

PREFACE

"The goal of education is the advancement of knowledge and dissemination of truth" — Joh F Kennedy

The real objective of education is to enrich the lives of students and create articulate and expressive thinkers who are socially responsible, resilient, and active citizens of the world. Education is about teaching students, not subjects making them lifelong learners. Engaging students in their learning, and maximizing the potential of each and every child is the real purpose of education. Looking beyond the child's intellect and focussing upon the holistic grooming is the focus of the school. Making learning as a life long journey is the very purpose of education for which the institution is committed for.

OBJECTIVES OF CURRICULUM

- *This curriculum is aimed at building the faculty of reasoning and channeling the thoughts into productive learning.*
- *Give the opportunity to maximize the pupil's potential.*

"The function of education is to teach one to think intensively and critically. Intelligence plus character, that is the goal of true education"

—Martin Luther King Jr.

EXAMINATION SCHEDULE (FIRST TERM)

FIRST PERIODIC

Date	Day	Subject
14.07.17	—	Computer
21.07.17	—	Science
28.07.17	—	English
04.08.17	—	Hindi
11.08.17	—	Social Science
18.08.17	—	Maths

First Periodic 14th July to 18th August (PTM : 9th September 2017)

Guidelines :

- Regular classes will be held after each test and no holidays will be observed in between the tests.
- **No re-test will be conducted at any level.**
- First periodic will be conducted for 20 marks.
- Duration of exam will be 1.00 hour.
- It will be in the form of weekly tests from mid of July and till mid of August 2017.
- 30% of the entire syllabus will be covered in the first periodic.
- 10 marks of the First Periodic will be added to Half-Yearly Exam for Classes IV–V.

HALF-YEARLY

Date	Day	Subject
15.09.17	—	Computer
22.09.17	—	Science
28.09.17	—	English
06.10.17	—	Hindi
13.10.17	—	Social Science
20.10.17	—	Maths

Half-Yearly 15th Sept. to 20th Oct. (PTM : 4th November 2017)

Guidelines :

- **No re-test will be conducted at any level.**
- Half-Yearly Exam will be conducted for 60 marks and 50% weightage of the same will be taken + 10 Marks will be added from First Periodic + 5 Marks Assessment will be there for maintenance of notebooks and 5 marks for subject enrichment activities = Total marks 50.
- Duration of exam will be 2.00 hours.
- 60% of the entire syllabus will be covered till the Half-Yearly and 30% of the First Periodic will be added to the 30% Half-Yearly syllabus.
- 10% weightage of Half-Yearly Syllabus will be covered in Yearly Exam.

EXAMINATION SCHEDULE (SECOND TERM)

SECOND PERIODIC

Date	Day	Subject
24.11.17	—	Computer
01.12.17	—	Science
08.12.17	—	English
15.12.17	—	Hindi
22.12.17	—	Social Science
29.12.17	—	Maths

Second Periodic 24th Nov. to 29th Dec. (PTM : 20th Jan. 2018)

Guidelines :

- Regular classes will be held after each test and no holidays will be observed in between the tests.
- **No re-test will be conducted at any level.**
- Second periodic will be conducted for 20 marks.
- Duration of exam will be 1 hour.
- It will be in the form of weekly tests from 24th Nov. and till 29th Dec. 2017.
- 30% of the entire syllabus will be covered in the Second Periodic.
- 10 marks of the Second Periodic will be added to yearly exam for classes IV-V.

DATES FOR THE ANNUAL EXAM

Date	Day	Subject
28.02.18	—	Computer
02.03.18	—	Science
06.03.18	—	English
09.03.18	—	Hindi
13.03.18	—	Social Science
16.03.18	—	Maths

Yearly Exam 28th Feb. to 16th March (PTM : 28th March 2018)

Guidelines :

- **No re-test will be conducted at any level.**
- Duration of exam will be 2 hours.
- Yearly Exam will be conducted for 60 marks and 50% weightage of the same will be taken + 10 Marks will be added from Second Periodic + 5 Marks Assessment will be there for maintenance of notebooks and 5 marks for subject enrichment activities = Total marks 50.
- Syllabus – complete Second Periodic + 10% Syllabus left + 10% weightage of Half-Yearly Syllabus.
- **Co-Scholastic activities will be graded on 5 point grading scale (A to E).**
- **Life Skills will also be graded on 5 points scale (A to E).**

ASSESSMENT OF VARIOUS SKILLS, GROUP DISCUSSION & PROJECTS**VARIOUS SKILLS**

SUB. (ENGLISH)	DAY	PD-1	PD-2	PD-3
Listening Skills	Monday	10.07.17	16.10.17	12.02.18
Speaking Skills	Monday	03.07.17	23.10.17	19.02.18
Reading Skills	Monday	17.07.17	30.10.17	26.02.18

SUB. (HINDI)	DAY	PD-1	PD-2	PD-3
Listening Skills	Wednesday	12.07.17	18.10.17	21.02.18
Speaking Skills	Wednesday	09.08.17	25.10.17	29.01.18
Reading Skills	Wednesday	19.07.17	08.11.17	25.02.18

GROUP DISCUSSION

SUBJECT	DAY	PD-1	PD-2	PD-3
Social Studies	—	24.07.17	13.11.17	29.01.18
Science	—	31.07.17	06.11.17	05.02.18

INTEGRATED PROJECT – 20.12.2017

Note : Individual Projects will be given in Summer and Winter Holidays.

ENGLISH

Book : The English Channel - (Coursebook-4)
The English Channel (Practice Book)
: Practice Manual

Ist Periodic

Lesson-1 : The Raindrops
Lesson-2 : The Elephant Feast
Lesson-3 : The Silver Feast
Poem : In My Head
Poem : Five Little Brothers
Grammar : Simple Tenses (Present, Past, Future)
: Punctuation (Capital letter, Full stop)
: Subject-Predicate
: Nouns-types, Number, Genders
: Type of Sentences

Writing Skills : Informal Letter, Paragraph writing

Reading Skills : Unseen Passage

Listening Skills : Comprehended the passage

Speaking Skills : Poem Recitation [In My Head/Five Little Brothers]
: Speaking on a given topic (Extempore)

Half-Yearly

Lesson-1 : The Raindrops
Lesson-4 : The Old Green Door
Lesson-5 : Hector Humming Bird
Lesson-6 : Stars with Fuzzy Tail
Lesson-7 : Theme for a Dream
Poem : The Swing
Grammar : Continuous Tenses (Present, Past, Future)
: Punctuation (Comma, apostrophe)
: Articles, Pronouns and its Types
: Nouns-Types, Numbers, Genders

Writing Skills : Story writing on the given outline
: Paragraph writing, Dialogue completion

Reading Skills : Unseen Poem

Listening Skills : Complete the story on the basis of your listening.

Speaking Skills : Poem Recitation (The Swing)
: Describe the given picture (Pg. 61)

Ind Periodic

- Lesson-8 : Collection
Lesson-9 : The Encounter
Lesson-10 : Lights ! Camera ! Action !
Poem : The Pets in the Dream
Poem : Grasshopper Green
Grammar : Perfect Tenses (Present, Past, Future)
: Preposition, Punctuation (Inverted commas, Hyphen)
: Adverb and its types
Writing Skills : Paragraph writing
: Diary Entry, Picture composition
Reading Skills : Unseen passage
Listening Skills : Listening for details
Speaking Skills : Poem Recitation [The Pets in the Dream/ Grasshopper Green] , Role play (Pg. 117)

Annual Exam

- Lesson-11 : Exploring the Set
Lesson-12 : Crime Never Pays
Lesson-10 : Lights ! Camera ! Action !
Lesson-9 : The Encounter
Lesson-8 : Collection
Lesson-3 : The Silver Feast
Poem : Frog at School
Grammar : Perfect Tenses (Present, Past, Future)
: Conjunctions
: Punctuation (complete)
: Adverb and its type
: Articles
Writing Skills : Formal Letter (Application), Paragraph writing
: Dialogue writing
Reading Skills : Unseen Poem
Listening Skills : On the basis of year long assessment
Speaking Skills : On the basis of year long assessment

Reader of the Month Activities (2017-18)

Month	Date	Activities
April & May	11.05.17	Sequencing of the story.
July	04.08.17	Narrate the story in your own words.
August	08.09.17	Comprehend your readings.
Sept.	06.10.17	Role play of your favourite character from your reading of the month.
Oct. & Nov.	01.12.17	Sequence the story and write the teaching behind it.
Dec. & Jan.	12.01.18	Prepare a pocket story book out of the story books read so far with pictures & dialogues.
February	23.02.18	Assessment of year long readings through a worksheet.

Intra Class Activities Schedule For Fridays

Date	Activity
	English Handwriting (7.4.17, 5.5.17, 4.8.17, 1.9.17, 6.10.17, 3.11.17, 1.12.17, 12.1.18, 2.2.18, 2.3.18)
05.05.17	English Spell Check, Vocabulary and Handwriting
11.08.17	English Spell Check, Vocabulary and Creative writing
01.12.17	School English Olympiad
15.12.17	English Spell Check, Vocabulary and Creative writing

HINDI

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Ist Periodic

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Annual Exam

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

Date	Activity
	Hindi Handwriting (27.4.17, 19.5.17, 25.8.17, 27.10.17, 29.12.17, 23.2.18)
07.07.17	Hindi Spell Check, Vocabulary and Creative writing
27.10.17	Hindi Spell Check, Vocabulary and Creative writing
28.12.17	Hindi Spell Check, Vocabulary and Creative writing

MATHS

Book : Mathsight (Britanica Learning)
: Practice Manual - Pages related to the chapter

Ist Periodic

Chapter-1 : Large Numbers
Chapater-2 : Addition
Chapter-13 : Data Handling
Chapter-8 : Geometry (Ex. 8.1 to 8.3, Ex. 8.9)
Activity 1 : To explore the writing of large numbers.
Activity 2 : To make students more familiar with Roman Numbers using match stick challenge.

Half-Yearly

Chapter-2 : Addition
Chapter-12 : Patterns
Chapter-3 : Subtraction
Chapter-4 : Multiplication
Chapter-6 : Factors (Ex. 6.1, 6.5 to 6.7)
Chapter-8 : Geometry (Ex. 8.1 to 8.5, 8.7, 8.8)
Activity 1 : Find the prime numbers using sieve of Erosthoners.
Activity 2 : To make students think and guess the pattern from the given grid.

IInd Periodic

Chapter-6 : Factors & Multiples (Ex. 6.2 to 6.4)
Chapter-7 : Understanding Fractions
Chapter-10 : Time
Chapter-11 : Money
Chapter-8 : Geometry (Ex. 8.6, 8.10)
Activity 1 : To observe and study the currency used in the country.
Activity 2 : To enable students to find the multiple of a given number.

Annual Exam

Chapter-5 : Division
Chapter-9 : Metric Measures
Chapter-8 : Geometry
Chapter-3, 5, 6, 7, 8, 9, 10, 11

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

Date	Activity
28.04.17	Number Handwriting & Number Dictation Mental Ability and Tables
18.08.17	Number Handwriting & Number Dictation Mental Ability and Tables
10.11.17	Maths Olympiad
19.01.18	Number Handwriting & Number Dictation Mental Ability and Tables

SCIENCE

Books : Universal Science : Pearson
: Practice Manual will be taken up
chapterwise.

Ist Periodic

Lesson-1 : Adaptation in Plants
Lesson-2 : Leaves - The Food Factory of Plants
Lesson-3 : Adaptation in Animals
Lesson-4 : Reproduction in Animals

Half-Yearly

Lesson-2 : Leaves - The Food Factory of Plants (10 Marks)
Lesson-5 : Food and Health
Lesson-6 : Teeth and Digestion
Lesson-7 : Keeping Safe
Lesson-8 : Clothes We Wear

IInd Periodic

Lesson-9 : Our Universe
Lesson-10 : Environment and Pollution
Lesson-11 : Weather, Air & Water
Lesson-12 : States of Matter

Annual Exam

Lesson-13 : Force, Work & Energy (8 Marks)
Lesson- : 5, 9, 10, 11, 12

Activity :

1. To test the presence of starch in potato.
2. To study the digestive system of human body.
3. To purify contaminated water by sedimentation, decantation and filtration.
4. To study the solubility of different substances in water.

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

Date	Activity
13.10.17	Science Olympiad
12.01.18	Science Diagrams and Key Terms

SOCIAL SCIENCE

Text Book : My Wonderful Book of Social Studies —
Cardova
: Practice Manual

Ist Periodic

Chapter-16 : Means of Transport
Chapter-7 : The Climate of Our Country
Chapter-2 : The Northern Mountains
Chapter-3 : The Northern Plains
Chapter-20 : Our National Symbols

Group Discu. : Ch-1 India : Our Country

Project : Ch-12 Our Mineral Resources

Gather information on different types of minerals found in different States and collect few samples like coal, copperwire, salt etc.
List out various ways - How can we conserve mineral wealth ?

Activity : Ch-2 The Northern Mountains
1. Design a pamphlet and write a slogan to save mountains by avoiding cutting of trees or deforestation.

Ch-3 The Northern Plains
Collect various facts about Punjab and Assam on the basis of capital city, dresses, visiting places, dances, festivals, food and language.

Map Activity : Mark five places on map of India where the

following minerals are found in abundance :

1. Bihar - Iron
2. Karnataka - Gold
3. Madhya Pradesh - Copper
4. Jharkhand - Coal
5. Off Coast Maharashtra - Petroleum

Half-Yearly

- Chapter-9 : Soils of India
Chapter-4 : The Western Desert
Chapter-5 : The Southern Plateaus
Chapter-14 : Our Agriculture
Chapter-16
Chapter-20

Group Discu. : Ch-10 Our Forest Wealth

Project : Ch-11 Our Water Resources

Activity : Ch-4 The Western Desert

1. Design a poster and make people of urban area aware of the importance of water in their life.

Ch-5 The Southern Plateau

2. Survey - Islands contribute to the maintenance of geographical conditions of the world. Why ?

3. Group Discussion - Ch-10 Our Forest Wealth

Project Work - Ch-11 Water : Our Resources

(a) Sources of water resources (Web Chart)

(b) Importance of Rainwater Harvesting.

(c) Situation based question

- After returning back from a trip you found that no water is available for you and your family at home. What would happen ?

Map Activity : Mark the following places on the map :

- The first State to adopt rainwater harvesting system.
- A State which is named due to five rivers which flow through here.
- A State where the Ganga originates from.
- A State where river Brahmaputra enters India from Tibet.
- The Indus river enters Pakistan from this state. (Viva)

IInd Periodic

- Chapter-13 : Human Resources
 Chapter-15 : Our Industries
 Chapter-8 : Natural Resources
 Chapter-19 : Our Rights and Duties
 Chapter-6 : The Coastal Plains and Islands
 Group Discu. : Ch-18 Local Self Government
 Project : Ch-21 Our Culture
Activity : Ch-11 Our Natural Resources
 Design a flow chart of Natural Resources and paste their pictures. Make a pamphlet showing soil conservation from being eroded.
- : Ch-19 Our Rights and Duties
 Make pla-cards mentioning the rights and duties of the citizens of India.
- Group Discu.** : Ch-18 Local Self Government
Project Work : Ch-21 Our Culture
 Survey : Delhi is 'Mini India'. Paste pictures and write about important points including dresses, languages, food, festivals, dances, architecture of India including Sheesh Mahal (Delhi).
- Map Activity** : Mark the following places on the map of India :
- (a) A State where Kashmiri is spoken.
 (b) A State where people wear lungi, shirt.
 (c) A State where ghoomar dance is famous.
 (d) A State where Rath Yatra is a famous festival.
 (e) The capital city of India where Sheesh Mahal is situated.

* Viva

Annual Exam

- Chapter-17 : Means of Communication
 Chapter-22 : They made History
 Chapter-13, 15, 6, 19, 8, 4

Note : 14.07.17 Social Science Olympiad

COMPUTER

Book : IT Planet

Ist Periodic

Chapter-1 : History of Computer

Chapter-2 : Classification of Computers

Chapter-3 : Inside the System Unit

Activity-1 : (Hands-on-work) Open writer, type the names of different types of desktop computers and mobile devices.

Activity-2 : Draw a system unit in Tux Paint and label its parts.

Activity-3 : Paste the pictures of different calculating devices on an A4 size sheet.

Half-Yearly

Chapter-2 : Classification of Computers

Chapter-5 : Knowing EDUBUNTU

Chapter-6 : Personalizing Edubuntu

Chapter-9 : Libre office impress

Activity-1 : Draw the different storage devices in Tux Paint.

Activity-2 : (Hands-on-work) Create slide presentation on the topic - 'Festivals of India' in Libre Office Impress.

Activity-3 : (Hands-on-work) Create slide presentation on the topic - 'Global Warming' in Libre Office Impress.

IInd Periodic

Chapter-1 : History of Computer

Chapter-5 : Knowing EDUBUNTU

Chapter-4 : Computer Memory

Chapter-7 : Word Processor

Chapter-8 : Working with Writer

Activity-1 : Type a paragraph on the topic 'My School, My Pride'.

Activity-2 : Write an application to the Principal of your school for granting leave for two days.

Activity-3 : Create a presentation on the topic 'Internet

and Services' in Libre Office Impress.

Annual Exam

- Chapter-10 : Internet
- Chapter-4 : Computer Memory
- Chapter-7 : Word Processor
- Chapter-8 : Working with Writer
- Chapter-3 : Inside the System Unit
- Chapter-6 : Personalizing Edubuntu
- Chapter-9 : Libre office impress

Note : 21.07.17 School Cyber Olympiad

G.K.

- Book : G. K. Planet
- : Current Affairs of the month & logical reasoning.

APRIL-MAY

- Ch-1 : India at a Glance
- Ch-2 : Famous Monuments of India
- Ch-3 : Collective Nouns
- Ch-4 : The Animal Kingdom
- Ch-5 : Carnivorous Plants
- Ch-6 : Abbreviations
- Ch-7 : Professions
- Ch-8 : Important Documents and Cards
- Ch-9 : In a Doctor's Clinic

Review Sheet - 1

- Activity : Paste pictures of five monuments of Delhi with its one feature and name of its founder in A-4 size sheet.

JULY

- Ch-10 : Playing Fields
- Ch-11 : Famous Books and Authors
- Ch-12 : My Body-Teeth
- Ch-13 : Exploring Nature
- Activity : Write five ways of conservation of the water bodies.

AUGUST

- Ch-14 : Objects and Sounds

- Ch-15 : Famous Foods
Ch-16 : Defence Mechanisms
Ch-17 : Festivals and Fun
Activity : Paste the picture of a Woman Airforce Pilot and prepare bio-data including the following points : Name, Date of birth, parents, place, education, achievements.

SEPTEMBER

- Ch-18 : Famous Politicians of India
Ch-19 : Sobriquets
Ch-20 : Have You Gone NUTS ?
: **Review Sheet - 2**
Activity : Name and paste the pictures of the Chief Minister of the given States : Delhi, UP, Gujarat, Rajasthan, Punjab.

OCTOBER

- Ch-21 : Male-Female
Ch-22 : Animals in Movies
Ch-23 : Famous Metros
Ch-24 : Satellites and Astronauts
Activity : Prepare a pamphlet on NASA. Paste its Logo. Write about : (1) Its full form (2) Director of NASA (3) Aim & objective of NASA (4) Location of NASA.

NOVEMBER

- Ch-25 : Famous Inventions
Ch-26 : All In Numbers
Ch-27 : The Great Indian Warriors
Ch-28 : The Sound of Music
Activity : Name and paste the pictures of five Music Directors (Bollywood) and mention their famous song and movie.

DECEMBER

- Ch-29 : Global Warming
Ch-30 : Proverbs
Ch-31 : All About the CG
: **Review Sheet - 3**
Activity : Write five proverbs with their meaning.

JANUARY

- Ch-32 : India's Best

- Ch-33 : Famous Artists
 Ch-34 : Sports Trophies
 Ch-35 : My Computer

FEBRUARY

- Ch-36 : Famous Indian Musicians
 Ch-37 : T.V. Time
 Ch-38 : Famous Quotes

: Review Sheet - 4

- : Skill Building and Drill**
 Activity : Paste the picture of five icons of computer with their names and usage.

G.K. Assessment

(Text Book, Reasoning and Current Affairs)

Month	Date
April-May	12.05.2017
July	28.07.2017
September	01.09.2017
October	06.10.2017
November	17.11.2017
December	22.12.2017
January & February	26.02.2018

MORAL SCIENCE

- Book : Dew Drops & Value Activities

APRIL-MAY

- Ch-1 : Eat to Live, Don't Live to Eat
 Value Card Act. : Webchart highlighting the benefits of eating healthy food.
 G. Sensitivity Act. : Card making- complementing each other.

JULY-AUGUST

- Ch-2 : Being Sportive The Game of Life
 Value Card Act. : Choose your Role Model
 G. Sensitivity Act. : Discuss about profession where men and women work together as a team.

SEPTEMBER-OCTOBER

- Ch-3 : Success - aspiring higher
 Value Card Act. : Doing your best
 G. Sensitivity Act. : Team work

NOVEMBER-DECEMBER

- Ch-4 : Forgiveness Synonym of Godliness
Value Card Act. : Respect
G. Sensitivity Act. : My Family

JANUARY-FEBRUARY

- Ch-5 : Celebrating Relations ... the bond of
Happiness
Value Card Act. : Celebrating Diversity
G. Sensitivity Act. : My Feelings

ART & CRAFT

- Book** : PMP Planet

APRIL

- Book Work : Seashore, Doll (origami)

MAY

- File Work : Jamun Tree, Snail

JULY

- File Work : Kathputli, Joker

AUGUST

- Book Work : Rapunzel, Windmill (ice-cream stick
pasting)

- File Work : Monster (stencil work)

SEPTEMBER

- File Work : Flamingo, Crocodile

OCTOBER

- Book Work : Monkey & Capseller

- File Work : Woodpecker, Friendship Day

NOVEMBER

- File Work : Mouse, Playground

DECEMBER

- File Work : Rainy season, Jungle scene

JANUARY

- File Work : Greeting Card, Caterpillar

FEBRUARY

- Book Work : Lantern, Father Reading Newspaper

MUSIC

INSTRUMENTAL

April	: Teen taal + Kehrwa taal on tabla
May	: Basic patterns on drum
July	: Kaida in teen taal on tabla
August	: Kaida in teen taal and bal on tabla, Tukra's
September	: (Revision of syllabus) (April to August).
October	: Basic pattern & Kehrwa on Drum
November	: Dadra taal on tabla and Tukra's
December	: Jhaptaal on Tabla
January	: Western Dadra Pattern on Tabla and Congo, Drum
February	: (Revision of syllabus) (October to January).

VOCAL

April	: Bengali Song
May	: School Song
July	: Patriotic Song
August	: Bhajan
September	: Gandhi Song
October	: Gurbani
November	: Christmas Carol
December	: Patriotic Song/Saraswati Vandna
January	: Shiv Vandna
February	: Revision

DANCE

	<u>First Term</u>
April	: Warm-up exercises and body movements with count
May	: Aerobics rhythmic body movement
July	: Krishna dance
August	: Folk dance
	<u>Second Term</u>
September	: Classical hands moves (Mudra) and teen taal (foot work)
October	: Semi classical dance
November	: Classical Kathak dance (hastak, chakkar)
	<u>Third Term</u>
December	: Free style dance step
January	: Hip-Hop dance steps

February : Revision of Whole Syllabus
Grading
March : Test of Evaluation

CLAY MODELLING

April : Creative shapes and design
May : Slab method : Relief work, Standing figure
July : Human Face - Nose, Ears and Eyes
August : Monsoon scene, Aquatic scene
September : Elephant and Jungle scene
October : Transport - Metro and Future car
November : Ganesha and Diwali composition
December : Santa Claus and Christmas Tree
January : Animals - Horse and Horse Rider Comp.
February : Monuments - Qutab Minar

PHYSICAL EDUCATION

APRIL

- Week-1 — Card 1 : Athletics
- Week-2 — Card 2 : Kho-Kho
- Week-3 — Card 3 : Arch ball chase
- Week-4 — Card 4 : Interrupting the ball

JULY

- Week-1 — Card 1 : Badminton
- Week-2 — Card 2 : Quick Runs (Ball Relay)
- Week-3 — Card 3 : Playing-2 against 1
- Week-4 — Card 4 : Dribble and pass

AUGUST

- Week-1 — Card 1 : Table Tennis
- Week-2 — Card 2 : Three court Dodge ball
- Week-3 — Card 3 : Relay (Tunnel ball)
- Week-4 — Card 4 : Roads and Lanes

SEPTEMBER

- Week-1 — Card 1 : Volley Ball
- Week-2 — Card 2 : Relay (Arch ball)
- Week-3 — Card 3 : Skipping
- Week-4 — Card 4 : Athletics (Shuttle Run)

OCTOBER

- Week-1 — Card 1 : Basket Ball
- Week-2 — Card 2 : Relay (Arch and Tunnel ball)
- Week-3 — Card 3 : Chasing games (Tag games)
- Week-4 — Card 4 : Rhythmic activities

NOVEMBER

- Week-1 — Card 1 : Quick Runs (cricket)
- Week-2 — Card 2 : Understanding stretching
- Week-3 — Card 3 : Relay (sitting arch ball)
- Week-4 — Card 4 : Athletics

DECEMBER

- Week-1 — Card 1 : Jumping and Landing
- Week-2 — Card 2 : Fair step to a successful
- Week-3 — Card 3 : Throw games
- Week-4 — Card 4 : Football

JANUARY

- Week-1 — Card 1 : Aerobics
- Week-2 — Card 2 : Fill your bucket
- Week-3 — Card 3 : Pop the balloons
- Week-4 — Card 4 : Burst out

FEBRUARY

- Week-1 — Card 1 : Ball Handling
- Week-2 — Card 2 : Yoga
- Week-3 — Card 3 : Hala Hoop pass
- Week-4 — Card 4 : Blind fold

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