identify and describe the moral of the story
	➤ Chapter 11 The Ugly Duckling	➤ To analyse the characters of the story
	Grammar	> To learn about caring of animals
	Chapter 15 What is	➤ To develop communication skills
	Happening?	➤ To recognize the correct usage for the words 'has'
	Chapter 16 Has, Have	and 'have'
		➤ To demonstrate the ability to correctly use the verbs
D 1	N 6 (6 7 7 1)	'has' and 'have'
December	New Canvas (Course Book)	> To know the fact about dolphins
	 Chapter 12 All about Dolphins Chapter 13 Blue and Yellow Mixing 	> To learn their body parts
		> To learn the concept of living
		> To learn how they hunt
	Grammar	> To learn new words and understand their meaning
	> Chapter 17 This is, That is	> To compare dolphins to other fish and humans
		> To learn how they use their large brains in the sea



	> Chapter 18 These are, those are	 To introduce what primary colours are and name them To read and understand the poem To recognize the correct usage for the words 'this is' and 'that is' To demonstrate the ability to correctly use of these is, those are
January	New Canvas (Course Book) > Chapter 14 The Little Engine That Could Grammar > Chapter 19 On, In, Under > Chapter 20 Over the Wall	 To understand the lines of rails that trains run on To enjoying the story To understand the concepts of carrying To understand the powerful words To create a engine and make fun To use polite words in day- to - day conversation To understand the use of on, under and in
February	New Canvas (Course Book) > Chapter 15 Samira's Awful Lunch Grammar > Chapter 21 Sentences > Chapter 22 Capital Letters and Full Stops	 To read and comprehend the lesson and answer questions related to the text To learn new words and understand their meaning To sequence the given events To learn good food habits To identify the doing words To use doing words appropriately To understand how to start sentences

SUBJECT- HINDI

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	वर्णमाला(स्वर — व्यंजन) पाठ 1 बिना मात्रा के मिलावट वाले शब्द 	 वर्णों (स्वरों तथा व्यंजनों) की पहचान, लेखन और उचित उच्चारण हस्व और दीर्घ स्वर के अंतर को समझना और उचित
	पाठ 2 आओ कहानी और कविता सुने	उच्चारण करना बिना मात्रा के शब्दों को मिला कर लिखना और उनका उचित उच्चारण करना सस्वर वाचन और कंठस्थ कराना
June	व्याकरण > पाठ २ हमारी भाषा	हिंदी भाषा की पहचान और इसके लिखित,मौखिक और सांकेतिक रूप से अवगत होना



July	नई आशाएं ➤ पाठ 2 बाज़ार जा ➤ पाठ 3 पिकनिक व्याकरण ➤ पाठ 3 वर्णमाला	उनका अभ्यास 'इ'की उनका अभ्यास वर्णमाल	मात्रा का प्रयोग करना और शब्द बनाना तथा उचित उच्चारण और अर्थ बोध तथा पाठ—वाचन का । 11 (स्वर — व्यंजन) की उचित पहचान और लेखन
August	नई आशाएं > पाठ ४ तितली बच गई > कविता गायन हेतु 'तितली रानी' व्याकरण > पाठ ४ मात्राएं	उनका अभ्यास तितली शब्दों व व्यंजन	मात्रा का प्रयोग करना और शब्द बनाना तथा उचित उच्चारण और अर्थ बोध तथा पाठ—वाचन का रानी कविता का सस्वर गायन करने से लय ताल का आरोह अवरोह पता चलना वर्णों पर मात्राओं का प्रयोग और 12 खड़ी का लेखन नका उच्चारण बोध
September	नई आशाएं > पाठ 5 फुदकी चुहिया > पाठ 6 जादू के जूते व्याकरण > पाठ 6 नाम वाले शब्द	उनका अभ्यास 'ऊ' के उनका अभ्यास नए शब	ो मात्रा का प्रयोग करना और शब्द बनाना तथा उचित उच्चारण और अर्थ बोध तथा पाठ–वाचन का
October	नई आशाएं > पाठ ७ परेश और बेला व्याकरण > पाठ ७ एक – अनेक	उनका अभ्यास वस्तुओ	मात्रा का प्रयोग करना और शब्द बनाना तथा उचित उच्चारण और अर्थ बोध तथा पाठ—वाचन का I की गिनती करना और एकवचन तथा बहुवचन में समझ का विकास
November	नई आशाएं > पाठ ४ पैसे का थैला > पाठ ९ सोनू का सपना व्याकरण > पाठ ४ पुलिंग–स्त्रीलिंग	उनका अभ्यास 'ओ' व उनका अभ्यास	ते मात्रा का प्रयोग करना और शब्द बनाना तथा उचित उच्चारण और अर्थ बोध तथा पाठ—वाचन का । । और पुलिंग शब्दों के भेद और पहचान की समझ



December	'\& '' '' \	>	'औ' की मात्रा का प्रयोग करना और शब्द बनाना तथा
	🕨 पाठ १० औना और पौना		उनका उचित उच्चारण और अर्थ बोध तथा पाठ–वाचन का
	व्याकरण		अभ्यास
	🕨 पाठ १० उलटे अर्थ वाले शब्द	>	विलोम शब्दों की पहचान तथा इनके प्रयोग करने की समझ का विकास
January	नई आशाएं	<i>\D</i>	अनुस्वार, अनुनासिक तथा विसर्ग वाले वर्णों का प्रयोग
	पाठ 11 मोती का कंगन		करना और शब्द बनाना तथा उनका उचित उच्चारण और
	पाठ 12 मां की अंगूठी		अर्थ बोध तथा पाठ–वाचन का अभ्यास तथा लेखन और
	व्याकरण		उच्चारण करने की क्षमता का विकास
	पाठ 11 गिनती महीने और ऋतुएं	1	हिंदी गिनती का अभ्यास और समझ, ऋतुओं
	🏲 पाठ ११ गिनता महान जार ऋतुए		
		>	तथा हिंदी महीनों के नाम का पुरिचयात्मक अध्ययन और
			उच्चारण करने की क्षमता का विकास
February	नई आशाएं	>	विभिन्न पशु— पक्षियों की बोलियों की नकल करते हुए
	🕨 पाठ 13 चिड़ियों का मेला		आवाज़ निकलना और प्रकृति तथा पशु 🗕 पक्षियों के प्रति
	 पाठ 14 चुनमुन और सीलबिल 		संवेदनशीलता की भावना का विकास
	व्याकरण	>	अब तक सीखी गई मात्राओं का पुनराभ्यास और शब्द तथा
	पाठ 13 वाक्य लेखन		वाक्य निर्माण कर सकने की क्षमता का विकास
		>	वाक्य निर्माण कर सकने की समझ और क्षमता का विकास

SUBJECT- MATHEMATICS

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	 Chapter 1 Grouping Chapter 2 Pre-Number vocabulary (Revisiting Montessori) Chapter 3 Numbers 1 to 10 Numbers 10 to 20 Mental Maths Worksheet 1to 20 	 To observe objects and can group them on the basis of some common property To verbalize
June	 Chapter 8 Numbers From 1 to 100 Mental Maths Worksheet 66 to 76 	 To Count objects in groups of tens, and expresses them in numeral and number name To count number of tens and ones for two digit numbers upto 99 and write numeral and number names for them Compare numbers and forms the greatest and smallest two-digit numbers with given digit
July	 Chapter 6 Shapes Chapter 7 Patterns Worksheet - 61 to 62 	 To observe and co-relate objects in the environment to Shapes To trace 2D outlines of 3D objects



		To observe and identify 2D Shapes namely square, rectangles, triangle and circle
August	➤ Chapter 5 Ordinal Numbers	To observe and identify the position of an object in
	➤ Chapter 14 Skip Counting	context with a reference point
	➤ Worksheet 63 to 73	To be able to count in 2s,5s and 10s
		> To follow the pattern and fill in the blank in a
		sequence
September	➤ Chapter 10 Addition	➤ To add numbers up to 9 using real objects and
	➤ Worksheet 33 to 47	number line
		To make different number combinations for a given
		number
		To add 2-digit numbers without regrouping
		To add zero and 1 to a number
October	Chapter 11 SubtractionWorksheet 41 to 62	To Subtract number up to 9 using real objects and number line
		➤ To make different Subtraction facts for a given
		number
		> To Subtract 0 and 1 from given number
November	➤ Chapter 12 Money	> To identify Indian currency notes and coins
	➤ Chapter 13 Odd and	➤ To put together small amounts of money by using
	Numbers	coin and notes
	➤ Worksheet 76 to 81	To be able to group and count objects in odd and even numbers
		To be able to identify a number as odd or even, by
		looking at the ones place
December	➤ Chapter 9 Measurement of	To compare lengths of two or more objects by
	Length	observing them visually
	➤ Chapter 16 Measurement of	To measure lengths and distances using non -standard
	Weight	units of Measurement
	➤ Chapter 17 Measurement of	➤ To compare objects through estimation
	capacity	➤ To estimate, measure and compare the capacity of
		different containers using non-standard units
January	➤ Chapter 18 Measurement of	> To identify the events occurring at different times of
	Time	the day that is morning, afternoon, evening and night
	Chapter 19 Calendar	To get familiar with the days of a week and the
	Chapter 20 Data Handling	months in a year
		To collect, represent and interpret data based on
T 1	N (1) (1) (1)	observation of real or visual experiences
February	Mental Maths Worksheets/	To understand the concept thoroughly
	Revision	To identify errors and practice problems based on
		learned concepts



SUBJECT- EVS

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	Chapter 1 About meChapter 2 My Body	 To enable the students to understand similarities and differences between themselves and peers To learn to introduce themselves To learn the importance Positive self esteem To know the function of five sense organs To identify some common body parts. To identify the function of each body parts To identify the similarities and dissimilarities of different organism
June	 Chapter 3 My Sense organ Chapter 4 Looking after my body Chapter 23 Weather Activity (Integrated Project Only) 	 To identify different body parts and their functions. To recognize the name the five senses, To describe things we see, taste, smell, touch, and hear, To match body parts to the senses they give us, Student To describe how senses help us observe the world around us To learn the ways to take care of their bodies. To learn the ways to keep the body clean. To appreciate the good hygiene To develop the skill of grooming habits To learn different types of Weather To apply the connection different types of clothes we wear in different seasons To know about different types of weather To understand the concept of wearing different clothes depending on season To understand what causes season
July	 Chapter 5 The Clothes We Wear Chapter 6 Food We Eat 	 To learn about different types of clothes. To understand the types and needs for wearing clothes To learn the importance of uniform To acquire the knowledge of different costume To enable to explain Importance of food To enable the students to classify food into healthy and unhealthy food To identify the sources of food



August	> Chapter 7Safety Rules	> To know different Traffic and safety rules.
August	Chapter 8 My Family	 To know different Traffic and safety fules. To distinguish between danger and safety signs
	Chapter 9 We help One	 To distinguish between danger and safety signs To apply the knowledge of different colors of traffic
	Another	light
	Another	To know the application of first aid in an emergency
		situation
		To know about their family Members
		 To know about their raining Members To understand the terms of nuclear and joint family
		 To understand the difference between small, big, joint
		family
		 To describe and identify the member in family tree
		 To explain about the roles of different family members
		> To elaborate the Importance of helping each other in
		family and society
		> To expresses verbally about caring for family
		members
		> To appreciate the needs of family
		 To acquire the knowledge of importance of
		grandparents
September	Chapter 15 Festivals	To know about the importance of festivals
	(Project only)	> To differentiate between types of festivals.
	We Need Shelter	> To classify the names of deferent festivals
	> Chapter 11 Rooms in a	> To describe the qualities of a good house
	house	> To speak about the importance of shelter
	> Chapter 12 Our	> To be able to differentiate types of houses and
	Neighborhood	roofs
		To explain the use of different rooms in a house.
		> To describe different rooms in a house
		To understand and elaborate the significance of
		various neighborhood services
October	Chanton 12 May Calage 1	> To identify the names of places in neighborhood To learn the importance of school
October	Chapter 14 Page 14 Who	> To learn the importance of school
	Chapter 14 People who	> To connect themselves with school having real life
	help us Chapter 16 Good	experiencesTo experience the school life
	Chapter 16 GoodManners and Habits	 To experience the school infe To enhance the vocabulary related to school
	Walmers and Haults	 To elimance the vocabulary related to school To learn about the community helpers
		 To understand about the role of helpers
		 To know the application of work of helpers
		 To learn about good manners and bad manners
		 Students will learn good habits in day today life
		> To distinguish the good habit and bad habit



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November	> Chapter 17 Travelling is	> To study the different means of transport
	Fun	> To differentiate between the public and private
		transport
		> To learn the importance of transport
December	> Chapter 18 The world of	> To know the two different parts of plant
	plants	> To learn about different parts of plant (leaves, stem,
	> Chapter 22 Earth	flower, fruit)
	activity	> To know about the function of different parts of plant
		> To understand the process of photosynthesis
		> To understand the shape of earth
		> To learn about the things consisted by earth
		> To identify the animals, live on land and water
January	> Chapter 19 The World	> To develop the skill to differentiate domestic and wild
	of Animals	animal
	> Chapter 20 All about	> To learn about big and small animals
	Water	> To differentiate birds and insects and about their life
		> To know how much percentage of Earth covered with
		water
		> To learn about the sources of water
		> To identify the ways to save water
D 1		
February	> Chapter 21 Up in the	> To learn about the things consisted by sky
	sky	> To learn about the sun, moon, stars
		> To learn about full moon day
March	> Revision	> To recall the details of the topic you have studied
		> To helps reduce the anxiety and stress levels a students
		> To allows students to focus on each topic in depth
		•
		beforehand

SUBJECT- COMPUTER

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	> Chapter 1 Computer A	To recognize natural & man-made things
	Magic Machine	> To identify different types of machines
		> To understand the characteristics of a computer
June	> Chapter 2 Computer —	> To make students familiar with different functions of
	Its Parts and Uses	computer parts
		> To understand different uses of computer
July	Chapter 3 The Keyboard	> To understand the various features of a keyboard
	and Mouse	> To easily classify different types of keys on the
		keyboard



August	Chapter 4 Paint Introduction	 To explain different functions of Alphabet keys, Number keys, Special keys, Function keys, Arrow keys To recognize different colors and tool of Paint
September	Chapter 5 Data and Memory	 To understand the concept of data and information and how they are different from each other To understand the need of memory in a computer To understand the similarities and differences between human memory and computer memory
October	Chapter 6 Tux Paint (Introduction)	 To use each tool efficiently to draw different images To use simple tools and may need support to draw images on canvas and color them To add effect in their images by using different Magic tools
November	Chapter 7 Patterns and Puzzle	 To understand what is pattern and decomposition To learn to arrange objects or data in a particular order
December	Chapter 8 Let's draw with AI	 To understand more about the term 'Artificial' and 'Intelligence' To briefly explain more about Artificial Intelligence (AI) To briefly explain the activities of pattern
January	Practical	Practical session
February	Practical	Practical session

SUBJECT - G. K.

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ My Country	➤ To know about one's country and remember freedom
		fighters
		> To know about states of India and its neighbor
June - July	➤ Around The World	➤ To develop deep understanding of continents, wonders
		of world
		➤ To identify distinguish personalities, notable mentors
August	➤ Environment and The	➤ To develop scientific temper among students
	World of Science	➤ To identify sense organs, deficiency diseases
		➤ To develop deep understanding of solar system
		➤ To explore scientific and medical
September	➤ The World of Plants	➤ To know about aquatic animals and birds
	and Animals	➤ To develop deep understanding of different uses of
		plants
		To know more about polar habitat



		➤ To understand the importance of conservation of wild animals
October	➤ Art and Literature	➤ To develop reading habits among students
		➤ To develop artistic and aesthetic thinking
		➤ To know about various literary awards
		➤ To know more about mythical creatures
November	➤ Grammar and	➤ To know about animal sounds, tongue twisters and
	Language	riddles
		➤ To understand antonyms, singular or plural words
		➤ To understand usage of prefixes and suffixes
December	Sports and Games	➤ To develop deep understanding of indoor and outdoor
		games
		➤ To know more about famous sports personalities and
		international games
		➤ To develop understanding of sports terminology
January	➤ Moral Values and Life	➤ To develop deep understanding of values and healthy
	Skills	lifestyle
		➤ To know the importance of first aid
		➤ To develop deep understanding of non-verbal
		communications
February	➤ Mind Games	> To develop creative and critical thinking
		➤ To promote brainstorming using Sudoku and word
		challenges
		➤ To do the fun with numbers and shapes

SUBJECT- ART & CRAFT

MONITER	TODIC	LEADNING OUTGOMEGICIZII I DEVEL ODMENT
MONTH	TOPIC	LEARNING OUTCOMES/SKILLDEVELOPMENT
April	➤ Colour Concepts	➤ To develop the gross muscles of the children
	Outdoor Activity	➤ To explore the expressive possibilities of various
		media, and the diverse conceptual modes available to the painter
June	➤ Mixing of colours	> To develop the gross muscles of the children
July	➤ Poster colours	➤ To develop fine motor skills (small muscle control).
		While working on large sheets of paper or at the easel
		helps develop large muscle control (Gross Motor
		skills)
August	Poster-Making	➤ To develop their individual expression and Creativity
	Rakhi Making	> To improve their skills like hand and eye coordination
September	➤ Knowledge of Colours	➤ Learn primary colours and mix them to make
	➤ Ganesh Chaturthi	secondary colours
	(Ganesha making)	Promotes individual expression and Creativity



October	Coloring & shadingCard-Making	 To improve developmental skills like hand and eye coordination and also provide a sensory-stimulating experience To Promotes individual expression and Creativity
November	Craft WorkNature study	 They learn to act and think like designers and artists, working intelligently and creatively Its purpose is to educate the child in terms of his environment, to the end that his life may be fuller and richer
December	Collage makingRubbing coins	 To learn skills such as gluing, sticking, taping, stapling, cutting, and tearing To develop their fine motor skills, but also learn about money along the way. Coins are a great starting point for learning about the worth of different types of money and how we spend it
January	Sponge squeezingElephant Making	 To develop the gross muscles of the children To enhance their creative skills and explore using home waste
February	Thread PaintingDog Making	 To develop the gross muscles of the children To enhance their creative skills and explore using home waste

SUBJECT-DANCE

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Introduce kathak dance	➤ Coordination and team work will be improved &
	origin, Basic Steps	children will know about classical dance
	➤ (classical dance kathak)	
	tri taal padant (tri taal	
	foot work 4,8 matra)	
June-July	Namaskaar (kathak	➤ To learn about how to use mudra in classical dance &
	dance) Mudras	respect the guru during practice or performance
	(asangukta)	
August-	➤ Hastak(hands	➤ To understand and learn about how to move hands
September	movement with foot	with footwork and flexibility
	work)	
October-	➤ Ganesh stuti, Annual	➤ To be able to work upon physical activity, expression,
November	day preparation	social interaction and cultural participation
December-	➤ Dance of Environment	➤ They will understand movement of trees
January	Tree	



February > Foot work of folk dance > Coordination will be learnt focusing folk dances	February	Foot work of folk dance	Coordination will be learnt focusing folk dances
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SUBJECT-MUSIC

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	Alankaar 1-10	To improve the vocal practice
	> Prayers With Notation	To cherish and understand the relevance of prayer
	➤ Plata 1-10	To understand musical notes, and Alankars (saresa,
Τ.	D · · · CAL 1	regare)
June	Revision of Alankaar and	To improve the vocal practice
	palta	To cherish and understand the relevance of prayer
т 1	Revision of Notation	To understand musical notes, and Alankars
July	Lesson for Musical	To improve keyboard practice
	keyboard and guitar - Finger practice	> To understand playing technique of instruments
August	➤ Preparation of 15th	➤ To learn about the culture of our country
	August	➤ To know about the importance of our freedom
	Independence Day	➤ To understand playing technique of instruments
	Guitar, keyboard and	
	percussion	
September	Raga kafi	> To understand Indian classical music
	> Sargam geet	> To learn Indian notation system
	> Bandish	To learn poetry and composition
	> Teen Taal	To learn Taal system
October	Raga kafi	To understand Indian classical music
	Sargam geet	To learn Indian notation system
	► Bandish	To learn poetry and composition
NT 1	Teen Taal	To learn Taal system
November	Preparation of Annual	To able to express physical activity, expression, social
Danamhan	Function	interaction and cultural participation.
December	Christmas celebrations	To introduce Christmas celebration by Christmas
Lonnomi	and carol singing	songs, learn a Christmas carol, read a story about Santa
January	Preparation for RepublicDay of India	To promote patriotism among children To promote the knowledge of Indian Constitution
Fohruery	Raga bhupali	 To promote the knowledge of Indian Constitution To gain knowledge about a different genre in
February	Raga ollupanDhrupad	Hindustani music other than khayal
	History of Indian Music	Timudstain music other than knayar To develop an ability to sing basic compositions in the
	Music theory	Dhrupad form
	- Intuite theory	To develop the ability to critically analyze theoretical
		aspects in music
		aspects in music



SUBJECT-PHYSICAL EDUCATION

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	> KABADDI	➤ To acquaint students with theoretical, technical and practical knowledge & skillsof Kabaddi game and gain proficiency
June-July	> KARATE	 To obtain the rank of yellow belt To female students will be benefited morefrom this course of self-defence To recognize the overall wellness benefitsof martial arts training as a lifetime physical Exercise activity
August - September	> AEROBICS	 To understand and apply the knowledge ofbasic choreography, music selection and effective Group management To identify the major muscle groups andtheir application to aerobics To identify and apply injury preventionprinciples related to aerobic activities
October- November	> VOLLEYBALL	 To understand basic volleyball rules, terminology, and scoring procedures To demonstrate proper etiquette and good sportsmanship To understand and correctly applybiomechanical and physiological principles related to exercise and training
December- January	> BADMINTON	 To understand basic badminton rules, terminology, safety concerns, and scoringprocedures To willingly participates 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	 To demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition To demonstrate an understanding of healthproblems associated with inadequate fitness levels To demonstrate an understanding of sound nutritional practices as related to health