

## —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.

## **EXAMINATION SCHEDULE FOR SESSION 2018-19**

### **TEST ONE [ 1 Hr. + 20 Marks + during School Hrs. ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
07-05-18	Monday	IT	Hindi/Skt./Fr.
11-05-18	Friday	Science	English
14-05-18	Monday	English	Maths
18-05-18	Friday	Social Science	Science
21-05-18	Monday	Maths	Social Science
23-05-18	Friday	Hindi/Skt./Fr.	IT

**General Meeting – 29th May 2018 (Tuesday) School closes on 24th May'18**

### **PERIODIC-I [ 1½ Hrs. + 40 Marks + during School Hrs. ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
29-06-18	Monday	IT	Hindi/Skt./Fr.
02-07-18	Friday	Science	English
04-07-18	Monday	English	Maths
06-07-18	Friday	Social Science	Computer
09-07-18	Monday	Maths	Social Science
11-07-18	Friday	Hindi/Skt./Fr.	IT

**PTM – 18th Aug. 2018 (Saturday)**

### **PERIODIC-II [ 3 Hrs. + 80 Marks + 60% Syllabus ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
07-09-18	Friday	IT	IT
10-09-18	Monday	Science	Hindi/Skt./Fr.
14-09-18	Friday	Social Science	Maths
17-09-18	Monday	Hindi/Skt./Fr.	English
20-09-18	Thursday	English	Science
24-09-18	Monday	Maths	Social Science

**PTM – 13th Oct. 2018 (Saturday)**

**PERIODIC-III [ 3 Hrs. + 80 Marks + 100% Syllabus ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
07-12-18	Friday	IT	IT
10-12-18	Monday	Science	Social Science
13-12-18	Thursday	Hindi/Skt./Fr.	Maths
15-12-18	Saturday	Social Science	English
18-12-18	Tuesday	Maths	Hindi/Skt./Fr.
21-12-18	Friday	English	Science

**PTM – 28th Dec. 2018 (Friday) School closes on 31st Dec. 2018**

**PRE-BOARD EXAM [ 3 Hrs. + 80 Marks + 100% Syllabus ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
21-01-19	Monday	IT	IT
24-01-19	Thursday	Science	Social Science
28-01-19	Monday	Hindi/Skt./Fr.	Maths
31-01-19	Thursday	Social Science	English
04-02-19	Monday	Maths	Hindi/Skt./Fr.
07-02-19	Thursday	English	Science

**PTM – 16th Feb. 2019 (Saturday)**

**ANNUAL EXAM [ 3 Hrs. + 80 Marks + 100% Syllabus ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>
19-02-19	Tuesday	IT
22-02-19	Friday	Science
25-02-19	Monday	Hindi/Skt./Fr.
28-02-19	Thursday	Social Science
04-03-19	Monday	Maths
07-03-19	Thursday	English

**PTM – 16th March 2019 (Saturday)**

## ENGLISH

<b>Book</b>	<b>1. Text Book : Beehive</b> <b>2. Supplementary Reader : Moments</b>
	<b>Periodic - I</b>
Literature	: Unit 1 - 3 : The Fun They Had : The Road Not Taken : The Sound of Music Evelyn Gennie Deborah Cawley Bismillah Khan : Wind : The Little Girl : Rain on the Roof
Supp. Reader	: The Last Child : The Adventurus of Toto : Iswaran the Story Teller
Grammar	: Subject Verb Concord, Tenses, Determiners
Writing Skills	: Biosketch, Diary Entry
Reading Skills	: Comprehension Passages and Poems
Enrichment Act.	: ASL, Notebook Assessment
	<b>Periodic - II</b>
Literature	: Unit 4 - 7 : A Truly Beautiful Mind : The Lake Isle of Innisfree : The Snake & the Mirror : A legend of the Northland : My Childhood : No Men are Foreign : Packing : The Duck & the Kangaroo
Supp. Reader	: In the Kingdom of Fools : The Happy Prince : Weathering the Storm in Eusama
Grammar	: Preposition, Active Passive Voice, Modals
Writing Skills	: Article Writing, Story Writing
Reading Skills	: Comprehension Passages and Poems
Enrichment Act.	: ASL, Integrated Project, Notebook Assessment

### **Periodic - III**

- Literature : Unit 8 - 11  
: Reach the Top  
Santosh Yadav  
Maria Sharapova  
: On Killing a Tree  
: The Bond of Love  
: The Snake Trying  
: Kathmandu  
: A slumber did my spirit seal  
: If I were you
- Supp. Reader : The Last Leaf  
: A House is not a home  
: The Accidental Tourist  
: The Beggar
- Grammar : Reported Speech, Clauses  
Writing Skills : Report Writing, Story Writing  
Reading Skills : Comprehension Passages and Poems  
Enrichment Act. : ASL, Notebook Assessment

### **Annual Exam**

#### **Whole Syllabus**

#### **Integrated Grammar**

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2- l p ; u (Hk&1)

3- Qldj. k& fjp;

**Periodic - I**

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i B&4 vfrffkrq dc t k l&s

li' kZ(i | )

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i B&11 v k&h&ek

l p ; u

i B&1 fxYyw

Qldj. k& fjp;

i B&1 o. k& r& n&s

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i Bu d k Sy

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v u p n& y&ku i k& y&ku (v u p k f i d ) ] f p k o. k&

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**Periodic - II**

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li' kZ(i | )

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i B&2 L e f r

Qldj. k& fjp;

i B&3 n i l x& z& R ;

i B&4 l f a (L o j l f a)

i B&5 f o j l e f p g u

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Periodic - III

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## MATHEMATICS

**Book** : NCERT

**Reference Book** : APC Mathematics by M.L. Aggarwal

**Test Booklet** : Chapter-wise

**Practice Manual**

### Periodic - I

Ch-1	Number System
Ch-2	Polynomials
Ch-5	Euclid's Geometry
Ch-6	Lines and Angles
Ch-3	Coordinate Geometry

### Lab Activities : (In Maths Activity File)

1. To obtain a square root spiral of natural numbers till 10.
2. To factorise the quadratic polynomial  $ax^2 + bx + c$  by paper cutting.
3. If two parallel lines are intersected by a transversal :
  - (a) Each pair of corresponding angles are equal.
  - (b) Each pair of alternate interior angles are equal.
  - (c) Each pair of co-interior angles are supplementary.

\* Note : Activity File and Notebook will be assessed.

### Periodic - II

Ch-4	Linear Equation in Two Variables
Ch-7	Triangles
Ch-12	Heron's Formula
Ch-13	Surface Area and Volume
Ch-8	Quadrilaterals

All Chapters of Periodic-I included.

### Lab Activities : (In Maths Activity File)

4. To draw the graph of lines parallel to x-axis and y-axis.
5. To verify mid-point theorem by paper-cutting method.
6. To verify curved surface area and total surface area of a cylinder by paper cutting method.

\* Note : Activity File and Notebook will be assessed.

\* **Complete Syllabus of First Periodic will be added.**



### Periodic - III

Ch-10	Circles
Ch-15	Probability
Ch-14	Statistics
Ch-9	Area of parallelogram and triangles
Ch-11	Constructions

Complete Syllabus for Exam

#### Lab Activities : (In Maths Activity File)

7. To show that the angle subtended by an arc of a circle at its centre is double the angle subtended by it on the remaining part of the circle.
8. To show that the angle subtended by same segment in a circle are equal.
9. To show that opposite angles of a cyclic quadrilateral are supplementary.

\* Note : Activity File and Notebook will be assessed.

**Annual Exam : Complete Syllabus of Class IX.**

## SCIENCE

**Book** : NCERT  
**Reference Books** : **Living Science by Ratna Sagar**  
(Physics, Chemistry, Biology)

**Practice Manual (Student's Companion)**

**Test Booklet**

### **Periodic - I**

Chemistry	: Ch-1	Matter in Our Surroundings
Physics	: Ch-8	Motion
	: Ch-9	Force and Laws of Motion (till Unit 9.2)
Biology	: Ch-5	Fundamental Unit of Life
	: Ch-6	Tissue (till Unit 6.2)

### **Classroom Activities :**

Chemistry	: 1.	Demonstration of diffusion, interparticles forces and spaces using $\text{KMnO}_4$ in water.
	2.	To demonstrate factors affecting evaporation.
Physics	: 1.	To study about different types of motion.
	2.	Quiz on Describing Motion, Distance, Displacement and Uniform motion.
	3.	To study effect of force on different objects from our day to day life.
Biology	: 1.	Observe parts of microscope.
	2.	To study osmosis with the help of an egg and raisins.
	3.	To study section of stomata under microscope.

### **Subject Enrichment Activities : (To be done in Practical File)**

Chem :	To determine the melting point of ice and boiling point of water.
Bio :	1. To prepare stained temporary mount of (a) Onion peel (b) Human Cheek cell
	2. To determine the mass percentage of water imbibed by raisins.

**Note :** Notebook and Practical Files to be assessed.

### **Periodic - II**

Chemistry	: Ch-2	Is Matter Around Us Pure
	: Ch-4	Structure of Atom (till 4.2)
Physics	: Ch-9	Force and Laws of Motion
	: Ch-10	Gravitation
	: Ch-11	Work & Energy (till 1.1)
Biology	: Ch-6	Tissue
	: Ch-15	Improvement in Food Resources
	: Ch-7	Diversity till Kingdom Fungi

Repeated Topics : Chemistry L-1

**Classroom Activities :**

- Chem :
1. To classify different types of solution on the basis of their characteristics.
  2. To Study formation of mixtures, colloids and suspension.
  3. Demonstration of different methods of separation of mixtures.
- Physics :
1. To study the difference between mass and weight with the help of spring balance.
  2. To demonstrate conservation of momentum.
  3. To prove third law of motion using spring balance.
  4. To demonstrate effect of area on pressure by using different objects.
- Bio :
1. Visit to school garden and collect information about biodiversity.
  2. To study different types of bones using disarticulated structures.

**Subject Enrichment Activities : (To be done in Practical File)**

- Chem :
1. To prepare true solution of (a) common salt, sugar and alum (b) suspension of soil, chalk powder and fine sand in water. (c) colloidal of starch in water and egg and distinguish between them.
  2. To prepare a mixture and compound using iron filings and sulphur powder and distinguish between them.
  3. To carry out the following reaction and classify them as physical and chemical changes :
    - (a)  $\text{Fe} + \text{CuSO}_4$
    - (b)  $\text{Zn} + \text{H}_2\text{SO}_4$
    - (c)  $\text{Na}_2\text{SO}_4 + \text{BaCl}_2$
    - (d) Burning of Mg ribbon
    - (e) Heating of copper sulphate
  4. To separate components of mixture containing Ammonium Chloride, common salt and sand.
- Physics :
1. To determine the density of solid (denser than water) by using spring balance and a measuring cylinder.
  2. To establish the relation between the loss in weight of solid when fully immersed in (i) tap water (ii) strong salty water with the weight of water displaced by it by using atleast two different solids.
- Biology :
1. To identify parenchyma and sclerenchyma tissues in plants, stripped muscle fibres and nerve cell in animals using permanent slides.

2. To study the characteristics of spirogyra/moss, pinus and an angiospermic plant.

**Note :** \* Notebook and Practical Files and Integrated Project to be assessed.

Syllabus of First Periodic will be added.

**Periodic - III**

Chemistry	: Ch-4	Structure of Atom
	: Ch-3	Atoms and Molecules
Physics	: Ch-11	Work and Energy
	: Ch-12	Sound
Biology	: Ch-7	Diversity (Plant + Animal)
	: Ch-13	Why do we fall ill ?
	: Ch-14	Natural Resources
Repeated Topics :		
Chemistry	: Ch-1	Matter in our surrounding
	: Ch-2	Is Matter Around us Pure ?
Physics	: Ch-8	Motion
	: Ch-10	Gravitation
Biology	: Ch-5	Fundamental Unit of Life
		Cell Organelles
	: Ch-7	Diversity in Living Organisms

**Classroom Activities :**

**Chem :**

1. To learn formation of compounds making students as different ions.

**Physics :**

1. To show vibration with the help of tuning fork and rubber band.

**Biology :**

1. To study immunization chart

**Subject Enrichment Activities : (To be done in Practical File)**

**Physics :**

1. To study the velocity of a pulse propagated through slinky.
2. To study reflection of sound.

**Biology :**

1. To observe and draw earthworm, cockroach, bonyfish, bird.
2. To study the external features of root, stem and flower of monocot and dicot plants.
3. To study Monocot/Dicot seed.

**Chemistry :**

1. To verify the law of conservation of mass in chemical reaction.

**Note :** Syllabus of First and Second Periodic will be added.

**Annual Exam : Complete Syllabus**

## **SOCIAL SCIENCE**

**Book** : NCERT  
: MAP

### **Periodic - I**

History : L-1 French Revolution  
: L-3 Nazism & the Rise of Hitler  
Geography : L-1 India, Size and Location  
: L-2 Physical Features of India  
Classroom Act. : Presentation on any one physical feature of India.  
Pol. Science : L-2 What Democracy, Why Democracy ?  
Economics : L-1 Story of Village Palampur  
Classroom Act. : Discussion - Life of villages in comparison to that of cities.

### **Subject Enrichment Activities :**

1. Maps - related to Geography L-1, 2  
Map - History L-1
2. Make a comparative study on the forms of Governments in the world. (Democracy and Non-Democracy) (Project File)
3. Make an album on the various events that took place during the French Revolution (At least 8 pictures) paste them in your Project File, give a caption to the same.
4. Project on Disaster Management.

### **Periodic - II**

History : L-2 Russian Revolution  
: L-4 Forest, Society and Colonialism  
Classroom Act. : Discussion on how the lives of villagers were affected due to forest cut.  
Geography : L-1 (Repeated)  
: L-3 Drainage  
: L-4 Climate  
Pol. Science : L-1 (Repeated)  
: L-3 Constitutional Design  
: L-4 Electoral Politics  
Classroom Act. : Presentation on the members of Constituent Assembly of India (Individual)

Economics : L-1 (Repeated)  
: L-2 People as a Resource

**Subject Enrichment Activities :**

1. Maps - History L-4 Geog. L-3, 4
2. Prepare a PPT on Rise of Socialism in Russia. (Group Activity)
3. Analyse the rivers of India based on their comparative study and represent it through map work. (Project File)

**Note : Complete Syllabus of First Periodic will be included.**

**Periodic - III**

History : L-4 (Repeated)  
Geography : L-2 (Repeated)  
: L-5 Natural Vegetation and Wildlife  
: L-6 Population (Data of Pg. 53, 54 updated one should be checked online)  
Classroom Act. : Quiz on Natural Vegetation and Wildlife.  
Pol. Science : L-2 (Repeated)  
: L-5 Working of Institutions  
: L-6 Democratic Rights  
Classroom Act. : Discussion (Group) on the topic : 'Fundamental Rights and Duties go hand in hand'.  
Economics : L-2 (Repeated)  
: L-3 Poverty a major challenge  
: L-4 Food Security in India  
(Current Status of PDS mentioned in NCERT IX Eco to be deleted) (Pg. No. 49-51)

**Subject Enrichment Activities :**

1. Maps - History L-4, 5
2. Article writing - Brain Drain (Project File)
3. Prepare a report on policies initiated by the government to make India food secure.

**Annual Exam : Whole Syllabus**

## INFORMATION TECHNOLOGY

### **BOOK – Vocational IT, Level 1**

#### **Periodic - I**

Ch-2, 4

#### **Enrichment Activities :**

1. Write three paragraphs on topic “Mt. Abu Public School” and perform all the operations using editing tools of MS WORD and present in class.
2. Create a newsletter for the school activities from April-May 2018.

**Practicals** will be performed on regular basis.

#### **Periodic - II**

Ch-3, 5, 2, 4

**Practicals** will be performed on regular basis.

#### **Enrichment Activities :**

1. Create an academic analysis of the students on different parameters. Present in a visual graphical format.
2. Create a newsletter for the academic session July-Oct. 2018.

#### **Periodic - III**

Ch-1, 2, 3, 4, 5, 6, 7

**Project** : Project topic will be given in the class.

## FRENCH

**Book** : Entre Jeunes

### **Periodic - I**

Leçon : 1 La Famille

Leçon : 2 Au Lycée

Leçon : 3 Une Journée de Pauline

Grammaire : Les verbes "er", Les nombres, Les articles Indéfinis, Définis, Les adjectif possessifs, Les adjectif démonstratifs, Les verbes "ir", Les Prépositions, Les Articles contracté/partitifs, Les verbes "re", Les verbes Pronominaux

Écriture : Présenter quelqu'un, Décrivez l'image, La Message / L'Invitation

Le Culture et Le Civilization : Leçon 1 à 3

Les Activités

d' Enrichissement: Evaluation de cahier

: Regardez l'image et composer une histoire

### **Periodic - II**

Leçon : 4 : Les Saisons

Leçon : 5 : Les Voyages

Leçon : 6 : Les Loisirs et les Sports

Leçon : 7 : L'argent de poche

Leçon : 8 : Faire des achats

Leçon 1 à 3 (Ist Periodic)

Grammaire : Le Future Simple, Le Futur Proche, L'Impératif, Les Couleurs, Les temps, Le Passé Composé, Les Prépositions, Posez la question, Remettez les Phrases, L'Interrogation, L'Imparfait, Les négations, les Pronoms personnels, Les Adjectifs Interrogatifs

Écriture : La Message / L'Invitation, La Recette, la carte postale, La lettre

Le Culture et le Civilization : Leçon - 3 à 8

Les Activites d' Enrichissement : L' Interview (en groupe)

: Le Project



### Periodic - III

Leçon : 9	: Un dîner en Famille
Leçon : 10	: La Mode
Leçon : 11	: Les Fêtes
Leçon : 12	: La Francophonie
Leçon : 2	: Au Lycée (Repeated)
Leçon : 6	: Les Loisirs et Les Sports (Repeated)
Leçon : 7	: L' argent de Poche (Repeated)
Leçon : 8	: Faire des achats (Repeated)
Grammaire	: Les Adjectifs démonstratifs, Posez les questions, Remettez les phrases, Imparfait, les négations, les Pronoms Personnels, Les Adjectifs Interrogatifs, Le Pronom Partitif <<en>>, Les expressions de quantité, Le conditionnel de politesse, Les pronoms <<en>> et <<y>>, Le pronom Interrogatif, Le Passé Récent, Le compartif, Le superlatif, Les Pronoms toniques, si + Imparfait + Le conditionnel présent, Le Pronom Relatif Simple
Écriture	: La message/L'Invitation, La lettre, la Recette, Décrivez l' Image
Le Culture et le Civilization : Leçon - 2, 6 à 12	
Les Activites	
d' Enrichissement:	Jouez la Scène
	: Juste une minute
	: Evaluation de Cahier
<b>Annual Exam</b>	: <b>Whole Syllabus</b>

## I aÑr

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### Periodic - I

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#### Enrichment Activities :

1- l e p k i f d k f u e k A

2- x h e l o d k k d k z A

### Periodic - II

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**Enrichment Activities :**

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2- 'k dsk fuek A

**Periodic - III**

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**Complete Syllabus of Periodic-I & II.**

**Complete Grammar**

**ART**

<b>Book</b>	<b>: Aesthetics of Art and Activity</b>
April	: Still life, Nature study, Birds study
May	: Landscape, Human body proportions
July	: Life study, Sketching, Portrait
August	: Compositions, 3D Art
September	: Modern Art, Poster Design
October	: Cartoon character, Folk art
November	: Calligraphy, Diwali Scene
December	: Book cover design, Winter season
January	: Logo design
February	: Completing Syllabus and submission

## MUSIC

### Vocal

April	: Stuti (Sanskrit Shloka)
May	: Alankaars variation and theory
July	: Saraswati Vandana
August	: Patriotic Song
September	: School Song
October	: English/Hindi Prayer & Taal Theory
November	: Shiv Vandana & Gurubani
December	: Welcome Song (English & Hindi both)
January	: Holi Song
Feb. & March	: Annual Assessment

### Instrumental

April	: Introduction of Teen Taal, Rupak Taal
May	: Western beat of Drum & Basic pattern : Western beat of Congo & Basic pattern
July	: Kayda in teen taal on Tabla
August	: Kayda & Bal in teen taal on Tabla and Tukda
September	: Revision of syllabus April to August
October	: Keherwa taal on Tabla and Western beat on Drum with rolling + Western beat on Congo with rolling
November	: Western Dadra taal on Drum
December	: Western Dadra taal on Congo
January	: Dadra taal on Tabla + Revision
February	: Revision of Syllabus + Annual Assessment

## Sports Activity

### Table Tennis

- April : Physical exercise, holding the racket and basic forehand counter
- May : Physical exercise, practicing service, playing forehand and backhand counter
- July : Physical exercise, basic forehand push and backhand push
- August : Physical exercise, discussing about the rules and regulation, making spin service
- September : Physical exercise, playing match with proper rules
- October : Recreational activity, any outdoor sports
- November : Physical exercise, multiball practice with Table Tennis Robot
- December : Physical exercise, blocking topspin with backhand and forehand
- January : Physical exercise, playing match.

### Cricket

- April : Physical exercise, still head position
- May : Proper forward defense
- July : Shadow practise, forward defense
- August : Backfoot defense, shadow backfoot
- September : Straight drive - Running between the wickets
- October : Cover drive - catching practise
- November : On drive - fielding practise
- December : Strategy of match with all types of shots & defense
- January : Playing proper matches with rules.

### Badminton

- April : Physical exercise, basic rules and regulations of badminton
- May : Physical exercise, gripping of racket and forehand shot, how to serve
- July : Physical exercise, back hand shot as well as forehand shot with toss
- August : Forehand toss, backhand shot with drop shot
- September : Foot work with all strokes i.e. forehand, backhand, lifting the shuttle
- October : Physical exercise, with one on one play with proper servicing strokes

- November : Knockout matches within the classes with all strokes.
- December : Proper smash, how to lift the smash.
- January : Matches between the students with a proper rules and regulation.

### **Basketball**

- April : Physical exercise, Basic dribble, Passing
- May : Physical exercise, lay up shot with both hand with pass
- July : Physical exercise, Fundamental drills, High dribble, Low dribble
- August : Deffance men to men, Zone deffance zone come men to men
- September : Match practice with all rules, Fitness drills with ball passing
- October : Physical exercise, one on one, two on two, three on three, five on five
- November : Ball handling, cross lay up shot three lay up
- December : Physical exercise, Match full court, half court match, defance drill men to men
- January : Physical exercise, out side throw, side line throw, base line throw, pasing move.

### **YOGA**

#### **April**

- Introduction of Yoga
- Yoga for children
- Sukshma vyayama (Minor joint movement practices)
  - \* Griva Shakti vikasak kriya (I, II and III)
  - \* Purna Bhujja Shakti Vikasak kriya (I, II and III)
  - \* Kati Shakti Vikasak (I, II, III and IV)

#### ➤ Asanas

- \* Introduction to Asanas
- \* Tadasana
- \* Tiryaka tadasana
- \* Hasttotanasana

#### **May**

- Chanting of Om
- Sukshma Vyayama
  - \* Jangha Shakti Vikasak (chair pose)
  - \* Pindali Shakti Vikasak
  - \* Pada Mula Shakti Vikasak

- ☞ Asanas
  - \* Padhastasan
  - \* Veerbhadrasana I
  - \* Vrikshasana
  - \* Katichakrasana
  - \* Veerbhadrasana II
- ☞ Pranayama
  - \* Sheetali
  - \* Shitkari
- July**
- ☞ Recitation of Hymns from Upanishads and Yoga Texts
- ☞ Asanas
  - \* Ardhakatichakrasana
  - \* Natrajasana
  - \* Dandasana
  - \* Ardhpadmasana
- ☞ Pranayama
  - \* Anulom Vilom
- ☞ Breath meditation
- August**
- ☞ Asanas
  - \* Vajrasana
  - \* Brahmacharyasana
  - \* Trikonasana/Triangle pose
  - \* Dadmasana
  - \* Baddha Konasana
- ☞ Pranayama
  - \* Chandra bhedi
  - \* Surya bhedi
- ☞ Meditation
- September**
- ☞ Asanas
  - \* Janushirshasana
  - \* Purvottanasana
  - \* Ardhmatsendsyasana
  - \* Pashchimotanasana
  - \* Vajrasana
- ☞ Pranayama
  - \* Bhramari
- ☞ Tarataka
- October**
- Introduction : Surya Namaskar
- ☞ Asanas
  - \* Gomukhasana
  - \* Matshendra asana
  - \* Naukasana
  - \* Mandukasana
  - \* Shalbhaasan
- ☞ Pranayama
  - \* Bhaskika
- ☞ Meditation

### **November**

- SURYA NAMASKAR/ASANAS
  - \* Bhujangasana (Various steps) \* Dhanurasan
  - \* Ushtrasana
- Pranayama
  - \* Nadishodhan
  - \* Bhramari
- Meditation

### **December**

- SURYA NAMASKAR
  - \* Suptvajrasana
  - \* Halasan
  - \* Sarvangasana
- Pranayama
  - \* Benefits of Pranayama
  - \* Importance of Pranayama
  - \* Suryabhedhi Pranayama
- Meditation
  - \* Om Chanting
  - \* Breath Meditation

### **January**

- Asanas
  - Surya Namaskar
  - \* Marjaryasana
  - \* Chakkichalasana
  - \* Naukachalasana
- Pranayama
  - \* Kapalbharti
- Meditation
  - Om Chanting
  - Breath Meditation
  - Mudras of Hand

### **February**

- Surya Namaskar
- Asanas
  - \* Chakrasana
  - \* Hastikshundasana
  - \* Mahavirasana
- Pranayam
  - Kapalbharti
  - Mudras

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