

## **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.*

## DATE SHEET FOR SESSION 2017-18

(CLASSES VI - VIII)

TERM - 1

### FIRST PERIODIC

DATE	DAY	VI	VII	VIII
07-07-17	Friday	Computer	Computer	Computer
14-07-17	Friday	English	Science	Sans./Fren.
21-07-17	Friday	Sans./Fren.	Hindi	Maths
28-07-17	Friday	Science	Social Science	English
04-08-17	Friday	Maths	Sans./Fren.	Hindi
11-08-17	Friday	Social Science	English	Science
18-08-17	Friday	Hindi	Maths	Social Science

### HALF-YEARLY

DATE	DAY	VI	VII	VIII
08-09-17	Friday	Computer	Computer	Computer
11-09-17	Monday	English	Sans./Fren.	Social Science
13-09-17	Wed.	Social Science	Maths	Science
15-09-17	Friday	Hindi	English	Hindi
18-09-17	Monday	Sans./Fren.	Science	Maths
20-09-17	Wed.	Science	Social Science	English
22-09-17	Friday	Maths	Hindi	Sans./Fren.

TERM - 2

### SECOND PERIODIC

DATE	DAY	VI	VII	VIII
13-12-17	Wed.	Computer	Computer	Computer
15-12-17	Friday	Maths	English	Social Science
18-12-17	Monday	Science	Sans./Fren.	English
20-12-17	Wed.	English	Maths	Hindi
22-12-17	Friday	Sans./Fren.	Science	Maths
26-12-17	Tuesday	Hindi	Social Science	Sans./Fren.
29-12-17	Friday	Social Science	Hindi	Science

Annual Exam (VI - VIII) 26.2.18 to 19.3.18

## **ENGLISH**

<b>Books (Lit. Reader) :</b>	<b>New Broadways - A Multiskill course in English</b>
<b>MCB :</b>	<b>New Pathways - An Interactive Course in English</b>
<b>Grammar :</b>	<b>Essentials of English Grammar &amp; Comp. Periodic - I</b>
Literature :	Ch-1 The Happy Prince Ch-2 The Tempest Poem Refugee Blues

### **Classroom Activities :**

- \* Draw a picture of the statue of the Happy Prince.
- \* What are the three things in your society that you would want to improve or get rid of? Why did you choose these three things?

### **Enrichment Activities :**

\* ASL

\* Dictation - weekly

MCB :	Uni-1 Growing Up
Writing Skills :	Notice, Diary Entry, Bio-Sketch
Grammar :	Verbs, Tenses : Present Tense, Noun, Pronouns

\* Sentences and Subject-Predicate will be taken in MCQ form.

\* Enrichment Activities and Notebooks will be assessed.

### **Half-Yearly**

Literature :	Ch-3 The Refugee Ch-4 A Triumph of Surgery Poem My Bird Songs
Repeated Chapter :	Ch-2 The Tempest

### **Classroom Activities :**

- \* Enactment - Imagine your life as a Refugee-sad, hardship, sufferings they go through.
- \* Do you have a pet? Share your relation with your pet.
- \* Describe the two birds : The Free Bird, The Cage Bird

### **Enrichment Activities :**

\* Assessment of listening and speaking skills on the basis of English conversation and class observation.

\* Dictation - weekly

MCB :	Unit-2 Nature's Bounty will be activity based
:	Unit-3 Furs & Feathers

Writing Skills : Message, Story writing, Letter to Editor  
Grammar : Modals, Tenses - Past Tense, Articles, Adj.  
\* Enrichment Activities and Notebooks will be assessed.

#### **Periodic - II**

Literature : Ch-5 The Wish  
Ch-6 The Day the Viceroy Come  
Poem The Boy Who Boasted  
Poem The Ant and the Cricket

#### **Classroom Activities :**

- \* Do you believe that if one makes a wish on a shooting star, the wish will be granted ? Have you had such experience ? Share with the class.
- \* Discussion : It is important to work hard and save for the future.
- \* Boasting or Bragging - A humorous thing or Annoying ?

#### **Enrichment Activities :**

- \* Public speaking
- \* Weekly Dictation : Declamation
- \* Integrated Project

MCB : Uni-5 A Brush with Arts  
Writing Skills : Article writing, Application writing  
Grammar : Preposition, Tenses - Future Tense, Active & Passive Voice, Sub-Verb Agreement, Adverbs

\* Enrichment Activities and Notebooks will be assessed.

#### **Annual Exam**

Literature : Ch-7 The Ronson of Red Chief  
Ch-8 The Miracle Merchant  
Repeated Chapters : Poem The Tempest  
The Boy Who Boasted  
The Ant & Cricket  
Ch-3 The Refugee Blues  
Ch-6 The Day the Viceroy Come  
Ch-4 A Triumph of Surgery  
Ch-5 The Wish

#### **Classroom Activities :**

- \* Do you think behind every comedy there is a sad tale ?
- \* What is miracle ? Can any one can do miracle ?

MCB : Uni-6 The Unexplained  
Writing Skills : Paragraph writing, Letter to Editor, Notice, Story writing

Grammar : Tenses, Direct & Indirect Speech, Preposition, Conjunction, Adjectives, Modals

\* Synonyms & Antonyms will be taken in the form of MCQ worksheet.

Unit-4 Playing Fair will be activity based.

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#### Periodic - I

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**Periodic - II**

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### Annual Exam

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### MATHEMATICS

Text Book : NCERT  
 Ref. Book : Maths Bliss  
 : Practice Manual  
 : Test Worksheets (Chapter wise)

#### Periodic - I

Chapter-1 : Knowing Our Numbers  
 Chapter-3 : Playing with Numbers  
 Chapter-7 : Fractions  
 Chapter-8 : Decimals

#### Enrichment Activities : (In Maths Project File)

1. To list all prime numbers from 1 to 100 by Eratosthenes Sieve's Method. (Ch-3)
2. To find the HCF of two given numbers by paper cutting method. (Ch-3)
3. To verify the rules of addition of two decimal numbers. (Ch-8)



**Classroom Activities :** (In Maths P.C.)

1. To paste the currency note and write its series number in Indian and International Place Value Chart. (Ch-1)

**Note :** Activity file and notebook will be assessed.

**Half-Yearly**

- Chapter-5 : Understanding Elementary Shapes  
Chapter-6 : Integers  
Chapter-10 : Mensuration  
Chapter-11 : Algebra  
Repeated Ch-7 : Fractions

**Enrichment Activities :** (In Maths Project File)

1. To find the sum of two unlike fractions. (Ch-7)
2. To derive the formula for the area of a rectangle. (Ch-10)
3. To verify the rules of addition of two integers using bindis. (Ch-6)

**Classroom Activities :** (In Maths P.C.)

1. To make as many rectangle on a square sheet that area is  $14 \text{ cm}^2$ . (Ch-10)

**Note :** Activity file and notebook will be assessed.

**Periodic - II**

- Chapter-4 : Basic Geometrical Ideas  
Chapter-9 : Data Handling  
Chapter-12 : Ratio and Proportion  
Chapter-13 : Symmetry

**Enrichment Activities :** (In Maths Project File)

1. To introduce different parts of circle by paper folding. (Ch-4)
2. To represent the choice of colours of your class students in a bar graph. (Ch-9)
3. To find the lines of symmetry of any 5 pictures from nature. (Ch-13)

**Classroom Activities :** (In Maths P.C.)

1. To make a creature using any Geometrical shape. (Ch-4)

**Note :** 1. Activity file and notebook will be assessed.  
2. Integrated Project.

**Annual Exam**

- Chapter-2 : Whole Numbers  
Chapter-14 : Practical Geometry  
Repeated Ch. : Ch-4, 9, 12, 13, 10

**Enrichment Activities :** (In Maths Project File)

1. To verify that multiplication is commutative for whole numbers. (Ch-2)

**Classroom Activities :** (In Maths P.C.)

1. Write your mobile number and write its successor and predecessor.
2. Rearrange the digits of the phone numbers and form the smallest and greatest 10 digit number. (Ch-2)

**Note :** Activity file and notebook will be assessed.

**SCIENCE**

**Book** : **Science Success**  
: **Practice Manual**  
: **Science Practical Book**

**Periodic - I**

Chapter-1 : Food, where does it come from ?

Classroom Activities :

\* Sprouting of seeds (To be done in Science Activity File)

Chapter-2 : Components of Food

Chapter-3 : Fibre to Fabric (Activity based chapter)

Classroom Activities :

\* To understand the spinning of cotton yarn.

\* To demonstrate weaving process.

Chapter-4 : Sorting Materials into Groups

Classroom Activities :

\* To separate objects/materials using handpicking.

Chapter-14 : Water

Classroom Activities :

\* To investigate water vapour condensing to liquid water. (To be done in Science Activity File)

**Subject Enrichment Activity :** (To be done in Science Lab File)

1. To study test for starch.
2. To study test for fats.
3. To study test for proteins.
4. To demonstrate transpiration by plants.

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

**Half-Yearly**

Chapter-5 : Separation of Substances

Diagram : Separating funnel (Pg. No. 69)

Classroom Activities :

\* To make saturated solution.

\* To separate components of a mixture by sieving.

(To be done in Science Activity File)

Chapter-13 : Fun with Magnets  
Diagram : Magnets of different shapes (Pg. 187)  
: Magnetic Keeper (Pg. 193)

Classroom Activities :

\* To classify objects as magnetic and non-magnetic substances.

Chapter-6 : Changes Around Us

Classroom Activities :

\* To classify the changes as reversible or irreversible changes

Chapter-9 : Living and Their Surroundings (Activity Based)

Classroom Activities :

1. To show how materials allow light to pass through them.

2. To show how the size of shadow varies with distance.

Chapter-10 : Motion and Measurement of Distances

Diagram : Proper position of the eye for taking the reading of the scale.

Classroom Activities :

1. To understand need of standard unit for accurate measurement.  
(To be done in Science Activity File)

2. To show vibratory motion in a stretched rubber band. (To be done in Science Activity File)

Repeated Chapter : Ch-4 (Sorting Materials into Groups)

**Subject Enrichment Activity :** (To be done in Science Lab File)

1. To separate mixture of sand and water by sedimentation and decantation.

2. To find poles of a magnet.

3. To prove that freely suspended magnet always points in North-South direction.

4. To show the attractive property of a magnet.

5. To understand the nature of chemical changes.

6. To show rectilinear propagation of light.

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

### Periodic - II

Chapter-8 : Body Movements

Diagram : Human Skull (Pg. 105),  
Pivot Joint (Pg. 108) Muscle when the arm is bent  
and straight (Pg. 109)

Classroom Activities :

\* To observe the movement in your body.

\* To show X-ray photograph.

\* To show human-skeleton

Chapter-12 : Electricity and Circuits  
Diagram : Inside a Torch (Pg. 172)  
: Internal view of a torch bulb (Pg. 172)  
: Open and closed electric circuit.

Classroom Activities :

\* To show the internal structure of a bulb.

Chapter-16 : Garbage in, Garbage Out (Activity Based)

Chapter-15 : Air Around Us

Classroom Activities :

Diagram : Composition of air by volume (Pg. 213)

Classroom Activities :

1. To investigate the presence of air in the atmosphere. (To be done in Science Activity File)

\* To observe the presence of air in the soil. (To be done in Science Activity File)

**Subject Enrichment Activity :** (To be done in Science Activity File)

1. To measure the length of a curved line.

2. To check whether the given substance is a conductor or insulator.

3. To study different components of electric circuit.

4. To prove that oxygen is required for burning.

**Note :** Notebook and Lab File and integrated project to be assessed.

### Annual Exam

Chapter-7 : Getting to Know Plants

Diagram : Tap and Fibrous roots (Pg. 91)

: Parts of Plant (Pg. 89)

: Parts of Leaf (Pg. 94)

: Parts of Flower (Pg. 97)

: Parts of Seed (Pg. 98)

Classroom Activities :

\* Visit to school herbal garden. Activity 7.2 (Pg. 91) to be done in the Science Activity File.

\* To study parts of a flower.

Repeated Chapter : (70% of the Syllabus) Ch-8, 10, 12, 13, 15

**Subject Enrichment Activity :** (To be done in Science Activity File)

1. To measure the length of a curved line.

2. To check whether the given substance is a conductor or insulator.

3. To study different components of electric circuit.

4. To prove that oxygen is required for burning.

**Note :** Notebook and Lab File and integrated project to be assessed.

## **SOCIAL SCIENCE**

**Book** : **Millennium's Social Science**  
: **Practice Manual**

### **Periodic - I**

#### **History**

Lesson-1 : Our Past (Activity based)  
Classroom Act. : MCQ  
Lesson-2 : Early Humans  
Classroom Act. : Periodic classification  
Lesson-3 : Early Cities  
Classroom Act. : Map Work  
Lesson-4 : The Vedic Period (1500 BC-600 BC)

#### **Geography**

Lesson-1 : The Earth and the Solar System  
Classroom Act. : Oral Discussion  
Lesson-2 : Globes and Maps  
Classroom Act. : Comparative study of Globes and Maps

#### **Civics**

Lesson-1 : Diversity  
Classroom Act. : Regional comparisons  
Lesson-2 : Diversity and Discrimination

#### **Subject Enrichment Activity :**

- \* Think and Explore (Individual) (SSt. Project File)
- \* Think beyond Earth (Oral Activity)
- \* Let's diverse ourselves (Group activity) (Sst. Project File)

**Note** : Notebook and social science project file will be assessed.

### **Half-Yearly**

#### **History**

Lesson-5 : Rise of Kingdoms  
Lesson-6 : New Religion and Ideas (Activity Based)  
Classroom Act. : MCQ  
Lesson-7 : The Mauryan Empire  
Classroom Act. : Map work

#### **Geography**

Lesson-3 : Locating Places on the Earth (Activity Based)  
Classroom Act. : Pictorial Representation (Heat Zones)  
Lesson-4 : Motion of the Earth  
Classroom Act. : Comparative Study

Lesson-5 : Major Domains of the Earth

Classroom Act. : Map Work

#### **Civics**

Lesson-3 : Government

Classroom Act. : Oral Discussion (Role of Government)

Lesson-4 : Democratic Governments

#### **Repeated Chapters : (Periodic-I)**

History : Ch-3

Civics : Ch-1

Geography : Ch-1

#### **Subject Enrichment Activity :**

\* Glimpse of India (Group Act) (Sst. Project File)

\* Comparative study of Government (Oral Activity)

\* Explore your history (Individual) (Sst. Project File)

**Note :** Notebook and social science project file will be assessed.

#### **Periodic - II**

##### **History**

Lesson-8 : India from 200 BC to AD 300

New Rulers, Trade and Religion (Activity Based)

Classroom Act. : MCQ

Lesson-9 : Life in Villages and Cities

Lesson-10 : The Gupta Empire

Classroom Act. : Map work

##### **Geography**

Lesson-6 : Major Landforms of the Earth

Classroom Act. : Comparative Study

Lesson-7 : India : Our Country

Classroom Act. : Map work

Lesson-8 : India : Climate, Natural Vegetation & Wildlife  
(Activity Based)

Classroom Act. : MCQ

##### **Civics**

Lesson-5 : Rural Self Government

Lesson-6 : Urban Administration

Classroom Act. : Oral Discussion (Life of in Urban City)

Lesson-7 : District Administration

Classroom Act. : Oral Discussion (Life in a Village)

**Subject Enrichment Activity :**

- \* Know your locality (Group Act) (SSt. Project File)
- \* Be a Patwari (Individual Act) (SSt. Project File)
- \* Know more about Lord Vishnu (Oral Activity)

**Note :** Notebook and social science project file will be assessed.  
Integrated Project will be assessed in Periodic - II.

**Annual Exam****History**

- Lesson-11 : The Age of Harshavardhana  
Lesson-12 : Art and Architecture in Ancient India

**Civics**

- Lesson-8 : Rural and Urban Livelihoods

**Repeated Chapters :**

- History : Ch-8, 9, 10, 7  
Civics : Ch-5, 6, 7, 4  
Geography : Ch-6, 7, 8

**COMPUTER**

**BOOK** : IT PLANET

**Periodic - I**

- Chapter-1 : Fundamentals of Computer  
Chapter-2 : Computer Memory  
Chapter-4 : More on Libre Office Writer

**Enrichment Activities :**

- Activity 1 : Create your Bio Data in Libre Office Writer (Ch-4)  
Activity 2 : Create a poster in Libre Office Writer on the topic "Clean India Green India" (Ch-4)

**Note :** Notebooks will be assessed after each periodic.

**Half-Yearly**

- Chapter-3 : Digital Storage  
Chapter-5 : Basic Programming  
Chapter-9 : Internet and Search Engine

**Repeated Chapters :**

Ch-1 (Periodic-I)

**Enrichment Activities :**

- Activity 1 : Write a program to calculate the Area and Perimeter of a rectangle in Q.Basic. (Ch-5)
- Activity 2 : Create a presentation in Libre Office Impress on the topic "Internet and its Services". (Ch-9)

**Note :** Notebooks will be assessed after each periodic.

**Periodic - II**

- Chapter-6 : Libre Office Calc
- Chapter-7 : Formatting Worksheet in Calc
- Chapter-8 : Formulas and Functions in Calc

**Enrichment Activities :**

- Activity 1 : Create a bill for the monthly expenditure of your family in LO Calc. (Ch-7 & 8)
- Activity 2 : Create a presentation in Libre Office Impress on the topic "Digital Storage". (Ch-3)

**Note :** Notebooks will be assessed after each periodic.

**Annual Exam**

- Chapter-10 : Introduction to E-mail

**Repeated Chapters :** Ch-6, 7, 8 (Periodic II), Ch-1 (First Term)

**GENERAL KNOWLEDGE**

<b>Book</b>	<b>: Knowledge (Bharti Bhawan)</b>	
April	1. Old Names, New Names	1
	2. Which is Which ?	2
	3. Acronyms	3
	4. Sobriquets	4
	5. Art & Crafts	5
	6. World of Sports	6
	7. Athletics at the Olympics	8-9
May	* Current Affairs	
	8. Indian Music	10-11
	10. Books and Authors	14-15
	11. Word Fun	16
	12. Languages	17
	13. Borrowed words	18
	* Current Affairs	



July	14. Food from Around the World	19
	15. Brands and Logos	20
	16. Parts of a Ship	21
	17. Railways	22-23
	18. Currency	24
	19. Awards and Honours	25
	* Current Affairs	
August	20. Around India	26-27
	21. The Northern States	28-29
	22. The Western States	30-31
	24. Asia	34-36
	* Current Affairs	
September	25. Europe	37-39
	26. People of Asia and Europe	40-41
	27. Countries, Capitals & More	42-44
	28. Ancient Civilisation	45-47
	* Current Affairs	
October	29. Empires	48-49
	30. Timeline of Monuments	50
	32. Insects, Spiders & Others	53-54
	33. Mammals	55-56
	* Current Affairs	
November	34. Monkeys & Apes	57-58
	35. The Art of Living	59-60
	36. Endangered Animals	61-62
	37. Environment	63-64
	* Current Affairs	
December	39. Our Solar System	67-69
	40. Inventions & Discoveries	70-71
	41. Computers	72-73
	* Current Affairs	
January	42. Everyday Science	74-75
	43. Measures	76
	44. Strange but interesting	77
	45. Chronology	78
	46. Name Chain	79
	47. Largest & Smallest	80
		* Current Affairs

## FRENCH

**Book : Enchanté-2**

### **1st Periodic**

Leçon-0 Découvrons la France !

Leçon-1 Belles Images

Leçon-2 Voici Paul !

#### **Enrichment Activities :**

1. Décrivez votre Ami(e) en vos mots
2. French Quiz

### **Half-Yearly**

Leçon-3 Les habits

Leçon-4 Les Animaux de zoo

Leçon-5 Comment fait-il ?

#### **Repeated Chapter**

Leçon-1 Belles Images

#### **Enrichment Activities :**

1. Faites le collage
2. Décrivez votre ville

### **Periodic II**

Leçon-6 Au Travail !

Leçon-7 Chez Clara

Leçon-8 La Maison de Marie

#### **Enrichment Activities :**

1. Décrivez votre Maison
2. Faites l' Affiche

### **Annual Exam**

Leçon-9 Bon Appétit

Leçon-10 Ma ville, mon Quartier

#### **Repeated Chapters :**

Leçon-5 Comment Fait - il ?

Leçon-6 Au Travail

Leçon-7 Chez Clara

Leçon-8 La Maison de Marie

## I aÑr

i B- & t r d

%l d Y e- (Hk&1)

### Ist Periodic

i Æ i B% o l u k

f}r h i B% c y o k u d %

fo' B k k fo' B x f r f o f / (Flash Cards)

r}r h i B% K u o / ð l % ' y l s l % (' y l s x k u e)

Oldj. k

1- l aÑr o. l z y k

2- l k i ð j. l e-

3- l o z e i ð j. l e-

x f r f o f /

d F k J o. k J o h o (J o. k d i s y) v i B r c k s

H.W. by choice (f p k o. l z)

u s / %

d W o x f r f o f / d s e w l d u v d f n, t k x s A

### Half-Yearly

pr e z i B% o k l z k e-

(L o k F, g f u d j d a h k u a f H U f p)

i x p e % i B% n i k s f g r r - ' l o e-

"K B % i B% d y g % u k k; d k j. l e- (u v e p u e)

Oldj. k

4- f o ; k i ð j. l e-

5- v o ; i ð j. l e-

6- n i l x l z %

(Ist Periodic)

2- l k i ð j. l e-

3- l o z e i ð j. l e-

4- K u o / ð l % ' y l s l %

x f r f o f /

d F k o p u e - (i p r a k v k k j r u f i r d F k) v i B r c k s

u s / %

d W o x f r f o f / d s e w l d u v d f n, t k x s A

### IInd Periodic

l r e % i B% ; f n t k u l r n - o n

v " l e % i B% i t r d L; v k e d F k

u o e % i B% d j y i z l % (n f k k H k r d s j e. k l F y l a d h

f p k e d i z r u Collage)

Qkj.k 7- l fU  
 8- l ĩ; lo ph' k  
 9- 7Vdk Kue~  
 xfrfof/ 'k v l k j h (o pu d i s y)  
 Ly ku y ſ ue ~ (H.W. by choice)  
 uſ % d i m o xfrfof/ d ſ e w i d u v d f n, t k ſ A

**Annual Exam**

r i e % i B % f d e - d j i ſ \

Qkj.k 10- v i f B v o c k ſ u e ~  
 f p - k o. k

(IInd Periodic) l i r e % i B % ; f n t k u l r n - o n  
 v " e % i B % i t r d L; v k e d f k  
 u o e % i B % d j y i z k %

Qkj.k 1- o. l z y k 2- l k i d j . e ~ 4- f o , k i d j . e ~ 7- l f U  
 9- 7Vdk Kue~  
 xfrfof/ l i d y ſ u e ~  
 f e - k o k i z k ( f e - k o d ſ c h p)  
 uſ % d i m o xfrfof/ d ſ e w i d u v d f n, t k ſ A

**Counselling Class Talk**

Months	Topic
April	(a) Good Touch Bad Touch
	(b) Play out Loud
May	(a) Happiness
	(b) My Family
July	(a) I Love to Study
	(b) Effective Study Habits
August	(a) Bullying is a crime
	(b) Respect e- elderly
September	(a) Helping Behaviour
	(b) I Love Myself
October	(a) My Healthy Food Basket
	(b) I love to eat Maggie, Momos, Pizza, but is it making me weak.... Let me see

- November (a) Am I in the web of Internet ?  
 (b) T.V. watching - I love it - Oh ! but my eyes .... ?  
 ... ! ... ?
- December (a) My friends are my happy moments of my life  
 (b) I am fit & healthy - you also want to - OK - Let  
 me tell you !

### LIFE SKILLS

**Book : My Book of Life Skills with Values**

- April : Ch-1 God is Merciful  
 Ch-2 Trust in God  
 Value Card Activity- 1, 2
- May : Ch-3 Courage  
 Ch-4 The Right Attitude  
 Value Card Activity- 3
- July : Ch-5 Leadership  
 Ch-6 Self-Expression  
 Value Card Activity- 4
- August : Ch-7 Ambition  
 Ch-8 Family Bonding  
 Value Card Activity- 5, 6
- September : Ch-9 Self Awareness  
 Ch-10 Humility  
 Value Card Activity- 7
- October : Ch-11 Responsibility  
 Ch-12 Kindness  
 Value Card Activity- 8
- Novemeber : Ch-13 Self Control  
 Ch-14 Appreciation  
 Ch-15 Patriotism  
 Value Card Activity- 9
- December : Ch-16 Preserverance  
 Ch-17 Abilities  
 Value Card Activity- 10

## ART & CRAFT

<b>Book</b>	: <b>Aesthetics of Art and Activity</b>
April	: Still Life : Flower Study : Birds Study
May	: Animals Study : Landscape
July	: Human Anatomy : Body Proportions : Sketching : Portrait
August	: Compositions - : Fruit Seller : Women Cooking Food : Folk Dance
September	: Stencil Art : Cartoon Drawing : Poster Design : Say no to Child Labour : No Smoking
October	: Poster - Save Our Earth : African Folk Art
November	: Calligraphy : Rangoli Making
December	: Winter Season : Christmas Scene
January	: Portrait : Collage (paper tearing)
February	: Completing the Syllabus and submission Art File.

## DANCE

April & May	: Introduction of Indian Classical Dance Forms * Introduction of Kathak Dance * Taal Teen Taal practice * Tatkak, Theka Ekgun Dugun Chaugun
July/August	: Single Hast Mudra * Short-note - Sum, Taali, Khali, Vibhag, Avartan * Practice of Hastak, Talkase Tihai Padhant

September	: Exam
Oct./Nov.	: Knowledge of Lory, Tukda, Tihai, Thoat, Amad, & Paran Amad
	* Practical :- Simple Tukda, Tatkak ki Tihai, Thoat, Amad and Paran Amad
Dec./Jan	: History of Kathak and different Chanama
	* Practical - Palta, Different kind of Chakra Chakkra Dhan Tukda
Feb.	: Description - Vandana, Bhajan, Kavita
	: Practical : Guru Vandana

## 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

## **PHYSICAL EDUCATION**

- April : Table Tennis  
Physical Exercise, holding the racket and learning forehand counter.
- : Basket Ball  
Physical exercise, Basic Dribble, Passing
- : Cricket  
Physical exercise, Still Head
- : Badminton  
Physical exercise, holding the racket, gripping technique
- May : Table Tennis  
Physical exercise, making service and playing forehand counter, backhand counter.
- : Basket Ball  
Physical exercise, lay up shot with both hand, with passing.
- : Cricket  
Physical exercise, forward, deffense
- : Badminton  
Physical exercise, forehand and backhand grip, basic footwork
- July : Table Tennis  
Physical exercise, counter forehand and backhand, push service
- : Basket Ball  
Physical exercise, Discuss about rule and regulation, Fundamental Skills
- : Cricket  
Shadow practice, forward deffense
- : Badminton  
Physical exercise, basic badminton strokes
- August : Table Tennis  
Physical exerice, backhand push and forehand push.
- : Basket Ball  
Deffanse men to men, zone deffance, zone come men to men



September	: <u>Cricket</u> Back fort diffense, shadow back fort
	: <u>Badminton</u> Physical exercise, serving forehand and backhand
	: <u>Table Tennis</u> Physical exercise, playing match with proper rules and regulation.
	: <u>Basket Ball</u> Match practice with proper rule, fitness drill with ball with passing
October	: <u>Cricket</u> Strat drive , Running between the wicket
	: <u>Badminton</u> Physical exercise, playing match with proper rules
	: <u>Table Tennis</u> Physical exercise, prehand smash and side spin service.
	: <u>Basket Ball</u> Physical exercise, one on one, two on two, three on three, five on five
November	: <u>Cricket</u> Cover drive, Catching practice
	: <u>Badminton</u> Physical exercise, basic stance, about dropping strokes
	: <u>Table Tennis</u> Physical activity recretion games and discussing about games.
	: <u>Basket Ball</u> Ball handling, cross lay up, shot three men lay up shoot, reverse lay shoot
December	: <u>Cricket</u> On drive, Fielding practice
	: <u>Badminton</u> Physical exercise, smashing forehand and backhand
	: <u>Table Tennis</u> Playing match and blocking forehand and backhand smash.

- January : Basket Ball  
Physical exercise, match full court, half court, match deffance, drill men to men, zone
- : Cricket  
Statergy of Match
- : Badminton  
Physical exercise, net playing skill, tumbling net strokes
- : Table Tennis  
Physical exercise, playing match with all rules.
- : Basket Ball  
Physical exercise, out side throw, side throw, base line throw, passing move
- : Cricket  
Matches practice, Playing matches proper rules
- : Badminton  
Physical exercise, match practice

## YOGA

### **April**

- Introduction of Yoga
- Yoga for children
- Chanting of OM
- Sukshma vyayama (Minor joint movement practices)
  - \* Griva Shakti vikasak kriya (I, II and III)
  - \* Purna Bhuja Shakti Vikasak kriya (I, II and III)
  - \* Vakshsthala Shakti Vikasak (I and II)
  - \* Kati Shakti Vikasak (I, II, III and IV)
- Asanas
  - \* Introduction to Asanas \* Tadasana
  - \* Tiryaka tadasana \* Hasttotanasana

### **May**

- Sukshma Vyayama
  - \* Jangha Shakti Vikasak (chair pose)
  - \* Pindali Shakti Vikasak
  - \* Pada Mula Shakti Vikasak
- Asanas
  - \* Katichakrasana \* Veerbhadrasana I
  - \* Veerbhadrasana II \* Vrikshasana

- General introduction to Pranayama
- July**
- Recitation of Hymns from Upanishads and Yoga Texts
- Asanas
  - \* Ardhakatichakrasana      \* Veerasana
  - \* Natrajasana
- Pranayama
  - \* Sheetali                      \* Shitkari
- Breath meditation
- August**
- Asanas
  - \* Dandasana                      \* Ardhpadmasana
  - \* Vajrasana                      (With specific pre-practices)
- Pranayama
  - \* Nadishodhan
- Meditation
- September**
- Asanas
  - \* Janushirshasana              \* Pashchimotanasana
  - \* Purvottanasana              \* Vajrasana
- Pranayama
  - \* Bhramari
- Tarataka
- October**
- Asanas
  - \* Ardhmatsyendrasana          \* Gomukhasana
  - \* Shashankasana              \* Mandukasana
- Pranayama
  - \* Chandrabhedhi              \* Suryabhedhi
- Meditation
- November**
- SURYA NAMASKAR/ASANAS
  - \* Suptavajrasana              \* Ushtrasana
- Pranayama
  - \* Nadishodhan              \* Bhramari

### **December**

- ☞ SURYA NAMASKAR
- ☞ ASANAS
  - \* Marjaryasana
  - \* Naukachalasana
  - \* Chakkichalasana
- ☞ Pranayama
  - \* Bhastrika
  - \*Suryabhedi
- ☞ Meditation

### **January**

- ☞ Kapalbharti
- ☞ Surya Namaskar
- ☞ Asanas
  - \* Bhujangasana
  - \* Shalabhasana
  - \* Ardhshalabhasana
  - \* Dhanurasana
- ☞ Pranayama
  - \* Nadishodhan

### **February**

- ☞ Surya Namaskar
- ☞ Asanas
  - \* Uttanpadasana
  - \* Setubandhasana
  - \* Pawanmuktasana
  - \* Ardh-halasanana
  - \* Markatasana
- Revision of the Asanas, Pranayama and Meditation
- ☞ Pranayama
  - \* Introduction of Pranayama
  - \* Benefits of Pranayama
  - \* Importance of Pranayama
  - \* Suryabhedi pranayama
  - \* Chandrabhedi pranayama
- ☞ Meditation
  - \* OM chanting
  - \* Breath meditation

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