

BAL BHARATI PUBLIC SCHOOL, KHANDWA

CLASS - IX

SUBJECT - ENGLISH

MONTH	TOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Literature: ➤ Beehive: ➤ Prose: The Fun They Had ➤ Poem: The Road Not Taken ➤ Moments: The Lost Child ➤ Grammar: ➤ Determiners ➤ Tenses ➤ Writing Skills: ➤ Descriptive Paragraph (Person/Event) ➤ Workbook: ➤ Exercises based on Determiners and Tenses	➤ Analyze futuristic settings and themes in prose ➤ Interpret symbolism and choices in poetry ➤ Identify central ideas in short stories ➤ Use determiners and tenses correctly ➤ Write descriptive paragraphs effectively
May	➤ Suggested Holiday Homework: ➤ Read The Sound of Music (Beehive) and The Adventures of Toto (Moments) ➤ Practice tense exercises ➤ Write one diary entry about summer vacation	➤ Develop reading habits and comprehension skills through suggested texts ➤ Reinforce tense usage through practice ➤ Express personal thoughts in diary form with clarity and emotion
June	➤ Literature: ➤ Beehive: ➤ Prose: The Sound of Music ➤ Poem: Wind ➤ Moments: The Adventures of Toto ➤ Grammar: ➤ Modals ➤ Subject-Verb Concord	➤ Understand biographies and real-life achievements ➤ Analyze natural imagery in poetry ➤ Comprehend animal-centered narratives ➤ Apply modals and subject-verb concord accurately ➤ Compose thoughtful diary entries

	➤ Writing Skills: ➤ Diary Entry ➤ Workbook: ➤ Practice exercises on Modals & Concord	
July	➤ Literature: ➤ Beehive: ➤ Prose: The Little Girl, A Truly Beautiful Mind ➤ Poems: Rain on the Roof, Lake Isle of Innisfree ➤ Moments: Iswaran the Storyteller ➤ Grammar: ➤ Reported Speech ➤ Writing Skills: ➤ Story Writing ➤ Workbook: ➤ Exercises on Reported Speech	➤ Interpret character development and emotional depth in stories ➤ Appreciate poetic devices and personal reflections in poems ➤ Use reported speech correctly ➤ Construct imaginative and coherent stories
August	➤ Literature: ➤ Beehive: ➤ Prose: The Snake and the Mirror ➤ Poem: A Legend of the Northland ➤ Moments: In the Kingdom of Fools ➤ Grammar: ➤ Clauses ➤ Prepositions ➤ Writing Skills: ➤ Formal Letter ➤ Workbook: ➤ Clause & Preposition Exercises	➤ Analyze humorous and moral lessons in prose ➤ Interpret cultural and geographical context in poetry ➤ Identify and use clauses and prepositions effectively ➤ Write formal letters with appropriate tone and structure
September	➤ Literature: ➤ Beehive: ➤ Prose: My Childhood	➤ Reflect on personal narratives and inspirational stories ➤ Understand global unity and peace through poetry ➤ Convert voice accurately between active and passive

	➤ Poem: No Men Are Foreign ➤ Moments: The Happy Prince ➤ Grammar: ➤ Voice (Active/Passive) ➤ Writing Skills: ➤ Article Writing ➤ Workbook: ➤ Voice change practice	➤ Write informative and persuasive articles
October	➤ Literature: ➤ Beehive: ➤ Prose: Reach for the Top ➤ Poem: On Killing a Tree ➤ Moments: Weathering the Storm in Ersama ➤ Grammar: ➤ Conjunctions ➤ Writing Skills: ➤ Debate Writing ➤ Workbook: ➤ Conjunction-based tasks	➤ Explore themes of perseverance and disaster management ➤ Interpret metaphor and irony in poetry ➤ Use conjunctions to create complex sentences ➤ Present viewpoints in structured debate format
November	➤ Literature: ➤ Beehive: ➤ Prose: Kathmandu ➤ Poem: A Slumber Did My Spirit Seal ➤ Moments: The Last Leaf ➤ Grammar: ➤ Editing & Omission ➤ Writing Skills: ➤ Speech Writing ➤ Workbook: ➤ Editing/Omission drills	➤ Describe cross-cultural experiences and emotional responses in prose ➤ Analyze philosophical themes in poetry ➤ Identify and correct errors using editing and omission ➤ Write clear and effective speeches
December	➤ Literature: ➤ Beehive:	➤ Understand dramatic elements and personal challenges ➤ Apply all grammar concepts in an integrated manner

	➤ Prose: If I Were You ➤ Moments: A House Is Not a Home, The Beggar ➤ Grammar: ➤ Integrated Grammar Practice ➤ Writing Skills: ➤ Review of formats: Story, Letter, Article, Diary ➤ Workbook: ➤ Full chapter revisions + tests	➤ Revise and apply formats for story, letter, article, and diary ➤ Prepare for tests through chapter-wise practice
January	➤ Revision & Assessment: ➤ Full syllabus review ➤ Mock tests & grammar drills ➤ Speaking/listening tasks ➤ Final internal assessment readiness	➤ Consolidate full syllabus understanding ➤ Attempt mock tests with grammar and writing tasks ➤ Develop listening and speaking skills ➤ Demonstrate readiness for final internal assessments

SUBJECT- SOCIAL SCIENCE

MONTH	TOPIC	SUBTOPIC	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	History: The French Revolution	➤ French Society During The Late Eighteenth Century: The struggle to survive, How a Subsistence Crisis Happens, A Growing Middle Class Envisages an End to Privileges ➤ The Outbreak Of The Revolution: France Becomes a Constitutional Monarchy, Reading political symbols France Abolishes Monarchy and Becomes a Republic: The Reign of Terror, A Directory Rules France	➤ The students will be able to Infer how the French Revolution had an impact on the European countries in the making of nation states in Europe and elsewhere. ➤ Will be able to Illustrate that the quest for imperialism triggered the First World War. ➤ Will Examine various sources to address imbalances that may lead to revolutions.

		➤ Did Women Have a Revolution? ➤ The Abolition of Slavery ➤ The Revolution and Everyday Life ➤ MAP WORK Outline political map of France. Locate/label/identify. Bordeaux, Nantes Paris and Marseilles	
June	HISTORY: SOCIALISM IN EUROPE AND RUSSIAN	➤ The Age of Social Change: Liberals, Radicals and Conservatives, ➤ Industrial Society and Social Change, The Coming of Socialism to Europe, Support for Socialism ➤ The Russian Revolution: The Russian Empire in 1914, Economy and Society, Socialism in Russia, A Turbulent Time: The 1905 Revolution, the First World War and the Russian Empire. ➤ The February Revolution in Petrograd: After February, The Revolution of October 1917 ➤ What Changed After October? The Civil War, Making a Socialist Society, Stalinism and Collectivization.	➤ Explore the history of Socialism through a study of the Russian revolution. Familiarize with the different types of ideas . ➤ To compare the situations that led to the rise of Russian and French Revolutions. Examine the situations that inspired the revolution. ➤ That led to the establishment of Lenin's communism and Stalin's Collectivization. Analyse the role played by the varied philosophers and leaders that shaped the revolution.

		➤ MAP WORK Outline political map of the World. Locate/label/identify Major countries of First World War: Central Powers: Germany, Austria -Hungary, Turkey (Ottoman Empire). Allied Powers – France, England, Russia and USA	
July	Chapter-1-What is Democracy? Why Democracy?	➤ What is Democracy? ➤ Why define democracy? ➤ A simple definition ➤ Features of Democracy: ➤ Major decisions by elected leaders, Free and fair electoral competition One person, One person, One person, one vote, one value, Rule of law and respect for rights ➤ Summary Definition ➤ Why democracy? ➤ Debating merits of democracy, Arguments against democracy, Arguments for democracy ➤ Broader Meanings of Democracy	➤ Examine the concept of structural components of Democracy and its forms/ features. ➤ Compare and Contrast working of democracies of India and North Korea and infer on their differences and significance in each country ➤ Analyse and infer on the different historical processes and forces that have contributed for the promotion of democracy
August	Political SCIENCE: Constitutional Design	➤ Democratic Constitution in South Africa: Struggle against Apartheid, towards a new Constitution. ➤ Why Do We Need A Constitution?	➤ Group discussion and describe the situation that led to creation of Indian Constitution ➤ Enumerate the essential features that need to be kept in mind while drafting any Constitution. Examine the guiding values that created the Indian constitution.

		➤ Making of the Indian Constitution: The path to Constitution, The Constituent Assembly ➤ Guiding Values of the Indian Constitution: The Dream and the Promise, Philosophy of the Constitution, Institutional Design.	➤ Comprehend the roles and responsibilities as citizens of India.
September	Geography : Climate	➤ Introduction ➤ Climatic Controls ➤ Factors Affecting India's Climate ➤ The Seasons ➤ Distribution of Rainfall ➤ Monsoon wind direction is unifying. ➤ MAP WORK: Annual rainfall	➤ Justify the reasons for the differences in climatic conditions, local and standard time. To Infer how the conditions and relationships of the people living in states that are sharing border with the neighbouring countries impact trade and culture. Justify the selection of 82.5E* longitude as Time meridian of India. (IST) Critically analyse the role of opening of Suez Canal in improvement of foreign trade. Propose alternative solution for the problems that arise due to the size & location.
October	Geography : Physical Features of India	➤ All the Major Physiographic Division ➤ MAP WORK: MAP WORK: Mountain Ranges : The Karakoram, The Zaskar, The Shivalik, The Aravali, The Vindhya, The Satpura, Western and Eastern Ghats Mountain Peaks – K2, Kanchan Junga, Anai Mudi Plateau – Deccan Plateau, Chota Nagpur Plateau, Malwa Plateau	➤ Conclude why India is a subcontinent based on study of different physical features. Analyse the conditions and relationships of the people living in different physiographic areas. Enumerate the different environmental issues in India and propose solutions for these issues.

		Coastal Plains – Konkan, Malabar, Coromandel & Northern Circa Of India	
November	Geography Drainage	➤ The Himalayan River ➤ The Peninsular River ➤ The Role of River in the economy ➤ River Pollution ➤ MAP Work: ➤ Rivers (Identification only) The ➤ Himalayan River Systems – The Indus, ➤ The Ganges and The Sutlej The ➤ Peninsular Rivers – The Narmada, The ➤ Tapti, The Kaveri, The Krishna, The ➤ Godavari, The Mahanadi Lakes – ➤ Wular, Pulicat, Sambar, Chilika	➤ Enlist the different rivers, the areas they serve and their impact on the economy of That area ➤ Enumerate the different lakes and describe their contribution to Indian ecology. Present creative solutions to overcome the water pollution also to increase the contribution of water bodies to the Indian economy. Identify the river systems
December	Economics The Story Of Village Palampur	➤ Introduction. ➤ Organization of production. Fixed and physical capital. ➤ Farming in Palampur (all points to be discussed) ➤ Non-farming activities in farming (all points to be discussed).	➤ Enlist the requirements of production and comprehend the interdependence of these requirements ➤ Correlate farming and non- farming activities to economic growth. ➤ Comprehend how the significance of conditions of farming and the factors of production impact economic

January	Economics People As Resource	➤ Overview. ➤ Story of Sakal and Villas. ➤ Economic Activities by Men and Women. ➤ Quality of Population, education and health topics to be discussed. ➤ Unemployment, types of unemployment. (Comparison of Sheela and Geeta)	➤ Evaluate the reasons that contribute to the quality of population. ➤ Observe the different government schemes in some states and see its effect on the quality of people there. ➤ Propose innovative strategies to resolve unemployment problems
February	Economics People As Resource Till 10 of February Revision.	➤ Overview. ➤ Story of Sakal and Villas. ➤ Economic Activities by Men and Women. ➤ Quality of Population, education and health topics to be discussed. ➤ Unemployment, types of unemployment. (Comparison of Sheela and Geeta).	➤ Overview. ➤ Story of Sakal and Villas. ➤ Economic Activities by Men and Women. ➤ Quality of Population, education and health topics to be discussed. ➤ Unemployment, types of unemployment. (comparison of Sheela and Geeta).

SUBJECT-HINDI

MONTH	TOPIC	Activity	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ दुख का अधिकार (कहानी) ➤ रैदास के पद ➤ अपठित गद्यांश	➤ कहानी पर आधारित सामाजिक वैमनस्यता को प्रदर्शित करती कोई कहानी लिखना	➤ गद्य विधा के अंतर्गत कहानी विधा, देश में पहले अंधविश्वासों और ऊंच-नीच के भेदभाव को बेनकाब करते हुए धनी लोगों की अमानवीयता को उजागर करना

	➤ उपसर्ग प्रत्यय	➤ संत रैदास के जीवन वृत्तांत और चरित्र का वर्णन ➤ उपसर्ग और प्रत्यय का अधिकाधिक उदाहरण अभ्यास	➤ मध्ययुगीन काव्यधारा की संत काव्य धारा से संक्षिप्त परिचय। प्रभु का हर हाल में श्रेष्ठ और सर्वगुण संपन्न होना तथा प्रभु की अपार उदारता कृपा और उनके समदर्शी स्वभाव का वर्णन, शिल्पगत सूक्ष्मताओं से परिचय ➤ मनन-चिंतन, विश्लेषण एवं भाव ग्रहण विशेषताओं का पल्लवन ➤ भाषा की संरचनात्मक विशेषताओं से परिचय
June	➤ एवरेस्ट: मेरी शिखर यात्रा (यात्रा वृत्तांत) ➤ अनुच्छेद लेखन	➤ 'पहाड़ी जीवन शैली और चुनौतियां' टॉपिक पर आधारित निबंध लेखन (250 शब्द)	➤ गद्य-विधा के अंतर्गत यात्रा- ➤ वृत्तांत-विधा से संक्षिप्त परिचय। बचेंद्री पाल के एवरेस्ट शिखर तक पहुंचकर तिरंगा लहराने के पल-पल के ब्योरे से रूबरू होना । ➤ प्रभाव उत्पादक अभिव्यक्त हेतु सक्षमता का प्रतिपादन
July	➤ गिल्लू (संस्मरण) ➤ दोहे (रहीम दास) ➤ शब्द और पद ➤ अनुस्वार और अनुनासिक ➤ विराम चिह्न	➤ लाइब्रेरी से महादेवी वर्मा की कहानियां पढ़ना और कक्षा में उनपर चर्चा करना ➤ रहीम दास और कबीर दास की निर्गुण ब्रह्म की उपासना पर अनुच्छेद लेखन ➤ अनुस्वार और अनुनासिक शब्दों के उदाहरण का वाक्य प्रयोग करना ➤ विराम चिह्नों से युक्त वाक्य को भाव भंगिमा के साथ बोलना (इसके	➤ गद्य विधा के अंतर्गत संस्मरण विद्या से संक्षिप्त परिचय पशु पक्षियों के प्रति सहारे डाटा की भावना का पल्लवन ➤ मध्ययुगीन काव्य धारा के संत काव्य धारा से संक्षिप्त परिचय मानव मात्र को करणीय और अकरणीय आचरण की नसीहत, शिल्पगत सूक्ष्मताओं से परिचय ➤ व्यावहारिक व्याकरण का ज्ञान का पल्लवन भाषा की संरचनात्मक विशेषताओं से परिचय

		लिए संवाद लेखन शैली का सहारा लेना)	
August	➤ गीत - अगीत (अधुनिक कविता) ➤ अनौपचारिक पत्र ➤ संवाद लेखन ➤ चित्र वर्णन ➤ अपठित गद्यांश	➤ आधुनिक कविता के रचना शैली और मापदंडों पर चर्चा ➤ लेखन अभिव्यक्ति में उत्तर उत्तर सुधार हेतु अधिक से अधिक उदाहरणों का अभ्यास	➤ पद्य विद्या के अंतर्गत आधुनिक काव्यधारा की कथात्मक कविता से संक्षिप्त परिचय, प्राकृतिक सौंदर्य के साथ जीव जंतुओं के महत्व मानवीय राग और प्रेम भाव का सजीव चित्रण , काव्य की विशेषताओं का संक्षिप्त भान ➤ प्रभाव उत्पादक अभिव्यक्ति हेतु साक्षमता का प्रतिपादन
September	➤ अर्धवार्षिक परीक्षा और परीक्षा पूर्वाभ्यास	➤ परीक्षा पूर्व अभ्यास हेतु वर्कशीट के प्रश्नों के उत्तर लिखना और कंठस्थ कराना	➤ परीक्षा पूर्वाभ्यास कार्यक्रम से छात्रों में परीक्षा देने के पहले आत्मविश्वास की वृद्धि संभव हो सकेगी
October	➤ तुम कब जाओगे :अतिथि (व्यंग्य विधा) ➤ वैज्ञानिक चेतना के वाहक : चंद्रशेखर वेंकटरामन (जीवनी) ➤ अग्निपथ (आधुनिक कविता) ➤ अपठित गद्यांश	➤ हरिशंकर परसाई की व्यंग्यात्मक कहानियां को पढ़ने के लिए प्रेरित करना ➤ वैज्ञानिक दृष्टिकोण पर आधारित कहानी लेखन अभ्यास ➤ कहानी लेखन और उससे प्रश्न निर्माण गतिविधि कराना जिससे अपठित गद्यांश के प्रश्नों के सटीक उत्तर देने की	➤ गद्य - विधा के अंतर्गत व्यंग्य - विधा से संक्षिप्त परिचय, मानव जीवन में हल्के - फुल्के क्षणों का महत्व ➤ गद्य - विधा के अंतर्गत जीवनी - विधा से संक्षिप्त परिचय , चंद्रशेखर वेंकटरामन के महान व्यक्तित्व से प्रेरणा ➤ पद्य - विद्या के अंतर्गत आधुनिक काव्य धारा से संक्षिप्त परिचय , जीवन पथ पर मिलने वाली कठिनाइयों से कभी ना घबराने की प्रेरणा

		कला का विकास हो सके	
November	➤ शुक्रतारे के समान (रेखाचित्र) ➤ नए इलाके में (आधुनिक कविता) ➤ कल्लू कुम्हार की उनाकोटि (यात्रा वृत्तांत) ➤ स्वर संधि	➤ महात्मा गांधी के किसी एक आंदोलन का सविस्तार वर्णन (छात्रों द्वारा लेखन) ➤ शहरी जीवन और ग्रामीण जीवन के बीच अंतर पर आधारित अनुच्छेद लेखन ➤ स्वर संधि के सभी पांचों प्रकारों का उदाहरण अभ्यास कार्य	➤ गद्य - विधा के अंतर्गत आलेख - विधा एवं रेखाचित्र - विधा से संक्षिप्त परिचय, गांधीजी तथा उनके सहायक महादेव देसाई के जीवन तथा गांधी जी के अटल इरादों से प्रेरणा ➤ पद्य - विधा के अंतर्गत आधुनिक काव्य धारा से संक्षिप्त परिचय, शहरी जीवन की वास्तविकता एवं विडंबना से परिचय ➤ गद्य - विधा के अंतर्गत यात्रा वृत्तांत - विधा से संक्षिप्त परिचय, त्रिपुरा के सामाजिक और प्राकृतिक जीवन का परिचय ➤ व्यावहारिक व्याकरण का ज्ञान का पल्लवन
December	➤ खुशबू रचते हैं हाथ (आधुनिक कविता) ➤ मेरा छोटा सा निजी पुस्तकालय (आत्मकथा) ➤ अर्थ की दृष्टि से वाक्य के भेद ➤ अनुच्छेद लेखन	➤ आत्मकथा लेखन अभ्यास (दिसंबर महीने की तथा शीत अवकाश की डायरी लिखना) ➤ सभी आठ प्रकारों की परिभाषा और उदाहरण अभ्यास ➤ अनुच्छेद की भाषा शैली में गुणवत्ता हेतु कक्षा परीक्षण और प्रतियोगिता	➤ पद्य - विधा के अंतर्गत आधुनिक काव्य धारा से संक्षिप्त परिचय, शहरों के बीचों-बीच बसे टोलों में रहने वाले कामगारों के जीवन शैली की वास्तविकता एवं विडंबना से परिचय ➤ गद्य - विधा के अंतर्गत आत्मकथा विधा से संक्षिप्त परिचय, लेखक के प्रेरणास्रोत जीवन से प्रोत्साहन ➤ व्यावहारिक व्याकरण का ज्ञान का पल्लवन, भाषा की संरचनात्मक विशेषताओं से परिचय

January	➤ अनौपचारिक पत्र ➤ संवाद - लेखन ➤ चित्र - वर्णन	➤ संवाद लेखन और लिखित संवाद का नाट्य-अभिनय ➤ स्वयं निर्मित चित्र का वर्णन करना	➤ प्रभाव उत्पादक अभिव्यक्ति हेतु सक्षमता का प्रतिपादन
February	➤ पुनराभ्यास	➤ परीक्षा पूर्वाभ्यास हेतु वर्कशीट का अभ्यास	➤ परीक्षा पूर्वाभ्यास से छात्रों में आत्मविश्वास की वृद्धि संभव हो सकेगी

SUBJECT- MATHS(NCERT)

MONTH	TOPIC	Sub Topic	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Chapter 1: Number Systems	➤ Real Numbers ➤ Rational and Irrational Numbers ➤ Laws of Exponents ➤ Decimal Representation of Irrational Numbers	➤ Understand the classification of numbers (natural, whole, integers, rational, irrational). ➤ Learn to identify irrational numbers and their decimal expansions. ➤ Apply laws of exponents in simplifying expressions. ➤ Rationalize denominators
June	➤ Chapter 2: Polynomials	➤ Polynomials ➤ Degree of polynomials ➤ Contact, linear, Quadratic, Cubic ➤ Factorization of algebraic expressions ➤ Linear Equations in Two Variables	➤ Understand the concept of polynomials, their degree, and coefficients - Learn to find the zeroes of a polynomial and their graphical representation ➤ Factorize polynomials using various methods (such as splitting the middle term)

July	➤ Chapter 3: Coordinate Geometry ➤ Chapter 4: Linear Equations in Two Variables	➤ Cartesian System plotting point on plane ➤ Euclid's Geometry ➤ Definition, Axioms, Postulates ➤ Lines and Angle	➤ Understand the coordinate system and plotting of points on the XY plane ➤ Use the distance formula to calculate the distance between two points ➤ Apply the section formula to find the coordinates of a point dividing a line segment in a given ratio. ➤ Understand what linear equations are and how to solve them ➤ Graphically represent linear equations on a coordinate plane ➤ Solve real-world problems involving linear equations
August	➤ Chapter 5: Introduction to Euclid's Geometry ➤ Chapter 6: Lines and Angle	➤ Triangles ➤ Quadrilaterals ➤ Circle	➤ Understand Euclid's definitions, postulates, and axioms. ➤ Study basic geometric constructions and proofs. ➤ Understand the properties of angles and parallel lines. ➤ Solve problems based on the angle sum property of triangles and linear pairs of angles. ➤ Apply the concept of alternate interior angles, corresponding angles, etc.
September	➤ Chapter 7: Triangles	➤ Formula for finding area of triangle ➤ Practice Question based on area and surface area	➤ Learn about congruent triangles and the criteria for congruence (SSS, SAS, ASA, RHS). ➤ Apply properties of triangles like the Pythagorean theorem, inequality in a triangle. ➤ Prove geometric theorems based on congruence.
October	➤ Chapter 8: Quadrilaterals	➤ Area and surface areas of quadrilaterals ➤ Volume of quadrilaterals	➤ Understand the properties of different types of quadrilaterals. ➤ Prove and apply the properties of parallelograms, rectangles, rhombuses, and squares. ➤ Calculate the area and perimeter of these figures.
November	➤ Chapter 9: Circle	➤ Area of circle ➤ Surface Area of circle ➤ Volume Of circle	➤ Apply the formula for area in practical problems involving real-world scenarios. ➤ Study the properties of chords, tangents, and circles.

			➤ Learn the angle subtended by a chord at the center and its application in problems.
December	➤ Chapter 10: Heron's Formula	➤ Congruence of triangles	➤ Understand the derivation of Heron's formula. ➤ Calculate the area of a triangle when the lengths of the sides are known.
January	➤ Chapter 11: Surface Areas and Volumes ➤ Chapter 12: Statistics	➤ Area and surface area of 3d shape ➤ Volume Of different shapes ➤ Bar graphs ➤ Histogram with varying base length ➤ Frequency of Polygons	➤ Learn to calculate the surface area and volume of various 3D objects. ➤ Solve problems related to the real-world application of surface areas and volumes. ➤ Understand measures of central tendency: mean, median, mode. ➤ Interpret and analyze data in various forms.
February	➤ Revision		

SUBJECT- SCIENCE

MONTH	TOPIC	Sub Topic	Activity	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Chapter 1: Matter in Our Surroundings	➤ Physical Nature of Matter Matter is made up of particles How small are these particles of matter? ➤ Characteristics of Particles of Matter	➤ Evaporation & Cooling ➤ Dip a cotton ball in alcohol and place it on the hand. Observe cooling due to evaporation.	➤ Understand the concept of matter and its physical nature. ➤ Differentiate between the three states of matter based on their properties. ➤ Explain the interconversion of states of matter using the

		Particles of matter have space between them ➤ Particles of matter are continuously moving - Particles of matter attract each other ➤ States of Matter - The solid state - The liquid state ➤ The gaseous state ➤ Can Matter Change its State? - Effect of change of temperature - Effect of change of pressure ➤ Evaporation - Factors affecting evaporation - How does evaporation cause cooling?	➤ Sublimation ➤ Heat camphor or ammonium chloride in a dish and observe sublimation (solid → gas).	concept of temperature and pressure. ➤ Recognize the role of latent heat in phase changes.
June	➤ Chapter 2: Is Matter Around Us Pure?	➤ What is a Pure Substance? - Elements and compounds - Mixtures - Homogeneous mixtures - Heterogeneous mixtures - Colloids and Suspensions - Tyndall effect - Separation Techniques - Filtration, evaporation, sublimation, centrifugation,	➤ Separation of Mixtures ➤ Perform filtration, evaporation, and chromatography using ink or saltwater solutions. ➤ Tyndall Effect ➤ Shine a flashlight through a mixture	➤ Distinguish between pure substances and mixtures. ➤ Classify mixtures as homogeneous and heterogeneous. ➤ Understand the concept of solutions, colloids, and suspensions with examples. ➤ Learn various separation techniques for different types of mixtures.

		chromatography Physical and Chemical Changes Distinguishing between physical and chemical changes	(like milk) to observe colloidal particles scattering light.	
July	➤ Chapter 3: Atoms and Molecules	➤ Law of Conservation of Mass ➤ Dalton's Atomic Theory Atomic and Molecular Masses Mole concept Writing Chemical Formulae Empirical and molecular formulae Chemical Reactions and Equations Balancing chemical equations	➤ Law of Conservation of Mass (Lab Setup) ➤ React barium chloride and sodium sulfate in a closed conical flask. Weigh before and after reaction to prove mass is conserved. ➤ Make molecular models ➤ Use balls and sticks to form models of H_2O, CO_2, CH_4, etc.	➤ Understand the basic laws of chemical combination. ➤ Explain the concept of atoms and molecules. ➤ Learn to write chemical formulas based on valency. ➤ Apply the mole concept to determine the mass and number of atoms/molecules.
August	Chapter 4: Structure of the Atom	➤ Discovery of Electron, Proton, and Neutron ➤ Structure of Atom ➤ Bohr's model of atom ➤ Atomic Number, Mass Number Isotopes and Isobars Valency Electron distribution in shells	➤ Atomic Model Activity ➤ Create Bohr's model using chart paper and colored balls for electrons. Label shells and valency.	➤ Describe the various atomic models proposed by different scientists. ➤ Explain the discovery of subatomic particles (electrons, protons, and neutrons).

				➤ Understand the concept of valency and electronic configuration. ➤ Learn about isotopes and their applications.
September	➤ Chapter 5: The Fundamental Unit of Life	➤ Cell Theory - Structure of a Cell - Prokaryotic and eukaryotic cells - Cell Organelles - Nucleus, mitochondria, endoplasmic reticulum, Golgi apparatus, ribosomes - Cell Membrane and Cell Wall - Cell Division - Mitosis and meiosis	➤ Microscope Observation ➤ Observe onion peel and cheek cells under a microscope. Use iodine/methylene blue for staining.	➤ Identify the cell as the basic unit of life. ➤ Describe the structure and functions of different cell organelles. ➤ Differentiate between plant and animal cells. ➤ Understand the concept of osmosis and diffusion in living cells.
October	➤ Chapter 6: Tissues	➤ Plant Tissues - Meristematic and permanent tissues - Simple tissues: parenchyma, collenchyma, sclerenchyma - Complex tissues: xylem, phloem - Animal Tissues - Epithelial, connective, muscular, and nervous tissues - Tissue Culture and Applications	➤ Permanent Slides of Plant & Animal Tissues ➤ Observe parenchyma, collenchyma, xylem, and muscle tissues under a microscope. Draw and label them. ➤ Comparative Tissue Table	➤ Classify plant and animal tissues based on their structure and function. ➤ Explain the characteristics and roles of meristematic and permanent tissues in plants. ➤ Describe different types of animal tissues, such as epithelial, connective, muscular, and nervous tissues.

			➤ Students can prepare a chart comparing structure & function of various tissues	
November	Chapter 7: Motion Chapter 8: Force and Laws of Motion	➤ Distance and Displacement ➤ Speed and Velocity - Acceleration - Graphical Representation of Motion - Distance-time and velocity-time graphs ➤ Equations of Motion ➤ Using graphical method and algebraic method - Force and Its Types - Contact and non-contact forces - Newton's First Law of Motion - Newton's Second Law of Motion $F = ma$ - Newton's Third Law of Motion - Conservation of Momentum - Gravitational Force and Free Fall	➤ Distance-Time Graph (Classroom) ➤ Record the time taken by a student walking a fixed distance. Plot a graph and analyze uniform/non-uniform motion. ➤ Ticker Tape Experiment (Lab) ➤ Use ticker timer to study motion and acceleration. ➤ Balloon Rocket Activity ➤ Inflate a balloon and release it—observe motion due to action-reaction (Newton's Third Law). ➤ Inertia Experiment ➤ Place a coin on a card on a glass. Flick the card and the coin falls into the glass.	➤ Define motion and understand different types of motion. ➤ Learn and apply equations of motion in solving numerical problems. ➤ Understand the concepts of uniform and non-uniform motion. ➤ Interpret distance-time and velocity-time graphs. ➤ Understand the concept of force and its effects on motion. ➤ Explain Newton's three laws of motion with real-life applications. ➤ Learn about inertia and its relationship with mass. ➤ Apply the law of conservation of momentum in practical situations.

December	➤ Chapter 9: Gravitation ➤ Chapter 10: Work and Energy	➤ Universal Law of Gravitation Gravitational Force Acceleration Due to Gravity Free Fall and Mass vs Weight Thrust and Pressure Buoyancy and Archimedes' Principle ➤ Work Done by a Force Energy and Its Forms Kinetic and potential energy Law of Conservation of Energy Power Calculating power Numerical Problems on Work and Energy	➤ Water Pressure Activity ➤ Punch holes at different heights in a bottle and observe water jets. Lower holes exert more pressure. ➤ Buoyancy ➤ Drop objects of different materials in water to observe which sink or float. Explain using Archimedes' Principle. ➤ Lifting Weights ➤ Use pulleys to lift weights. Calculate work done ($\text{Force} \times \text{Distance}$). ➤ Compare Light Bulbs ➤ Use bulbs of different wattages. Measure brightness and calculate power.	➤ Understand Newton's law of gravitation and its universal nature. ➤ Learn about free fall and acceleration due to gravity. ➤ Understand the concepts of mass, weight, and buoyancy. ➤ Explain the working principle of Archimedes' principle and its applications. ➤ Define work and calculate it based on force and displacement. ➤ Understand the concept of energy and its different forms. ➤ Explain the law of conservation of energy with practical examples. ➤ Differentiate between kinetic and potential energy and derive their mathematical expressions.
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January	➤ Chapter 11: Sound ➤ Chapter 12: Improvement in Food Resources	➤ Production of Sound ➤ Propagation of Sound ➤ Mediums of sound propagation ➤ Characteristics of Sound Waves ➤ Amplitude, frequency, pitch, loudness ➤ Reflection of Sound ➤ Echo and its applications ➤ Range of Hearing and Ultrasound ➤ Crop Production Management ➤ Selection of seeds, soil preparation, irrigation, weeding, harvesting, storage ➤ Crop Protection Management ➤ Protection from pests and diseases ➤ Animal Husbandry ➤ Cattle farming, poultry farming, fish production, beekeeping ➤ Dairy Farming and Its Importance ➤ Improvement in Animal Breeds	➤ Tuning Fork Vibrations ➤ Strike a tuning fork and place it near water or on a table to visualize vibrations ➤ Rubber Band Guitar ➤ Stretch rubber bands over a box and pluck them. Study pitch based on tension. ➤ Soil Testing ➤ Test pH and texture of soil samples from different areas. ➤ Compost Making ➤ Demonstrate composting using dry leaves, vegetable peels, etc. Track decomposition process.	➤ Understand the production and propagation of sound in different media. ➤ Learn about the characteristics of sound waves like frequency, wavelength, and amplitude. ➤ Explain the concept of echo and reverberation. ➤ Understand the functioning of the human ear and applications of ultrasound. ➤ Recognize the importance of food production and sustainable agricultural practices. ➤ Learn about different types of crop production and protection methods. ➤ Understand the role of animal husbandry, fisheries, and poultry farming in food production. ➤ Explore modern techniques like organic farming and genetically modified crops.
February	Revision	Revision		

SUBJECT- INFORMATION TECHNOLOGY

MONTH	TOPIC	SUBTOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Unit 1: Introduction to IT-ITeS Industry	➤ Basics of IT and ITeS ➤ BPO services ➤ Emerging trends in IT ➤ IT applications	➤ Presentation on IT-enabled services in India	➤ Understand the scope of IT and ITeS ➤ Identify emerging technologies in the industry
June	➤ Unit 2: Data Entry and Keyboarding Skills	➤ Typing ergonomics ➤ Home row and touch typing ➤ Speed and accuracy	➤ Use typing software to practice touch typing	➤ Improve typing speed and accuracy ➤ Adopt ergonomic posture while typing
July	➤ Unit 3: Digital Documentation (Advanced)	➤ Styles and templates in word processors ➤ Inserting images and tables ➤ Mail merge and table of contents	➤ Create a formatted document with TOC and mail merge	➤ Develop skills in advanced word processing features
August	➤ Unit 4: Electronic Spreadsheet (Advanced)	➤ Using functions and formulas ➤ Sorting and filtering data ➤ Charts and graphs	➤ Prepare a spreadsheet with formulas and create charts	➤ Analyze data using spreadsheets ➤ Represent data visually using charts
September	➤ Unit 5: Digital Presentation (Advanced)	➤ Slide master and themes ➤ Multimedia insertion ➤ Animation and transitions	➤ Design a multimedia presentation on a current topic	➤ Enhance presentation skills with design elements
October	➤ Unit 6: Communication Skills II	➤ Verbal and non-verbal communication ➤ Active listening ➤ Writing skills and feedback	➤ Role play for effective communication ➤ Group discussion	➤ Demonstrate effective communication in different contexts

November	➤ Unit 7: Self-Management Skills II	➤ Time management ➤ Self-awareness and goal setting ➤ Stress management techniques	➤ Create a personal time management plan	➤ Understand importance of personal development and time management
December	➤ Unit 8: ICT Skills II	➤ Basics of computer networks ➤ Internet and web browsers ➤ Cyber safety and digital footprint	➤ Quiz on cyber safety rules ➤ Demonstration of safe browsing	➤ Apply ICT skills in daily life ➤ Practice safe and responsible use of internet
January	➤ Unit 9: Entrepreneurial Skills II ➤ Unit 10: Green Skills II	➤ Characteristics of an entrepreneur ➤ Role of entrepreneurship in society ➤ Business plan basics ➤	➤ Group project to create a mini business plan	➤ Explore entrepreneurial mindset and develop creativity
February	➤ Revision	➤	➤	➤

SUBJECT - G K

MONTH	TOPICS	SUGGESTED ACTIVITIES	LEARNING OUTCOMES / SKILL DEVELOPMENT
APRIL	➤ The Indian Judiciary	➤ Mock court activity	➤ Understanding of legal systems
JUNE	➤ UN Sustainable Development Goals	➤ Presentation or poster series	➤ Global citizenship and awareness
JULY	➤ Major World Conflicts in History	➤ Timeline creation	➤ Historical knowledge

AUGUST	➤ Great Thinkers and Philosophers	➤ Quote interpretation and discussions	➤ Critical thinking and values
SEPTEMBER	➤ Scientific Breakthroughs of the Century	➤ Research project	➤ Exploration of innovation
OCTOBER	➤ World Economy Basics	➤ Trade simulation game	➤ Understanding of global economics
NOVEMBER	➤ Eminent Indian Institutions (IITs, ISRO, etc.)	➤ Institution profile creation	➤ Awareness of national achievements
DECEMBER	➤ Media Literacy and Fake News	➤ Fact-checking workshop	➤ Critical media analysis skills
JANUARY	➤ Global Leaders and Movements	➤ Biography presentations	➤ Understanding of leadership and reform
FEBRUARY	➤ General Knowledge Mega Quiz	➤ Quiz competition	➤ Reinforcement of learned GK topics

SUBJECT- ART & CRAFT

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Basic Elements of Art ➤ Line ➤ Shape ➤ Colour ➤ Form	➤ Drawing of colour wheel using primary colour , secondary colour and tertiary 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

	➤ Space ➤ Texture ➤ Value ➤ Colour Theory ➤ Primary colour ➤ Secondary colour ➤ Tertiary colour	➤ Patterns drawing using bottle caps , pencil colour	perceiving color, and understand the physiological and psychological aspects of color.
June	➤ Colour Mixing	➤ Draw a composition using basic elements of art	➤ Master the basics of color mixing, including identifying primary, secondary, and tertiary colors, and understanding how to create a wide range of colors. ➤ Explore different color systems like the color wheel and understand how colors are classified and organized.
July	➤ Rakhi Making	➤ Decorative items pasting ➤ Moli folding , cutting, brushing to make rakhi using moli or colour thread	➤ 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.
August	➤ Janmashtmi Drawing ➤ Independence Day Craft	➤ Mukut decoration using colour paper and stones ➤ Indian flag drawing using Grains and pulses	➤ 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	➤ Box Decoration ➤ Clay Work	➤ Ganesh making and decoration using clay	➤ Participants may need to figure out how to apply decorations, measure spaces, or adapt their designs, thus encouraging problem-solving skills.

		➤ Decoupage art using printed paper on wooden box	➤ This can help develop spatial reasoning skills. To learn to follow instructions, which builds their ability to follow directions in other areas of their lives. ➤ Manipulating clay, such as rolling, pinching, and shaping, strengthens small hand and finger muscles, improving dexterity and fine motor skills. ➤ To enhances hand-eye coordination. Clay's open-ended nature allows for endless possibilities, encouraging imagination and creative expression.
October	➤ Card-Making ➤ Flower Making	➤ Card making using colour paper ➤ Flower making using foam sheet	➤ The class will cover a range of techniques, including stamping, embossing, die-cutting, layering, and embellishment. ➤ 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	➤ Lippan Art	➤ Air dye Clay work with mirror on wooden base to create lippan art form with acrylic colours	➤ Gain knowledge about the materials used in Lippan art, such as mud, clay, mirrors, and natural pigments. ➤ To Enhance skills in designing and creating intricate patterns and motifs characteristic of Lippan art.
December	➤ Paintings	➤ Spray colour using brush and one object like crayons and stones	➤ An understanding of basic principles of design and color, concepts, media and formats, and the ability to apply them to a specific aesthetic intent. This includes functional knowledge of the traditions, conventions, and evolutions of the discipline as related to issues of representation, illusion, and meaning.

January	➤ Poster-Making ➤ Paper Bag ➤ Decoration	➤ Big size paper bag making using chart paper and colour rope	➤ To learn skills such as gluing, sticking, taping, stapling, cutting, and tearing. Learners analyze information and identify key messages to convey effectively. They brainstorm ideas, overcome design challenges, and find solutions to create impactful posters. ➤ Students will be able to design and create paper bags of various sizes and styles, understanding different techniques and materials. ➤ Students will develop skills in accurately cutting, marking, creasing, and folding paper for bag production, minimizing waste.
February	➤ Envelop Making ➤ Paper Quilling Art		➤ To developing fine motor skills, creativity, and an understanding of basic shapes and designs, while also potentially improving focus and memory. ➤ To enhance the ability to fold, glue, and secure paper to create a functional envelope, as well as understanding different envelope types and their uses.

SUBJECT-DANCE

MONTH	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Recap of Basics: Review basic footwork and spins. ➤ Ghoomar (Rajasthan): Refine steps and explore cultural context. ➤ Advanced Spins (Chakkar): Complex spin practice. ➤ Lavani (Maharashtra): Focus on expressions, grace, and footwork. ➤ Abhinaya Practice: Deepen expression techniques.	➤ Reinforce basic Kathak techniques (footwork and spins). ➤ Develop an understanding of Ghoomar's cultural context. ➤ Improve spin control and footwork. ➤ Enhance storytelling through Abhinaya.

June-July	➤ Teen Taal and Abhinaya: Continue with Teen Taal and practice expressions in Kathak. ➤ Dandiya (Gujarat): Learning steps and using sticks for dance. ➤ Introduction to Jhaptal and Ektal (10 & 12 beats).	➤ Strengthen ability to perform Teen Taal while incorporating Abhinaya. ➤ Learn Dandiya steps and technique with sticks. ➤ Understand and perform new rhythms (Jhaptal and Ektal).
August-September	➤ Advanced Kathak: Practice complex footwork and rhythms. ➤ Chakkar Practice: Focus on complex spins and maintaining balance.	➤ Master advanced footwork and rhythmic variations. ➤ Improve spin techniques and maintain balance for extended periods.
October-November	➤ Improvisation in Kathak: Work on improvisation with rhythm. ➤ Expression in Kathak: Develop storytelling with complex expressions.	➤ Strengthen improvisational skills in Kathak. ➤ Create meaningful dance narratives using advanced expressions and movements.
December-January	➤ Kathak Performance Preparation: Final rehearsal for solo performance. ➤ Group Folk Dance: Rehearse the medley of regional dances. ➤ Solo Performance: Present a short Kathak piece with rhythm and expression.	➤ Refine skills for a solo Kathak performance. ➤ Work as a group to synchronize regional folk dances. ➤ Present a complete Kathak piece incorporating rhythm and expression.
February	➤ Advanced Spins and Footwork: Practice complex footwork and spin variations. ➤ Abhinaya and Performance: Combine footwork and expression in a narrative piece. ➤ Ghoomar (Rajasthan): Final practice and performance.	➤ Master complex footwork and spins. ➤ Integrate Abhinaya with footwork in a narrative performance. ➤ Perform Ghoomar with refinement and cultural understanding.

SUBJECT - MUSIC

MONTH	TOPIC	Activity	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Introduction to Indian Music	➤ Listening Session: Play short clips of Hindustani vs.	➤ Definition and origin of Indian Classical Music ➤ Types of Indian music: Hindustani & Carnatic ➤ Importance of music in life

		Carnatic music for comparison. ➤ Draw the Saptak: Visual representation of swars (Mandra to Taar).	➤ Introduction to swar (notes) – Shuddh & Vikrit
June	➤ Elements of Music	➤ Clap and Recite: Theka of Teentaal with hand gestures ➤ Create Your Own Rhythm: Students create their 4-matra taal patterns	➤ 7 swars: Sa, Re, Ga, Ma, Pa, Dha, Ni ➤ Aroha (ascending) and Avaroha (descending) ➤ Saptak (Mandra, Madhya, Taar) ➤ Alankar (basic patterns of swar)
July	➤ Introduction to Taal	➤ Clap and Recite: Theka of Teentaal with hand gestures ➤ Raag Bhupali Singing: Aaroh, Avroh, Pakad ➤ Guess the Raag: Listen to Bhupali-based songs and identify phrases	➤ Definition of Taal ➤ Introduction to Matra, Vibhag, Sam, Khali ➤ Taal Teentaal – Theka, Dugun ➤ Raag Introduction
August	➤ Raag Introduction	➤ Music Quiz: Swars, Taals, Raag-based MCQs ➤ Mini Recital: Group or solo performances	➤ Definition of Raag ➤ Basic structure: Aaroh, Avroh, Pakad, Vadi, Samvadi ➤ Raag Bhupali – Aaroh, Avroh, Pakad

September	➤ Practical - Raag Bhupali	➤ Raag Bhupali Singing: Aaroh, Avroh, Pakad ➤ Guess the Raag: Listen to Bhupali-based songs and identify phrases	➤ Vocal exercises in Raag Bhupali ➤ Chhota Khayal/Bandish ➤ Simple taan practice
October	➤ Revision & Internal Assessment	➤ Introduction to Raag Yaman through Bhajan/Film songs ➤ Singing Aaroh, Avroh, and Bandish Practice ➤ Compare Bhupali vs. Yaman: Similarities and differences	➤ Revision of theory topics ➤ Assessment of practical skills (Raag, Taal, Alankars)
November	➤ Advanced Raag Practice	➤ Final Performance Rehearsals: Raag, Taal & Bandish ➤ Project Presentation: Posters, slides or journals on chosen topics	➤ Raag Yaman – Introduction ➤ Aaroh, Avroh, Pakad, Chhota Khayal
December	➤ Taal Revision & New Taal	➤ Clap & Recite Keharwa Theka ➤ Compose a Short Song in Keharwa	➤ Taal Keharwa – Theka and Dugun ➤ Application in songs ➤ Taal Jhaptaal (optional, depending on pace)

		➤ Taal Relay Game: Students continue a taal cycle in turns	
January	➤ Biographies & Music Forms	➤ Taan sen and lata mangeskar ➤ And bhatkhande biography	➤ Short life sketch of any 1-2 famous musicians (e.g., Tansen, Pt. Bhimsen Joshi) ➤ Forms of music: Dhrupad, Khayal, Thumri (basics)
February	➤ Project & Performance	➤ Group performance ➤ And Chart making of musical instruments	➤ Preparation for final practical exam ➤ Group singing, solo practice ➤ Writing a brief project (e.g., on a Raag or an instrument)

SUBJECT-PHYSICAL EDUCATION AND SPORTS

MONTH	TOPIC	ACTIVITES	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	➤ Carrom board & Chess	➤ Carrom Skills Challenge ➤ Objective: Sharpen your precision and control. ➤ Activity: Set up different types of challenges to test your skills, such as: ➤ Distance Challenge: Try to pot the coins from different distances (e.g., from across the board or from a corner). Chess Puzzle Solving ➤ Objective: Sharpen your problem-solving skills. ➤ Activity: Solve chess puzzles that focus on tactics like checkmate in 1, 2, or 3 moves. Many chess apps or websites have daily puzzles to help you practice specific patterns (e.g.,	➤ Enhance hand-eye coordination, reflexes, and concentration. ➤ Develop strategic thinking, quick decision-making, and problem-solving skills. ➤ Improve agility, speed, and overall physical fitness. ➤ Foster teamwork, sportsmanship, and healthy competition

		forks, pins, skewers). You can also create your own puzzles based on positions you've encountered in games ➤ Variation: Set up a specific position and challenge a friend or opponent to solve it within a time limit. ➤ Speed Challenge: Set a timer and see how fast you can pot all the coins. ➤ Trick Shots: Create tricky scenarios, like potting a coin through other coins or from odd angles, and see who can pull it off.	
June-July	➤ Table Tennis & Badminton	➤ Ping Pong Rally Challenge ➤ Objective: Work on consistency and control. ➤ How to Play: Start a rally and see how long you can keep it going. You can add variations like only using backhand shots or only using forehand shots to mix things up. ➤ Target Practice ➤ Objective: Improve precision and placement. ➤ How to Play: Set up targets on the opposite side of the table (like cups or cones). Aim to land the ball in specific zones, like the corners or the edges of the table. You can assign points for each successful shot.	➤ Basic Skills – Learn grip, stance, and basic strokes (forehand, backhand, serve). ➤ Hand-Eye Coordination – Improve reaction time and accuracy. ➤ Footwork & Movement – Develop agility and balance. ➤ Game Rules & Scoring – Understand the rules, scoring system, and fair play

- Fast-Fingered Reflex Drill
- Objective: Improve reflexes and reaction time.
- How to Play: Stand at one side of the table and have your partner serve the ball at you. Focus on your speed and ability to react to fast balls. The goal is to return every shot no matter how quick the ball comes.
- Spin Control Game
- Objective: Master topspin, backspin, and sidespin.
- How to Play: One player focuses on using topspin shots, while the other uses backspin or sidespin. Try to control the ball's spin and placement to challenge each other's skills.
- Serve and Return Practice
- Objective: Develop your serving technique and return skills.
- How to Play: Practice different types of serves (short, long, sidespin, etc.). Then, focus on returning the serves with precision, varying the return angles and spins.
- Warm-Up Activities
- Shuttle Run – Sprint back and forth between two points to build speed and agility.
- Shadow Badminton – Practice

		movements and footwork without a shuttle. ➤ Dynamic Stretching – Arm circles, lunges, and jumping jacks to prep your body ➤ Serve Practice – Work on short, long, and flick serves ➤ Net Play Drill – Quick exchanges at the net to improve reflexes. ➤ Clear, Drop, Smash Drill – Practice different types of shots with a partner. ➤ Footwork Ladder Drill – Use a speed ladder to improve movement precision.	
August - September	➤ VOLLEY BALL & ROPE SKIPPING	➤ Warm-Up Activities ➤ Volleyball Tag – One person is "it" and tags others with a volleyball (no throwing!) ➤ Dynamic Stretches – Arm swings, high knees, butt kicks, jumping jacks. ➤ Passing Circle – Players form a circle and pass the ball around to get in rhythm ➤ Skill Drills ➤ Bump & Set Drill – Practice bumping (passing) and setting with a partner ➤ Serving Practice – Work on underhand, overhand, or jump serves.	➤ Basic Rules & Concepts – Understand the fundamental rules, scoring system, and player positions. ➤ Serving Skills – Learn to perform an underhand and overhand serve. ➤ Passing Techniques – Develop proper forearm (bump) and overhead (set) passing. ➤ Basic Attacking & Defending – Practice hitting (spiking) and simple blocking techniques

		➤ Wall Hitting – Hit or set the ball against a wall repeatedly for solo practice. ➤ 3-Touch Drill – Teams must always use 3 touches before sending the ball over. - Partner/Group Activities ➤ Pepper Drill – Pass, set, and hit in a continuous rally with a partner. ➤ King/Queen of the Court – Small-sided games where winners stay on. ➤ Relay Races with Volleyballs – Dribble or run with the ball in creative ways. ➤ Warm-Up & Basics ➤ Basic Bounce – Regular two-foot jumps to get started. ➤ High Knees Jump – Lift your knees with each jump for extra cardio. ➤ One-Foot Hops – Hop on one foot for 10–15 seconds, then switch. - Skill Challenges ➤ Double Unders – Swing the rope twice under your feet in one jump. ➤ Criss-Cross – Cross your arms while jumping, then uncross on the next. ➤ Side Swing – Swing rope to the side once or twice before jumping again. ➤ Backward Jumps – Swing the rope backward instead of forward.	
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		Partner or Group Activities ➤ Double Dutch – Two ropes, two turners, one jumper (or more)! ➤ Follow the Leader – One person does a trick, others copy it. ➤ Relay Races – Teams jump rope from point A to B, then pass the rope.	
October- November	➤ KABADDI & KHO- KHO	➤ Warm-Up Activities ➤ Agility Drills – Ladder runs, cone zig-zags, or short sprints to improve movement. Tag Games – Freeze tag or shoulder tag to boost reflexes. Raider Shuffle – Practice raider footwork in a straight line with a “kabaddi” chant. Skill-Based Activities ➤ Raiding Practice – Solo raiders try to tag defenders and return safely. Holding Drill – Defenders work on holding techniques using resistance bands or partners. Escape Drill – Raiders practice escaping multiple defenders by dodging or spinning. Chant Control – Practice raiding while chanting “kabaddi” without losing breath. Game Sense & Strategy ➤ Mini Kabaddi Matches – 3v3 or 5v5 to work on real-game decision	➤ Basic Rules & Gameplay – Understand the fundamental rules, scoring system, and court layout. ➤ Teamwork & Cooperation – Learn to work as a team and strategize together. ➤ Physical Fitness – Improve strength, stamina, agility, and reflexes. ➤ Coordination & Balance – Develop better body control and quick movements.

		making ➤ Zone Play – Assign players to zones and work on defending that specific area ➤ Time Raid Challenge – Raiders have a set time to tag and return—focus on timing and awareness ➤ Mirror Drill – One player moves, and another mirrors their movement—great for both raiders and defenders. Warm-Up Activities ➤ Chasing Tag – Classic tag to get everyone moving. Zig-Zag Runs – Run between cones like in a real Kho Kho chase. Mirror Movement – One player moves, the other mirrors—great for reaction training. Skill-Based Drills ➤ Kho Kho Turns – Practice quick direction changes around poles (or cones if indoors). Sit & Chase Drill – Players sit in formation and take turns chasing with quick “Kho” calls. Touch & Run – Chaser tries to tag players within a limited zone—builds accuracy and agility. Sudden Kho – Randomly call out players who must give Kho and sprint instantly.	
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		Strategy & Game Sense ➤ Chain Chase – Practice giving perfect Kho while keeping the chase chain tight. - Dodge Practice – Runners work on dodging, fake-outs, and rapid changes in speed. - Time Attack – Chasers have 30 seconds to tag as many as they can—helps with pressure handling. - Fake Kho Drill – Practice feinting Kho or giving misleading body signals (for higher-level play).	
December-January	➤ CRICKET & TUG OF WAR	➤ Warm-Up Activities ➤ Catch & Throw Relay – Quick throw-catch-pass in lines to warm up hands and arms. - Cricket Stretches – Arm swings, trunk twists, leg swings, and jogging to get match-ready. - Reaction Ball Bounce – Use a bouncy reaction ball or tennis ball to sharpen reflexes. - Skill-Based Drills ➤ Batting Drills: ➤ Straight Drive Practice – Hit along the ground with proper footwork. - Target Batting – Set cones or zones to aim for while practicing placement. - Drop Ball Drill – Coach drops a tennis ball from height; player times	➤ Basic Rules & Regulations – Understand fundamental rules like batting, bowling, and fielding. ➤ Teamwork & Cooperation – Develop teamwork skills by coordinating with teammates. ➤ Batting & Bowling Techniques – Learn basic batting stances, shots, and bowling actions. ➤ Fielding Skills – Improve catching, throwing, and positioning on the field. ➤ Physical Fitness – Enhance agility, coordination, and endurance.

		and hits cleanly. Bowling Drills: ➤ Line & Length Target – Aim to land the ball inside a marked square or cone zone. Run-Up Practice – Focus on smooth, balanced approach before bowling. Spin/Seam Technique – Isolated drills for wrist spin, finger spin, or seam bowling. Fielding Drills: ➤ High Catch Challenge – Take catches from high throws or sky balls. Ground Fielding Race – Players race to collect, throw, and return the ball accurately. One-Hand Pick-Up – Practice scooping and throwing in one swift move. ➤ Warm-Up Activities ➤ Arm & Grip Warm-Up – Wrist circles, shoulder rolls, and grip squeezes (use tennis balls or towels). Leg Power Drills – Squats, lunges, and calf raises to prep those tugging muscles. Tug Tag – Mini tugs in pairs to warm up with playful competition. Skill & Strength Builders	
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		➤ 1v1 Mini Tug – Short rope, one-on-one battles to build technique and grip strength. Resistance Pulls – Tie rope to a fixed object and practice leaning and pulling with proper form. Tug & Hold Challenge – Teams pull and hold the tension for 10–20 seconds—no winners, just stamina building. ➤ Team Activities ➤ Team Rotation Tugs – Mix up teams every round to keep it fresh and fair. Tug Relay – Teams complete a task (like a short run or puzzle), then take turns tugging. Tug Strategy Game – Let teams plan their position orders (strongest in the back? lightest up front?) and try different formations.	
February	➤ FOOTBALL	➤ Warm-Up Activities ➤ Dribble Freeze – Players dribble around; when music stops or “freeze” is called, they stop with the ball. Cone Weaving – Quick dribbling through cones to get the feet moving. Passing Circle – Players stand in a circle and pass while moving slightly after each pass.	➤ Basic Rules & Regulations – Understand fundamental rules like offside, fouls, and scoring. ➤ Dribbling Skills – Develop control and movement with the ball. ➤ Passing & Receiving – Improve accuracy in short and long passes. ➤ Shooting Techniques – Learn proper foot placement for goal attempts. ➤ Defensive Skills – Understand positioning and tackling safely.

		➤ Skill-Based Drills ➤ Dribbling Drills: ➤ Obstacle Dribble – Cones, poles, or even bags to weave through. 1v1 Face-Off – Small space duels to practice control and tackles. - Speed Dribble Race – Who can dribble from one end to the other the fastest? - Passing Drills: ➤ Wall Pass (One-Two) – Practice give-and-go with a partner or wall. - Passing Gates – Players pass through mini goals (cones) to each other. - Triangle Passing – 3-player groups working on angles and movement. - Shooting Drills: ➤ Target Practice – Aim for corners, cones, or mini goals inside the main goal. 1v1 + Goalkeeper – Practice beating a defender and finishing.	
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