

**BAL BHARATI PUBLIC SCHOOL, KHANDWA**

**CLASS – II**

**SUBJECT- ENGLISH**

<b>MONTH</b>	<b>TOPIC</b>	<b>ACTIVITY</b>	<b>LEARNING OUTCOMES/SKILL DEVELOPMENT</b>
April	<p><b>LITERATURE:</b></p> <ul style="list-style-type: none"><li>➤ Chapter: 1 Rinsy Packs the Picnic Basket</li><li>➤ Chapter 2 The Chair</li></ul> <p><b>GRAMMAR:</b></p> <ul style="list-style-type: none"><li>➤ Chapter 1 Vowels and consonants</li><li>➤ Chapter 2 The Sentence</li></ul>	<ul style="list-style-type: none"><li>➤ Integrated with Visual Art Guided scenery drawing and naming the objects in drawing. Integrated with Performing Art</li><li>➤ Rhyme recitation with actions, Expressions and voice modulation. (Nouns Song)</li></ul>	<ul style="list-style-type: none"><li>➤ To understand and comprehend the written text</li><li>➤ To enhance reading skills</li><li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li><li>➤ To be able to differentiate between vowels and consonants</li><li>➤ To understand the structure of sentence</li></ul>

June	<ul style="list-style-type: none"> <li>➤ <b>LITERATURE:</b></li> <li>➤ Chapter: 3 Full Moon</li> <li>➤ <b>GRAMMAR:</b></li> <li>➤ Chapter: 3 Capital Letters, Full Stops, Question Marks</li> <li>➤ Chapter: 4 Nouns: Common and Proper</li> </ul>	<ul style="list-style-type: none"> <li>➤ From the given list of words tick mark the words that are connected with the moon</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skills</li> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To understand the use and importance of punctuation marks</li> <li>➤ To understand and differentiate between common and proper noun</li> </ul>
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July	<p><b>LITERATURE:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter : 4 My Friend Somu</li> <li>➤ Chapter : 5 The Rainbow</li> </ul> <p><b>GRAMMAR:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter 5 One and Many</li> <li>➤ Chapter 6 Nouns: male and female</li> <li>➤ Chapter 8 Pronouns</li> <li>➤ Topic – Picture Description</li> </ul>	<ul style="list-style-type: none"> <li>➤ Pairing Adjectives Drawing a figure using adjectives. For example: The face of the the figure is “round.” It has “big” eyes.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skill</li> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To understand the concept of singular and plural</li> <li>➤ To understand and comprehend nouns and pronouns</li> <li>➤ To enhance creative writing skills</li> </ul>
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August	<p><b>LITERATURE:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter 6: Walnuts and Pumpkins</li> <li>➤ Chapter 7 The Pigeon Party</li> </ul> <p><b>GRAMMAR:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter: 9 More on Pronouns</li> <li>➤ Chapter: 10 Adjectives</li> <li>➤ Chapter :11 Comparisons</li> </ul>	<ul style="list-style-type: none"> <li>➤ PLANTS-Our Green friends Integrated with Art and Environmental studies</li> <li>➤ Students will draw a plant or tree and write 5 advantages or uses of the same</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skills</li> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To understand the concept of adjectives and to use them while communicating</li> </ul>
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September	<b>LITERATURE:</b> <ul style="list-style-type: none"> <li>➤ Chapter: 8 Ten ways to celebrate your pet's birthday</li> </ul> <b>GRAMMAR:</b> <ul style="list-style-type: none"> <li>➤ Chapter: 12 More about Adjectives</li> <li>➤ Chapter :13 Near and Far</li> </ul>	<ul style="list-style-type: none"> <li>➤ Listen to the song and dance to the beats with your family as a part of the celebration.</li> <li>➤ Prepare a birthday card for my best friend.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skills</li> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To be able to use this and that in written as well as spoken English</li> </ul>
October	<b>LITERATURE:</b> <ul style="list-style-type: none"> <li>➤ Chapter 9 Santa's Christmas</li> <li>➤ Chapter 10 My Dog Ate My Homework</li> </ul> <b>GRAMMAR:</b> <ul style="list-style-type: none"> <li>➤ Chapter:</li> </ul>	<ul style="list-style-type: none"> <li>➤ Water vocabulary and passing the ball.</li> <li>➤ Listen to the song, learn and recite it in the class with actions and expressions.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skills</li> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To learn the usage of a, an and the</li> <li>➤ To be able to use is am are was were in spoken as well as written English</li> </ul>

	<p>14 a, an, the</p> <p>➤ Chapter: 15 Verbs</p> <p>➤ Chapter :16 is, am, are, was, were</p>		
November	<p><b>LITERATURE:</b></p> <p>➤ Chapter: 11 The Ant and the Grasshopper</p> <p>➤ Chapter :12 Here comes Piku</p> <p><b>GRAMMAR:</b></p> <p>➤ Chapter 17: More About Verbs</p> <p>➤ Chapter :18 It happened before</p>	<p>➤ Make a chain of at least ten words having ‘ie ‘sound.</p>	<p>➤ To understand and comprehend the written text</p> <p>➤ To enhance reading skills</p> <p>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</p> <p>➤ To understand and use past tense effectively</p>

	<ul style="list-style-type: none"> <li>➤ Chapter: 19 has, have, had</li> </ul>		
December	<ul style="list-style-type: none"> <li>➤ <b>LITERATURE:</b></li> <li>➤ Chapter: 13 Maggie Eats Only O's</li> <li>➤ Chapter: 14 Why dogs Chapters cars</li> <li>➤ <b>GRAMMAR:</b></li> <li>➤ Chapter 20 What is happening?</li> <li>➤ Chapter 21 Some - ly words</li> <li>➤ Chapter 22 Prepositions</li> </ul>	<ul style="list-style-type: none"> <li>➤ Listen to the rhyme based on opposite words.</li> <li>➤ Prepare a list of opposite words using pictures(draw/paste)</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skills</li> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To understand and use prepositions</li> <li>➤ To understand and use continuous tense</li> </ul>
January	<p><b>LITERATURE:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter: 15 Banku Bear</li> </ul>	<ul style="list-style-type: none"> <li>➤ Prepare a Four-Season Tree using any art technique finger</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand and comprehend the written text</li> <li>➤ To enhance reading skills</li> </ul>

	<p>and his fear</p> <p><b>GRAMMAR:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter 23 And, or, but</li> <li>➤ Topic- letter writin g</li> </ul>	<p>dabbing, ear bud printing or tearing and pasting.</p>	<ul style="list-style-type: none"> <li>➤ To develop basic understanding of new words being introduced and to be able to use them in day-to-day communication</li> <li>➤ To learn the usage of conjunctions</li> <li>➤ To enhance creative writing skills</li> </ul>
February	<p><b>GRAMMAR:</b></p> <ul style="list-style-type: none"> <li>➤ Chapter: 24 Asking questions</li> <li>➤ Chapter: 25 Questions words</li> </ul>	<ul style="list-style-type: none"> <li>➤ Listen to the rhyme and recite the rhyme on Seasons in the class with actions and expressions</li> </ul>	<ul style="list-style-type: none"> <li>➤ To be able to use questions words and construct and identify question sentences</li> </ul>

## SUBJECT-HINDI

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<b>इकाई १ : परिवार</b> पाठ १ : नीमा की दादी पाठ २ : घर पाठ ३ : माला की चांदी की पायल <b>व्याकरण</b> वर्णमाला (स्वर व्यंजन) बारहखड़ी	<ul style="list-style-type: none"> <li>➤ बच्चे दादी/नानी के साथ बिताया एक प्यारा पल कक्षा में साझा करेंगे।</li> <li>➤ अपने घर का चित्र बनाकर उसमें रहने वाले लोगों के नाम लिखें।</li> <li>➤ बच्चा दो चीज़ें लिखे जो उसे चाहिए और दो जो वह चाहता है।</li> </ul>	<ul style="list-style-type: none"> <li>➤ छात्र परिवार के महत्व और बुजुर्गों के साथ संबंधों को समझेंगे। वे घर के विभिन्न सदस्यों की भूमिकाओं को पहचानेंगे। कहानी सुनकर विचार व्यक्त करना, वर्णन करना और भावनाओं को अभिव्यक्त करना सीखेंगे।</li> </ul>
June	पाठ ४ : माँ पाठ ५ : थाथू और मैं <b>व्याकरण</b> <ul style="list-style-type: none"> <li>● सप्ताह के दिनों के नाम</li> <li>● 12 महीनों के नाम</li> </ul>	<ul style="list-style-type: none"> <li>➤ छात्र माँ के लिए दिल से निकले हुए दो वाक्य लिखें।</li> <li>➤ थाथू और मैं – बच्चा अपने दादा/नाना के साथ बिताए एक पल को दो पंक्तियों में लिखकर बताए।</li> </ul>	<ul style="list-style-type: none"> <li>➤ छात्र पारिवारिक रिश्तों में स्नेह और देखभाल के महत्व को समझेंगे। वे भावनाओं की अभिव्यक्ति, संवाद कौशल और वर्णन क्षमता विकसित करेंगे।</li> </ul>

	<ul style="list-style-type: none"> <li>● कौन से महीने में कितने दिन होते हैं</li> </ul>		
July	<p>पाठ ६ : चींटा पाठ ७ : टिल्लू जी</p> <p><b>इकाई २ : रंग ही रंग</b></p> <p>पाठ ८ : तीन दोस्त</p>	<ul style="list-style-type: none"> <li>➤ बच्चे चींटी का चित्र बनाएं और दो बातें लिखें जो उन्होंने चींटी के बारे में सीखी।</li> <li>➤ कहानी पढ़कर टिल्लू जी जैसे एक मजेदार पात्र का चित्र बनाएं और नाम दें।</li> <li>➤ 3.तीन दोस्तों की तस्वीर बनाएं और बताएं कि अच्छे दोस्त कैसे होते हैं।</li> </ul>	<ul style="list-style-type: none"> <li>➤ छात्र छोटे जीवों के महत्व और मित्रता के मूल्यों को समझेंगे। वे कल्पना शक्ति, कथा सुनने व सुनाने की क्षमता तथा सहानुभूति जैसे सामाजिक गुणों का विकास करेंगे। साथ ही संवाद शैली व शब्द भंडार में भी वृद्धि होगी।</li> </ul>
August	<p>पाठ ९ : दुनिया रंग-बिरंगी पाठ १० : कौन पाठ ११ : बैंगनी जोजो पाठ १२ : तोसिया का सपना</p> <p><b>व्याकरण</b></p> <ul style="list-style-type: none"> <li>● संज्ञा</li> </ul>	<ul style="list-style-type: none"> <li>➤ दुनिया रंग-बिरंगी – बच्चे रंग-बिरंगी चीजों की सूची बनाएं और उनके रंगों से चित्र बनाएं।</li> <li>➤ कौन – कविता पढ़कर मनपसंद पात्र का चित्र बनाएँ और उसका नाम लिखें।</li> <li>➤ बैंगनी जोजो – जोजो जैसा कोई नया काल्पनिक जीव बनाएँ और उसका नाम व विशेषता बताएं।</li> </ul>	<ul style="list-style-type: none"> <li>➤ विद्यार्थी रंगों, कल्पनाओं और विविधताओं को पहचानना सीखते हैं। वे वर्णनात्मक भाषा का प्रयोग करते हुए अपनी कल्पनाओं को व्यक्त करना सीखते हैं। बच्चों में सृजनात्मकता, पर्यवेक्षण क्षमता तथा जिज्ञासा का विकास होता है। वे विचारों को शब्दों के माध्यम से प्रस्तुत करने में सक्षम बनते हैं।</li> </ul>

	<ul style="list-style-type: none"> <li>क्रिया</li> </ul>	<ul style="list-style-type: none"> <li>तुसिया का सपना – बच्चा चित्र के माध्यम से बताए कि वह बड़ा होकर क्या बनना चाहता है।</li> </ul>	
September	<p><b>इकाई ३ : हरी-भारी धरती</b></p> <p>पाठ १३: तालाब पाठ १४: बीज पाठ १५: किसान</p> <p><b>व्याकरण</b></p> <ul style="list-style-type: none"> <li>सर्वनाम</li> <li>विशेषण</li> </ul>	<ul style="list-style-type: none"> <li>तालाब – तालाब में पाई जाने वाली चीजों (जैसे मछली, कमल) का चित्र बनाएँ और उनके नाम लिखें।</li> <li>बीज – बच्चा घर पर एक बीज बोए और हर दिन उसका चित्र या बदलाव नोट करे।</li> <li>किसान – किसान पर एक चित्र बनाएं और दो पंक्तियाँ लिखें कि किसान क्या करता है।</li> </ul>	<ul style="list-style-type: none"> <li>बच्चे प्रकृति और पर्यावरण से जुड़ी बातों को समझना सीखते हैं। वे तालाब, बीज और किसान के महत्व को जानकर जीवन चक्र की समझ विकसित करते हैं। बच्चों में संवेदनशीलता, पर्यावरण के प्रति जागरूकता और परिश्रम के मूल्य को पहचानने की क्षमता बढ़ती है। वे अपने अनुभवों को साझा करना और उनसे सीखना सीखते हैं।</li> </ul>
October	<p>पाठ १६: मूली पाठ १७: बरसात और मेंढक</p> <p><b>इकाई ४ : मित्रता</b></p> <p>पाठ १८: शेर और चूहे की दोस्ती</p>	<ul style="list-style-type: none"> <li>मूली – मूली का चित्र बनाएं और उसके बारे में दो पंक्तियाँ लिखें (जैसे यह कहाँ उगती है, हम कैसे खाते हैं)।</li> <li>बरसात और मेंढक – बरसात में दिखने वाले जीवों के चित्र बनाएं और "मेंढक क्या करता है" इस पर वाक्य लिखें।</li> <li>शेर और चूहे की दोस्ती – कहानी के पात्रों का चित्र बनाएं और</li> </ul>	<ul style="list-style-type: none"> <li>बच्चे पौधों और जानवरों से जुड़ी बातों को रुचि लेकर समझते हैं। वे सहयोग, मित्रता और मौसम के प्रभाव को पहचानना सीखते हैं। इससे उनमें पर्यावरण के प्रति संवेदनशीलता, आपसी मदद और जीवन के विविध रूपों की सराहना विकसित होती है।</li> </ul>

	<b>व्याकरण</b> <ul style="list-style-type: none"> <li>गिनती 1 से 20 तक</li> <li>वचन</li> </ul>	दोस्ती से मिली सीख एक पंक्ति में लिखें।	
November	पाठ १९: आउट पाठ २०: छुपन – छुपाई <b>व्याकरण</b> <ul style="list-style-type: none"> <li>लिंग</li> </ul>	<ul style="list-style-type: none"> <li>आउट – खेलों में इस्तेमाल होने वाले शब्दों (जैसे "आउट", "कैच", "गो") की सूची बनाएं और उनका चित्र बनाएं।</li> <li>छुपन-छुपाई – बच्चे अपने पसंदीदा खेल को चित्र के माध्यम से दिखाएं और उसके नियम दो पंक्तियों में लिखें।</li> </ul>	<ul style="list-style-type: none"> <li>बच्चों में खेलों के माध्यम से टीम भावना, नियम पालन और अनुशासन का विकास होगा। वे कहानी के पात्रों के अनुभवों से सामाजिक व्यवहार और मित्रता का महत्व समझेंगे। भाषा अभिव्यक्ति, संवाद कौशल और रचनात्मक सोच को बढ़ावा मिलेगा।</li> </ul>
December	पाठ २१: हाथी साइकिल चला रहा था <b>इकाई ५ : आकाश</b> पाठ २२: चार दिशाएँ पाठ २३: चंदा मामा	<ul style="list-style-type: none"> <li>हाथी साइकिल चला रहा था – बच्चा कल्पना से कोई मजेदार चित्र बनाए (जैसे जानवर कुछ अनोखा कर रहा हो) और उस पर एक पंक्ति लिखे।</li> <li>चार दिशाएँ – दिशाओं (पूर्व, पश्चिम, उत्तर, दक्षिण) का चार्ट बनाएँ और चित्र सहित उनके उपयोग समझाएं।</li> </ul>	<ul style="list-style-type: none"> <li>बच्चों में कल्पनाशक्ति, दिशा ज्ञान और पर्यवेक्षण क्षमता का विकास होगा। वे कहानी व कविता के माध्यम से हास्य, स्थान और आकाशीय पिंडों की जानकारी प्राप्त करेंगे। बच्चों में अभिव्यक्ति, श्रवण एवं विचार साझा करने की क्षमता बढ़ेगी। चित्र, शब्द और भावों को जोड़ने का अभ्यास भी विकसित होगा।</li> </ul>

	<b>व्याकरण</b> <ul style="list-style-type: none"> <li>विलोम शब्द( उल्टे अर्थ वाले शब्द)</li> </ul>	<ul style="list-style-type: none"> <li>चंदा मामा – चाँद का चित्र बनाएं और "चंदा मामा" पर दो पंक्तियों की कविता या विचार लिखें।</li> </ul>	
January	पाठ २४: गिरे ताल में चंदा मामा पाठ २५: सबसे बड़ा छाता पाठ २६: बादल <b>व्याकरण</b> <ul style="list-style-type: none"> <li>पर्यायवाची शब्द (समानार्थी शब्द)</li> </ul>	<ul style="list-style-type: none"> <li>गिरे ताल में चंदा मामा – बच्चा चाँद और ताल का सुंदर चित्र बनाए और कहानी के अनुसार एक पंक्ति लिखे।</li> <li>सबसे बड़ा छाता – बच्चे कल्पना करें कि सबसे बड़ा छाता कैसा होगा और उसका चित्र बनाकर एक पंक्ति में उसका उपयोग लिखें।</li> <li>बादल – विभिन्न प्रकार के बादलों का चित्र बनाएं और बताएं कि वे कहाँ दिखाई देते हैं और क्या करते हैं।</li> </ul>	<ul style="list-style-type: none"> <li>बच्चे कल्पनाशीलता, प्रकृति व ब्रह्मांड से जुड़ी बातें समझेंगे। वे सूर्य, चंद्रमा व बादल जैसे प्राकृतिक तत्वों की उपयोगिता जानेंगे। कविता का आनंद लेते हुए भावों की पहचान करना सीखेंगे। साथ ही दृश्य, ध्वनि व शब्दों को जोड़ने की क्षमता विकसित करेंगे।</li> </ul>
February	परीक्षा पूर्व अभ्यास	<ul style="list-style-type: none"> <li>परीक्षा पूर्व अभ्यास – वर्ष भर के पाठों से जुड़ी मुख्य बातों का अभ्यास कराना, जैसे – शब्दार्थ, प्रश्नोत्तर, चित्र पहचान और वाक्य निर्माण।</li> </ul>	<ul style="list-style-type: none"> <li>विद्यार्थी अभ्यास के महत्व को समझकर आत्मनिर्भरता विकसित करेंगे।</li> <li>संस्कृत में प्रश्नों को पढ़कर उत्तर देने की क्षमता बढ़ेगी। व्याकरण, शब्द ज्ञान और लेखन कौशल में सुधार होगा।</li> </ul>

		<ul style="list-style-type: none"> <li>➤ मौखिक प्रश्न, रचनात्मक लेखन, और अभ्यास पत्रों के माध्यम से दोहराव कराया जाए।</li> </ul>	<ul style="list-style-type: none"> <li>➤ समय प्रबंधन और आत्मविश्वास जैसे कौशलों का भी विकास होगा।</li> </ul>
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### SUBJECT- MATHS(NCERT)

MONTH	TOPIC	ACTIVITIES	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> <li>➤ Chapter 1: A Day at the Beach</li> <li>➤ Concepts: Counting, numbers 1–50, grouping</li> <li>➤ Key Concepts:</li> <li>➤ Number recognition (1–50)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Shell Sorting Game:</b> Students sort and count different coloured shells in groups of 5 or 10.</li> <li>➤ <b>Beach Story Counting:</b> Create a story around beach items (umbrellas, towels, etc.) and ask students to count and compare.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Students learn to identify common shapes in their surroundings, especially those found in nature and man-made objects at the beach.</li> <li>➤ To practice counting and classifying objects based on their shape, size, or other characteristics.</li> <li>➤ To involve counting how many items are present or subtracting the ones that are taken away (e.g., how many shells are left after a few are taken).</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Forward and backward counting</li> <li>➤ Grouping objects</li> <li>➤ Developing number sense</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Sand Drawing of Numbers:</b> Practice writing numbers in sand trays.</li> </ul>	
June	<ul style="list-style-type: none"> <li>➤ Chapter 2: Shapes Around Us</li> <li>➤ Key Concepts:</li> <li>➤ 2D shapes: circle, square, triangle, rectangle</li> <li>➤ Shape identification in surroundings</li> <li>➤ Visual discrimination and spatial sense</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Shape Hunt:</b> Students explore school/home and list objects resembling different shapes.</li> <li>➤ <b>Tangram Tales:</b> Create animals or objects using tangram pieces.</li> <li>➤ <b>Stamping Fun:</b> Use sponges or vegetables to stamp patterns in different shapes.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Introduction to different <b>2D shapes</b> (e.g., squares, rectangles, circles, triangles) and <b>3D shapes</b> (e.g., cubes, spheres, cylinders).</li> <li>➤ Understanding the properties of these shapes, such as the number of sides, corners, and their usage in daily life.</li> <li>➤ <b>Identifying shapes</b> in everyday objects (e.g., a door is rectangular, a ball is spherical, a table is rectangular).</li> </ul>

			<ul style="list-style-type: none"> <li>➤ Learn about the properties of shapes, such as the number of edges and corners for 2D shapes, and faces and vertices for 3D shapes.</li> <li>➤ Identify shapes within patterns and learn how to extend patterns using different shapes.</li> </ul>
July	<ul style="list-style-type: none"> <li>➤ Chapter 3: Fun with Numbers</li> <li>➤ Key Concepts:</li> <li>➤ Comparison of quantities</li> <li>➤ Introduction to subtraction</li> <li>➤ Use of concrete materials to understand difference</li> </ul>	<ul style="list-style-type: none"> <li>➤ Toy Store Roleplay: Children “buy” toys and compare collections.</li> <li>➤ Ladder Climb Game: Move up or down the number ladder by subtracting steps.</li> <li>➤ Count &amp; Compare: Use classroom items to practice “how many more?”</li> </ul>	<ul style="list-style-type: none"> <li>➤ To recognizing and writing numbers in the correct sequence.</li> <li>➤ Students will be able to skip count by 2s, 5s, and 10s, enhancing their number sense.</li> <li>➤ To identify, extend, and create number patterns.</li> <li>➤ Practicing addition and subtraction through interactive number games.</li> <li>➤ To understand the importance of numbers and their usage in everyday life, like counting toys, snacks, or steps.</li> </ul>
August	<ul style="list-style-type: none"> <li>➤ Chapter 4: Shadow Story</li> <li>➤ Key Concepts:</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bead String Making: Make groups of tens and ones using colored beads.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Students will learn what causes shadows and how they change depending on the time of day or the position of the light source.</li> <li>➤ To develop the ability to observe and describe shadows.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Numbers up to 100</li> <li>➤ Place value: tens and ones</li> <li>➤ Comparison using symbols (&gt;, &lt;, =)</li> <li>➤ Chapter 5: Playing with Lines</li> <li>➤ Key Concepts:</li> <li>➤ Introduction to types of lines:</li> </ul>	<ul style="list-style-type: none"> <li>➤ Number Building Blocks: Use blocks labeled with numbers to build and compare.</li> <li>➤ Place Value Pocket Chart: Hands-on practice with tens and ones.</li> <li>➤ Line Walk: Identify lines in the classroom (window = vertical, table edge = horizontal).</li> <li>➤ Thread &amp; Chalk Art: Make line patterns using string and chalk.</li> <li>➤ Line Drawing Race: Who can draw the most types of lines?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Encourage students to create different shapes with their own shadows using their hands or objects.</li> <li>➤ Students will identify various types of lines found in their surroundings.</li> <li>➤ Practice drawing straight, curved, zig-zag, and other types of lines.</li> <li>➤ Students will understand the basic properties of lines, like parallel and perpendicular lines.</li> <li>➤ To learn how lines form patterns in objects like roads, fences, and even in nature.</li> </ul>
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	straight, curved, slanting, vertical, horizontal  ➤ Observing lines in surroundings		
September	➤ Chapter 6: Decoration for Festivals  ➤ Key Concepts:  ➤ Addition and subtraction of 2- digit numbers  ➤ Real-life applications of give and take  ➤ Use of number line	➤ Token Exchange Game: Use pretend money to buy/sell classroom items.  ➤ Number Line Hop: Solve problems by hopping on a physical number line.  ➤ Addition & Subtraction Relay: Teams solve a series of problems in relay form.	➤ Students will identify different types of patterns used in festival decorations. ➤ Students will create their own simple decorations using shapes, colours, and patterns. ➤ Learn about the importance of decorations during festivals like Diwali, Christmas, or Eid.

October	<ul style="list-style-type: none"> <li>➤ Chapter 7: Grouping and Sharing</li> <li>➤ Key Concepts:</li> <li>➤ Division as equal sharing</li> <li>➤ Simple division with objects</li> <li>➤ Introduction to division vocabulary (dividend, divisor, quotient)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Sharing Game: Divide a set of objects (e.g., apples or cookies) equally among students.</li> <li>➤ Division Stories: Create word problems involving sharing items equally.</li> <li>➤ Division with Counters: Use counters to demonstrate division visually.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Students will understand how to group objects based on certain criteria.</li> <li>➤ To learn to divide items into equal groups and practice basic division.</li> <li>➤ Students will practice dividing objects equally, using real-life examples like sharing chocolates or toys.</li> </ul>
November	<ul style="list-style-type: none"> <li>➤ Chapter 7: Fun in Fair</li> <li>➤ Key Concepts:</li> <li>➤ Identifying coins and notes</li> </ul>	<ul style="list-style-type: none"> <li>➤ Play Shop: Set up a classroom shop and practice buying and selling items using play money.</li> <li>➤ Coin Sorting: Sort coins by denomination and practice making totals.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Students will learn about the types of games, food, and activities found at a fair.</li> <li>➤ To learn how money is used to purchase items or participate in games at the fair.</li> <li>➤ To practice simple arithmetic problems based on the number of tickets, coins, or items at a fair.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Simple addition and subtraction with money</li> <li>➤ Making purchases and giving change</li> </ul>	<ul style="list-style-type: none"> <li>➤ Money Song: Sing a fun song about different coins and notes.</li> </ul>	
December	<ul style="list-style-type: none"> <li>➤ Chapter 6: What Season Is It?</li> <li>➤ Key Concepts:</li> <li>➤ Reading time on an analog clock</li> <li>➤ Days of the week, months of the year</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Clock Craft:</b> Create paper plate clocks with movable hands to practice telling time.</li> <li>➤ <b>Calendar Activity:</b> Use a classroom calendar to mark special events and holidays.</li> <li>➤ <b>Time Story:</b> Create a simple story about the daily routine and ask students to match it with times on a clock.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Students will identify and describe the four seasons and their features.</li> <li>➤ To learn what activities are best suited for each season (e.g., wearing warm clothes in winter, swimming in summer).</li> <li>➤ Students will be able to relate the changing weather to the seasons and understand how people adapt.</li> <li>➤ Understanding what data is.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Daily routines and time concepts</li> <li>➤ Chapter: Data Handling</li> <li>➤ Key Concepts:</li> <li>➤ Collecting and organizing data</li> <li>➤ Pictographs and bar graphs</li> <li>➤ Interpreting simple graphs</li> </ul>	<ul style="list-style-type: none"> <li>➤ Survey Activity: Ask the class a simple question (e.g., favorite fruit) and collect data.</li> <li>➤ Create a Pictograph: Represent the data collected in a pictograph format.</li> <li>➤ Graph Making: Use different objects (e.g., colored paper) to create bar graphs representing data.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Collecting simple data from the environment or class (e.g., favorite fruits, number of pets, colors of shirts, etc.).</li> <li>➤ Using tally marks to collect data.</li> <li>➤ Organizing collected data into groups.</li> <li>➤ Sorting data by categories (e.g., red, green, blue for colors).</li> </ul>
January	<ul style="list-style-type: none"> <li>➤ Chapter 4: Rani's Gift</li> <li>➤ Key Concepts:</li> <li>➤ Measurement of length, weight, and volume</li> </ul>	<ul style="list-style-type: none"> <li>➤ Measuring with Hands and Feet: Have students measure the length of classroom objects using their hands and feet.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Students will learn the value of sharing and the happiness it brings.</li> <li>➤ Students will reflect on the emotions felt when giving or receiving a gift.</li> <li>➤ To learn important life skills such as kindness, empathy, and generosity.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Non-standard units of measurement (e.g., handspans, feet)</li> <li>➤ Introduction to standard units (centimeters, meters)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Weighing with Scales: Introduce simple weighing scales to compare weights of objects.</li> <li>➤ Water Play: Use cups and jugs to measure different volumes of water and compare</li> </ul>	
February	➤ Revision		➤ To develop the practice of taking exam using worksheets

### SUBJECT- EVS

MONTH	TOPIC	ACTIVITIES	LEARNING OUTCOMES/SKILL DEVELOPMENT
➤ April	<ul style="list-style-type: none"> <li>➤ Chapter 1: About Me</li> <li>➤ Chapter 2: Human Body</li> <li>➤ Chapter 3: My Wonderful Family</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Feelings Chart:</b> Use a chart to express different emotions, linking to Language and Social-Emotional Learning.</li> <li>➤ <b>Family Tree Craft:</b> Make a simple family tree using paper and colors, combining EVS and Art.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Recognize the importance of knowing oneself, including personal likes, dislikes, strengths, and weaknesses.</li> <li>➤ Understand how self-awareness helps in building a healthy relationship with others.</li> <li>➤ Appreciate personal uniqueness and individual qualities that make each person special.</li> </ul>

		<ul style="list-style-type: none"> <li>➤ <b>Body Part Labelling:</b> Label a diagram of the human body, reinforcing EVS and Science.</li> <li>➤ <b>Sense Organ Exploration:</b> Conduct simple experiments to explore the five senses, integrating EVS and Science.</li> <li>➤ <b>Body Movement Game:</b> Play a game where students mimic different body movements, linking EVS and Physical Education.</li> <li>➤ <b>Family Role Play:</b> Students act out different family roles, integrating EVS and Drama.</li> <li>➤ <b>Family Tree Project:</b> Build a family tree with names and relationships, integrating EVS and Social Studies.</li> <li>➤ <b>Family Traditions Discussion:</b> Share and discuss family traditions, linking EVS and Language.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Identify the major parts of the human body (head, torso, limbs) and their functions.</li> <li>➤ Understand the importance of maintaining good health by taking care of the body.</li> <li>➤ Recognize the role of hygiene, exercise, and healthy habits in promoting overall well-being.</li> <li>➤ Learn the importance of physical and mental health and how they are interrelated.</li> <li>➤ Understand the concept of family and its different forms (nuclear, joint, extended).</li> <li>➤ Recognize the role of family members (parents, siblings, grandparents, etc.) and their importance in a child's life.</li> <li>➤ Appreciate the values of love, respect, care, and support that family members provide to each other.</li> </ul>
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<ul style="list-style-type: none"> <li>➤ June</li> </ul>	<ul style="list-style-type: none"> <li>➤ Chapter 4: We need food</li> <li>➤ Chapter 5: Clothes We Wear</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Food Group Sorting:</b> Sort foods into categories (fruits, vegetables, grains, etc.), integrating EVS and Science.</li> <li>➤ <b>Healthy Plate Drawing:</b> Draw a plate with healthy food choices, combining EVS and Art.</li> <li>➤ <b>Seasonal Clothing Chart:</b> Create a chart showing appropriate clothing for different seasons, integrating EVS and Science.</li> <li>➤ <b>Clothing Material Matching:</b> Match clothing items to their materials (cotton, wool, etc.), linking EVS and Science.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Recognize that food is essential for growth, energy, and maintaining health.</li> <li>➤ Identify different types of food (fruits, vegetables, grains, dairy, etc.) and their benefits to the body.</li> <li>➤ Understand the concept of a balanced diet and the need for variety in food for overall well-being.</li> <li>➤ Learn about the sources of food (plants, animals) and the process of how food reaches our homes.</li> <li>➤ Understand the importance of hygiene and cleanliness in food handling and preparation.</li> <li>➤ Recognize cultural and regional differences in food habits.</li> <li>➤ Recognize that clothes protect the body from weather conditions (cold, heat, rain) and provide comfort.</li> <li>➤ Identify different types of clothes worn for different occasions and seasons.</li> </ul>
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			<ul style="list-style-type: none"> <li>➤ Learn about the materials used to make clothes (cotton, wool, silk, etc.) and their characteristics.</li> <li>➤ Understand the importance of keeping clothes clean and well-maintained.</li> </ul>
<ul style="list-style-type: none"> <li>➤ July</li> </ul>	<ul style="list-style-type: none"> <li>➤ Chapter 6: We Need Shelter</li> <li>➤ Chapter 7: Be safe and Healthy</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Shelter Type Sorting:</b> Sort pictures of different shelters (houses, tents, etc.), integrating EVS and Social Studies.</li> <li>➤ <b>Shelter Model Building:</b> Build a simple model of a house using clay or cardboard, combining EVS and Art.</li> <li>➤ <b>Shelter Needs Discussion:</b> Discuss what makes a shelter safe and comfortable, linking EVS and Science.</li> <li>➤ <b>Shelter Vocabulary List:</b> Create a list of words related to</li> </ul>	<ul style="list-style-type: none"> <li>➤ Recognize that shelter is essential for protection from weather conditions such as rain, heat, cold, and storms.</li> <li>➤ Understand the different types of shelters (houses, tents, etc.) and how they provide safety and comfort.</li> <li>➤ Identify the materials used to build shelters (bricks, wood, straw, etc.) and how these depend on the environment.</li> <li>➤ Appreciate the importance of maintaining a clean and safe living space.</li> <li>➤ Understand that different people live in different kinds of shelters depending on where they live</li> </ul>

		<p>shelter, integrating EVS and Language.</p> <ul style="list-style-type: none"> <li>➤ <b>Safety Rules Poster:</b> Create a poster with safety rules, integrating EVS and Art.</li> <li>➤ <b>Healthy Habit Chart:</b> Make a chart tracking daily healthy habits, linking EVS and Science.</li> <li>➤ <b>First Aid Kit Exploration:</b> Explore the contents of a basic first aid kit, combining EVS and Science.</li> </ul>	<p>(cities, villages, rural areas).</p> <ul style="list-style-type: none"> <li>➤ Recognize the importance of safety rules at home, school, and in the community to prevent accidents and injuries.</li> <li>➤ Understand the importance of personal hygiene (washing hands, brushing teeth, bathing) for staying healthy.</li> <li>➤ Learn about the basic health practices such as eating nutritious food, exercising, and getting enough sleep.</li> <li>➤ Recognize common safety measures like wearing helmets, seatbelts, and looking both ways before crossing the street.</li> </ul>
<ul style="list-style-type: none"> <li>➤ August</li> </ul>	<ul style="list-style-type: none"> <li>➤ Chapter -8 My School</li> <li>➤ Chapter -9 Neighbours and Neighbourhood</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>School Routine Schedule:</b> Make a schedule of the daily school routine, combining EVS and Math.</li> <li>➤ <b>Community Helper Discussion:</b> Discuss the roles of community helpers, linking EVS and Social Studies.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Understand the importance of school in a child's life.</li> <li>➤ Learn about the different facilities and resources available in a school.</li> <li>➤ Identify the roles of teachers, students, and other staff members in a school.</li> </ul>

		<p>➤ <b>Neighbourhood Story Sharing:</b> Share stories about the neighbourhood, linking EVS and Language.</p>	<p>➤ Understand the concept of neighbourhood and the role of neighbours in our lives.</p> <p>➤ Learn about the importance of building good relationships with neighbours.</p> <p>➤ Recognize the role of a community in supporting its members.</p>
➤ September	➤ Chapter -10 People We Need	<p>➤ <b>Community Helper Dress-Up Day</b> – Children dress up like doctors, postmen, police, etc., and say a few lines.</p> <p>➤ <b>"Guess Who I Am" Game</b> – Kids describe a helper's job, and others guess who it is.</p>	<p>➤ Understand the roles and responsibilities of various professionals in our community.</p> <p>➤ Appreciate the value of each profession and the contributions of these people to our well-being.</p> <p>➤ Recognize the importance of mutual respect and gratitude towards the people who serve us.</p>

➤ October	➤ Chapter 11: Celebrating Festivals	➤ <b>Diya/Star Making (Craft + EVS)</b> – Make simple crafts like diyas (Diwali) .	<ul style="list-style-type: none"> <li>➤ Students will be able to explain what a festival is and why people celebrate them.</li> <li>➤ Students will recognize the role of festivals in bringing communities and families together.</li> <li>➤ Students will identify various festivals celebrated in their region or country.</li> <li>➤ Students will learn about the cultural, religious, and seasonal significance of different festivals.</li> <li>➤ Students will understand how festivals are celebrated with traditions, rituals, and customs.</li> <li>➤ Students will be able to name and describe at least 2-3 major festivals (such as Diwali, Eid, Christmas, etc.) and the customs associated with them.</li> </ul>
➤ November	➤ Chapter 12: Direction, Travel and Communication	➤ <b>Treasure Hunt</b> – Use simple direction clues: "Go 2 steps North", etc.	<ul style="list-style-type: none"> <li>➤ Recognize the basic directions (north, south, east, and west) and how to use them in everyday life.</li> </ul>

	<p>➤ Chapter 13: Weather and Season</p>	<p>➤ <b>Paper Boat Travel</b> – Float a paper boat and learn about water transport.</p> <p>➤ <b>Postcard Writing</b> – Write and draw on a postcard to a classmate.</p> <p>➤ <b>Make Your Own Compass</b> – Magnet + needle + water bowl experiment.</p> <p>➤ <b>Weather Chart</b> Daily track sunny, rainy, or cloudy days for a week.</p> <p>➤ <b>Seasonal Clothes Sorting</b>– Paste pictures of clothes we wear in each season.</p> <p>➤ <b>Rain in a Jar</b> Warm water + ice on a lid = condensation!</p> <p>➤ <b>Umbrella Art</b> – Paint colorful umbrellas for monsoon season.</p>	<p>➤ Understand the importance of maps, signs, and landmarks in helping people find their way.</p> <p>➤ Learn about different modes of travel (walking, cycling, cars, buses, trains, etc.) and their uses.</p> <p>➤ Recognize the significance of communication in daily life, such as talking, writing, and using phones or other devices to send messages.</p> <p>➤ Understand the role of postal services, telephones, and the internet in connecting people across distances.</p> <p>➤ Develop an awareness of how technology has made travel and communication faster and more efficient.</p> <p>➤ Identify different types of weather (sunny, rainy, windy, cloudy, etc.) and their effects on daily life.</p> <p>➤ Recognize how the weather changes from day to day and how it affects our clothes, activities, and mood.</p> <p>➤ Understand the concept of seasons (summer, monsoon, winter) and the characteristics of each season.</p>
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➤ December	➤ Chapter 14: The World of Plants	➤ <b>Leaf Collection</b> – Collect and press 5 different leaves. ➤ <b>Germination Experiment</b> – Soak seeds (rajma/chana) in cotton, observe sprouts daily. ➤ <b>Parts of Plant Puzzle</b> – Make a cut-and-paste plant and label its parts.	➤ Recognize that plants are important for all living beings as they provide oxygen, food, and shelter. ➤ Understand how plants are essential for maintaining balance in the environment and support life on Earth. ➤ Identify and name the different parts of a plant (roots, stem, leaves, flowers, and fruits). ➤ Learn the function of each part of the plant (e.g., roots absorb water, leaves make food, etc.). ➤ Understand that there are different types of plants (trees, shrubs, herbs, climbers, and creepers). ➤ Identify some examples of common plants and their uses in daily life. ➤ Learn that plants need water, sunlight, air, and soil to grow.

➤ January	➤ Chapter 15: The World of Animals  ➤ Chapter 16: The World around Us	➤ <b>Animal Sound Game</b> – Make animal sounds and guess. ➤ <b>Pet vs Wild Chart</b> – Classify animals into domestic/wild using pictures. ➤ <b>Animal Movement Imitation</b> – Hop like a frog, slither like a snake! ➤ <b>Nature Walk &amp; Drawing</b> – Go outside, observe and draw something they see. ➤ <b>Sound Hunt</b> Identify natural sounds: birds, wind, etc. ➤ <b>Texture Bag</b> – Guess objects in a bag by touch (stone, leaf, plastic). ➤ <b>Sorting Natural &amp; Manmade Things</b> Picture sorting into two groups. ➤ <b>My Environment Poster</b> – Make and explain a poster on "My Environment".	➤ Recognize the diversity of animals in the world (wild animals, domestic animals, birds, insects, etc.).  ➤ Identify common animals and describe their basic features, habitats, and behaviors.  ➤ Understand the importance of animals in nature, including their role in the food chain and ecosystem.  ➤ Learn about the needs of animals (food, water, shelter) and how they adapt to different environments.  ➤ Recognize the importance of protecting animals and their habitats, and the need for conservation.  ➤ Develop an awareness of the world around them, including the natural environment and human-made surroundings.

			<ul style="list-style-type: none"> <li>➤ Understand the basic elements of the environment such as land, water, air, and plants, and their interdependence.</li> <li>➤ Learn about the importance of natural resources (water, air, soil) and how they support life on Earth.</li> <li>➤ Recognize the impact of human activities on the environment and the need for environmental conservation.</li> </ul>
➤ February	<ul style="list-style-type: none"> <li>➤ Chapter 17: Air</li> <li>➤ Chapter 18: Water</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Balloon Blow</b> – Blow balloons to feel air.</li> <li>➤ <b>Pinwheel Craft</b> – Make a pinwheel to see air in motion.</li> <li>➤ <b>Breathing Race</b> – Take deep breaths, walk and notice changes.</li> <li>➤ <b>Air Occupies Space (Experiment)</b> – Invert a glass with tissue into water and it stays dry!</li> <li>➤ <b>Fan Making</b> – Make paper fans and feel the air.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Recognize that air is essential for all living things to breathe and survive.</li> <li>➤ Identify the components of air (oxygen, nitrogen, etc.) and their roles in supporting life.</li> <li>➤ Understand how air is all around us and is constantly moving (wind).</li> <li>➤ Learn about the different ways air is used in everyday life (e.g., in breathing, helping plants grow, flying kites, etc.).</li> <li>➤ Understand the importance of clean air for health and the environment.</li> </ul>

		<ul style="list-style-type: none"> <li>➤ <b>Floating &amp; Sinking (Experiment + Science)</b> – Drop small objects in water to see what floats.</li> <li>➤ <b>Water Cycle in a Bag</b> – Draw water cycle on a Ziplock bag, add water, tape to the window.</li> <li>➤ <b>Tap Tally</b> – Count how many taps are in school/home.</li> <li>➤ <b>Water Filter Experiment</b> – Use sand, gravel, cotton in a bottle to filter water.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Recognize that water is necessary for life and is essential for all living beings (plants, animals, and humans).</li> <li>➤ Understand the different forms of water (liquid, solid—ice, and gas—steam) and how it changes from one form to another.</li> <li>➤ Learn that water is found in rivers, lakes, oceans, and underground and is a valuable natural resource.</li> <li>➤ Identify the uses of water in daily life (drinking, cooking, cleaning, and growing plants).</li> </ul>
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## SUBJECT- COMPUTER

MONTH	TOPIC	LAB ACTIVITIES/PRACTICALS	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> <li>➤ Computer at Various Places</li> <li>➤ Computers in schools, banks, homes, shops, offices</li> <li>➤ Role of computers in daily life</li> </ul>	<ul style="list-style-type: none"> <li>➤ Picture Match: Match the place with its computer use</li> <li>Smartboard video tour of places using computers</li> </ul>	<ul style="list-style-type: none"> <li>➤ Identifies various places where computers are used and understands their purposes</li> </ul>
June	<ul style="list-style-type: none"> <li>➤ Computer and its Components</li> <li>➤ Monitor, CPU, Keyboard, Mouse, Speakers, Printer - Working</li> </ul>	<ul style="list-style-type: none"> <li>➤ Parts Puzzle: Reassemble jumbled computer parts</li> <li>Hands-on part naming using flashcards</li> </ul>	<ul style="list-style-type: none"> <li>➤ Names computer components and explains their basic roles in the system</li> </ul>

	together as a team		
July	<ul style="list-style-type: none"> <li>➤ Continuation: Components</li> <li>➤ Connecting parts Devices we can add: headphones, pen drives</li> </ul>	<ul style="list-style-type: none"> <li>➤ Demo: Connect headphones, USB to CPU Game: What's missing in this setup?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Recognizes input/output devices and understands connection basics</li> </ul>
August	<ul style="list-style-type: none"> <li>➤ More on Paint</li> <li>➤ Different shapes Line tool, curve tool - Text tool introduction</li> </ul>	<ul style="list-style-type: none"> <li>➤ Activity: Make a scenery using different shapes and colors</li> </ul>	<ul style="list-style-type: none"> <li>➤ Uses various drawing and formatting tools in Paint for creative expression</li> </ul>
September	<ul style="list-style-type: none"> <li>➤ Fun with Tux Paint</li> <li>➤ Magic effects Stamps and</li> </ul>	<ul style="list-style-type: none"> <li>➤ Task: Create a festival greeting card using Tux Paint</li> </ul>	<ul style="list-style-type: none"> <li>➤ Applies creative tools in Tux Paint and saves the file correctly</li> </ul>

	<p>saving work</p> <p>Coloring with fill tool</p>		
October	<ul style="list-style-type: none"> <li>➤ Word – An Introduction</li> <li>➤ Typing text Changing font, size, and color Saving a document</li> </ul>	<ul style="list-style-type: none"> <li>➤ Activity: Type 3 lines about yourself and decorate the text</li> </ul>	<ul style="list-style-type: none"> <li>➤ Types simple sentences, applies formatting, and saves work independently</li> </ul>
November	<ul style="list-style-type: none"> <li>➤ Arrangement of Patterns</li> <li>➤ Logical thinking Fill in the blanks with missing shapes/figures</li> </ul>	<ul style="list-style-type: none"> <li>➤ Game: Arrange blocks in the correct order Digital worksheets on smartboard</li> </ul>	<ul style="list-style-type: none"> <li>➤ Solves simple pattern-based puzzles to develop sequencing skills</li> </ul>
December	<ul style="list-style-type: none"> <li>➤ Fun with Scratch Jr</li> </ul>	<ul style="list-style-type: none"> <li>➤ Project: Animate a simple two-character story</li> </ul>	<ul style="list-style-type: none"> <li>➤ Creates a basic animation using blocks and understands sequence in storytelling</li> </ul>

	<ul style="list-style-type: none"> <li>➤ Sprites and Backgrounds</li> <li>Motion and looks blocks</li> <li>Story creation</li> </ul>		
January	<ul style="list-style-type: none"> <li>➤ Understanding AI</li> <li>➤ AI in smart assistants, cars, robots</li> <li>How AI helps humans</li> </ul>	<ul style="list-style-type: none"> <li>➤ Video: AI-based robots and smart devices</li> <li>Class Discussion: "What would you invent?"</li> </ul>	<ul style="list-style-type: none"> <li>➤ Understands the concept of AI and identifies examples of AI in real life</li> </ul>
February	REVISION		

### SUBJECT - G K

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> <li>➤ My Country – India</li> </ul>	<ul style="list-style-type: none"> <li>➤ <i>Flag Craft</i> – Let students make the Indian flag using colored paper (orange, white, green, and blue for Ashoka Chakra).</li> </ul>	<ul style="list-style-type: none"> <li>➤ identify national symbols, famous leaders, and major festivals of India.</li> </ul>

June	➤ States and Capitals	➤ <i>State-Capital Puzzle</i> – Give a worksheet with states on one side and capitals on the other. Students draw lines to match them.	➤ Recognize Indian states, their capitals, and key cultural aspects.
July	➤ Famous Monuments of India	➤ <i>Monument Drawing</i> – Ask students to draw and color a simple picture of a monument like the Taj Mahal or Qutub Minar.	➤ Identify major Indian monuments and understand their historical importance.
August	➤ Our Helpers	➤ <i>Guess Who?</i> – Describe a helper’s job (e.g., “I take care of sick people”) and let students guess (Answer: Doctor). Make it a fun quiz.	➤ Understand the roles of community helpers (doctor, police, teacher, etc.).
September	➤ Plants and Animals Around Us	➤ <i>Draw and Name</i> – Students draw one plant and one animal they see around their home and write their names.	➤ Learn about common plants and animals; distinguish between wild and domestic ones.
October	➤ Festivals of India	➤ <i>Festival Dress-Up</i> – Students come dressed in traditional clothes of a festival (like Diwali, Holi) and say one line about how it's celebrated.	➤ Learn about major religious and national festivals celebrated across the country.

November	➤ Means of Transport	➤ <i>Transport Sorting</i> – Give cut-out pictures of vehicles and let students stick them under the right heading: Land, Water, or Air.	➤ Understand different modes of transport and their importance in daily life.
December	➤ Continents and Oceans	➤ <i>Color the World Map</i> – Provide a simple world map for students to color each continent in different colors and label them.	➤ Identify the 7 continents and 5 oceans on a map.
January	➤ Famous Personalities	➤ <i>Picture Talk</i> – Show a picture of Mahatma Gandhi or Dr. A.P.J. Abdul Kalam and share a short story. Ask students to share what they liked.	➤ Know about notable Indian and world personalities in different fields.
February	➤ Our Universe	➤ <i>Planet Hat Craft</i> – Each child makes a paper hat of a planet (like Earth or Mars) and wears it while learning fun facts.	➤ Learn basic facts about the Sun, Moon, planets, and stars.

#### - SUBJECT- ART & CRAFT

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
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April	<p>➤ Basic Elements of Art</p> <ul style="list-style-type: none"> <li>• Line</li> <li>• Shape</li> <li>• Colour</li> <li>• Form</li> <li>• Space</li> <li>• Texture</li> <li>• Value</li> </ul> <p>➤ Colour Theory</p> <p>Primary colour</p> <p>Secondary colour</p> <p>Tertiary colour</p>	<p>➤ 1 Shapes drawing using ruler, pencil, bottle cap, ice-cream stick</p> <p>➤ 1 Drawing of colour wheel using primary colour, secondary colour and tertiary colour</p>	<p>➤ To use the elements of art to create balanced, visually engaging, and meaningful artworks.</p> <p>➤ To convey ideas, emotions, and messages through their artwork.</p> <p>➤ 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.</p>
June	<p>➤ Thumb Print</p>	<p>➤ Thumb print trees</p>	<p>➤ To foster sensory learning, fine motor skills, hand-eye coordination, and creativity, while also promoting intellectual growth through exploration and expression.</p>

July	<ul style="list-style-type: none"> <li>➤ Rakhi Making</li> <li>➤ Leaf Impression</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foam sheet flower making</li> <li>➤ Decorative items pasting</li> <li>➤ Printing with leaves</li> <li>➤ Drawing of leaves</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rakhi making encourages participants to express themselves creatively through designing, decorating, and crafting.</li> <li>➤ Learning about the traditions, customs, and significance of Raksha Bandhan fosters a deeper understanding and appreciation of cultural heritage.</li> <li>➤ Leaf impression activities require children to manipulate materials, such as leaves and paint, which strengthens their fine motor skills.</li> </ul>
August	<ul style="list-style-type: none"> <li>➤ Janmashtmi Drawing</li> <li>➤ Independence Day Craft</li> </ul>	<ul style="list-style-type: none"> <li>➤ Mukut decoration</li> <li>➤ Stones and pearl pasting on mukut</li> <li>➤ Flower making with tri colour paper folding</li> <li>➤ Tri Flower pasting on drawing book</li> </ul>	<ul style="list-style-type: none"> <li>➤ To encourage 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.</li> <li>➤ 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.</li> <li>➤ To recognize and understand the significance of national symbols (flag, anthem, etc.).</li> </ul>

September	<ul style="list-style-type: none"> <li>➤ Kite Making</li> </ul>	<ul style="list-style-type: none"> <li>➤ Paper folding with printed paper</li> <li>➤ Pattern drawing on kite</li> </ul>	<ul style="list-style-type: none"> <li>➤ 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.</li> </ul>
October	<ul style="list-style-type: none"> <li>➤ Card-Making</li> <li>➤ Flower Making</li> </ul>	<ul style="list-style-type: none"> <li>➤ Earbuds flower making</li> <li>➤ Paper cup cutting and pasting as a plant</li> <li>➤ Paper Leaf making and pasting</li> </ul>	<ul style="list-style-type: none"> <li>➤ The class will cover a range of techniques, including stamping, embossing, die-cutting, layering, and embellishment.</li> <li>➤ 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.</li> <li>➤ To improve their Gross and fine motor skills and hand and eye coordination.</li> </ul>
November	<ul style="list-style-type: none"> <li>➤ Cotton Craft</li> </ul>	<ul style="list-style-type: none"> <li>➤ Cotton pasting on Teddy</li> <li>➤ Cotton ball pasting on Santa drawing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Activities like pasting cotton balls or using cotton buds for painting help develop the pincer grip, essential for writing and other fine motor tasks.</li> <li>➤ To precise hand-eye coordination, which improves with practice.</li> </ul>

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) -rice -split pigeon peas (arhar dal) -Green gram (mung dal)	➤ 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.

## SUBJECT - MUSIC

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> <li>➤ Alankaar 1-10 Prayers With Notation Plata 1-10</li> </ul>	<ul style="list-style-type: none"> <li>➤ Introduction to Music &amp; Swaras</li> <li>➤ Activity: "Hello Sa Re Ga!"</li> <li>➤ Introduce the 7 swaras through songs, flashcards, and actions.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To improve the vocal practice</li> <li>➤ To understand the relevance of prayer</li> <li>➤ To understand musical notes, and Alankars (saresa, regare)</li> </ul>
June	<ul style="list-style-type: none"> <li>➤ Revision of Alankaar and palta</li> <li>➤ Revision of Notation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Swara Singing &amp; Identification</li> <li>➤ Activity: "Swara Echo"</li> <li>➤ Teacher sings a swara; students echo it back.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To improve the vocal practice</li> <li>➤ To understand the relevance of prayer</li> <li>➤ To understand musical notes, and Alankars</li> </ul>
July	<ul style="list-style-type: none"> <li>➤ Lesson for Musical keyboard and guitar - Finger practice</li> </ul>	<ul style="list-style-type: none"> <li>➤ Basic Alankar Fun</li> <li>➤ Activity: Sing or play simple alankars like Sa Re Ga, Re Ga Ma.</li> <li>➤ Challenge Game: Who can sing/play an alankar with correct pitch?</li> </ul>	<ul style="list-style-type: none"> <li>➤ To improve keyboard practice</li> <li>➤ To understand playing technique of instruments</li> </ul>

		➤ And small prayer song practice	
August	<ul style="list-style-type: none"> <li>➤ Preparation of 15th August</li> <li>➤ Independence Day</li> <li>➤ Guitar, keyboard, and percussion</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rhythm &amp; Clapping</li> <li>➤ Activity: “Clap the Beat”</li> <li>➤ Introduce Keharwa Taal (8 beats) through clapping and syllables.</li> <li>➤ Sing a patriotic song</li> </ul>	<ul style="list-style-type: none"> <li>➤ To learn about the culture of our country</li> <li>➤ To know about the importance of our freedom</li> <li>➤ To understand playing technique of instruments</li> </ul>
September	<ul style="list-style-type: none"> <li>➤ Raga kafi</li> <li>➤ Sargam geet</li> <li>➤ Bandish</li> <li>➤ Teen Taal</li> </ul>	<ul style="list-style-type: none"> <li>➤ Raag Introduction (Raag yaman)</li> <li>➤ Activity: Story of the Raag (visual + audio)</li> <li>➤ Sing/play Aroha–Avaroha with actions.</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand Indian classical music</li> <li>➤ To learn Indian notation system</li> <li>➤ To learn poetry and composition</li> <li>➤ To learn Taal system</li> </ul>
October	<ul style="list-style-type: none"> <li>➤ Raga kafi</li> <li>➤ Sargam geet</li> <li>➤ Bandish</li> <li>➤ Teen Taal</li> </ul>	<ul style="list-style-type: none"> <li>➤ Raag Introduction (Raag yaman)</li> <li>➤ Activity: Story of the Raag (visual + audio)</li> </ul>	<ul style="list-style-type: none"> <li>➤ To understand Indian classical music</li> <li>➤ To learn Indian notation system</li> <li>➤ To learn poetry and composition</li> <li>➤ To learn Taal system</li> </ul>

		➤ Sing/play Aroha–Avaroha with actions.	
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 bhupali ➤ Dhrupad ➤ History of Indian Music ➤ Music theory	➤ Activity: Swara Game Show! ➤ Teams answer fun questions about swaras, instruments, taals.	➤ To gain knowledge about a different genre in Hindustani music other than khayal ➤ To develop an ability to sing basic compositions in the Dhrupad form ➤ To gain the ability to critically analyse theoretical aspects in music

### SUBJECT-PHYSICAL EDUCATION AND SPORTS

MONTH	TOPIC	ACTIVITES	LEARNING OUTCOMES/SKILL DEVELOPMENT
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April	<ul style="list-style-type: none"> <li>➤ Rope Skipping, Warm Up and Flexibility Exercises &amp; Stretching Exercises</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Full Routine Overview (30-45 minutes)</b></li> <li>➤ <b>Total Warm-Up &amp; Flexibility Time: ~10-15 minutes</b></li> <li>➤ <b>Rope Skipping Time: ~15-20 minutes</b></li> <li>➤ <b>Cool Down &amp; Stretching: ~5-10 minutes</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ Improve flexibility in muscles and joints.</li> <li>➤ Enhance posture and body alignment.</li> <li>➤ Promote relaxation and reduce muscle tension.</li> </ul>
		<ul style="list-style-type: none"> <li>➤ <b>2. Warm-Up Activities (5-10 minutes)</b></li> <li>➤ <b>Purpose: Get the body prepared, increase blood flow, and activate the muscles.</b></li> <li>➤ <b>Jogging or Brisk Walking (2–</b></li> </ul>	

		<p><b>3 minutes):</b></p> <ul style="list-style-type: none"> <li>○ <b>Light jog or brisk walk around your space or spot jog in place.</b></li> <li>○ <b>Focus on warming up the legs and gradually increasing your heart rate.</b></li> <li>➤ <b>Dynamic Arm Circles (1 minute):</b> <ul style="list-style-type: none"> <li>○ <b>Extend both arms straight out to the sides.</b></li> <li>○ <b>Make small circles for 30 seconds, then increase the size of the circles for 30 seconds.</b></li> <li>○ <b>Change direction after 30 seconds.</b></li> </ul> </li> <li>➤ <b>Leg Swings (1 minute per leg):</b> <ul style="list-style-type: none"> <li>○ <b>Hold on to a support (wall or chair).</b></li> </ul> </li> </ul>	
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- **Swing one leg forward and backward for 30 seconds, then swing it side-to-side for 30 seconds.**
- **Total Warm-Up & Flexibility Time: ~10-15 minutes**
- **Rope Skipping Time: ~15-20 minutes**
- **Cool Down & Stretching: ~5-10 minutes**

- **2. 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):**

- o Light jog or brisk walk around your space or spot jog in place.
- o Focus on warming up the legs and gradually increasing your heart rate.

➤ **Dynamic Arm Circles (1 minute):**

- o Extend both arms straight out to the sides.
- o Make small circles for 30 seconds, then increase the size of the circles for 30 seconds.
- o Change direction after 30 seconds.

➤ **Leg Swings (1 minute per leg):**

- o Hold on to a support (wall or chair).
- o Swing one leg forward and

		backward for 30 seconds, then swing it side-to-side for 30 seconds.	
June-July	<ul style="list-style-type: none"> <li>➤ 30 Meter Race, Mindfulness and Stress Management Sessions, Aerobics&amp; Dance</li> </ul>	<ul style="list-style-type: none"> <li>➤ 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: <ul style="list-style-type: none"> <li>➤ <b>Warm-Up:</b> Start with a brief warm-up (5–10 minutes), including stretches and light jogging to avoid injuries.</li> <li>➤ <b>Race Setup:</b> Make sure you have clearly marked start and finish lines. You can use cones, chalk, or tape.</li> <li>➤ <b>Race Rules:</b> Depending on the</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop speed, agility, and coordination.</li> <li>➤ Enhance focus and improve reaction times.</li> <li>➤ Promote teamwork and healthy competition.</li> </ul>

		<p>group, you can race individually or in small groups. Ensure fair starts and times if you're tracking performance.</p> <ul style="list-style-type: none"> <li>➤ <b>Timing:</b> If you're timing, you can use a stopwatch, or for more competitive events, consider using an electronic timing system.</li> <li>➤ <b>Cool-Down:</b> After the race, do a cool-down period with stretching to relax muscles.</li> <li>➤ Aerobics dance is a fun way to get the heart pumping and can be tailored to any fitness level. You can structure a session as follows:</li> <li>➤ <b>Warm-Up (5–10 minutes):</b> Start with gentle movements, like walking or slow dancing,</li> </ul>	
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		<p>to get the muscles ready.</p> <p>➤ <b>Main Routine (15–20 minutes):</b> Play high-energy music and lead participants through choreographed movements that focus on full-body movements. These can include:</p> <ul style="list-style-type: none"> <li>o Step-touches</li> <li>o Knee lifts</li> <li>o Side lunges</li> <li>o Jumping jacks</li> <li>o Arm circles</li> </ul> <p>➤ <b>Cooldown (5 minutes):</b> Slow down the pace with light stretching or more gentle movements to bring the heart rate back to normal.</p> <p>➤ <b>Tips for Aerobics Dance:</b></p>	
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		<ul style="list-style-type: none"> <li>➤ <b>Music Choice:</b> Choose upbeat, motivating songs with a good rhythm. Pop, dance, or high-energy tracks work well.</li> <li>➤ <b>Group Involvement:</b> If you're teaching a group, break down the steps slowly and encourage participants to add their own style or flair to the moves.</li> <li>➤ <b>Modification for All Levels:</b> Make sure to offer lower-impact versions of movements for beginners or those with physical limitations.</li> </ul>	
August - September	Carrom Board, Hurdle Race & Mass PT Fun Runs & Fitness	<ul style="list-style-type: none"> <li>➤ <b>Carrom Board Activity:</b></li> <li>➤ Carrom is a game of skill and precision, often referred to as the "Indian billiards." You can</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improve hand-eye coordination and fine motor skills.</li> <li>➤ Enhance concentration and focus.</li> <li>➤ Develop agility, speed, and coordination.</li> <li>➤ Improve overall physical fitness and strength.</li> </ul>

	<p>Assessment Goal Setting Mini Cycling</p>	<p>incorporate it into a fun event or competition by adding various challenges and variations.</p> <ul style="list-style-type: none"> <li>➤ <b>Carrom Board Setup:</b></li> <li>➤ <b>Board:</b> A standard Carrom board (29" x 29") with a smooth, polished surface.</li> <li>➤ <b>Coins:</b> A total of 9 black coins, 9 white coins, and 1 red coin (queen).</li> <li>➤ <b>Striker:</b> A heavier coin used to hit the lighter coins into the pockets.</li> <li>➤ <b>Basic Rules:</b></li> <li>➤ Players take turns flicking the striker to pocket the coins.</li> </ul>	
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		<ul style="list-style-type: none"> <li>➤ <b>Objective:</b> Pocket all your coins (either white or black, depending on which color you're playing) and the queen (red coin), while also preventing your opponent from doing so.</li> <li>➤ <b>Winning:</b> To win, a player needs to pocket all their coins and the queen, followed by covering the queen by pocketing one of their own coins.</li> <li>➤ <b>Organizing the Activity:</b></li> <li>➤ <b>Solo or Teams:</b> You can organize the event for individuals or in teams (usually 2 players per team). If you're doing a tournament-style event,</li> </ul>	
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		<p>keep the brackets ready.</p> <ul style="list-style-type: none"> <li>➤ <b>Time-Limited Matches:</b> Set a time limit (e.g., 10 minutes) for each match to keep things moving.</li> <li>➤ <b>Knockout Format:</b> Organize a knockout-style competition where the winner moves to the next round, and the others can play for consolation prizes.</li> <li>➤ <b>Team Challenge:</b> If it's a team event, mix up players for each round to build team spirit.</li> <li>➤ <b>Hurdles:</b> Use adjustable hurdles (if available), or you can make your own with objects like cones, PVC pipes, or even stacked books.</li> <li>o <b>Height:</b> Adjust the height of the hurdles based on the</li> </ul>	
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		<p>participants' age and skill level. Start with lower hurdles for beginners and increase the difficulty as needed.</p> <ul style="list-style-type: none"><li>➤ <b>Race Track:</b> Mark a clear race path with starting and finishing lines. Make sure there's enough space for the hurdles to be spaced out—typically 5 to 10 meters apart depending on how fast participants will be running.</li><li>➤ <b>Safety:</b> Ensure that the area is clear of obstructions and that the ground is safe to prevent injuries. Soft ground or grass is ideal, but if you're on a hard surface, add foam or cushioned mats around the hurdles.</li></ul>	
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		<ul style="list-style-type: none"><li>➤ <b>Race Rules:</b></li><li>➤ <b>Start:</b> Participants should line up at the starting line. A whistle or countdown can signal the beginning.</li><li>➤ <b>Clear the Hurdles:</b> Participants must jump or hurdle over each obstacle as they race toward the finish line.</li><li>➤ <b>Disqualification:</b> If someone knocks down a hurdle or trips, they can either be given a penalty or they must return to the last hurdle they cleared to continue.</li><li>➤ <b>Winning:</b> The first participant to clear all hurdles and cross the finish line wins.</li></ul>	
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<p>October- November</p>	<ul style="list-style-type: none"> <li>➤ Yoga &amp; Meditation Session, Nutrition &amp; Health Workshop</li> <li>➤ Health &amp; Wellness Quizzes, Obstacle Race</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Warm-Up Yoga Flow (Before the Race)</b></li> <li>➤ <b>Duration:</b> 10–15 minutes</li> <li>➤ <b>Purpose:</b> Increase flexibility, activate muscles, and mentally prepare participants.</li> <li>➤ <b>Poses:</b> Sun Salutations, Warrior I &amp; II, Chair Pose, Dynamic Lunges</li> <li>➤ <b>2. Obstacle Course with Yoga Checkpoints</b></li> <li>➤ Add yoga-based challenges at certain stations like: <ul style="list-style-type: none"> <li>○ <b>Balance Beam + Tree Pose</b> on a log</li> <li>○ <b>Crawl Under Net + Cobra Pose</b> after emerging</li> <li>○ <b>Wall Climb + Deep Breaths</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Improve flexibility, balance, and body awareness.</li> <li>➤ Introduce mindfulness techniques for relaxation and focus.</li> <li>➤ Teach the importance of healthy eating and nutrition.</li> <li>➤ Introduce basic concepts of hygiene and personal well-being.</li> </ul>
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		<p><b>in Mountain Pose</b> before next sprint</p> <p>➤ <b>3. Yoga Cooldown After the Race</b></p> <p>➤ <b>Duration:</b> 15–20 minutes</p> <p>➤ <b>Purpose:</b> Recovery, prevent soreness, re-centre focus</p> <p>➤ <b>Poses:</b> Forward Fold, Reclining Twist, Pigeon Pose, Savasana</p> <p>➤ <b>4. Partner Obstacle Yoga</b></p> <p>➤ Combine yoga and teamwork:</p> <ul style="list-style-type: none"> <li>o Partner stretches</li> <li>o Trust-based balance poses (Double Tree, Seated Twist)</li> <li>o Helping each other over/through obstacles</li> </ul>	
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		<p>➤ <b>5. Team Challenge Fusion</b></p> <p>➤ Teams earn points by:</p> <ul style="list-style-type: none"><li>o Completing yoga flows correctly (judged on form)</li><li>o Finishing obstacles fast</li><li>o Best group synchronization in yoga poses</li></ul>	
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<p>December-January</p>	<ul style="list-style-type: none"> <li>➤ Inter House Rope Skipping Competition &amp; Aerobics Exercises</li> <li>➤ Inter House Rope Skipping Competition (Single Hop)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Skip &amp; Freeze</b></li> <li>➤ <b>How it works:</b> Participants skip to music. When the music stops, they must freeze in a yoga pose (e.g., Tree, Warrior).</li> <li>➤ <b>Why it's fun:</b> Combines cardio with balance and mindfulness.</li> <li>➤ <b>2. Jump Rope Relay</b></li> <li>➤ Teams take turns skipping a distance or for a set number of jumps, then tag the next teammate.</li> <li>➤ Add mini-obstacles between relay legs for extra challenge!</li> <li>➤ <b>3. Double Dutch Challenge</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop coordination, timing, and rhythm.</li> <li>➤ Enhance cardiovascular fitness and endurance.</li> <li>➤ Improve balance, focus, and hopping technique.</li> <li>➤ Build endurance and strength through repeated activity</li> </ul>
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		<ul style="list-style-type: none"> <li>➤ Use two ropes, with participants jumping in pairs or solo.</li> <li>➤ Include bonus points for jumping in and out with yoga-style grace or flair.</li> <li>➤ <b>4. Yoga Flow &amp; Rope Combo Circuit</b></li> <li>➤ <b>Station 1:</b> Jump rope 100 skips</li> <li>➤ <b>Station 2:</b> Warrior Pose flow</li> <li>➤ <b>Station 3:</b> Jump rope criss-cross</li> <li>➤ <b>Station 4:</b> Plank to Cobra stretch</li> <li>➤ <b>5. Rope Jump Countdown</b></li> <li>➤ Start with 50 skips, then each round subtracts 5.</li> </ul>	
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		<ul style="list-style-type: none"> <li>➤ Between rounds, do a short yoga pose to catch breath (like Child's Pose or Downward Dog).</li> <li>➤ <b>6. Creative Jump Style Contest</b></li> <li>➤ Let participants show off unique skipping styles: <ul style="list-style-type: none"> <li>o High knees</li> <li>o Criss-cross arms</li> <li>o One-leg hops</li> <li>o Spin and jump</li> </ul> </li> </ul>	
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February	<ul style="list-style-type: none"> <li>➤ Inter House Carrom Board Competition</li> </ul>	<ul style="list-style-type: none"> <li>➤  <b>Carrom Board Activity</b></li> <li>➤ <b>Speed Carrom</b></li> <li>➤ <b>Goal:</b> Pocket as many coins as possible within 2–3 minutes.</li> <li>➤ <b>Twist:</b> No waiting turns—just fast play!</li> <li>➤ <b>Optional:</b> Add a yoga pose before the round to "center your aim."</li> <li>➤ <b>Target Challenge</b></li> <li>➤ Assign points to specific pockets (e.g., top-left = 10, bottom-right = 50).</li> <li>➤ Players aim for high-value pockets.</li> <li>➤ Encourages strategy and</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improve hand-eye coordination and fine motor skills.</li> <li>➤ Enhance focus, concentration, and problem-solving abilities.</li> <li>➤ Promote teamwork, turn-taking, and good sportsmanship.</li> <li>➤ Encourage strategic thinking and decision-making.</li> </ul>
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		<p>precision.</p> <ul style="list-style-type: none"> <li>➤ <b>Carrom + Fitness Combo</b></li> <li>➤ After each round (or miss), players do a short physical activity: <ul style="list-style-type: none"> <li>o 10 skips</li> <li>o 5 jumping jacks</li> <li>o 10-second yoga pose</li> </ul> </li> <li>➤ Great way to break up sitting time.</li> <li>➤ <b>Team Tournament</b></li> <li>➤ Create a knockout or round-robin tournament bracket.</li> <li>➤ Include fun team names, bonus rounds, and "yoga break" intervals.</li> <li>➤ <b>Blindfold Shot</b></li> </ul>	
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		<ul style="list-style-type: none"> <li>➤ One coin, one shot, blindfolded. Teammates guide them verbally.</li> <li>➤ Hilarious, good for teamwork and trust.</li> <li>➤ <b>Queen Hunt Mini-Game</b></li> <li>➤ Each game focuses solely on pocketing the red queen (with proper cover).</li> <li>➤ Time how long it takes and make it a leaderboard challenge.</li> </ul>	
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## SUBJECT-DANCE

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES/SKILL DEVELOPMENT
April	<ul style="list-style-type: none"> <li>➤ Introduce kathak dance origin, Basic Steps</li> <li>➤ (classical dance kathak) tri taal padant (tri taal footwork 4,8 matra)</li> </ul>	<p><b>1. Introduction</b> (Origin Kathak is a classical dance form from North India, originated from temple storytelling – “Katha kahe so Kathak kehlaye.”</p> <p><b>2. Basic Steps</b> Namaskaar, Tatkaar (basic footwork), Hastaks, Chakkars.</p> <p><b>3. Taal Practice – Teentaal (16 Matra)</b></p> <p><b>4 Matra Footwork:</b> Ta Thei Thei Tat</p> <p>8 Matra Footwork:</p>	<ul style="list-style-type: none"> <li>➤ Coordination and team work will be improved &amp; children will know about classical dance</li> </ul>

		<p>Ta Thei Thei Tat   Aa Thei Thei Tat</p> <p>Do Padant first (clap &amp; recite), then perform.</p>	
June-July	<p>➤ Namaskaar (kathak dance) Mudras (asangukta)</p>	<p><b>1. Namaskaar</b></p> <p>Begin in Hand to forehead → chest → floor → audience. Show respect to Guru, Earth, and Audience.</p> <p><b>2. Asamyukta Mudras (Single-Hand Gestures) Practice:</b> Pataka, Tripataka, Ardhapataka, Shikhara, Mayura.</p> <p>Hold each mudra with correct posture and meaning.</p> <p><b>3. Expression &amp; Posture Practice</b></p>	<p>➤ Learn about how to use mudra in classical dance &amp; respect the guru during practice or performance</p>

		Combine mudras with slight movements and eye expressions.	
August-September	➤ Hastak (hands movement with foot work)	<p><b>1. Hastak Practice</b></p> <p>Use basic hand movements: Pataka, Tripataka, Mayura, etc.</p> <p><b>2. Combine with Footwork</b> (Tatkaar)</p> <p>Bol: Ta Thei Thei Tat   Aa Thei Thei Tat</p> <p>Perform hastaks in rhythm with the footwork.</p> <p><b>3. Mirror or Pair Activity</b></p> <p>Students follow or mirror each other's hastak + tatkaar.</p>	➤ They learn about How to move hands with footwork, flexibility

October- November	➤ Ganesh stuti, Annual day preparation	<b>Ganesh Stuti Activity (Short)</b>  <b>1. Shloka Recitation</b>  Example: hey gajvadnam  Students chant with folded hands and proper posture.  <b>2. Dance Movements</b>  Use graceful hastaks and mudras showing Lord Ganesha (e.g., Modak, Trunk, Blessing).  <b>3. Choreography Practice</b>  Create a short sequence with footwork, expressions, and chakkars.  Practice group entry/exit for stage performance.	➤ To be able Physical activity, expression, social interaction and cultural participation
December- January	➤ Dance of Environment Tree	<b>Dance Activity:</b> Tree & Environment (Short)	➤ They will understand improvement of trees

		<p><b>1. Theme:</b>Show the life of a tree – growing, giving shade, fruits, and importance for nature.</p> <p><b>2. Movements:</b>Use flowing hastaks to show leaves, wind, rain, and birds.</p> <p>Add group formations like a forest.</p> <p><b>3. Message:</b></p> <p>Include a pose or line like “Save Trees, Save Earth.”</p> <p>SDG 13: Climate Action</p> <p>SDG 15: Life on Land</p>	
February	➤ Foot work of folk dance	<p><b>Folk Dance Activity</b> – Footwork (Short)1. Warm-up Steps</p> <p>Simple right-left stepping with claps or hand waves.</p>	➤ Coordination, know about folk dances

		<p><b>2. Basic Folk Footwork</b> <b>Forward-backward steps</b> (e.g., Garba) Side-to-side tapping (e.g., Ghoomar) High-energy jumping steps (e.g., Bhangra)</p> <p><b>3. Music Practice</b> Practice steps with folk beats or dhol rhythm.</p> <p><b>4. Group Circle or Line Formation</b> Perform steps together in a circle</p>	
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