

BAL BHARATI PUBLIC SCHOOL, SSTPP, KHANDWA SUBJECT- ENGLISH

MONTH	COURSE BOOK- (My New Canvas)	GRAMMAR (Cornerstone Grammar)	LEARNING OUTCOMES/SKILL DEVELOPMENT	ACTIVITY
April	 Chapter 1- First Day of School Reading and Discussion- How do you get ready for School everyday ? Talk about five things you do while getting ready. 	 Chapters 1, 2 & 3 The Alphabet Special Letters Alphabetical Order ➢ Recapitulatio n ➢ Bridging Activities- Concepts done in Pre- Primary ➢ Capital and Small ltrs. ➢ Rhyming Words ➢ Sight words 	 Associate words with pictures Recognise letters and their sounds Acquire the skills of listening, speaking, and reading in an integrated manner. Build familiarity with the language (through spoken and written input) in meaningful situations. Read ch,sh , th , oo, ee words Recognize and discriminate between the sounds 	'Go for it'- Activity related to Letters and actions(Integrated with Sports)- https://youtu.be/rVd5R- z5RbQ https://youtu.be/75p- N9YKqNo https://youtu.be/WLjW9 modUgc https://www.youtube.com/ watch?v=gi1dwHp1ppU Action Rhyme- "If you're happy (Integrated with Dance)"- https://youtu.be/pXjN4L R2_tc https://storyweaver.org.in /stories/152497-myself https://storyweaver.org.in/stories/ 98-rani-s-first-day-at- school



June July	Chapter 2	 Three and Four letter words with 'a' and 'e' in the centre Three and Four letter words with 'i', 'o' and 'u' in the centre Blends- 'ch', 'sh', 'th', Digraphs- 'oo', 'ee' Vowels and consonants 	 Develop the vocabulary through usage of new words Enhance listening, speaking and reading skills 	Flashcards/Bean Bag making (Activity related to sound words) - ch, sh, th, oo, ee (Integrated with Art) https://youtu.be/E4cvSsW3Lyk - Vowels and consonants https://www.youtube.com/watch ?v=8JmCrl4FHj8 -ch sound https://www.youtube.com/watch ?v=eqigJZm5aa4- sh sound https://www.youtube.com/watch ?v=V-cvlZLNEBM - th sound https://www.youtube.com/watch ?v=1P9DdJ3GvQc -ee sound https://www.youtube.com/watch ?v=bnPe1oEsPr4 -oo sound Rhyme Recitation(Integrated with Music) https://www.youtube.com/watch ?v=XpcM-vE_swg https://storyweaver.org.in/storie s/822-i-can-climb https://storyweaver.org.in/storie s/968-i-can-help
June-July	Chapter-2 Meena Makes a Friend	Chapter 4- Naming Words Chapter 5-	Recite the poem with suitable rhythm and intonation.	Tippi tippi tap- Activity related to naming words. (Integrated with Sports.)



	Chapter 3- Poem Mary Had a Little Mouse	Names of Animals and Birds	 Read with proper pronunciation and diction Adapt to various language learning strategies to aid in comprehension 	Find out about the flowers, trees/ plants, animals/birds near your house. Write their names in a notebook and draw and colour related pictures. (Integrated with Art) Recitation of poems /songs associated with colours.(Integrated with Music) Action song- School is calling(Integrated with dance) https://youtu.be/1cdufR U4ZyA http://youtu.be/G6hvjd F-XdU https://www.youtube.co m/watch?v=h5W59rUd Irg https://storyweaver.org.in/stories/ 409-colours-of-nature
August	Chapter 4- The Story of A Cloud Chapter 5 – Poem Cats Sleep Anywhere	Chapter 6- Names of things Chapter 7- One and Many Chapter 8- Special Names	 Categorise nouns into feminine & masculine gender. Differentiate between singular and plural forms. 	Jumping Jacks- Activity related to number and gender (Integrated with Sports.) Cat face mask (Integrated with Art) Learn about helping others.(Integrated with Music) Rhyme with actions) - We are Indians (Integrated with Dance)



	Pronunciation of words and related exercises	•	Read with proper pronunciation and diction.	https://youtu.be/2JuaPK4ReHAhttps://www.youtube.com/watch?v=vcCwavvMLTMhttps://storyweaver.org.in/lists/74764-animalshttps://storyweaver.org.in/stories/128178-flower-power
September	Chapter 6- I Want a Garden Chapter 7- Holi Splash	Chapter 9- He,She,It,They Chapter 10- Describing Words / Opposites Chapter 11- Colours and Numbers	 Identify doing words and learn to use them correctly with nouns and pronouns. Tell the opposites of some of the common words used in daily life. Recite the poem with proper pronunciation and with actions. 	Make a kite using a newspaper and write any one good habit on it.(Integrated with Art and EVS)Learn about water cycle.(Integrated with Music) Action song- Clouds(Integrated with Dance)https://youtu.be/Oq8iCsV 4woE https://www.youtube.com/ watch?v=aJ_V9tz3fmghttps://storyweaver.org.in/illustra tions/14291-cloudshttps://storyweaver.org.in/illustra tions/14533-water- splashing



October	Chapter 8- Poem Two Kites Pronunciation of words and related exercises Chapter 9- The Missing Ring	Chapter 12- A,An Chapter 13- Action Words Chapter 14- Am, Is, Are Chapter 15- What is happening?	 Use a/an(Articles) appropriately in a sentence. Identify doing words and learn to use them correctly with nouns and pronouns. Recite the poem with proper pronunciation and with actions. Understand the usage of is/are/am. 	https://storyweaver.org.in/stories/ 110452-kites-in-the-skyDumb Charades - Activity related to action words . (Integrated with Sports.)Create your own garden in a sand tray/or create a collage. Explain what you will be doing in the garden (Integrated with Art)Learn 'doing words' with animals.(Integrated with Music) https://youtu.be/- IOE3YGIDxM https://youtu.be/tvkLl0lJqY E https://storyweaver.org.in/st ories/184613-our-garden https://storyweaver.org.in/stori es/417464-an-evening-in- the- gardenhttps://storyweaver.org.in/stories/ 12592-a-parrot
November	Chapter 10- Poem Parrots in my garden Chapter 11-	Chapter 15- What is happening?	➤ Comprehend the text described and read with proper pronunciation.	Pasting of cotton on a paper cutout of Rabbit (Integrated with Art)



	The Ugly Duckling	Chapter 16- Has,Have	 Recite the poem with proper pronunciation and with actions. To recognize the correct usage for the words has and have 	Learn mixing of colours and making hues.(Integrated with music) Rhyme with action - Diwali (Integrated with Dance) https://www.youtube.com/ watch?v=ybt2jhCQ3IA https://www.youtube.com/ watch?v=0Ef3uRpdgzk https://storyweaver.org. in/stories/239995-family- celebrating-holi
December	Chapter 12- All About Dolphins Chapter 13- Poem - Blue and Yellow Mixing Vocabulary- New Words	Chapter 17- This is, That is Chapter 18- These are, Those are	 Learn the correct usage of this/that these/those in the sentences To know the fact about dolphins To learn new words and understand their meaning To learn the concept of living . 	Making of Dolphin notebook (Integrated with Art) Learn about different water animals (Integrated with Music) Catch the match- Activity related to this- that – these- those. (Integrated with Sports.) <u>https://www.youtube.com/w</u> <u>atch?v=8BVgzuT8qzQ</u> https://storyweaver.org.in/st ories/19160-the-sea
January	Chapter 14- The Little Engine that Could	Chapter 19- On, In, Under Chapter 20- Over The Wall	 Use in/on/under suitably in the given sentences. Read aloud with suitable pronunciations and diction. 	Make an engine craft with a used waste box /Building blocks/clay etc(Integrated with Art)



			 ➤ To understand the lines of rails that trains run on ➤ To enjoy the story 	Learn about healthy and unhealthy food.(Integrated with Music) Action song on helping others - Lend a helping hand (Integrated with dance) <u>https://youtu.be/QIME GPlaaUU</u> <u>https://www.youtube.co</u> <u>m/watch?v=-</u> <u>JIdSBUQB34</u> <u>https://www.youtube.co</u> <u>m/watch?v=nmeiITWn</u> <u>qJA</u> <u>https://storyweaver.org.in/storie</u> <u>s/12432-helping-each-other</u> <u>https://storyweaver.org.in/stories/</u> 91499-health-is-wealth
February	Chapter 15- Samira's Awful Lunch Vocabulary Recapitulati on And Bridging the Gap Activities	Chapter 21- Sentences Chapter 22- Capital Letters and Full Stops Chapter 22- Contd.	 Use punctuation such as question mark, full stop and capital letters Make meaningful sentences Acquire varied range of vocabulary; understand increased complexity of sentence structures both in reading and writing. 	Making sentences activity. Activity related to capital letters and full stop Learn about healthy and unhealthy food.(Integrat https://youtu.be/QIME GPlaaUU https://www.youtube.co m/watch?v=-



SUBJECT-HINDI			sentences ➤ Describe a picture and compose	https://storyweaver.org.in/storie s/12432-helping-each- otherhttps://storyweaver.org.in/stories/ 91499-health-is-wealthLearn about the value of telling the truth.(Integrated with music) Action Song - Good bye (Integrated with Dance)https://www.youtube.com/watch ?v=zAw9SHZ6G0whttps://www.youtube.com/watch
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MONTH	TOPIC	SUB TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
Apri	पाठ्यपुस्तक सारंगी (इकाई -1) पाठ-1, मीना का परिवार ≻ व्याकरण वर्णमाला स्वर एवं मात्राएँ	 परिवार पर चित्र वर्णन एवं समूह चर्चा स्वर एवं मात्राएँ चार्ट निर्माण (व्यक्तिगत गतिविधि) 	 बच्चे परिवार के महत्व के बारे में जानेंगे बच्चे परिवार के प्रकार के बारे में समझ सकेंगे बच्चों में मित्रता एवं सहयोग की भावना विकसित होगी बच्चे स्वर एवं उनकी मात्राओं को समझ सकेंगे एवं उनके उच्चारण के से भी परिचित होंगे 	पाठ्यपुस्तक सारंगी (इकाई -1) पाठ-1, मीना का परिवार ≻ व्याकरण वर्णमाला स्वर एवं मात्राएँ
June	≻ पाठ्यपुस्तक सारंगी	परिवार या दादा - दादी पर ≻ कविता गायन	≻ बच्चे परिवार में दादा-दादी के स्थान एवं उनके महत्व को समझ सकेंगे	पाठ्यपुस्तक सारंगी (इकाई-1)



	(इकाई-1) पाठ-2 दादा - दादी ≻ व्याकरण मात्राएँ	 कहानी कथन व्यंजन वर्णो के साथ स्वर की मात्राओं का प्रयोग (समूह गतिविधि) शिक्षण सहायक सामग्री द्वारा 	 बच्चों में बड़ों के प्रति आदर सत्कार की भावना विकसित होगी बच्चे मात्राओं के बारे में जान सकेंगे 	पाठ-2 दादा - दादी ≻ व्याकरण मात्राएँ
July	पाठ्यपुस्तक सारंगी (इकाई-1) पाठ-3 रीना का दिन पाठ -4 रानी भी ≻ व्याकरण भाषा	 अपनी दिनचर्या के बारे में बताइये बच्चे प्रतिदिन की दिनचर्या पर अपने विचार व्यक्त करेंगे शब्द - श्रुतलेख 	 बच्चे रीना की दिनचर्या से प्रेरित होंगे बच्चों में सुबह जल्दी उठने की भावना विकसित होगी बच्चे स्वच्छता का महत्व समझ सकेंगे एवं उसे अपने आचरण में उतारेंगे बच्चे स्कूल एवं पढ़ाई के महत्व को समझ सकेंगे बच्चों में बड़ों की बातों को स्नने-समझने एवं उन्हें 	पाठ्यपुस्तक सारंगी (इकाई-1) पाठ-3 रीना का दिन पाठ -4 रानी भी



August	>> भाषा के रूपों पर कक्षा अभिनय	भावना विकसित होगी > बच्चे भाषा के विविध रूपों से परचित होंगे	≻ व्याकरण भाषा
पाठ्यपुस्त	2) >> मौखिक खेल 2) गतिविधि >> चित्र निर्माण ठाई गतिविधि न साथी >> बच्चे पेन्सिल से अपनी पसंद का चित्र बनाएंगे	बारे में जान सकेंगे	पाठ्यपुस्तक सारंगी
(इकाई-		➤ बच्चे दोस्ती के महत्व को	(इकाई-2)
पाठ-5, मि		जान सकेंगे	पाठ-5, मिठाई
पाठ -6 तीब		➤ बच्चे विभिन्न जानवरों की	पाठ -6 तीन साथी
≻ व्या		खान-पान के बारे में जान	≻ व्याकरण
वर्णमाला		सकेंगे	वर्णमाला



	• मात्राएँ		 बच्चे मुश्किल समय में अपने दोस्तों की मदद करने के लिए प्रेरित होंगे बच्चे वर्णमाला एवं मात्राओं के बारे में विस्तृत जानकारी अर्जित करेंगे 	मात्राएँ
Septembe r	पाठ्यपुस्तक सारंगी (इकाई-2) पाठ-7 वाह, मेरे घोड़े पाठ -8 खतरे में सांॅप ≻ व्याकरण नाम वाले शब्द	शब्द अंताक्षरी वर्ग पहेली	 विभिन्न जानवरों के मध्य मित्रता एवं सहयोग को देखते हुए बच्चों में आपसी मेल-जोल एवं सहयोग की भावना विकसित होगी बच्चे एक-दूसरे की सहायता करने के लिए प्रेरित होंगे बच्चों में सूझबूझ एवं चातुर्य की भावना विकसित होगी किसी भी समस्या से निकलने के लिए किस प्रकार से समझदारी एवं चतुराई से निर्णय लेना चाहिए यह 	पाठ्यपुस्तक सारंगी (इकाई-2) पाठ-7 वाह, मेरे घोड़े पाठ -8 खतरे में सांॅप ≻ व्याकरण नाम वाले शब्द



October UIठ्यपुस्तक सारंगी (इकाई-3) पाठ-9आलू की सड़क पाठ -10 झूलम-झूली ≻ व्याकरण एक-अनेक	 तात्कालिक भाषण- विभिन्न पर्चीयों पर अलग-अलग नाम लिखे जाएंगे एवं हर एक छात्रा को बुलाकर एक चिट उठाकर उसमें दिए गए शब्द पर अपने विचार व्यक्त करना होंगे 	भावना बच्चों में विकसित होगी > बच्चे संज्ञा शब्दों के बारे में जान सकेंगे > बच्चे विभिन्न पक्षी एवं जानवरों के बारे में जानेंगे > बच्चों में तर्कशक्ति की भावना का विकास होगा > बच्चे विभिन्न खेलों के बारे में जानेंगे > बच्चे किसान एवं खेती से परिचित होंगे > बच्चों में खेल एवं मनोरंजन की भावना विकसित होगी > बच्चे एक-अनेक के बारे में जान सकेंगे	पाठ्यपुस्तक सारंगी (इकाई-3) पाठ-9आलू की सड़क पाठ -10 झूलम-झूली ≻ व्याकरण एक-अनेक
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	पाठ्यपुस्तक सारंगी (इकाई-3) पाठ-11 भुट्टे पाठ -12 फूली रोटी व्याकरण पुल्लिंग/स्त्रीलिंग	 अवाजें तरह- तरह की -(खेल गतिविधि) पानी का गिरना, सूखे पत्तों पर चलना, बर्तन का गिरना, गुब्बारा फुटना आदि की आवाज पहचानकर बताना काहानी कथन सुंदर लेखन (सुलेख) झटपट कहिए - 	 बच्चे विभिन्न फसलों एवं खाद्य वस्तुओं के बारे में जानेंगे बच्चों में कहानी कहने की भावना विकसित होगी 	पाठ्यपुस्तक सारंगी (इकाई-3) पाठ-11 भुट्टे पाठ -12 फूली रोटी व्याकरण पुल्लिंग/स्त्रीलिंग
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Description		≻ भालू को आलू भाया,> कच्चा पापड़, पक्का पापड़	 बच्चे भुट्टे से बनने वाली विभिन्न खाद्य सामग्रियों के बारे में जानकारी अर्जित करेंगे बच्चे खेल खेल के माध्यम से घर के छोटे-मोटे कार्यों को करने के लिए प्रेरित होंगे बच्चे रोटी बनने की प्रक्रिया से परिचित होंगे बच्चे संतुलित भोजन में रुचि लेंगे बच्चे स्त्रीलिंग एवं पुल्लिंग शब्दों के बारे में जानकारी अर्जित करेंगे 	
December	पाठ्यपुस्तक सारंगी (इकाई-4) पाठ-13 मेला	≻ आइए मिलकर बनाएं और मिलकर खाए (मुरमुरा चाट)	≻ बच्चे मेले के बारे में अधिक जानकारी अर्जित करेंगे •मेले	पाठ्यपुस्तक सारंगी (इकाई-4) पाठ-13 मेला पाठ -14 बरखा और मेघा



पाठ -14 बरखा और मेघा व्याकर उलटे अर्थ वाले शब्द गिनती और मास (महीने) और ऋतुएँ बनाएंगे और खाएंगे	में जाए तो किस प्रकार की सावधानी बरतनी चाहिए यह भी बच्चे इस कविता के माध्यम से सीखेंगे ► बच्चे मेले में देखी गई विभिन्न वस्तुओं के बारे में जानकारी अर्जित करेंगे ► बच्चों में मिलजुल कर रहने एवं सहयोग करने की भावना विकसित होगी	व्याकरण उलटे अर्थ वाले शब्द गिनती और मास (महीने) और ऋतुएँ
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			≻ बच्चे बरखा और मेघा की	
		दोस्ती एवं सहयोग की		
			भावना से ओत-प्रोत होंगे	
			≻ बच्चे उलटे अर्थ वाले शब्दों	
			को सीखेंगे	
			≻ बच्चे हिंदी गिनती को सीख	
			सकेंगे	
January	पाठ्यपुस्तक सारंगी	≻ वर्ग पहेली-	> बच्चे होली के त्यौहार के बारे	पाठ्यपुस्तक सारंगी
	(इकाई-4)	शब्दों का खेल	में विस्तृत जानकारी अर्जित करेंगे	(इकाई-4)
	पाठ-15 होली	≻ विभिन्न	बच्चे त्योहारों के महत्व को जान सकेंगे	पाठ-15 होली
	पाठ-16जन्मदिवस	त्योहारों पर	≻ बच्चे होली पर बनने वाले	पाठ-16 जन्मदिवस पर पेड़ लगाओ
	पर पेड़ लगाओ	समूह चर्चा	विभिन्न पकवानों के बारे में जानेंगे	व्याकरण



	व्याकरण सरल वाक्य लेखन	≻ जन्मदिवस पर व्यक्तिगत अभिव्यक्ति	 बच्चे पेड़ों के महत्व के बारे में जान सकेंगे बच्चे अपने जन्म दिवस पर पेड़ लगाने की भावना से प्रेरित होंगे बच्चों में पेड़ों की रक्षा की भावना विकसित होगी बच्चे वाक्य लेखन से परिचित होंगे एवं वाक्य निर्माण कर सकेंगे 	सरल वाक्य लेखन
February	पाठ्यपुस्तक सारंगी (इकाई-5) पाठ-17 हवा पाठ -18 कितनी प्यारी है ये दुनिया पाठ - 19 चाँद का बच्चा व्याकरण	 चित्र वर्णन हरी- भरी दुनिया पर मौखिक प्रश्नोत्तरी चित्र देखकर काहानी कहना 	 बच्चे हवा एवं उसके महत्व के बारे में जानेंगे बच्चे प्रकृति एवं उसकी सुंदरता के बारे में जानेंगे बच्चों में प्रकृति को सुंदर और स्वच्छ बनाने की भावना विकसित होगी बच्चे प्रकृति के तत्व हवा, पानी, सूर्य, समुद्र सब के महत्व के बारे में जानेंगे 	पाठ्यपुस्तक सारंगी (इकाई-5) पाठ-17 हवा पाठ -18 कितनी प्यारी है ये दुनिया पाठ - 19 चाँद का बच्चा व्याकरण वाक्य लेखन पुनः अभ्यास



वाक्य लेखन पुनः		बच्चे चांद के घटते एवं	
अभ्यास		बढ़ते क्रम के बारे में जान	
		सकेंगे	
		≻ चांद अचानक से छुप जाता	
		है तो इसका प्रमुख कारण	
		बच्चे जान सकेंगे	
		बच्चे प्रकृति के विभिन्न	
		रूपों को जानेंगे एवं दुनिया	
		की सुंदरता के महत्व को	
		समझ सकेंगे	
SUBJECT- MATHS (NCERT)			

MONTH	TOPIC	Activities	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	≻ Pre Number	➤ Story time: Narrate the	
	Vocabulary	story of the furry cat	\succ To understand the value of zero in
	Chapter 1- Finding	➤ Sorting Game: Sort	> To comparison to other numbers
	the Furry Cat	classroom objects (e.g.,	
	Sub-Topics-	blocks, pencils)	> To strengthen the concept
	\succ Counting (1 to	➤ Students will observe and	
	20)	compare things around	To enhance cognitive ability



	Backward Counting (1 to 20) Concept of Zero	 them for better understanding of concepts of height, weight, bottom, inside,above and down etc. ➤ Jumping activity when teacher calls out zero and dance on number songs 	 To classify greater and smaller numbers To build the concept of random and backward counting
> Sub	Number 1-100 Table of 2 b - Topic: Read and write the numbers names BackwardCount ing (100 to 1)	 Oral drill practice with writing Join the numbers to complete the picture and color it. 	 The students will be able classify greater and smaller numbers up to 100 compare different objects To classify objects belonging to same group To identify objects and group them on the basis of some common properties



July	 Chapter 2- Shapes- ➤ What is long? ➤ What is Round? ➤ Object hunt for shapes 	 Shape printing with vegetables Drawing shapes with body movement Guessing the shape: Child will pick up the shape and observe and try to name out the shape 	 To Learn and write table of 2 To identify the position of an object or a person To recognize and draw horizontal, vertical, and slanting lines To identify objects in the environment and correlate with shapes To recognize and trace 2D objects of circle, square, rectangle, and triangles To identify and describe the patterns in terms of geometrical shapes in the surroundings, numbers and letters To identify and extend the pattern in a sequence in accordance to shapes, numbers and letters students will be able to-
August	 Chapter 3- Mango Treat ➤ Concepts: Numbers 1 to 9 ➤ Count and recognize numbers 	 Fruit Counting Basket: Count and draw mangoes Finger Tapping Game: Count fingers and compare Abacus beads are used to understand the concept of addition and 	 Develop the ability to recognize, write, and count numbers from 1 to 9. Practice counting objects and matching them with corresponding numbers. Understand the concept of numbers through visual aids (such as mangoes in this case).



	 ➤ Writing numbers 1-9 (ascending and descending order) ➤ Number sequence Chapter 4: Making 10 (Numbers 10 to 20) Sub Topics: Number bonds, addition 	 Subtraction upto 9 Sand Tray Writing: Practice number formation Matches quantity with numeral Bead Pairing: Show different ways to make 10 Number Bond Song: Sing combinations to 10 Dice Rolling Game: Add and make 10 	 Understand the concept of making 10 by combining different sets of numbers. Learn to recognize numbers from 10 to 20 and practice counting forward and backward. Develop an understanding of the relationship between numbers using hands-on activities (grouping objects).
Septembe r	Chapter 5: How Many? (Addition and Subtraction of Single Digit Numbers) Chapter 6: Vegetable Farm (Addition and Subtraction up to 20) Sub Topics: ➤ Addition:	 Story Sums with Toys Math Train: Add compartments to reach a number Hopscotch Math: Solve problems to jump forward Farm Role-play: Buy/sell vegetables 	 Learn to perform basic addition and subtraction operations with numbers from 1 to 9. Practice addition and subtraction using objects and pictures to visualize the concepts. Understand and solve simple word problems related to addition and subtraction. Develop the ability to add and subtract numbers up to 20. Understand addition and subtraction through real-life scenarios (e.g., vegetable farming).



 Combine sets Add using objects and pictures Use symbols (+) Subtraction: Take away concept Use symbols (-) Solve simple problems 	 Baskets and Beans Game: Addition with real objects Number Card Puzzle: Complete missing sums 	Practice solving word problems and visualizing addition/subtraction on number lines.
 Chapter 7: Lina's Family Sub-Topics: ➤ Measurement – height, weight, length Chapter 8: Fun with Numbers (Numbers 21 to 99) Sub -Topics Number sequence ➤ Place value ➤ Compare numbers 	 Guess & Compare: Who is taller? Balance Game: Compare weights using scales Measuring using hands, feet Balance scale with blocks Compare water in cups/bottles Tens & Ones Pockets Bundling Sticks: Group in 10s 	 Introduce the concept of measurement. Learn how to measure length, weight, and capacity using non-standard units (e.g., using hands or pencils for measurement). Understand the idea of comparing different objects and ordering them by size or weight. Learn to recognize, write, and count numbers from 21 to 99. Practice skip counting (by 2s, 5s, and 10s) and recognize the place value of digits in two-digit numbers. Reinforce number sequence and ordering, and practice writing numbers in expanded form.



		Place Value Game: Build and break numbers	
Novembe r	Chapter 11: How Many Times? (Multiplication) Sub -Topics: ➤ Continuous Addition ➤ Skip Counting ➤ Multiplication without regrouping	 Skip Counting Jumps Group Collection Game Array with Stamps/Dots 	 Understand multiplication as repeated addition. Learn basic multiplication facts (e.g., 2 times, 3 times tables) using real-life scenarios (grouping items). Practice solving simple multiplication problems through objects or drawings.
Decembe r	 Chapter 9: Utsav (Patterns) Sub -Topics: ➤ Identify and extend patterns ➤ Patterns with shapes, colors, numbers Chapter 10: How do I Spend My Day? (Time) Sub -Topic 	 Rangoli Making: Repeating shape patterns Clap-Snap-Rhythm Game Bead Stringing: ABAB or ABC pattern My Day Timeline Clock Role-Play Daily Activity Chart 	 Understand the concept of patterns (repeating or growing patterns). Recognize patterns in everyday objects and number sequences. Practice creating and extending patterns using shapes, numbers, or colors. Introduce the concept of time, including hours and half-hours. Learn to read an analog clock and understand the sequence of time during a day. Identify different times of day (morning, afternoon, evening) and how they relate to daily activities.



January	 > Day and night > Daily routine > Sequencing events Chapter 12: How Much Can We Spend? (Money) Sub Topics: > Coins > Currency > Addition of money Chapter 13: So Many Toys (Data Handling) Sub -Topic: > Sorting and grouping > Representing data using objects/pictures 	 Toy Shop Role Play Fake Currency Sorting My Favourite Toy Graph Recognizes currency, compares prices, collects and represents data in tables/charts 	 Understand the concept of money, including coins and notes. Learn to identify and count different denominations of money. Practice simple addition and subtraction involving money (e.g., buying items or making change). Introduce the concept of data collection and representation. Learn to collect simple data and represent it in the form of pictures, bar graphs, or tally marks. Understand how to interpret and analyze data to answer questions (e.g., "How many toys are red?").
	REVISION	Math Worksheet PracticeGroup projects	 Practice to attempt exam using worksheets



 Mixed practice of all Topics using worksheets Real-life application of 	➤ Storytelling using math	
concepts		

SUBJECT- EVS

MONTH	TOPIC	SUB TOPIC	ACTIVITY/PROJECT	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	Ch-1 About me (Activity based)	 Introduction to Self My Birthday I Am Special What I Like 	 ➢ Self-introduction: Draw a selfie ➢ https://www.vivadigital.in/vu pload/resource/subje ct- ENVIRONMENTAL%20ST UDIES/series-Environme ntal%20Studies%202018%20 Edition/class-1/resou rce_5c46c8198fe13.mp4 (Self introduction) 	 introduce themselves learn the importance Positive self esteem know the function of five sense organs
June	L-2 My Body (Integrated with GK page 12)	 Parts of Our Body Our Body Parts Help Us 	 Draw your body using shapes Enact the rhyme (pg4) <u>https://www.vivadigital.in/vu</u> pload/resource/subje ct- ENVIRONMENTAL%20ST 	 ➤ identify different body parts and their functions. ➤ distinguish between good touch and bad touch



	L-3 Looking after my body (Integrated with English- Action words and Sports)	 ≻ Sense Organs ≻ Growing Up ≻ Clean and Healthy Body ≻ Keeping Fit 	UDIES/series-Environme ntal%20Studies%202018%2 OEdition/class-1/resou rce_5c46c839edb73.mp4 (My body)▶ https://www.vivadigital.in/vu pload/resource/subje ct- ENVIRONMENTAL%20ST UDIES/series-Environme ntal%20Studies%202018%2 OEdition/class-1/resou rce_5c46c92d2b992.mp4 (Looking after my body)	 ➤ explain the ways to keep the body clean. ➤ speak few lines on good hygiene
July	L-17 Weather (Integrated with Hindi rhyme -ा)	 ➤ Weather ➤ Sunny and Hot Day ➤ Cold Day ➤ Cloudy Day ➤ Windy day ➤ Rainy Day 	youtube.com/watch?v=h4eueD YPTIg Song on seasons and weather (Integrated with Music) <u>https://youtu.be/tfAB4BXSHOA</u> (Weather song) <u>https://youtu.be/ksGiLaIx39c</u> (Song on seasons)	 ➤ learn different types of weather ➤ connect types of clothes we wear in different seasons
	L-4 The Clothes We Wear (Integrated with GK, Maths Sorting / Grouping)	 ➤ Need of Clothes ➤ Types of Clothes ➤ Materials Used to 	Draw/paste pictures of clothes worn in different seasons Folk dance of Arunachal Pradesh (Art Integration): <u>https://youtu.be/-WRdhXUT3PY</u>	 tell types and need for wearing clothes. connect types of clothes we wear in different seasons



August	L-5 Food We Eat (Integrated with GK English ch 7)	Make Clothes Clothes for Special Occasions > Uniforms > Costumes > Food > Kinds of Food > Milk Products > Meals We Eat > Good Food Habits	 https://youtu.be/zw8mlL6_VG8 Students will perform folk dances of Arunachal Pradesh and will learn about the costumes of the state. > Prepare a chart of various types of food products. > Collect wrappers of different types of food and paste them according to their classification > .https://www.vivadigital.i n/vupload/resource/subje ct- ENVIRONMENTAL%20 STUDIES/series- Environme ntal%20Studies%202018 %20Edition/class-1/resou rce_5c46c9e1c90e2.mp4 (Food we eat) 	 ➤ explain the importance of food ➤ classify food into healthy and unhealthy food
	L-6 Safety Rules (Activity based)	 ➤ Safety at Home, ➤ Safety in School, 	Prepare Red and green flash cards showing various danger and safety signs respectively.	 ➤ learn various Traffic and safety rules ➤ distinguish between danger and safety signs



September L-	7 My Family	 Safety in a Playground, Safety on the Road, Safety in a Vehicle Safety in a Swimming Pool Family and Its Types 	https://www.vivadigital.in/vupl oad/resource/subje ct- ENVIRONMENTAL%20STU DIES/series-Environme ntal%20Studies%202018%20E dition/class-1/resou rce_5c46ca6daa1d0.mp4 (safety rules) Make stick puppets of family	≻ speak about their family
(In	ntegrated with aths- Money)	Its Types ➤ Helping Each Other ➤ Fun with Family ➤ Learning from Family	members https://www.vivadigital.in/vuplo ad/resource/subje ct- ENVIRONMENTAL%20STUD IES/series-Environme ntal%20Studies%202018%20Edi tion/class- 1/resource_5c46ca88093a3.mp4 (my family) ➤ Folk or traditional dance with any member of the family. ➤ (Make a thankyou greeting card)	 speak about their family Members. explain about the role of the different family members differentiate between big and small family explain the Importance of helping each other



	L-12 Festivals we celebrate (Integrated with English, Maths Calendar)	 Festivals Diwali, Christmas Gurupurab Eid al- Fitr National Festivals 	 Make a scene depicting the names of different things we do on festivals Dance to the rhythm of any festival based song of your choice. https://www.vivadigital.in/vupl oad/resource/subje ct- ENVIRONMENTAL%20STU DIES/series-Environme ntal%20Studies%202018%20E dition/class-1/resou rce_5c46cc4902ab7.mp4 (festivals) 	 > speak about importance of festivals > differentiate between types of festivals. > Name a few festivals they celebrate in their families.
October	L-8 We Need Shelter	 Need of a House Types of Houses Types of Roofs Rooms in a House A Good House 	Draw/Make any one type of house <u>https://www.vivadigital.in/vupl</u> <u>oad/resource/subje ct-</u> <u>ENVIRONMENTAL%20STU</u> <u>DIES/series-Environme</u> <u>ntal%20Studies%202018%20E</u> <u>dition/class-1/resou</u> <u>rce_5c46cac8ba03f.mp4</u> (we need shelter)	 describe the qualities of a good house speak about the importance of shelter distinguish different typesof houses and roofs explain the use of different rooms in a house.



			Making a dollhouse depicting various rooms. Show any 5 things you use in bedroom, kitchen & bathroom <u>https://www.vivadigital.in/vupl</u> oad/resource/subje ct- <u>ENVIRONMENTAL%20STU</u> <u>DIES/series-Environme</u> ntal%20Studies%202018%20E <u>dition/class-1/resou</u> rce_5c46cae2d2c2d.mp4 (rooms in a house)	➤ describe different rooms in a house
November	L-9 Our Neighbourhood	 Neigbourhoo d Places in Our Neighbourho od 	https://www.vivadigital.in/vupl oad/resource/subje_ct- ENVIRONMENTAL%20STU DIES/series-Environme ntal%20Studies%202018%20E dition/class-1/resou rce_5c46cbaf6efde.mp4 (Our neighbourhood) https://www.youtube.com/watch ?v=dWq3R9eeQ4Q Song on Places in my neighbourhood	 ➤ tell the significance of various neighbourhood services. ➤ name places in neighbourhood



	L-18 In the Sky	 ≻ Sun ≻ Moon ≻ Stars ≻ Clouds 	Prepare a Solar system activity book through pictures <u>https://youtu.be/fDh0gZz</u> <u>49fc</u> (Solar system)	 describe about Sun, Moon, Clouds and stars explain the use of things we see in the sky
December	L-10 My School (Activity based)	 School Rooms in a School People Who Help Us in School Keeping the School Clean 	 Create a model of school using different building blocks you hav at home. https://www.vivadigital.in /vupload/resource/subje ct- ENVIRONMENTAL%20 STUDIES/series- Environme ntal%20Studies%202018 %20Edition/class-1/resou rce_5c46cbfb6adfd.mp4 (myschool) 	 ≻ tell various things we use in the school > name different rooms and places of the school
	L-11 People who help us	≻ Our Helpers	Prepare a 3D model of any one tool used by helpers around us <u>https://www.vivadigital.in/vupl</u> <u>oad/resource/subje ct-</u> <u>ENVIRONMENTAL%20STU</u>	 Speak about people who help us. describe the work the helpers they do for us



			DIES/series-Environme ntal%20Studies%202018%20E dition/class-1/resou rce_5c46cc2986314.mp4(People who help us).Children will meet any one helper in their community and take a picture with him/her.Rhyme -Helpers help us- https://www.youtube.com/watch? v=vItK9tamPCo (rhyme)	
January	L-13 Travelling is Fun	 Means of Transport Land Transport Air Transport Water Transport 	Use different utensils to design a vehicle of your choice. Rhyme- I ride my little bicycle <u>https://youtu.be/9DzRHusCyWw</u> (rhyme) <u>https://www.vivadigital.in/vupl oad/resource/subje ct- ENVIRONMENTAL%20STU DIES/series-Environme</u>	 ≻ differentiate between means of transport. ≻ explain the need of transport



	L-14 The world of plants	 Parts of a Plant Types of Plants Food for Plants Uses of Plants 	ntal%20Studies%202018%20Edition/class-1/resource_5c46ccacad1d5.mp4(travelling is fun)Rhyme- Grow, grow, growyour plants.https://www.youtube.com/watch?v=TGk7AVLJq7c (Rhyme)https://www.vivadigital.in/vupload/resource/subje ct-ENVIRONMENTAL%20STUDIES/series-Environmental%20Studies%202018%20Edition/class-1/resource_5c46ccd3d8f0e.mp4(the world of plants)	 Classify the parts of a plant describe different types of plants give uses of plants
February	L-15 The World of Animals (Integrated with GK, Hindi ch 3)	 Big, Small and Very Small Animals Birds and Insects Wild, Pet and 	https://youtu.be/t99ULJjCsaM (Sounds of animals) Make a mask of your favourite animal. https://www.vivadigital.in/vupl oad/resource/subje_ct- ENVIRONMENTAL%20STU DIES/series-Environme	classify animals into different categories recognize the Sounds, babies and homes of animals



		Domestic Animals ➤ Animal Homes	ntal%20Studies%202018%20E dition/class-1/resou rce_5c46ccff815bf.mp4 (the world of animals)	
March	L-16 Water and air Revision	 > Water on Earth > Uses of Water > Clean Water > Air around Us > Uses of Air 	Quiz on animal sounds Float/Sink activity https://www.youtube.com/wat ch?v=hCoDPhkE1Qc (Float and sink activity) Use various objects to see if they float or sink in water. https://www.vivadigital.in/vupl oad/resource/subje ct- ENVIRONMENTAL%20STU DIES/series-Environme ntal%20Studies%202018%20E dition/class-1/resou rce_5c46cda0ba85e.mp4 (All about water)	 describe the sources, uses of water. explain different ways to save water.
		CUDI	ECT- COMPUTER	

SUBJECT- COMPUTER



MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	Computer – A Magic Machine	 What is a computer? Machines around us Uses of computers 	Show & Tell: Display computer parts physically or via smartboard Video: "Computer is a Magic Machine"
June	Computer – Its Parts and Uses	 Monitor, CPU, Mouse, Keyboard, Printer, Speakers 	Parts Hunt: Match real parts with names using flash cards Demo: Hands-on identification
July	Continuation: Parts & Uses	 Recap with examples Simple use-case explanations 	Role Play: "I am a mouse, I help you click!" Smartboard quiz
August	The Keyboard and Mouse	 Alphabet keys Number keys Arrow keys Mouse click types 	Typing Practice: Type A-Z, 1–10 Mouse Game: Click balloons or puzzles
September	Paint – An Introduction	 Open MS Paint Use tools: Pencil, Brush, Fill, Shapes Save file 	Drawing Activity: Create a picture using MS Paint tools
October	Tux Paint – Introduction	 Brushes, Stamps, Magic tools Save artwork 	Activity: Draw a garden/Diwali scene using stamps and brushes
November	Patterns and Puzzles	 Identifying patterns Completing sequences Spotting differences 	On-screen Game: Pattern completion Verbal Game: "What comes next?"
December	Scratch Jr – Introduction	 - Sprites - Motion blocks	Mini Project: Move a character across the screen



		- Backgrounds - Basic animation	
January	Introduction to AI	 What is AI? Examples in daily life Smart devices and robots 	Video: AI in cartoons Worksheet: Circle AI-based objects
Februar	y > Revision		

SUBJECT - G K

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT	ACTIVITY
April	 Animals and their babies Animals and their home 	 To understand the correct names of baby animals (e.g., dog-puppy, cat-kitten To understand the correct names of baby animals (e.g., dog-puppy, cat-kitten) To match animals with their young ones using pictures or names To build vocabulary related to animals and their babies To identify animals and the places where they live (e.g., lion-den, bird-nest)3 To match animals with their homes correctly To understand that animals live in different homes for safety and comfort 	 Pairing with pictures (Worksheet) Animal Sound and guess Tell us about your favourite animal
June - July	Our National SymbolsRoad Sign	 To recognize and name the national symbols of India (e.g., National Flag, National Animal, National Bird) 	 Colouring the symbols Road Sign matching worksheet Poem about nation



		 To understand the importance of each national symbol and what it represents To show respect and pride for the national symbols of India To identify common road signs (e.g., stop sign, zebra crossing, no entry) To understand the meaning of basic road signs for safety To develop awareness of traffic rules and safe behaviour on roads 	
August	 Placed around us Days of the week 	 To identify common places in the neighborhood (e.g., school, hospital, post office, market) To understand the purpose of different places and how they help us To recognize the people who work in these places and their roles 	 My favourite place Days Action song
September	 Means Of transport Name of the months 	 To identify different types of transport: land, air, and water To name examples of each type (e.g., car, airplane, boat) To understand the purpose of transport and when each type is used 	 Travel talk Month song and clap game
October	 Festival of India Animals and their sounds 	 To name and recognize major festivals of India (e.g., Diwali, Holi, Eid, Christmas) To understand the reason and way each festival is celebrated 	 Festival and matching game Animal and sound (Worksheet) Animal Sound walk Sing a fun rhyme: The cow says moo, The dog says bow-wow,



		 To develop respect for different cultures and traditions 		The cat says meow,Let's all say it now!"
November	 Our National Symbols Riddles 	 To recall and name the national symbols of India correctly To understand the importance and meaning behind each symbol To show respect and pride for our country through its symbols 	AA	Colour the symbols And naming them Making a Riddles wall
December	 Weather and season Rhyming words 	 To identify different types of weather (sunny, rainy, windy, cloudy, cold) To name the main seasons in India (summer, monsoon, winter) To relate clothes, food, and activities to different weather and seasons To recognize and say words that rhyme To listen to rhymes in poems and songs To build phonemic awareness and early reading skills through rhyming 	A A	Storytelling relating with seasons Speak few lines about my favourite season
January	 Emergency Numbers Moral values 	 To recognize important emergency numbers To understand when and how to use these numbers in case of emergency To develop a sense of safety and responsibility To understand when and how to use these numbers in case of emergency To develop a sense of safety and responsibility To develop a sense of safety and responsibility 	AAA	Emergency number roll play Learn my address and number Story about moral values



February	Common noun and Proper noun	To understand the difference between common nouns and proper nouns	 Noun sorting game Noun hunt around the class
	 Identify the pictures of different houses 	To identify and name proper nouns (e.g., names of people, places, days) and common nouns (e.g., boy, city, school)	House picture making
		 To use capital letters for proper nouns correctly To recognize and name different types of 	
		homes (e.g., hut, apartment, bungalow, igloo)	
		To identify homes through pictures and relate them to the people or places they belong to	
		To understand that people live in different types of houses based on location and lifestyle	

SUBJECT- ART & CRAFT

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	Basic Elements of Art- Line Shape Colour Form Space Texture Value Colour Theory- Primary colour Secondary colour	 Shapes drawing using ruler, pencil, bottle cap, icecream stick Drawing of colour wheel using primary colour and secondary colour 	 To use the elements of art to create balanced, visually engaging, and meaningful artworks. To convey ideas, emotions, and messages through their artwork. To Learn and use the academic vocabulary of color, including terms like hue, saturation, value, and color schemes. To Investigate the workings of the human eye and brain in perceiving color, and understand the physiological and psychological aspects of color.



June	Thumb Print	≻ Thumb print trees	To foster sensory learning, fine motor skills, hand-eye coordination, and creativity, while also promoting intellectual growth through exploration and expression.
July	Rakhi Making Leaf Impression	 Foam sheet flower making Decorative items pasting Printing with leaves Drawing of leaves 	 Rakhi making encourages participants to express themselves creatively through designing, decorating, and crafting. Learning about the traditions, customs, and significance of Raksha Bandhan fosters a deeper understanding and appreciation of cultural heritage. Leaf impression activities require children to manipulate materials, such as leaves and paint, which strengthens their fine motor skills.
August	Janmashtmi Drawing Independence Day Craft	 Mukut decoration Stones and pearl pasting on mukut Flower making with tri colour paper folding Tri Flower pasting on drawing book 	 To encourages a sense of unity and community spirit.Students learn the value of working together, supporting one another, and building strong, inclusive relationships within their community. Students will be able to identify key events and figures related to their country's independence movement. To practice and improve their fine motor skills through cutting, gluing, and other craft techniques. To recognize and understand the significance of national symbols (flag, anthem, etc.).
September	Kite Making	 Paper folding with printed paper Pattern drawing on kite 	Kite making can be a hands-on way to understand the forces of lift and drag, and how they work together to allow kites to fly.Kite making requires precise cutting, gluing, and assembling, which helps develop fine motor skills and hand-eye coordination.
October	Card-Making	≻ Earbuds flower making	The class will cover a range of techniques, including stamping, embossing, die-cutting, layering, and embellishment.



	Flower Making	 Paper cup cutting and pasting as a plant Paper Leaf making and pasting 	 To create unique and personalized cards for various occasions, expressing creativity and heartfelt sentiments. To learn about different card folds and structures, such as pop-up cards and unique shapes. To improve their Gross and fine motor skills and hand and eye coordination. 	
November	Cotton Craft	 Cotton pasting on Teddy Cotton ball pasting on santa drawing 	 Activities like pasting cotton balls or using cotton buds for painting help develop the pincer grip, essential for writing and other fine motor tasks. To precise hand-eye coordination, which improves with practice. 	
December	Hand Fan Making	Origami paper folding for fan making	 Students will be able to Folding, pleating, and decorating the fan require precise movements, strengthening hand-eye coordination. The process of creating a fan demands concentration and patience, which are valuable skills. Working with small materials and tools enhances dexterity and fine motor control. 	
January	Marble Painting	Arranging and spreading colours with using marbles	 Rolling marbles on paper requires children to use their hands to grip and manipulate the marbles, strengthening their hand muscles and improving coordination between both hands. The act of picking up, holding, and rolling the marbles helps develop fine motor skills and dexterity. 	
February	Food Grain Art	 House making with using grains and pulses -kidney beans (rajma) 	Grain art projects can foster sensory exploration, fine motor skills, focus, patience, and creativity, while also potentially introducing concepts like shapes, patterns, and basic geometry.	



	≻ -rice
	➤ -split pigeon peas (arhar
	dal) ≻ -Green gram (mung dal)
	- Green grann (mung dar)

SUBJECT - MUSIC

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	 Alankaar 1-10 Prayers With Notation Plata 1-10 	 Introduction to Music & Swaras Activity: "Hello Sa Re Ga!" Introduce the 7 swaras through songs, flashcards, and actions. 	 To improve the vocal practice To cherish and understand the relevance of prayer To understand musical notes, and Alankars (saresa, regare)
June	 Revision of Alankaar and palta Revision of Notation 	 Swara Singing & Identification Activity: "Swara Echo" Teacher sings a swara; students echo it back. 	 To improve the vocal practice To cherish and understand the relevance of prayer To understand musical notes, and Alankars
July	 Lesson for Musical keyboard and guitar - Finger practice 	 Basic Alankar Fun Activity: Sing or play simple alankars like Sa Re Ga, Re Ga Ma. Challenge Game: Who can sing/play an alankar with correct pitch? And small prayer song practice 	 To improve keyboard practice To understand playing technique of instruments
August	Preparation of 15th August	 Rhythm & Clapping Activity: "Clap the Beat" Introduce Keharwa Taal (8 beats) through clapping and syllables. 	 To learn about the culture of our country To know about the importance of our freedom To understand playing technique of instruments



	 Independence Day Guitar, keyboard and percussion 	➤ Sing a patriotic song	
September	 Raga kafi Sargam geet Bandish Teen Taal 	 Raag Introduction (Raag yaman) Activity: Story of the Raag (visual + audio) Sing/play Aroha–Avaroha with actions. 	 To understand Indian classical music To learn Indian notation system To learn poetry and composition To learn Taal system
October	 Raga kafi Sargam geet Bandish Teen Taal 	 Raag Introduction (Raag yaman) Activity: Story of the Raag (visual + audio) Sing/play Aroha–Avaroha with actions. 	 To understand Indian classical music To learn Indian notation system To learn poetry and composition To learn Taal system
November	 Preparation of Annual Function 	 Annual Music Fun Day Activity: Class Music Show Each group sings or plays something they learned. 	To able to express physical activity, expression, social interaction and cultural participation.
December	 Christmas celebrations and carol singing 	➢ Group song activity	To introduce Christmas celebration by Christmas songs, learn a Christmas carol, read a story about Santa
January	 Preparation for Republic Day of India 	Patriotic song compitition in music class	 To promote patriotism among children To promote the knowledge of Indian Constitution



February	Raga bhupaliDhrupad	Activity: Swara Game Show!	To gain knowledge about a different genre in Hindustani music other than khayal
	 History of Indian Music Music theory 	Teams answer fun questions about swaras, instruments, taals.	 To develop an ability to sing basic compositions in the Dhrupad form To develop the ability to critically analyze theoretical aspects in music

MONTH	TOPIC	> ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
➢ April	 ROPE SKIPPING, WARM UP AND FLEXIBILITY EXERCISES & STRETCHING EXERCISES 	 Full Routine Overview (30-45 minutes) Total Warm-Up & Flexibility Time: ~10-15 minutes Rope Skipping Time: ~15-20 minutes Cool Down & Stretching: ~5-10 minutes Warm-Up Activities (5-10 minutes) Purpose: Get the body prepared, increase blood flow, and activate the muscles. Jogging or Brisk Walking (2–3 minutes): Dynamic Arm Circles (1 minute): Leg Swings (1 minute per leg) 4. Warm-Up Activities (5-10 minutes) Jogging or Brisk Walking (2–3 minutes): Dynamic Arm Circles (1 minute) Jogging or Brisk Walking (2–3 minutes) 	 Improve flexibility in muscles and joints. Enhance posture and body alignment. Promote relaxation and reduce muscle tension.

SUBJECT-PHYSICAL EDUCATION AND SPORTS



> June-July	30 METER RACE, MINDFULNE SS AND STRESS MANAGEME NT SESSIONS , AEROBICS & DANCE	 A short and fast-paced race like a 30-meter sprint can be an excellent activity for a quick burst of energy. Here's how you can structure it: Warm-Up: Start with a brief warm-up (5–10 minutes), including stretches and light jogging to avoid injuries. Race Setup: Make sure you have clearly marked start and finish lines. You can use cones, chalk, or tape. Aerobics dance is a fun way to get the heart pumping and can be tailored to any fitness level. Warm-Up (5–10 minutes): Start with gentle movements, like walking or slow dancing, to get the muscles ready. 	 Develop speed, agility, and coordination. Enhance focus and improve reaction times. Promote teamwork and healthy competition.
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August - September	CARROM BOARD, HURDLE RACE & MASS PT FUN RUNS & FITNESS ASSESSMENT GOAL	 Carrom Board Activity: Carrom is a game of skill and precision, often referred to as the "Indian billiards." You can incorporate it into a fun event or competition by adding various challenges and variations. Hurdle Race: Improves agility, speed, and coordination. Mass PT (Physical Training): Promotes teamwork, discipline, and overall physical fitness. Fun Runs: Encourages participation, stamina building, and enjoyment in physical activity. Fitness Assessment & Goal Setting: Helps track individual fitness levels and motivates students to set and achieve personal healthgoals 	 Improve hand-eye coordination and fine motor skills. Enhance concentration and focus. Develop agility, speed, and coordination. Improve overall physical fitness and strength.
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October- November	 YOGA & MEDITATION SESSION,NUT RITIONS & HEALTH WORKSHOP HEALTH & WELLNESS QUIZZES, OBSTACLE RACE 	 Yoga & Meditation Session – Students will engage in guided yoga and meditation practices to enhance physical flexibility, mental clarity, and emotional well-being. This activity promotes mindfulness, stress reduction, and healthy lifestyle habits. Nutrition & Health Workshop – An interactive session to educate students on balanced diets, essential nutrients, and healthy eating habits. Includes demonstrations, expert talks, and Q&A sessions to encourage informed dietary choices. Health & Wellness Quizzes – Engaging quizzes designed to assess and reinforce students' knowledge about fitness, hygiene, nutrition, and mental health. Encourages active learning through gamified education. Obstacle Race – A physical activity that combines fun with fitness. Promotes teamwork, endurance, coordination, and strategic thinking. Encourages students to apply concepts of physical health and body mechanics in a practical setting. 	 > Improve flexibility, balance, and body awareness. > Introduce mindfulness techniques for relaxation and focus. > Teach the importance of healthy eating and nutrition. > Introduce basic concepts of hygiene and personal well-being.
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December- January	 INTER HOUSE ROPE SKIPPING COMPETITION & AEROBICS EXERCISES INTER HOUSE ROPE SKIPPING COMPETITION (SINGLE HOP) 	 Inter-House Rope Skipping Competition & Aerobics Exercises – Students participate in a high-energy rope skipping competition and group aerobics to enhance cardiovascular fitness, coordination, and rhythm. These activities foster a spirit of healthy competition, teamwork, and physical well-being. Inter-House Rope Skipping Competition (Single Hop) – A focused rope skipping challenge emphasizing the single-hop technique. This activity improves agility, balance, timing, and lower body strength. Encourages precision, concentration, and consistent practice among students. Through observation and participation, students learn from one another, enhancing their technique and confidence. Activities like rope skipping and aerobics also support the development of discipline, perseverance, and self-motivation. 	
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February > INTER HOUSE CARROM BOARD COMPETITION	 Carrom Board Activity 1. Speed Carrom Goal: Pocket as many coins as possible within 2–3 minutes. 2. Target Challenge Assign points to specific pockets (e.g., top-left = 10, bottom-right = 50). .3. Carrom + Fitness Combo After each round (or miss), players do a short physical activity: 10 skips 5 jumping jacks 10-second yoga pose Great way to break up sitting time. 4. Team Tournament Create a knockout or round-robin tournament bracket. 		Improve hand-eye coordination and fine motor skills. Enhance focus, concentration, and problem-solving abilities. Promote teamwork, turn-taking, and good sportsmanship. Encourage strategic thinking and decision-making.
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SUBJECT-DANCE

MONTH	TOPIC	Activity	LEARNING OUTCOMES/SKILL
			DEVELOPMENT



April	Introduce kathak dance origin , Basic Steps (classical dance kathak)tri taal padant (tri taal footwork 4,8 matra)	 Introduction (Origin Kathak is a classical dance form from North India, originated from temple storytelling – "Katha kahe so Kathak kehlaye." Basic Steps Namaskaar, Tatkaar (basic footwork), Hastaks, Chakkars. Taal Practice – Teentaal (16 Matra) Matra Footwork: Ta Thei Thei Tat 8 Matra Footwork: Ta Thei Thei Tat Aa Thei Thei Tat Do Padant first (clap & recite), then perform. 	Coordination and team work will be improved & children will know about classical dance
June-July	Namaskaar (kathak dance) Mudras (asangukta)	 ▶ 1. Namaskaar ▶ Begin in Hand to forehead → chest → floor → audience.Show respect to Guru, Earth, and Audience. ▶ Asamyukta Mudras (Single-Hand Gestures)Practice: Pataka, Tripataka, Ardhapataka, Shikhara, Mayura. ▶ Hold each mudra with correct posture and meaning. ▶ Expression & Posture Practice 	Learn about how to use mudra in classical dance & respect the guru during practice or performance



		Combine mudras with slight movements and eye expressions.	
August- Septembe r	Hastak(hands movement with foot work)	 Hastak Practice Use basic hand movements: Pataka, Tripataka, Mayura, etc. Combine with Footwork (Tatkaar) Bol: Ta Thei Thei Tat Aa Thei Thei Tat Perform hastaks in rhythm with the footwork. Mirror or Pair Activity Students follow or mirror each other's hastak + tatkaar. 	They learn about How to move hands with footwork, flexibility
October- Novembe r	Ganesh stuti ,Annual day preparation	 Ganesh Stuti Activity (Short) Shloka Recitation Example: hey gajvadnam Students chant with folded hands and proper posture. Dance Movements Use graceful hastaks and mudras showing Lord Ganesha (e.g., Modak, Trunk, Blessing). Choreography Practice 	To be able Physical activity ,expression ,social interaction and cultural participation



		 Create a short sequence with footwork, expressions, and chakkars. Practice group entry/exit for stage performance. 	
December -January	Dance of Environment Tree	 Dance Activity: Tree & Environment (Short) Theme:Show the life of a tree – growing, giving shade, fruits, and importance for nature. Movements:Use flowing hastaks to show leaves, wind, rain, and birds. Add group formations like a forest. Message: Include a pose or line like "Save Trees, Save Earth." SDG 13: Climate Action SDG 15: Life on Land 	They will understand improvement of trees
February	Foot work of folk dance	 Folk Dance Activity – Footwork (Short)1. Warm-up Steps Simple right-left stepping with claps or hand waves. Basic Folk Footwork Forward-backward steps (e.g., Garba)Side-to-side tapping (e.g., Ghoomar)High-energy jumping steps (e.g., Bhangra) Music Practice Practice steps with folk beats or dhol rhythm. 	Coordination ,know about folk dances



Group Circle or Line Formation Perform steps together in a circle	