



ST. JOSEPH'S CO-ED SCHOOL

Arera Colony, Bhopal

SYLLABUS

2026-27

CLASS V

ENGLISH

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Reader: Ls 1: Going to a Hockey Game Grammar: Ls 1: Sentences	Draw a 'hockey stick'	Colour pencils/ Crayons	
2.	April 10, 11, 13, 15, 16, 17	Reader: Ls 1: Going to a Hockey Game Grammar: Ls 1: Sentences			
3.	April 18, 21, 22, 23, 24, 25	Reader: Poem 1: How Many Greens? Grammar: Ls 2: Nouns	Choral Recitation		
4.	April 27, 28, 29	Reader: Poem 1: How Many Greens? Grammar: Ls 2- Nouns			PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	Reader: Ls 2: The Invention of Shoes Grammar: Ls 3 : Adjectives	Draw any three items made of 'leather'	Colour pencils/ Crayons	
6.	June 30, July 1, 2, 3, 4, 6	Reader: Ls 2: The Invention of Shoes Grammar: Ls 3: Adjectives			
7.	July 7, 8, 9, 10, 13, 14	Reader: Poem 2: Books Grammar: Ls 4 : Pronouns	Choral Recitation		
8.	July 15, 16, 17, 18, 25, 27	Revision and Skill Test for Periodic Test I Grammar: Ls 4: Pronouns, Formal letter			Periodic Test – I (I - V) 20-24 July Reading Skill : Reader: Ls 3,5 Syllabus :- Reader Book: Ls 1- Going to a Hockey Game Poem 1: How Many Greens? Grammar: Ls 1,2

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9.	July 28, 29, 30, 31 Aug. 1, 3	Reader: Poem: 2 : Books Grammar: Ls 5 Articles			
10.	Aug. 4, 5, 6, 7, 10, 11	Reader: Ls 4: The Thief is Caught Grammar: Ls 5 Articles; Proverbs	Write the character sketch of Emil		PTM (I - V) 8 Aug.
					Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Reader :Ls 4: The Thief is Caught Grammar: Ls 6: Verbs			
12.	Aug. 20, 21, 24, 25, 27, 29	Grammar: Ls 6: Verbs Composition			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Revision			
14.	Sep. 9, 10, 11, 12, 15, 16	Revision			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Reading skill: Ls 1,2, 4 Speaking skill: Poem 1,2 and Spring Half Yearly Examination (I - V) 17 Sep. to 3 Oct. Syllabus:- Reader Book:Ls 1,2,4 Poem:1,2 Grammar; Ls 1,2,3,4,5,6 Passage Comprehension,Poem Comprehension,Composition,Formal Letter,Proverbs
15.	Oct. 5, 6, 7, 8, 9, 12	Reader: Ls 6: Sam and the Secret Call Grammar: Ls 7: Tenses	Draw a picture of a 'blue whale'	Colour pencils/ Crayons	

ENGLISH

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16.	Oct. 13, 14, 15, 16, 23, 24	Reader: Ls 6: Sam and the Secret Call Grammar: Ls 7: Tenses			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Reader: Poem: 3 Tamarind Grammar: Ls 8: Adverbs	Draw a 'tamarind tree'	Colour pencils/ Crayons	La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Reader: Poem: 3 Tamarind Grammar: Ls 8: Adverbs			
19.	Nov. 18, 19, 20, 21, 23, 25	Reader: Ls 7: The Newspaper Boy Grammar: Ls 9:Prepositions	Newspaper Reading Activity	Newspaper	
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Revision and Skill Test for Periodic Test II			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12 14, 15, 16	Reader: Ls 7: The Newspaper Boy Grammar: Ls 9: Prepositions			Periodic Test II (I-V) 4 – 9 Dec. Reading skill:Ls 9,10,11 Syllabus:- Reader Book: Ls 6 Poem 3 Grammar: Ls 7,8
22.	Dec. 17, 18, 19, 21, 22, 28	Reader Poem 4: Ring Out, Wild Bells Grammar: Ls10: Punctuation	Draw a 'church bell'	Colour pencils/ Crayons	
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Reader Poem 4: Ring Out, Wild Bells Grammar: Ls10: Punctuation			PTM (I - V) 09 Jan.

ENGLISH

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24.	Jan. 12, 13, 14, 16, 18, 19	Reader: Ls 8: One Friday Morning Grammar: Ls11: Conjunctions; Formal Letter	'Mass Reading Activity'		
25.	Jan. 20, 21, 22, 23, 25, 27	Reader: Ls 8: One Friday Morning Grammar: Ls11: Conjunctions; Phrasal Verbs			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	Revision			
27.	Feb. 5, 6, 8, 9, 10, 11	Revision			Final Exam Skill Test (I-V) 8 Feb. -12 Feb. Reading skill: Ls 6,7,8 Speaking skill: Poem 3,4 and What are Heavy?
28.	Feb. 12, 13	Revision			Final Examination (I-V) 15 Feb. -12 March. Syllabus:- Reader : Ls 6,7,8 Poems: 3,4 Grammar: Ls ,7,8,9,10,11. Passage Comprehension,Poem Comprehension,Composition,Formal Letter,Phrasal Verbs

HINDI

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	पाठ- 1 पथ मरो आलोकित कर दो (कविता) व्याकरण-क्रिया	कविता का सस्वर वाचन		
2.	April 10, 11, 13, 15, 16, 17	पाठ-2 केसरिया कुरता व्याकरण-लिंग (छात्र-पुजारी)	राष्ट्रीय ध्वज तिरंगा	रंगीन पेन	
3.	April 18, 21, 22, 23, 24, 25	पाठ- 3 आज़ादी की ओर व्याकरण-संज्ञा	साबरमती आश्रम (अनुच्छेद)	रंगीन पेन	
4.	April 27, 28, 29	पाठ-4 पधारो म्हारे देश व्याकरण-क्रियाविशेषण	रंगीला राजस्थान	राजस्थान से संबंधित चित्र	PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	पाठ-5 कोकिल (कविता) व्याकरण-विलोम शब्द (अगला-गलत),	कविता का सस्वर वाचन		
6.	June 30, July 1, 2, 3, 4, 6	पाठ-6 हरी चुन्नी व्याकरण- समानार्थी(इंद्र-पुष्प)	वर्ग-पहेली	रंगीन पेपर ,फेवीस्टिक	
7.	July 7, 8, 9, 10, 13, 14	पाठ-7 सबसे अच्छा पेड़ व्याकरण-अनेक शब्दों के लिए एक शब्द(1-10)	खट्टे-मीठे फल	फलों के चित्र	
8.	July 15, 16, 17, 18, 25, 27	पुनरावृत्ति			Periodic Test – I (I - V) 20-24 July पाठ-1,2 व्याकरण-क्रिया , लिंग
9.	July 28, 29, 30, 31 Aug. 1, 3	पाठ-8 हरा-भरा विद्यालय	पर्यावरण संरक्षण (अनुच्छेद)	रंगीन पेन	
10.	Aug. 4, 5, 6, 7, 10, 11	व्याकरण-विराम चिह्न			PTM (I - V) 8 Aug. Activity Day – I 11Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	व्याकरण-पत्र , मुहावरे (18-25)			

HINDI

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
12.	Aug. 20, 21, 24, 25, 27, 29	व्याकरण-अनुच्छेद, अपठित गद्यांश			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	पुनरावृत्ति			
14.	Sep. 9, 10, 11, 12, 15, 16	पुनरावृत्ति			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct.
					पाठ-3,4,5,6,7,8 व्याकरण-संज्ञा, क्रिया, विशेषण, विरामचिह्न, विलोम शब्द, समानार्थी शब्द, अनेक शब्दों के लिए एक शब्द, मुहावरे, पत्र, अनुच्छेद, अपठित गद्यांश
15.	Oct. 5, 6, 7, 8, 9, 12	पाठ-9 हिमालय (कविता) व्याकरण-काल	सस्वर कविता वाचन		
16.	Oct. 13, 14, 15, 16, 23, 24	पाठ-10 जादूगर का घमंड व्याकरण-वचन (संतरा-बात)	जादूका खेल(जानकारी)	रंगीन पेन	PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	पाठ-11 बापू का पत्र व्याकरण-अनेक शब्दों के लिए एक शब्द(11-19)	कविता लेखन	रंगीन पेन	La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	पाठ-12 हमारा हीरो शेरू	पालतू पशु	पालतू पशु का चित्र (कुत्ता/बिल्ली/गाय/बकरी)	
19.	Nov. 18, 19, 20, 21, 23, 25	व्याकरण-सर्वनाम			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	पुनरावृत्ति			Activity Day – II 26Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	पाठ-13 मीराबाई के पद (भक्ति पद) व्याकरण-विशेषण, मुहावरे (2-9)			Periodic Test II (I-V) 4 – 9Dec. पाठ-9,10 व्याकरण-काल, वचन

HINDI

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22.	Dec. 17, 18, 19, 21, 22, 28	पाठ-14 बीरबल की कलाकारी व्याकरण-सामान्य अशुद्धियाँ (नदान-नछत्र) वाक्य- (11-20)	सर्वोच्च न्यायालय(जानकारी)	रंगीन पेन	
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	पाठ-15 खजूर व्याकरण-विलोम शब्द (गहरा-देश)	पौष्टिकतत्वोंका खजाना- खजूर		PTM (I - V) 09Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	पाठ-16 एक जन्मदिन ऐसा भी व्याकरण-समानार्थी शब्द(पृथ्वी-हाथ)			
25.	Jan. 20, 21, 22, 23 25, 27	व्याकरण-पत्र,अनुच्छेद, अपठितगद्यांश			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	पुनरावृत्ति			
27.	Feb. 5, 6, 8, 9, 10, 11	पुनरावृत्ति			Final Exam Skill Test (I-V) 8 Feb. -12Feb.
28.	Feb. 12, 13	पुनरावृत्ति			Final Examination (I-V) 15 Feb. -12 Mar. पाठ- 11 ,12 ,13 ,14 ,15 ,16 व्याकरण-सर्वनामविशेषण , सामान्य अशुद्धियाँ , विलोम शब्दसमानार्थी शब्द , अनेक शब्दों के लिए एक शब्द , मुहावरेपत्र , अनुच्छेद , अपठितगद्यांश

MATHEMATICS

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	CH- 1 Large Numbers			

MATHEMATICS

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
2.	April 10, 11, 13, 15, 16, 17	CH- 1 Large Numbers CH- 2 Operations involving large numbers	Place value of digits (International place value system)	Colour pencils / sketch pens	
3.	April 18, 21, 22, 23, 24, 25	CH- 2 Operations involving large numbers CH- 3 Factors and Multiples	Multiplication pyramid	Origami sheet, colour pencils / sketch pens, glue	
4.	April 27, 28, 29	CH- 3 Factors and Multiples	Factor tree	Origami sheet, colour pencils , glue	PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	CH- 4 Fractions			
6.	June 30, July 1, 2, 3, 4, 6	CH- 4 Fractions	Paper folding activity	Origami sheet, colour pencils , glue	
7.	July 7, 8, 9, 10, 13, 14	CH- 5 Decimals	Decimal wheel(Place Value chart)	Origami sheet, colour pencils , glue	
8.	July 15, 16, 17, 18, 25, 27	REVISION			Periodic Test – I (I - V) 20-24 July Syllabus: CH 1,2 Tables: 2 to 12
9.	July 28, 29, 30, 31 Aug. 1, 3	CH- 6 Percentage			
10.	Aug. 4, 5, 6, 7, 10, 11	CH- 6 Percentage	To find the % of PT I exam	Colour pencils	PTM (I - V) 8 Aug.
					Activity Day – I

MATHEMATICS

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
					11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	CH- 7 Profit and Loss			
12.	Aug. 20, 21, 24, 25, 27, 29	CH- 7 Profit and Loss	Make a bill.	Origami sheet, colour pencils , glue	
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	REVISION			
14.	Sep. 9, 10, 11, 12, 15, 16	REVISION			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct. Syllabus: CH – 3 to 7 Tables : 2 to 13
15.	Oct. 5, 6, 7, 8, 9, 12	CH-8 Measurement			
16.	Oct. 13, 14, 15, 16, 23, 24	CH-8 Measurement	Flow chart of converting higher unit to lower unit (Pg : 124)	Origami sheet, colour pencil, glue	PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	CH- 9 Basics of Geometry	Making different types of angles with paper strips	Origami sheet ,scissors, pencil, glue	La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	CH- 10 Geometrical Shapes	Line of symmetry	Pictures, colour pencil, glue	
19.	Nov. 18, 19, 20, 21, 23, 25	CH- 11 Time and Temperature			

MATHEMATICS

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20.	Nov. 26, 27, 28, 30, Dec. 1, 2	REVISION + CH- 11 Time and Temperature	To find exact age of students	Colour pencils	Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12 14, 15, 16	CH- 12 Perimeter and Area			Periodic Test II (I-V) 4 – 9 Dec. Syllabus: CH-8,9 Tables: 2 to 14
22.	Dec. 17, 18, 19, 21, 22, 28	CH- 12 Perimeter and Area	To show interior and exterior of a circle(Pg: 218)	Origami sheet, colour pencil, glue	
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	CH- 13 Volume			PTM (I - V) 09 Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	CH- 13 Volume	Measuring units of area and volume(Pg: 227)	Origami sheet, colour pencils, glue	
25.	Jan. 20, 21, 22, 23 25, 27	CH- 15 Data Handling	Bar Graph	Origami sheet, colour pencil, glue	
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	REVISION			
27.	Feb. 5, 6, 8, 9, 10, 11	REVISION			Final Exam Skill Test (I-V) 8 Feb. -12 Feb.
28.	Feb. 12, 13	REVISION			Final Examination (I-V) 15 Feb. -12 Mar. Syllabus : CH – 8 to 13 AND 15

MATHEMATICS

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
					Tables: 2 to 15

SCIENCE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Ls-1 Human Body : The Circulatory System	Picture Presentation: Specialised names of doctors	Picture of organs	
2.	April 10, 11, 13, 15, 16, 17	Ls-1 Human Body: The Circulatory System			
3.	April 18, 21, 22, 23 ,24, 25	Ls-2 Human Body: The Skeletal System	Picture presentation: Human Skeleton	Picture of Human Skeleton	
4.	April 27, 28, 29	Ls-3 Food for Health	Tabular presentation: Deficiency Diseases		PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	Ls-4 Pollination	Diagrammatic presentation: Parts of a Flower	Colours	
6.	June 30, July 1, 2, 3, 4, 6	Ls-4 Pollination			

SCIENCE

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7.	July 7, 8, 9, 10, 13, 14	Ls-5 Reproduction in Plants	Experiential Learning: Germination of Seeds	Soaked seeds	
8.	July 15, 16, 17, 18, 25, 27	REVISION and Skill Test for Periodic Test I			Periodic Test – I (I - V) 20-24 July Syllabus: Ls 1 and 2
9.	July 28, 29, 30, 31 Aug. 1, 3	Ls-5 Reproduction in Plants			
10.	Aug. 4, 5, 6, 7, 10, 11	Ls-6 Solids, Liquids and Gases	Pie Chart : Composition of gases in air	Colour papers, glue	PTM (I - V) 8 Aug.
					Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Ls-6 Solids, Liquids and Gases			
12.	Aug. 20, 21, 24, 25, 27, 29	Ls-7 Interdependence of Plants and Animals	Mask making : Animal Mask	Paper plate, glue, colour, scissor, ice-cream sticks	
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	REVISION + Ls-7 Interdependence of Plants and Animals			
14.	Sep. 9, 10, 11, 12, 15, 16	REVISION			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct. Syllabus: Ls-1,2,3,4,5 and 6

SCIENCE

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15.	Oct. 5, 6, 7, 8, 9, 12	Ls-8 Sound and Noise	Pictorial Differentiation: Indian Musical Instruments	Pictures of musical instruments, colour, glue etc.	
16.	Oct. 13, 14, 15, 16, 23, 24	Ls-8 Sound and Noise			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Ls-9 Work and Energy	Poster making : Energy conservation	Colours	La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Ls-9 Work and Energy			
19.	Nov. 18, 19, 20, 21, 23, 25	Ls-10 Light and Shadows	Pictorial presentation: Types of Objects	Pictures of opaque, transparent and translucent objects	
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	REVISION and Skill Test for Periodic Test II			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	Ls-10 Light and Shadows			Periodic Test II (I-V) 4 – 9 Dec. Syllabus: Ls-7 and 8
22.	Dec. 17, 18, 19, 21, 22, 28	Ls-11 Simple Machines	Word grid	Textbook (pg. 123)	
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Ls-11 Simple Machines			PTM (I - V) 09 Jan.

SCIENCE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
24.	Jan. 12, 13, 14, 16, 18, 19	Ls-12 Cleanliness and Hygiene	Collage Making: Healthy platter	Pictures of each food group	
25.	Jan. 20, 21, 22, 23, 25, 27	Ls-12 Cleanliness and Hygiene			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	REVISION			
27.	Feb. 5, 6, 8, 9, 10, 11	REVISION			Final Exam Skill Test (I-V) 8 Feb. -12 Feb.
28.	Feb. 12, 13	REVISION			Final Examination (I-V) 15 Feb. -12 Mar. Syllabus- Ls-7,8,9,10,11 and 12

SOCIAL SCIENCE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Ls – 1 Globes and Maps	Locate the continent on the Equator and North Pole and South Pole	Political world map, copy and glue	
2.	April 10, 11, 13, 15, 16, 17	Ls – 2 Latitudes and Longitudes	Indian states passing through the Tropic of Cancer	Political map of India and copy	
3.	April 18, 21, 22, 23, 24, 25	Ls- 2 contd.			

SOCIAL SCIENCE

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4.	April 27, 28, 29	Ls-6 Climate	Heat Zones	Copy, craft paper and glue	PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	Ls- 6 contd. Ls- 7 The Land of Dense Forest	Collage on DRC	Pictures, glue and copy	
6.	June 30, July 1, 2, 3, 4, 6	Ls- 8 The Land of Sand	Desert animals and birds	Copy, pictures and glue	
7.	July 7, 8, 9, 10, 13, 14	Ls- 8 contd.			
8.	July 15, 16, 17, 18, 25, 27	Revision (Project for PT I) Ls- 9 The Grasslands			Periodic Test – I (I - V) 20-24 July Syllabus- Ls 1 and 2
9.	July 28, 29, 30, 31 Aug. 1, 3	Ls- 9 contd.	Observe and answer	Textbook (page no 100), copy	
10.	Aug. 4, 5, 6, 7, 10, 11	Ls- 10 The Land of Snow	Model of Igloo		PTM (I - V) 8 Aug. Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Ls-10 contd.			
12.	Aug. 20, 21, 24, 25, 27, 29	Mapwork (Ls- 5 Project for Half yearly)			

SOCIAL SCIENCE

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13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Revision			
14.	Sep. 9, 10, 11, 12, 15, 16	Revision			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct. Syllabus- Ls 2,6,7,8,9,10 and Mapwork
15.	Oct. 5, 6, 7, 8, 9, 12	Ls- 12 United Nations			
16.	Oct. 13, 14, 15, 16, 23, 24	Ls- 12 contd.			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Ls- 13 Governing Ourselves.	UN organs and agencies Page no 130	Textbook, copy	La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Ls-13 contd. Ls- 14 The Revolt of 1857	Reasons for the revolt Page no. 152	Textbook, copy	
19.	Nov. 18, 19, 20, 21, 23, 25	Ls -14 contd.			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Revision			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	Ls – 15 The Freedom Movement Part- I	Pictures of moderate and radical leaders	Copy, pictures and glue	Periodic Test II (I-V) 4 – 9 Dec. Syllabus Ls 12 and 13

SOCIAL SCIENCE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
22.	Dec. 17, 18, 19, 21, 22, 28	Ls 15 contd.			
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Ls – 16 The Freedom Movement Part -II			PTM (I - V) 09 Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	Ls -16 contd.			
25.	Jan. 20, 21, 22, 23, 25, 27	Mapwork Ls- 11 (Project for Final Exam)			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	Revision			
27.	Feb. 5, 6, 8, 9, 10, 11	Revision			Final Exam Skill Test (I-V) 8 Feb. -12 Feb.
28.	Feb. 12, 13	Revision			Final Examination (I-V) 15 Feb. -12 Mar. Syllabus- Ls 12,13,14,15,16 and Mapwork

VALUE EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Ls1. Faith in God			
2.	April 10, 11, 13, 15, 16, 17	Ls2. Good Behaviour			

VALUE EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
3.	April 18, 21, 22, 23, 24, 25	Ls2. Good Behaviour			
4.	April 27, 28, 29	Ls3. Alexander's Horse			PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	Ls4. The Wily Jackal			
6.	June 30, July 1, 2, 3, 4, 6	Ls4. The Wily Jackal			
7.	July 7, 8, 9, 10, 13, 14	Ls5. The Snake Bite			
8.	July 15, 16, 17, 18, 25, 27	Ls5. The Snake Bite			Periodic Test – I (I - V) 20-24 July
9.	July 28, 29, 30, 31 Aug. 1, 3	Ls6. Real Friendship			
10.	Aug. 4, 5, 6, 7, 10, 11	Ls6. Real Friendship			PTM (I - V) 8 Aug. Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Ls7. Commitment			
12.	Aug. 20, 21, 24, 25, 27, 29	Ls7. Commitment			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Revision			

VALUE EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
14.	Sep. 9, 10, 11, 12, 15, 16	Revision			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Syllabus ls. 1,2,3,4,5,6,7. Half Yearly Examination (I - V) 17 Sep. to 3 Oct.
15.	Oct. 5, 6, 7, 8, 9, 12	Ls 8. Truth is Life			
16.	Oct. 13, 14, 15, 16, 23, 24	Ls 8. Truth is Life			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Ls 9. Generosity			La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Ls9. Generosity			
19.	Nov. 18, 19, 20, 21, 23, 25	Ls10. Thankless Goldsmith			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Ls10. Thankless Goldsmith			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	Ls11. Be Polite			Periodic Test II (I-V) 4 – 9 Dec.
22.	Dec. 17, 18, 19, 21, 22, 28	Ls12. The Disloyal King			
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Ls12. The Disloyal King			PTM (I - V) 09 Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	Ls13. Unity is Strength			

VALUE EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
25.	Jan. 20, 21, 22, 23, 25, 27	LS.14- Choose Your Company			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	LS.14- Choose Your Company + Revision			
27.	Feb. 5, 6, 8, 9, 10, 11	Revision			Final Exam Skill Test (I-V) 8 Feb. -12 Feb. LS-8,9,10,11,12,13,14
28.	Feb. 12, 13	Revision			Final Examination (I-V) 15 Feb. -12 Mar.

GENERAL KNOWLEDGE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Unit One- The Living Planet Page Nos.5,6			
2.	April 10, 11, 13, 15, 16, 17	Page Nos.-7,8,10,11			
3.	April 18, 21, 22, 23, 24, 25	Page Nos.-13,15,Unit Two- Language and Literature Page No.16			
4.	April 27, 28, 29	Page Nos.-17,18			PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				

GENERAL KNOWLEDGE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
5.	June 22, 23, 24, 25, 27, 29	Page Nos.-19,20,21			
6.	June 30, July 1, 2, 3, 4, 6	Page Nos.-22,24,Unit Three-Explore India Page No.-25			
7.	July 7, 8, 9, 10, 13, 14	Page Nos.-26,27			
8.	July 15, 16, 17, 18, 25, 27	Page Nos.-28,29			Periodic Test – I (I - V) 20-24 July
9.	July 28, 29, 30, 31 Aug. 1, 3	Page Nos.-30,31,32			
10.	Aug. 4, 5, 6, 7, 10, 11	Page No.-35, Unit Four- Fun With Science Page Nos.-36,37			PTM (I - V) 8 Aug.
					Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Page Nos.-38,39			
12.	Aug. 20, 21, 24, 25, 27, 29	Revision			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Revision			
14.	Sep. 9, 10, 11, 12, 15, 16	Revision			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct.

GENERAL KNOWLEDGE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
					Syllabus-Page Nos. 5,6,7,8,10, 11,13,15,16,17,18,19,20,21,22,24, 25,26,27,28,29,30,31,32,35,36,37,38,39
15.	Oct. 5, 6, 7, 8, 9, 12	Unit Four-Fun With Science Page Nos.- 40,42,44			
16.	Oct. 13, 14, 15, 16, 23, 24	Page No.- 46 Unit Five-Sports and Fun Page No.- 48			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Page Nos.-51,52			La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Page Nos.-53,54,56			
19.	Nov. 18, 19, 20, 21, 23, 25	Unit Six-Life Skills Page Nos.- 58,60			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Page Nos. 61,65			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	Unit Seven – Globe Trotting Page Nos.- 66,68			Periodic Test II (I-V) 4 – 9 Dec.
22.	Dec. 17, 18, 19, 21, 22, 28	Page Nos.-69,72			
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Page Nos.-73,74			PTM (I - V) 09 Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	Page Nos.-75,76			
25.	Jan. 20, 21, 22, 23, 25, 27	Page No.-78			

GENERAL KNOWLEDGE

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	Revision			
27.	Feb. 5, 6, 8, 9, 10, 11	Revision			Final Exam Skill Test (I-V) 8 Feb. -12 Feb.
28.	Feb. 12, 13	Revision			Final Examination (I-V) 15 Feb. -12 Mar. Syllabus-Page Nos. 40,42,44, 46,48,51,52,53,54,56,58,60,61, 65,66,68,69,72,73,74,75,76,78.

COMPUTER

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Ls 1 Computer Memory			
2.	April 10, 11, 13, 15, 16, 17	Ls 1 Computer Memory			
3.	April 18, 21, 22, 23, 24, 25	Ls 1 Computer Memory			
4.	April 27, 28, 29	Ls 2 Windows 10 - Advanced Features			PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	Ls 2 Windows 10 - Advanced Features			

COMPUTER

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
6.	June 30, July 1, 2, 3, 4, 6	Ls 2 Windows 10 - Advanced Features			
7.	July 7, 8, 9, 10, 13, 14	Ls 3 Word Processor - Page Formatting and Mail Merge			
8.	July 15, 16, 17, 18, 25, 27	Ls 3 Word Processor - Page Formatting and Mail Merge			Periodic Test – I (I - V) 20-24 July
9.	July 28, 29, 30, 31 Aug. 1, 3	Ls 3 Word Processor - Page Formatting and Mail Merge			
10.	Aug. 4, 5, 6, 7, 10, 11	Ls 6 Spreadsheet - An Introduction			PTM (I - V) 8 Aug.
					Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Ls 6 Spreadsheet - An Introduction			
12.	Aug. 20, 21, 24, 25, 27, 29	Ls 6 Spreadsheet - An Introduction			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Revision			
14.	Sep. 9, 10, 11, 12, 15, 16	Revision			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct. Syllabus-Ls.1, 2,3,6. Practical - Ls. 4, 2, 3, 6
15.	Oct. 5, 6, 7, 8, 9, 12	Ls 4 Presentation - Editing & Formatting			

COMPUTER

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
16.	Oct. 13, 14, 15, 16, 23, 24	Ls 4 Presentation - Editing & Formatting			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Ls 4 Presentation - Editing & Formatting			La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Ls 5 Presentation - Animation & Formatting			
19.	Nov. 18, 19, 20, 21, 23, 25	Ls 5 Presentation - Animation & Formatting			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Ls 5 Presentation - Animation & Formatting			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	Ls 7 Internet - Social Media			Periodic Test II (I-V) 4 – 9 Dec.
22.	Dec. 17, 18, 19, 21, 22, 28	Ls 7 Internet - Social Media			
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Ls 7 Internet - Social Media			PTM (I - V) 09 Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	Ls 10 AI - Timelines and Applications			
25.	Jan. 20, 21, 22, 23, 25, 27	Ls 10 AI - Timelines and Applications			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	Ls 10 AI - Timelines and Applications			
27.	Feb. 5, 6, 8, 9, 10, 11	Revision			Final Exam Skill Test (I-V) 8 Feb. -12 Feb.

COMPUTER

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
28.	Feb. 12, 13	Revision			Final Examination (I-V) 15 Feb. -12 Mar. Syllabus – Ls. 4,5,7,10 Practical – Ls. 4, 5, 8, 9

DRAWING & CRAFT

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Pencil shading technique			
2.	April 10, 11, 13, 15, 16, 17	Landscape			
3.	April 18, 21, 22, 23, 24, 25	Flying Birds			
4.	April 27, 28, 29	Blooming Lotus			PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20				
5.	June 22, 23, 24, 25, 27, 29	Antelope / Rising Sun			
6.	June 30, July 1, 2, 3, 4, 6	Warli Painting			
7.	July 7, 8, 9, 10, 13, 14	Wax Crayon Painting			

DRAWING & CRAFT

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
8.	July 15, 16, 17, 18, 25, 27	Animal drawing			Periodic Test – I (I - V) 20-24 July
9.	July 28, 29, 30, 31 Aug. 1, 3	Flying Bird			
10.	Aug. 4, 5, 6, 7, 10, 11	Bird drawing			PTM (I - V) 8 Aug.
					Activity Day – I 11 Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Human expression			
12.	Aug. 20, 21, 24, 25, 27, 29	Landscape			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Mehendi designs			
14.	Sep. 9, 10, 11, 12, 15, 16	Flower design			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep. to 3 Oct.
15.	Oct. 5, 6, 7, 8, 9, 12	Vegetable composition			
16.	Oct. 13, 14, 15, 16, 23, 24	Camel			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Christmas Card			La-Gara 31 Oct.

DRAWING & CRAFT

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
18.	Nov. 4, 5, 12, 13, 16, 17	Horse			
19.	Nov. 18, 19, 20, 21, 23, 25	Madhubani Painting			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Portrait			Activity Day – II 26 Nov.
21.	Dec. 10, 11, 12 14, 15, 16	Flower			Periodic Test II (I-V) 4 – 9 Dec.
22.	Dec. 17, 18, 19, 21, 22, 28	Human Faces			
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Human figures			PTM (I - V) 09 Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	Bottle and Tumbler			
25.	Jan. 20, 21, 22, 23 25, 27	Paper duck			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	Tulip flowers			
27.	Feb. 5, 6, 8, 9, 10, 11	Pigeon			Final Exam Skill Test (I-V) 8 Feb. -12 Feb.
28.	Feb. 12, 13	Landscape / Flower and Butterfly			Final Examination (I-V) 15 Feb. -12 Mar.

PHYSICAL EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
1.	April 1, 2, 6, 7, 8, 9	Basic Skill of Space Awareness:- Attention, Stand At Ease & Turn Around.			
2.	April 10, 11, 13, 15, 16, 17	Formation & Boundaries:- Line Formation.			
3.	April 18, 21, 22, 23, 24, 25	Formation & Boundaries:- Line Formation.			
4.	April 27, 28, 29	Basic Skill of Space Awareness:- Attention, Stand At Ease & Turn Around.			PTM (I - V) 30 APRIL
-	June 15, 16, 18, 19, 20	Basic Skill of Space Awareness:- Attention, Stand At Ease, Turn Around & March in Line.			
5.	June 22, 23, 24, 25, 27, 29	Basic Skill of Space Awareness:- Attention, Stand At Ease & Turn Around.			
6.	June 30, July 1, 2, 3, 4, 6	Formation & Boundaries:- Line Formation.			
7.	July 7, 8, 9, 10, 13, 14	Formation & Boundaries:- Line Formation.			
8.	July 15, 16, 17, 18, 25, 27	Formation & Boundaries:- Line Formation.			Periodic Test – I (I - V) 20-24 July
9.	July 28, 29, 30, 31 Aug. 1, 3	Body Movement:- Stretching Exercises, Run, hop, Jump & Aerobics Exercises.			
10.	Aug. 4, 5, 6, 7, 10, 11	Body Movement:- Stretching Exercises, Run, hop, Jump & Aerobics Exercises.			PTM (I - V) 8 Aug.
					Activity Day – I

PHYSICAL EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
					11Aug.
11.	Aug. 12, 13, 14, 17, 18, 19	Fitness Assessment.			
12.	Aug. 20, 21, 24, 25, 27, 29	Fitness Assessment.			
13.	Aug. 31, Sep. 1, 2, 3, 7, 8	Fitness Assessment.			
14.	Sep. 9, 10, 11, 12, 15, 16	Fitness Circuit:- 10mtr Dash & Hopping in Ladder, Jumping in Hurdle & Zig - Zag Run, Balance in Balancing Beam & Shuttle Run.			Half Yearly Skill Test (I - V) 9 Sep. to 16 Sep. Half Yearly Examination (I - V) 17 Sep.to 3 Oct.
15.	Oct. 5, 6, 7, 8, 9, 12	Fitness Circuit:- 10mtr Dash & Hopping in Ladder, Jumping in Hurdle & Zig - Zag Run, Balance in Balancing Beam & Shuttle Run.			
16.	Oct. 13, 14, 15, 16, 23, 24	Fitness Circuit:- 10mtr Dash & Hopping in Ladder, Jumping in Hurdle & Zig - Zag Run, Balance in Balancing Beam & Shuttle Run.			PTM (I - V) 17 Oct.
17.	Oct. 27, 28, 29, 30, Nov. 2, 3	Football:- Dribbling.			La-Gara 31 Oct.
18.	Nov. 4, 5, 12, 13, 16, 17	Football:- Push Pass & Instep Pass.			
19.	Nov. 18, 19, 20, 21, 23, 25	Football:- Match Play.			
20.	Nov. 26, 27, 28, 30, Dec. 1, 2	Kho - Kho:- Take Off.			Activity Day – II 26Nov.
21.	Dec. 10, 11, 12, 14, 15, 16	Kho - Kho:- Chasing.			Periodic Test II (I-V)

PHYSICAL EDUCATION

PACK	MONTH AND DATE	NO. & NAME OF TOPICS	ACTIVITY BASED TEACHING	MATERIALS REQUIRED	EXAM DATES & SYLLABUS
					4 – 9Dec.
22.	Dec. 17, 18, 19, 21, 22, 28	Kho - Kho:- Dodging.			
23.	Dec. 29, Jan. 5, 6, 7, 8, 11	Basketball:-Bounce Pass & Overhead Pass.			PTM (I - V) 09Jan.
24.	Jan. 12, 13, 14, 16, 18, 19	Basketball:- Dribbling.			
25.	Jan. 20, 21, 22, 23, 25, 27	Fitness Assessment.			
26.	Jan. 28, 29, Feb. 1, 2, 3, 4	Fitness Assessment.			
27.	Feb. 5, 6, 8, 9, 10, 11	Fitness Assessment.			Final Exam Skill Test (I-V) 8 Feb. -12Feb.
28.	Feb. 12, 13	Fitness Assessment.			Final Examination (I-V) 15 Feb. -12 Mar.

YOGA

Pack	Month & date	No. and name of the topics	Exam date & syllabus
1	Term- 1	I. Review and Deeper Understanding: <ul style="list-style-type: none"> • Revisiting Core Principles: The meaning & benefits of yoga. • Energy Centers (Chakras - basic concept) II. Expanding and Refining Asanas: <ul style="list-style-type: none"> • Standing Poses: 	Half yearly exam

		<p>Tadasana (Mountain Pose) - with a strong foundation and awareness Vrikshasana (Tree Pose) - with eyes closed for balance challenge</p> <ul style="list-style-type: none"> • Sitting Poses: Sukhasana (Easy Pose) - for longer meditation Baddha Konasana (Butterfly Pose) - deeper hip opening Dandasana (Staff Pose) - as a foundational sitting pose • Lying Down Poses: Shavasana (Corpse Pose) - extended relaxation with body awareness Bhujangasana (Cobra Pose) - with variations like Urdhva • Balancing Poses: Natarajasana (Dancer Pose) - gentle introduction to balance and backbend • Animal Poses (with mindful movement): Marjaryasana and Bitilasana (Cat-Cow Pose) - synchronized with breath <p>III. Deeper Exploration of Pranayama:</p> <ul style="list-style-type: none"> • Deep Breathing (Dirga Pranayama) • Anuloma Viloma Pranayama (Alternate Nostril Breathing) • Bhramari Pranayama (Humming Bee Breath) 	
2	Term- 2	<p>I. Suryanamaskar (Sun salute): An introduction</p> <p>II. Expanding and Refining Asanas:</p> <ul style="list-style-type: none"> • Standing Poses: Utkatasana (Chair Pose) - holding with engaged core Trikonasana (Triangle Pose) - with focus on spinal twist & gaze Virabhadrasana (Warrior Pose) • Sitting Poses: Padmasana (Lotus pose) Paschimottanasana (Seated Forward Bend) - with emphasis on spinal elongation • Lying Down Poses: Pawanmuktasana (Wind-Relieving Pose) - and its variations Setu Bandhasana (Bridge Pose) - with variations like lifting one leg Viparita Karani (Legs-Up-the-Wall Pose) - for relaxation Sarvangasana • Balancing Pose: Natarajasana (Dancer Pose) - gentle introduction to balance and backbend • Animal Pose (with mindful movement): Ushtrasana (Camel pose) Gomukhasana (Cow face pose) <p>III. Deeper Exploration of Pranayama:</p> <ul style="list-style-type: none"> • Deep Breathing (Dirga Pranayama) • Ujjayi Pranayama (Ocean Breath) - gentle introduction • Sheetli Pranayam (Cooling breath) 	Final Exam

KATHAK DANCE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<ul style="list-style-type: none">➤ REVISION OF THE LAST SESSION➤ TUKADA - 1➤ HASTAK – 5➤ THAH CHUGAN OF TAL TEEN TAL PERIODIC TEST-I➤ DEFINITION OF MANTRA AND SUM, AVARTAN➤ PRAYER DANCE / KAVITTA➤ TODA-2➤ ASAMYUKTA MUDRA	

BHARAT NATYAM DANCE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<ul style="list-style-type: none">➤ THATTADAVU 1 TO 8➤ NATTADAVU1 TO 8➤ KUDITHU METTU 1 TO 4➤ PRAVAL ADAVU 1 TO 4➤ ASAMYUKTA HASTAS 28	

WESTERN DANCE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<ul style="list-style-type: none"> ➤ 8 & 16 COUNT EXERCISE ON DANCE NUMBERS ENERGY TO MAINTAIN CHEERFUL EXPRESSION. ➤ DANCE MOVEMENT OF THE BODY IN A RHYTHMIC WAY ➤ PRACTICE ON THE SAME DANCE NUMBERS, ➤ LEARN NEW STEPS OF FREE STYLE AND BOLLYWOOD DANCE FORMS ➤ MORE PRACTICE ON THE SAME DANCE FORMS. 	

INSTRUMENTAL MUSIC

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<p>SYLLABUS-HALF YEARLY</p> <ul style="list-style-type: none"> ➤ INTRODUCTION OF THE INSTRUMENT ➤ BASIC FUNDAMENTALS OF THE INSTRUMENT ➤ FINGERS' EXERCISES ➤ CHILDREN SONGS (NOTATION & PLAYING) ➤ POPULAR SONGS (NOTATION & PLAYING) 	
<p>SYLLABUS- FINAL EXAM</p> <ul style="list-style-type: none"> ➤ HYMNS (NOTATION & PLAYING) ➤ FILM SONGS (NOTATION & PLAYING) ➤ CHILDREN SONGS (NOTATION & PLAYING) ➤ ANTHEMS (NOTATION & PLAYING) ➤ PRACTICE ➤ REVISION 	

VOCAL MUSIC

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<p>SYLLABUS-HALF YEARLY REVISION AND PRACTICE OF NATIONAL ANTHEM AND SCHOOL ANTHEM, READING AND SINGING WITH CLEAR PRONUNCIATION</p> <ul style="list-style-type: none"> ➤ SHOWERS OF BLESSINGS ➤ NUMEROUS STRINGS ➤ THIS IS MY PRAYER ➤ SOME FESTIVE SONGS ➤ REVISION OF HYMNS AND ANTHEMS ➤ SCHOOL ANTHEM ➤ BASIC KNOWLEDGE OF VOCAL MUSIC ➤ FUL VANDE MATARAM 	
<p>SYLLABUS- FINAL EXAM</p> <ul style="list-style-type: none"> ➤ DEVOTIONAL SONGS HINDI/ENGLISH AND PATRIOTIC SONGS. ➤ CHILDREN SONGS HINDI/ENGLISH ➤ REVISION OF ALL SONGS HYMNS AND ANTHEM ➤ BASIC KNOWLEDGE OF MUSIC 	

THEATRE	
NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<ul style="list-style-type: none"> ➤ TYPES OF ABHINAYA ➤ INDIAN DRAMA DIRECTORS & THERE WORK ➤ THEATRE SONGS ➤ THEATRE GAMES ➤ THEATRE EXERCISE 	

THEATRE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<ul style="list-style-type: none"> ➤ DIALOGUE DELIVERY ➤ REVISION OF ALL ABOVE ➤ BODY MOVEMENT ➤ FACIAL EXPRESSION ➤ DRAMA READING ➤ DRAMA ENACTMENT ➤ IMPROVISATION ➤ REVISION OF ALL ABOVE 	

KARATE

NO. & NAME OF TOPICS	EXAM DATES & SYLLABUS
<p>SYLLABUS-HALF YEARLY BASIC STEPS OF KARATE, HACHI-DACHI, ZENKUTSU DACHI AND KEEBA DACHI, ZENKUTSU DACHI AND KEEBA DACHI WITH UKE, CHUDAN ZUKI, JODAN ZUKI, SAMBON ZUKI, ZENKUTSU DACHI AND KEEBA DACHI WITH BLOCKS, GEDAN BARAI, AGE UKE, UNCHI UKE AND SHOTO UKE, ZENKUTSU DACHI WITH BLOCKS AND PUNCH, SHOTO UKE, NUKITE, YOGO ENPEE, KO KUTSU DACHI WITH UKE, COMBINATION ZUKI AND UKE KATA 1ST HEIN SHODAN (21 MOMENTS)</p>	
<p>SYLLABUS- FINAL EXAM KATA IIND HEIN NIDAN, REVISION OF KATA IST AND IIND, KICKS (GERI) FIGHT PRACTICE MAIGERI, YOKOGERI, MAVASHIGERI, FIGHT PRACTICE, KATA DEFINATION, HEIN SHODAN, HEIN NIDAN, THEORY OF KARATE AND KNOWLEDGE OF JAPANESE WORDS COMPLETE OF KATA HEIN SHODAN AND HEIN NIDAN, REVISION HEIN SHODAN, PREPARATION FOR FINAL EXAMINATION.</p>	