

PREFACE

“The function of education is to teach one to think intensively and critically.”

Education is a tool that strengthens the foundational skills acquired early in childhood and make possible a lifetime of learning. There is a focus on an integrated curriculum. An integrated curriculum is described as one that connects different areas of study by cutting across subject-matter lines and emphasizing unifying concepts. Integration focuses on making connections for students, allowing them to engage in relevant, meaningful activities that can be connected to real life. Achieving, learning for all, is challenging, but it is the right agenda for the real gist of education. This document is the overview of the syllabus prescribed for the standard it is meant for, so that the children, teachers and the parents have a concrete idea as to how much is to be learnt by the child for the scheduled examination. It comprises of the pattern of examination and detailed date sheet for the whole session. In short it is the index, a glance of which, will help a child to get prepared for assessment and evaluations with ease.

“Learning is not attained by chance, it must be sought for, with passion and intelligence.”

Objectives of the Curriculum

- To identify and articulate the curriculum challenges for educating young people for the twenty first century.
- Taking care of different styles of learning i.e. audio, visual and experimental.
- The theoretical knowledge to be pursued ensuring maximum application of it.
- Correlating academics to real life situations balancing social and emotional stimulation among children and imbibe human values.
- To shape and influence the development of a national collaborative approach to curriculum.

DATE SHEET : 2018-2019

Orientation – 07.04.18

1st PTM : 05.05.18

EVALUATION - I

Date	Day	Subject
10.08.18	Friday	Computer
17.08.18	Friday	English
24.08.18	Friday	Maths
31.08.18	Friday	Hindi
07.09.18	Friday	E.V.S.

Evaluation-I (10th August – 7th September)

2nd PTM on 22nd September 2018

EVALUATION - II

Date	Day	Subject
23.11.18	Friday	Computer
30.11.18	Friday	English
07.12.18	Friday	Maths
14.12.18	Friday	Hindi
21.12.18	Friday	E.V.S.

Evaluation-II (23rd Nov. – 21st December)

3rd PTM on 12th January 2019

EVALUATION - III

Date	Day	Subject
05.03.19	Thursday	Computer
08.03.19	Tuesday	English
12.03.19	Friday	Maths
15.03.19	Tuesday	Hindi
18.03.19	Friday	E.V.S.

Evaluation-III (5th March – 18th March)

4th PTM on 26th March 2019

ENGLISH

Book	: The English Channel (MCB) : Workbook (WB) : Cursive Strokes (CS)
Practice Manual	: As per the related topics on writing skills, reading skills, spelling, vocabulary and grammar.
Modules	: Related to all the skills and grammar topics.
Class Library Books	: Series to be rotated in all the classes.

EVALUATION - I

APRIL

L-1	: Pandas for Real
Content	: Only Reading , RTC, Back Ex. W.B. L-1
L-3	: Birbal in Exile
Content	: C-Test, Q.Ans., Word-Meaning, Make sentences & Back Ex. W.B. L-2
Writing	: Compositon using hints
Cursive Book	: Pg. 2 to 6
Grammar & Vocab.	: Sentences, Adjectives, Homophones, Alphabetical order
Reading Skill	: Comp. passage (unseen) from WB
Speaking Skill	: Myself
Listening Skill	: Complete the poem

MAY

L-2	: Sunshine Hill
Content	: For Evaluation, Q.Ans., W.Meaning, Make Sentences & Back Ex. : W.B L-2
Poem	: Grin and Bear it
Content	: Only reading & learning
Writing	: Picture composition
Cursive Book	: Pg. 7 to 8 + 9 to 20 (HHW)
Grammar & Vocab.	: Noun-Number, Gender, Common, Proper, Collective

Reading Skill : Aloud reading
Speaking skill : Poem recitation
Listening skill : Making shapes by listening instructions

JULY-AUGUST

L-4 : The Wish Maker
Content : For Evaluation, Q.Ans., W.Meaning,
Sentences & Back Ex.

: W.B. L-4

Cursive Book : Pg. 21 to 24

Poem : The Rainbow

Content : Only reading & recitation

Writing : Letter formal, informal

Grammar & Vocab. : Pronoun, People & their profession

: Tenses - Simple, Present & Past

Reading Skill : Seen passage from L-4

Speaking Skill : Poem recitation

Listening Skill : Dictation

EVALUATION - II

SEPTEMBER

L-7 : Ranojit's Party

Content : Only reading, RTC & Back Ex.

: W.B. L-7

L-8 : A Gift for Disha

Content : For Evaluation, Q.Ans., W.Meaning,
Sentences & Back Ex.

: W.B. L-8

Writing : Story sequencing, Picture comp.

Grammar & Vocab. : Tense - Present & Past Continuous

: er, ed, est words

Reading Skill : Unseen passage

Speaking Skill : My family, My ambition

Listening Skill : Dialogue completion

OCTOBER

L-5 : Rescuing Spot

Content : Class Test, Q.Ans., W.Meaning,
Sentences, Back Ex.

: W.B. L-5

Cursive Book : Pg. 25 to 27

Poem	: A Good Play : Betty at the Party
Content	: Only reading & recitation
Grammar & Vocab.	: Homophones, Articles, Adverbs
Reading Skill	: Aloud reading
Speaking Skill	: Role play
Listening Skill	: Message completion
<u>NOVEMBER</u>	
L-6	: Country Mouse & Town Mouse
Content	: For Evaluation, Q.Ans., W.Meanings, Sentences & Back Ex. : W.B. L-6
Writing	: Letter completion
Grammar & Vocab.	: Adverbs contd., Revision of Tenses
Reading Skill	: Comprehension passage
Speaking Skill	: Recitation
Listening Skill	: Listen & tell on : Favourite Food
<u>EVALUATION - III</u>	
<u>DECEMBER</u>	
L-9	: Little Arjuna
Content	: Class Test, Q.Ans., W.Meanings, Sentences & Back Ex. : W.B. L-9
Writing	: Paragraph
Cursive	: Pg. 28 to 29
L-10	: A Visit to the Taj
Content	: For Evaluation, Q.Ans., W.Meanings, Sentences & Back Ex. : W.B. L-10
Grammar & Vocab.	: Punctuation, Preposition, Homonyms, Similies
Reading Skill	: Unseen passage
Speaking Skill	: The Place I Like the Most
Listening Skill	: Poem completion & Dictation
<u>JANUARY-FEBRUARY</u>	
L-11	: At the Parade
Content	: For Evaluation, Q.Ans., W.Meaning, Sentences & Back Ex. : W.B. L-11

L-12	: The Elves and the Shoemaker
Content	: Only reading, RTC & Back Ex. : W.B. L-12
Writing	: Letter
Cursive Book	: Pg. 30 to 32
Grammar & Vocab.	: Conjunctions, Tenses-Future, Adjective, Revision of Tenses
Reading Skill	: Seen passage from L-12
Speaking Skill	: Recitation
Listening Skill	: Dictation, Conversation completion

Reader of the Month Activities (2018-19)

Month	Date	Activities
April & May	15.05.18	Open Reading Evaluation
July	07.08.18	Picture envelope-live the character
August & Sept.	02.10.18	Book review (synopsis)
Oct. & Nov.	04.12.18	My Vocab Book from the stories read and their synonyms
Dec. & January	29.01.19	Climax time - Narration of story with twisted climax
February	26.02.19	Assessment of year long reading through worksheet

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
	English Handwriting (Every month 1st week on Monday)
27.04.18	English Spell Check, Vocabulary
06.07.18	English Creative Writing
03.08.18	English spell check, Vocab and creative handwriting
14.09.18	School English Olympiad
12.10.18	English spell check, Vocab.
16.11.18	English Creative Handwriting
15.02.19	English Spell Check & Vocabulary

HINDI

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MATHS

- Text Book : New Mathsight
Practice Manual : Related units will be done.
Vocabulary : Words related to all the topics will be done.
Smart Class : Related to all the topics will be shown.
: Number dictation will be taken from time to time.

EVALUATION - I

APRIL

- Unit-1 : Numbers
Unit-4 : Geometry - Plane Shapes, Patterns & Symmetry (C.Test)
Tables : 2 to 5
Lab Activity : To build an understanding of place value in 4-digit numbers with the help of place value cards.
: Learning plane figures through paper folding.

MAY

- Unit-12 : Pictorial Representation
Tables : 6 and 7
Lab Activity : To collect the data of holidays of any 5 months from the school almanac and present the information in terms of pictograph.

JULY-AUGUST

- Unit-2 : Addition
Tables : 8 and 9
Lab Activity : Learning addition of 4-digit numbers using cards.

EVALUATION - II

AUGUST-SEPTEMBER

- Unit-9 : Time (C.Test)
Unit-5 : Multiplication
Tables : 9 to 12
Lab Activity : Having fun with calendar dates.
Understanding Multiplication of two numbers by lattice Multiplication Alogrithm.

OCTOBER

- Unit-3 : Subtraction
Unit-4 : Geometry - Solid Shapes
Tables : 12 to 14
Lab Activity : To develop accuracy in subtraction of 3 and 4 digit numbers using cards.

NOVEMBER

- Unit-10 : Money
Tables : 15 & 16
Lab Activity : Making of a bill with the help of stationery items (pictures).

EVALUATION - III

DECEMBER

- Unit-4 : Geometry understanding simple concepts in geometry (C.Test)
Unit-6 : Division
Tables : 17 to 20

JANUARY-FEBRUARY

- Unit-6 : Division
Unit-7 : Fractions
Unit-8 : Measurement
Tables : Revision 2 to 20

- Lab Activity : Understanding the concept of division of 4-digit number by 1-digit using number cards.
- : To replace the concept of comparison of like fractions with the help of square lined paper strips.
- : To reinforce the concept of measuring weight with the help of weighing machine.

**Intra Class Activities Schedule on
every Friday of the Month**

Date	Activity
20.04.18	Number Handwriting & Number Dictation Mental Ability and Tables
13.07.18	Number Handwriting & Number Dictation Mental Ability and Tables
05.10.18	Number Handwriting & Number Dictation Mental Ability and Tables
24.11.18	School Maths Olympiad
25.01.18	Number Handwriting & Number Dictation Mental Ability and Tables

E.V.S.

- Book : Living Earth
Activity Book : Activities related to every chapter will be taken.
Modules : Related to the topics will be shown.

EVALUATION-I

APRIL

- Lesson-1 : Family (C-Test)
(Key terms + Question/Ans.+Back Ex.)
Activity Book : * 1.1 Family time
* 1.2 Knowing relations
* 1.3 Fixing routines
Lesson-2 : People at Work (Group discussion)
Activity Book : * 2.2 Data Analysis of child labour
Outdoor Activity : * Circle Time (Knowing our helpers)
Vocabulary : Names of tools used by the carpenter

MAY

- Lesson-18 : Living and Non-Living Things
(Key terms + Question/Ans.+Back Ex.)
Activity Book : 18.1 Life cycle of a sparrow and a lion
18.2 Fun with living things
Lesson-3 : Games are Fun (Project)
Integrated project on Fun with Games
Activity Book : 3.1 Design a Mascot
Outdoor Activity : * Playing traditional games in the ground
Vocabulary : Names of games played in other countries.

JULY

- Lesson-5 : Home, Sweet Home
(Key terms + Question/Ans.+Back Ex.)
Activity Book : 5.1 Knowing different houses
5.2 Ways to keep our house clean
Vocabulary : Names of Household articles
Lesson-6 : Mapping My Neighbourhood (Activity based)
Activity Book : 6.1 Globe Time
6.2 Mapping the school
Outdoor Activity : Tell the position and direction as per the sun.

AUGUST

- Lesson-7 : Food for Everyone
(Key terms + Question/Ans.+Back Ex.)
- Activity Book : 7.1 Advertisement on Healthy Food
: 7.2 Healthy eating
7.3 Create a menu
- Outdoor Activity : Circle Time (Healthy Food Vs Junk Food)
- Vocabulary : Names of spices used at home.

EVALUATION - II

SEPTEMBER

- Lesson-11 : Ways to Travel (C-Test)
(key terms + Question/Ans.+Back Ex.)
- Activity Book : 11.1 Conversation between transport
11.2 Designing a vehicle
- Vocabulary : Names of different parts of an automobile
- Lesson-8 : Cooking Food (Group Discussion)
- Activity Book : 8.1 Recipe of favourite dish
8.2 Methods of cooking
8.3 Fuels we use
- Outdoor Activity : Circle time - Group Discussion on cooking food.
- Vocabulary : Names of different vessels

OCTOBER

- Lesson-10 : Ways to Communicate
(Key terms + Question/Ans.+Back Ex.)
- Activity Book : 10.2 Learning to purchase a mobile
- Outdoor Act. : 10.1 How communication develop our country (Circle Time)
- Lesson-15 : Pottery (Activity)
- Activity Book : Creating a unique thing using clay

NOVEMBER

- Lesson-12 : The Plant Kingdom
(Key terms + Question/Ans.+Back Ex.)
- Activity Book : 12.2 Poster making on 'Usefulness of Plants'
- Outdoor Activity : Visit to school garden.

- Vocabulary : Names of plants grown in school herbal garden.
- Lesson-9 : Water in our lives (Project) + Water cycle in written paper
: Project on conservation of water
- Activity Book : 9.1 Dealing with scarcity of water
: 9.2 Dialogue among components of water cycle.
: 9.3 Slogan writing on save water
- Outdoor Act. : Surveying the school campus for finding leakage and awaring everyone about saving water.

EVALUATION - III

DECEMBER

- Lesson-20 : Our Beautiful Body (C-Test)
(Key terms + Question/Ans.+Back Ex.)
- Activity Book : 20.1 Knowing our body
20.2 Systems of our body
- Vocabulary : Parts of organ systems : Digestive & Excretory.
- Lesson-17 : Gifts of Nature (Activity)
- Activity Book : 17.1 Poster making on Air Pollution
17.2 Dialogue writing between a tree and a factory
- Outdoor Act. : Cleanliness drive in and around the classroom.

JANUARY

- Lesson-13 : The Animal Kingdom
(Key terms + Question/Ans.+Back Ex.)
- Activity Book : 13.1 Describing animals
13.2 Conversation between animals
13.3 Useful animals
- Vocabulary : Names of extinct animals
- Lesson-14 : Birds in the Sky (C-Test)
(Key terms + Question/Ans.+Back Ex.)

Activity Book : 14.1 Story of birds
14.2 Flow chart of nest making
14.3 Migratory birds
Outdoor Act. : Observing steps taken for SOS project
Vocabulary : Parts of a bird's body

FEBRUARY

Lesson-19 : The Earth and the Sky
(Key terms + Question/Ans.+Back Ex.)
Activity Book : 19.1 Interview of Ferdinand Magellan
19.2 Seasons formation
Vocabulary : Names of famous constellations
Lesson-4 : Caring for Others (G.D.)
Activity Book : 4.2 Fighting Handicap
Outdoor Act. : 4.1 Circle Time (How to take care of
orphans; elder people...)
Lesson-16 : Textile (Project)
(Knowing different fabrics and their
properties)
Activity Book : 16.1 to 16.3
* Project - Sample of different fabrics
* Interviewing a tailor
* Traditional clothes worn by people in
different states.

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
09.11.18	School Science/EVS Olympiad

COMPUTER

Book : IT Planet

EVALUATION-I

APRIL-JULY

Lesson-1 : Parts of Computer

Lesson-2 : Hardware & Software

Lesson-3 : TUX PAINT

: Class Test (EV-I) L-1 Parts of Computer

Activity : 1. Make a collage of parts of computer.
2. Draw a scene from your favourite cartoon in TUX PAINT.

EVALUATION-II

AUGUST-NOVEMBER

Lesson-4 : Understanding Windows 10

Lesson-5 : Editing Text in MS Word 2016

Lesson-6 : Formatting a Document

: Class Test (EV-II)

L-4 Understanding Windows 10

Activity : 1. Digital Poem telling : Write a short poem in MS Word and highlight verbs with yellow colour and nouns with red colour.

: 2. Kahoot Quiz will be conducted on applications of Windows 10.

EVALUATION - III

NOVEMBER-JANUARY

Lesson-7 : Working with MS Paint

Lesson-8 : Introduction to Scratch

Lesson-9 : Simple Movement of Sprite

: Class Test (EV-III)

L-7 Working with MS Paint

Activity : 1. Animate the cat : Create a 'Mother's Day' card in Scratch tool.

: 2. Draw different mathematical shapes in MS Paint and write their names and one real life example.

Note : 18.01.19 School Cyber Olympiad

G.K.

Book : Junior Knowledge-3
: Current Affairs for all the months will be taken

EVALUATION - I

APRIL

Chapter 1 to 5 : (Pg. 1 to 9) + Pg. 21
Current Affairs: April

MAY

Chapter 6 to 10: (Pg. 10 to 16)
Current Affairs: May

JULY

Chapter 11 to 13, 15, 16 : (Pg. 17 to 20) + Pg. 23, 24
Current Affairs: July

Activity : Names of medicinal plants and usage with pictures.

EVALUATION - II

AUGUST

Chapter 17 to 22: (Pg. 25 to 30)
Current Affairs: August

Activity : Information on monuments of India with pictures.

SEPTEMBER

Chapter 23 to 26: (Pg. 31 to 36)
Current Affairs: September

Activity : Find information about 2 sports person with their achievements.

OCTOBER

Chapter 27 to 31 : (Pg. 37 to 42)
Current Affairs: October

Activity : Make a Thank You card using blow/spray painting for your favourite teacher.

EVALUATION - III

NOVEMBER

Chapter 32 to 36 : (Pg. 43 to 49) + Pg. 50, 51

: Review Sheet - 3

Current Affairs: November

Activity : Me and My Computer (Information with pictures)

DECEMBER

Chapter 38 to 45 : (Pg. 52 to 61)

Current Affairs: December

Activity : Favourite cartoon or movie character (information with picture)

JANUARY-FEBRUARY

Chapter 46 to 52:(Pg. 62 to 70) + Quiz 3 & 4

Current Affairs: January & February

Activity : Famous foods of States of India with pictures.

G.K. Assessment

(Text Book, Reasoning and Current Affairs)

Month	Date
April-May	11.05.2018
September	07.09.2018
November	02.11.2018
December	07.12.2018
February	01.02.2019
	22.02.2019

MORAL SCIENCE

Book : Dew Drops

EVALUATION - I

APRIL-MAY

Lesson-1 : I am Magical
* Me, My and Myself
* I Live with Discipline
* I Live with Responsibility
* I am Educated

Activity : Pasting of passport size photograph along with the qualities one possesses.

JULY

Lesson-1 : I am Magical
* I am Aware
* I am the best

Lesson-2 : Being food smart : Change for life
* Healthy Eating
* Be a Fit Kid
* Eating with the loved ones
* Manners are served

Value Card Activity : Singing of Motivational Song :
We Shall Overcome some day....

EVALUATION - II

AUGUST

Lesson-2 : Being Food Smart : Change for life
* Say 'No' to Wastage
* Healthy habits for healthy kids

Lesson-3 : Make Good Choices
* Choose to have good manners
* Choose to be a peace maker
* Choose to be responsible
* Choose to be kind

SEPTEMBER

- Lesson-3 : Choose to give your 100%
Activity : Make a flow chart on peace makers and peace breakers.

OCTOBER-NOVEMBER

- Lesson-4 : Love Your Planet
- * Make Everyday Earthday
 - * Reduce - Reuse - Recycle
 - * Keep the air clean
 - * Fight the threat of noise
 - * Wise water use
 - * Save Energy

Value Card Activity : "Save Our Environment"
Slogan writing or poster making on how and why to save our environment.

EVALUATION - III

DECEMBER

- Lesson-5 : Stay Connected
- * Communicate the goodness within
 - * Effective communication
 - * Verbal communication
 - * Non-verbal communication

Value Card Activity : Sharing of anecdote from the life of any famous world leader who has inspired them.

JANUARY-FEBRUARY

- Lesson-5 : Stay Connected
- * Expressing your feelings
 - * Communicating respectfully
 - * Be a good listener

Value Card Activity : On Kindness
Paste the pictures of any four helpers and write how can you be kind to them.

ART & CRAFT

Book : I am an Artist

APRIL

Book Work : Smiling flower, Pooh the bear

File Work : Flower composition, Hen composition

MAY

Book Work : My little hen, Pumpkin House

File Work : Sleeping time, Bird composition

JULY

Book Work : Mud house, Army cap

File Work : Butterfly composition, Birdy on tree

AUGUST

Book Work : Fruit basket, Talking friends

File Work : Deer composition, Best friends

SEPTEMBER

Book Work : The wild wolf, Tortoise

File Work : Rainy Day, Boat in the river

OCTOBER

Book Work : Rainy Day, My Monster

File Work : Flamingo, Animal composition

NOVEMBER

Book Work : Joker's cap, Flamingo

File Work : Cartoon, Landscape

DECEMBER

Book Work : Pingu, Happy Eid

File Work : Ravana, Eid composition

JANUARY

Book Work : The Ravana, Umbrella

File Work : Holi composition, Jungle

MUSIC

VOCAL

April	: This is my Prayer
May	: Be careful little hand song
July	: Foundation Song
August	: Hum Sab Bhartiya Hai
September	: Gandhi Soing
October	: Bhajan
November	: Jingle Bell (Rock)
December	: Patriotic Song
January	: Holi Song
February	: Revision

INSTRUMENTAL

April	: Basic knowledge of Tabla : Basic knowledge of Drum, Congo & Bongo : Theoretical knowledge of all instruments & music
May	: Taal (Teen Taal) on Table (16 beat) : Basic pattern on Congo : Basic pattern on Drum
July	: Taal (Teen Taal) variation : Kayada in Teen Taal (Tabla) : First western beat on Congo : First western beat on Drum
August	: Taal (Teen Taal) Kayada, Palte & Tihai on Tabla : First western beat on Congo with rolling : First between beat on Drum with rolling
September	: [Revision of Syllabus] April to August
October	: Second western beat on Congo (8 beat) : Second western beat on Drum (8 beat) : Tukada in Taal (Teen Taal) : Chakradhar Paran in Taal (Teen Taal)
November	: Second western beat on Congo with rolling : Second western beat on Drum with rolling : Taal Dadra (6 beat) on Tabla

December	: Rupak Taal on Tabla (7 beat)
	: Taal Dadra (6 beat) on Drum
	: Second western beat on Congo with rolling
January	: Taal Dadra Laggi (6 beat) on Tabla
	: Taal Dadra (6 beat) on Drum with rolling
February	: [Revision of syllabus) October to January

MUSIC CLUB SYLLABUS

April	: School song
May	: Parent's song
July	: Light a Candle for Peace
August	: Patriotic song
September	: River song
October	: I like school
November	: Education song
December	: New Year song
January	: Patriotic song
February	: Revision

DANCE

First Term

April	: Warm-up exercises and body movements with count
May	: Aerobics rhythmic body movement
July	: Patriotic dance (Celebrate India Dance)
August	: Classical Teen Taal (foot work+theory) and Krishna dance (Raat Suhaani songs)

Second Term

September	: Free style dance steps (with music)
October	: Hip-Hop dance steps (with music)
November	: Dandiya fold dance steps (Pankhida and Pankhida songs)

Third Term

December	: Basic movements aerobics (Jingle Bell songs)
January	: Classical dance (Vakratundra Mahakaya)
February	: Revision of whole syllabus

Grading

March	: Test of Evaluation
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CLAY MODELLING

April	: Creative shapes, Geometrical figure
May	: Coil method : Tree, bird & nest Composition
July	: Slab method : Human figure, Designer's Pot, Vase
August	: Animals : Giraffe and Dinosaurs Animals composition
September	: Transport : Ship and Motor Bike
October	: Aquatic Animals : Shark, Whale Aquatic composition
November	: Santa Claus and Christmas Tree
December	: Penguin and Elephant (Environment composition)
January	: Human Figure - Dancing Girl Relief composition
February	: Sparrow and Owl composition

PHYSICAL EDUCATION

APRIL

1st Week Card No. 1	: Running, Jumping & Throwing
2nd Week Card No. 2	: Chasing games
3rd Week Card No. 3	: Bean bag relay
4th Week Card No. 4	: Circles chase

MAY

1st Week Card No. 5	: Domes and dishes
2nd Week Card No. 6	: Scatter ball
3rd Week Card No. 7	: Circle Dodge Ball
4th Week Card No. 8	: Hitting & Kicking

JUNE

1st Week Card No. 9	: Scoring goals
2nd Week Card No. 10	: Dribble and shoot
3rd Week Card No. 11	: Passing and shooting
4th Week Card No. 12	: Standing Kho

JULY

1st Week Card No. 13	: Using equipment
2nd Week Card No. 14	: Throwing & Catching
3rd Week Card No. 15	: Catch up
4th Week Card No. 16	: Jumping for height

AUGUST

- 1st Week Card No. 17 : Making shapes
2nd Week Card No. 18 : Shooting & Scoring goals
3rd Week Card No. 19 : Bird catcher
4th Week Card No. 20 : Rhythmic activities

SEPTEMBER

- 1st Week : Table Tennis
2nd Week : Running & Jumping (hurdles)
3rd Week : Athletics
4th Week : Aerobics

OCTOBER

- 1st Week : Dribble (Basketball)
2nd Week : Yoga
3rd Week : Pick & Drop
4th Week : Fun exercise

NOVEMBER

- 1st Week : Basketball
2nd Week : Hurdle Race
3rd Week : Zig-Zag pathways
4th Week : Catch Cricket

DECEMBER

- 1st Week : Passing & Shooting (Basketball)
2nd Week : Hoopla Race
3rd Week : Fun relay race
4th Week : Leg cricket

JANUARY

- 1st Week : Dodge ball
2nd Week : Passing the pass
3rd Week : Kick ball
4th Week : Hula Hoop pass

FEBRUARY

- 1st Week : Badminton
2nd Week : Basketball introduction
3rd Week : Colourful hoops
4th Week : Mini Athletics

YOGA

April	:	What is Yoga-Definition of Yoga
	:	Benefits of doing Yoga
	:	Importance of Yoga for children
	:	Neck joint movements
May	:	Shoulder exercise for warmup
	:	Tadasana (stretching)
	:	Vrikshasana/treepose (balancing)
	:	Warm up exercises for upper body (including spine and waist)
July	:	Trikonasana/Triangle pose (with two variations)
	:	Chair pose (balancing pose-to increase the concentration and focus power of children)
	:	Warrior pose/Veerbhadrasana
	:	Veerasana
August	:	Tiryak tadasana (left and right-side bend in tadasana)
	:	Parshvakonasana
	:	Om chanting
	:	What is Om ?
September	:	Benefits of Om chanting
	:	Padmasana, Ardhpadmasana
	:	Vajrasana
	:	Sukhasana
October	:	Mantra chanting
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	:	Camel pose (ushtrasana)
October	:	Gomukhasana
	:	Janushirshasana, pashchimottasana
	:	Chakkichalasana
	:	Shanit mantra (sarve bhavantu sukhinah..)
October	:	Garudasana
	:	Plough pose (halasana)
	:	Butterfly pose (bhadrasana)
	:	Cobra pose (Bhujangasana)

November	:	Pranayama-definition, benefits
	:	Shalabhasana
	:	Dhanurasana
	:	Crow pose (marjaryasana)
	:	Katichakrasana, ardha katichakrasana
December	:	Bhramari pranayama
	:	Boat pose (naukasana)
	:	Mudras of hands (Gyan mudra, Anjali mudra, Chin mudra etc.)
	:	Stretching of thighs (for hanumanasana)
	:	Shavasana
	:	Supta Vajrasana
	:	Ardha matsyendrasana
January	:	Anulom vilom pranayama
	:	Meditation
	:	Deep breathing (with concentration on the movement of chest and navel)
	:	Hastottanasana (backward bending)
	:	Padhastasana (forward bending)
February	:	Surya Namaskar-Introduction and Demonstration
	:	Benefits of Surya Namaskar
	:	Chandra bhedi and surya bhedi pranayama
	:	Kapalbharti

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