

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

Book (MCB) : New Pathways - An Interactive Course in English
Literature : New Broadways - A Multi Skill Course in English
Grammar : Essentials of English Grammar & Composition

Periodic - I

Literature : Ch-1 Please Don't Pull It Out
Reader : Ch-2 The Pickwick Club
Poem — This is Going to Hurt Just a Bit

Classroom Activities :

1. How do you deal with 'Monday Morning Blues'? (Ch-1) (Discussion)
2. If you see a stranger in trouble, will you help him/her ? (Ch-2) (Discussion)

Enrichment Activities :

* ASL

* Weekly Dictation

MCB : Unit-1 Wanderlust

Writing Skills : Making Posters, Paragraph writing

Grammar : Nouns, Pronouns, Articles, Punctuation & Capital Letters

* Enrichment activities and notebooks will be assessed.

Half-Yearly

Literature : Ch-3 The Cherry Trees

Reader : Ch-4 The Fun They Had

Repeated Ch. : Ch-2 The Pickwick Club

: Poem — A Tragic Story

Classroom Activities :

1. Make a poster on 'Save Nature'. (Ch-3)
2. Group Discussion on 'Futuristic Mechanical Schools'. (Ch-4)

Enrichment Activities :

* Assessment of Public Speaking Skills - Debate

* Weekly Dictation

* Integrated Project

MCB : Unit-2 School Stories

Writing Skills : E-mail writing, Formal letter writing (Letter to Editor)

Grammar : Adjectives, Modals, Verbs-expressing the Present, Past & Future, Non-finite Forms

* Enrichment activities and notebooks will be assessed.

Periodic - II

Literature	:	Ch-5	The Stalled Ox
Reader	:	Ch-6	Bro Tiger Goes Dead
Repeated Ch.	:	Poem —	The Trees Are Great — The Choice

Classroom Activities :

1. Role play on - 'Animals are best friends'. (Ch-5)
2. Express your views on - 'Say No to Bully'. (Ch-6)

Enrichment Activities :

- * Assessment of listening and speaking skills on the basis of English conversation and class observation.
- * Weekly Dictation
- MCB : Unit-3 Real Life Heroes
: Unit-4 Forces of Nature (Activity Based)
- Writing Skills : Notice writing, Story writing, Informal Letter writing
- Grammar : Active & Passive Voice, Adverbs, Prepositions and Conjunctions.

* Enrichment activities and notebooks will be assessed.

Annual Exam

Lit. Reader	:	Ch-7	Chambali
	:	Ch-1	Please Don't Pull It Out
	:	Ch-3	The Cherry Trees
	:	Ch-5	The Stalled Ox
	:	Ch-6	Bro Tiger Goes Dead
	:	Poem	- Invention of Shoes - Tiger
	:		- The Trees are Great - The Choice

Enrichment Activities :

- * Write an article on - 'Where there is a will, there is a way.' (Ch-7)
 - MCB : Unit-5 Life's Simple Comedies
: Unit-6 Mystery (Activity Based)
 - Writing Skills : Biographical sketches, Essay writing, Informal Letter Writing, Making Posters
 - Grammar : Direct & Indirect Speech, Phrases, Clauses, The Sentence-Simple, Compound, Complex, Prepositions, Transformation of sentences, Conjunctions, Adjectives.
- * Words often confused, Synonyms & Antonyms and Idiomatic Expressions will be taken in MCQ form.
- * Unit-6 (Mystery) will be activity based unit.

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Periodic - I

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Half-Yearly

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Periodic - II

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	i 14	p s d
	i 15	H d i a
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	i 20	f o ; k
	i 22	f o ; k f o ' k k k
	i 23	l a a c k s d
	i 24	l e e p ; c l s d
	i 25	f o l e ; k i n c l s d
	i 27	v ' k a o l d k e d k l ' k s u
	i 85	i ; k z o p h ' k a (27 & 39)
	i 86	f o y l e ' k a (51 & 80)
	i 87	J f i l e f H u l f e z (21 & 30)
	i 88	v u s l ' k o l e d s f y , , d ' k a (26 & 37)
	i 29	e g l o j s (29 & 42) y l e l e d ; k (15 & 22)
	i 31	v i f e x n - k e k
	i 32	v i f e i n - k e k
y s k u d i s y &	i 35	i - k y s k u (v i s p l i d)
	i 36	v u l e n y s k u
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Annual Exam

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MATHEMATICS

Text Book : NCERT
Ref. Book : Maths Bliss
: Practice Manual, Test Booklet for every chapters

Periodic - I

Chapter-1 : Integers
Chapter-2 : Fractions and Decimals
Chapter-5 : Lines and Angles
Chapter-15 : Visualising Solid Shapes

Enrichment Activities : (In Maths Project File)

1. To find the product of fractions by paper folding. (Ch-2)
2. To represent the product of decimal numbers on a square by drawing horizontal/vertical lines and shading. (Ch-2)
3. To verify that vertically opposite angles formed by intersection of two lines are equal. (Ch-5)

Classroom Activities :

1. To draw an oblique and isometric sketch of a cube and cuboid. (Ch-15) (Maths Lab File)

Note : Activity and Notebook will be assessed.

Half-Yearly

Chapter-9 : Rational Numbers
Chapter-4 : Simple Equations
Chapter-11 : Perimeters and Area
Chapter-13 : Exponent and Powers
Chapter-14 : Symmetry
Chapter-1 : Integers (Repeated)

Enrichment Activities : (In Maths Project File)

4. Find the area of circle by paper cutting. (Ch-11)
5. To find the area of parallelogram using area of rectangle. (Ch-11)
6. To understand the concept of symmetry and find lines of symmetry by paper folding. (Ch-14)

Classroom Activities :

1. To understand the concept of rotational symmetry and to find order of rotational symmetry and angle of rotation of different shapes. (Ch-14)

Note : Activity and Notebook will be assessed.

Periodic - II

Chapter-6 : Triangle and its properties

Chapter-7 : Congruence of Triangles

Chapter-10 : Practical Geometry

Chapter-12 : Algebraic Expressions

Enrichment Activities : (In Maths Project File)

7. To verify that the sum of all interior angles of a triangle is 180° . (Ch-6)
8. To verify that an exterior angle of a triangle is equal to the sum of the two interior opposite angles. (Ch-6)
9. To verify using pythagorous property using graph paper. (Ch-6)

Classroom Activities :

1. To play mathematical tambola on Algebraic Expressions. (Ch-12)

Note : Activity File and Notebook will be assessed.

Annual Exam

Chapter-3 : Data Handling

Chapter-8 : Comparing Quantities

Repeated Ch. : Ch-6, 7, 10, 12, 4, 5

Enrichment Activities : (In Maths Project File)

10. To compare the marks obtained in all subjects by a student in the Periodic II and III by drawing a bar graph using paper cutting and pasting. (Ch-3)

Classroom Activities :

1. Convert the marks of all subject in all periodic in percentage form in tabular form. (Ch-8) (In practical copy)

Note : Activity and Notebook will be assessed.

SCIENCE

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

Periodic - I

Chapter-1 : Nutrition in Plants
Diagram : Stomata (Pg. 8), Photosynthesis (Pg. 8)
Class Activity : To show the coloured leaves of coeleus.
Chapter-3 : Fibre to Fabric
Class Activity : To find out soaking ability of different clothes.
Chapter-9 : Soil (Activity-Based Chapter)
Diagram : Soil Profile
Class Activity : Soil contains air
Chapter-5 : Acids, Bases and Salts
Class Activity : To find out how an antacid works.
Chapter-13 : Motion and Time
Diagram : Simple pendulum, Oscillation of a pendulum
Class Activity : Graphical presentation of uniform and non-uniform motion.

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

1. To identify different fabric by burning them.
2. To demonstrate/study neutralization reaction.
3. To study the effect of litmus paper on acids and bases.
4. To study the time period of simple pendulum.

Note : Notebook and Lab File to be assessed.

Half-Yearly

Chapter-1 : Nutrition in Animals
Diagram : Feeding habit in Amoeba, Human Tongue
Class Activity : To show human denture
Chapter-4 : Heat
Diagram : Clinical Thermometer
Class Activity : To show that hot and cold are relative terms. (To be done in Act. File)
: To observe the transfer of heat by convection using KMnO_4 . (To be done in Science Activity File)
Chapter-6 : Physical and Chemical Changes
Class Activity : Burning of magnesium ribbon.

Chapter-17 : Forest : Our Lifeline (Activity Based)
 : Flow Chart (Pg. 213, 215)

Chapter-8 : Wind, Storm and Cyclones
 Diagram : Wind currents generated due to uneven heating of
 the earth's surface. (Pg. 99)
 : Uneven heating (Pg. 99)

Class Activity : Blowing air through paper strip.
 : To show that when the speed of air increases, the
 pressure is reduced. (To be done in Science Activity
 File)

Repeated Ch. : Acids, Bases and Salts

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

1. To measure the temperature of water using laboratory thermometer.
2. To show conduction in solids.
3. To observe the changes that take place when copper sulphate reacts with iron.
4. To show that air expands on heating.

Note : Notebook , Lab File & Integrated Project to be assessed.

Periodic - II

Chapter-7 : Weather, Climate & Adaptations of Animals to
 Climate

Class Activity : Weather data from Newspaper.
 (To be done in Science Activity File)
 : To plot a graph showing changes in Maximum
 and minimum temperature of a place for one week.

Chapter-10 : Respiration in Organisms
 Diagram : Human Respiratory System (Pg. 123)
 : Exchange of gases in plants (Pg. 125)

Class Activity : To count breathing rate

Chapter-11 : Transportation in Animals and Plants
 Diagram : Double circulation of blood in human (Pg. 131)
 : Human Excretory System (Pg. 13)

Class Activity : To count pulse rate.

Chapter-14 : Electric Current and its Effects
 Diagram : Symbols of electric components (Pg. 167)
 : Symbolic circuit diagram of an open electric circuit
 and closed electric circuit.

Class Activity : To make an electric fuse.
Chapter-16 : Water : a precious resource
Diagram : Water Cycle
Chapter-18 : Waste Water Story (Activity based chapter)
Diagram : Flow Chart (Pg. 226)

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

1. To demonstrate role of diaphragm in breathing.
2. To demonstrate movement of water between the cells.
3. To show that a bulb glows only when a circuit is closed.
4. To check whether a given material is a conductor or an insulator.

Note : Notebook and Lab File to be assessed.

Annual Exam

Chapter-15 : Light
Diagram : Regular and Irregular reflection (Pg. 184)
: Types of Lenses (Pg. 190), Converging action of convex lens (Pg. 190), Diverging action of concave lens (Pg. 191), Dispersion of Light (Pg. 193)

Class Activity : Reflection of light
: Differentiating convex mirror from concave mirror.
: Differentiating convex lens from concave lens.

Chapter-12 : Reproduction in Plants
Diagram : Budding in yeast (Pg. 140), Flower; Stamen and Pistil (Pg. 142), Pollination (Pg. 143)

Class Activity : To show vegetative parts of potato and onion.

Repeated Ch. : Weather, climate and adaptations to climate, Respiration, Transportation of animals and plants, Electric current and effects, Acids, bases and salts, Motion & Time, Heat, Water, Physical and chemical changes, Nutrition in Plants

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

1. To study dispersion of light through glass prism.
2. To study the nature of image formed by plane mirror.
3. To study different parts of a flower.

Note : Notebook and Lab File to be assessed.

SOCIAL SCIENCE

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

Periodic - I

History

Chapter-1 : Medieval India (Activity based)
Class Activity : MCQ
Chapter-2 : New Kings and Kingdoms
Class Activity : Group Discussion
Chapter-3 : Cholas of the South (Activity Based)
Chapter-4 : Delhi Sultanate
Class Activity : Map work

Geography

Chapter-1 : The Environment
Class Activity : Talk on Environment Day
Chapter-2 : Inside Our Earth
Class Activity : Oral Discussion

Civics

Chapter-1 : Equality in Indian Democracy
Chapter-2 : The State Government

Subject Enrichment Activity : (To be done in SST. Project File)

1. Eligibility criteria to become an MLA (Individual) (SST. Project File)
2. Diary entry (Imagine yourself as an Ibn Batutta. (Oral Activity))
3. Report writing on invasion of Timur. (Group Activity)
(SST. Project File)

Note : Notebook and Social Science Project File will be assessed.

Half-Yearly

History

Chapter-5 : Mughal Empire I
Class Activity : Map work
Chapter-6 : Mughal Empire II
Class Activity : Map work
Chapter-7 : Architecture (Activity Based)
Class Activity : MCQ

Geography

Chapter-3 : Our Changing Earth I
Class Activity : Talk on Earthquake as a disaster
Chapter-4 : Our Changing Earth II

Class Activity : To study the cause of a river
Chapter-5 : Air
Class Activity : Life on Moon (Atmospheric Pressure)

Civics

Chapter-3 : Role of Gender
Class Activity : Group Discussion (Housework is invisible work)
Chapter-4 : Media and Democracy
Class Activity : Group Discussion (Free media is important)
Repeated Ch. : His- Ch-4, Geog.- Ch-1, Civics-Ch-1

Subject Enrichment Activity : (To be done in SSt. Project File)

1. Reference to context (Individual Activity) (SSt. Project File)
2. Express your views (Life in a remote village) (Oral Activity)
3. Know your monuments better (Group Activity) (SSt. Project File)

Note : Notebook and Social Science Project File will be assessed.
Integrated project to be assessed in Periodic II.

Periodic - II

History

Chapter-8 : Towns, Traders and Craftsmen
Class Activity : Map work
Chapter-9 : Medieval Society - Tribes, Nomads and Settled Communities (Activity)
Chapter-10 : Devotional Paths to Divine (Activity Based)

Geography

Chapter-6 : Water
Class Activity : Crosswords and Puzzle
Chapter-7 : Natural Vegetation and Wildlife
Class Activity : MCQ
Chapter-8 : Human Environment (Activity Based)
Class Activity : MCQ
Chapter-9 : Life in Tropical Regions - The Amazon and Ganga Brahmaputra Basins
Class Activity : Open Book Test

Civics

Chapter-5 : Advertising
Class Activity : Role play

Subject Enrichment Activity : (To be done in SSt. Project File)

1. Design an advertisement (Social and political advertisement) (Individual) (SSt. Project File)
2. Collage making (Information Satellite that India has launched) (Group Activity) (SSt. Project File)
3. Our other Names (Names given to river Ganga & Brahmaputra) (Individual) (SSt. Project File)

Note : Notebook and Social Science Project File will be assessed.

Annual Exam

History

- Chapter-11 : New Political Formations in 18th Century
Class Activity : Map work

Geography

- Chapter-10 : Life in Grasslands - The Prairies & the Velds
Chapter-11 : Life in Deserts - Sahara & Ladakh Deserts

Civics

- Chapter-6 : Markets Around Us
Class Activity : MCQ

Repeated Chapters :

- History : Ch-8, 9, 10, 5, 6
Geography : Ch-6, 7, 8, 9, 2
Civics : Ch-5, 4

COMPUTER

BOOK : IT Planet

Periodic - I

- Chapter-1 : Computer Software
Chapter-3 : Advance Features in Libre Office Calc
Chapter-4 : Charts in LO Calc

Enrichment Activities :

- Activity 1 : Create the salary statement of 10 employees using the Sum and Average functions (Ch-3)
Activity 2 : Create a worksheet in LO Calc on the topic "Bill of an Ice Cream Parlour" and create the column chart for the same. (Ch-4)

Note : Notebooks will be assessed after each periodic.

Half-Yearly

Chapter-5 : Introduction to HTML

Chapter-6 : More on HTML

Chapter-7 : Graphics in HTML

Repeated Chapters : Ch-1 (Periodic-I) : Computer Software

Enrichment Activities :

Activity 1 : Create a web page for your small business and promote it through social media. (Ch-6)

Activity 2 : Create a web page on the topic "Career Guides : Be a guru and teach others how to be a professional in a field : Hint - Sell an eBook" (Ch-7)

Note : Notebooks will be assessed after each periodic.

Periodic - II

Chapter-2 : Number System

Chapter-8 : Introduction to LO Base

Chapter-9 : Services of Internet

Enrichment Activities :

Activity 1 : Create a database of 10 students in Libre Office Base (Ch-8)

Activity 2 : Create a presentation in Libre Office Impress on the topic 'Internet - The Digital Mega Mall' (Ch-9)

Note : Notebooks will be assessed after each periodic.

Annual Exam

Chapter-10 : Computer Network

Repeated Chapters : Ch-2, 8, 9 (Periodic II)

Ch-1, 5 (First Term)

Enrichment Activities :

Activity 1 : Create a presentation on the topic - "Cyber Safety".

Activity 2 : Written MCQ on latest advancement in the field of IT.

GENERAL KNOWLEDGE

Book : Knowledge (Bharti Bhawan)		
Month	Topic	Pg. No.
April	1. Comics	1
	2. Spot the Errors	2
	3. Appreiations	4
	4. What's in a name ?	5
	5. Disciplines	6
	6. World of Sports	7
	7. Art & Craft	10
	* Current Affairs	
July	8. Pop, Rock & Jazz	11
	9. Dance & Theatre	13
	10. At the movies	15
	11. Quiz - 1	16
	12. Books & Authors	18
	13. Mythical Beings	20
	14. Colourful Language	21
	15. The Print Media	23
	* Current Affairs	
August	16. Companies & Brands	25
	17. Aeroplanes	26
	18. Roadways	27
	19. Shipping	28
	20. Postage Stamps	30
	21. Professions	31
	22. Award & Honours	32
		* Current Affairs
September	23. System of Rules	33
	24. The United Nations	34
	25. Quiz - 2	36
	26. The Eastern States	38
	27. The North-Eastern States	40
	28. Where in India ?	42
	29. Our Armed Forces	43
	30. Africa	44
Oct.-Nov.	31. Australia and his neighbours	46
	32. People of Africa & Australia	48

	33. Countries, Capitals & More	50
	34. Eternal Cities	52
	35. Great Minds	54
	36. Achivers	56
	37. Explorations	57
	38. Quiz	59
December	39. Reptiles	60
	40. Birds	62
	41. Canids	64
	42. The Art of Living	66
	43. Trees of India	68
	44. National Monuments	69
	45. Quiz	71
January	46. Tech Matters	73
	47. Science & Scientist	74
	48. Doctor, Doctor	76
	49. Man-made Marbles	78
	50. Chronology	80
	51. Ranking	81
	52. First and Last	82
	53. Quizzes	83

FRENCH

Book : Enchanté-3

1st Periodic

Leçon-0 Connaissez-vous la France ?

Leçon-1 La lettre de Valérie

Leçon-2 Joyeux anniversaire Paul !

Enrichment Activities :

1. Faire la carte d' Invitation de votre Anniversaire
2. Décrivez votre école en vos mots

Half-Yearly

Leçon-3 C'est ma ville

Leçon-4 Une Journée dans la vie de mes Parents

Leçon-5 Mon Argent de Poche

Repeated Chapter

Leçon-2 Joyeux anniversaire Paul !

Enrichment Activities :

1. Lové en rôle
2. Faire le certificat d'Appreciation

Periodic II

Leçon-6 Les loisirs de Nathalie

Leçon-7 Range ta chambre !

Leçon-8 Où allez-vous ?

Enrichment Activities :

1. Faites un affiche-sauveur l'eau
2. Regardez l' Image et Faites les dialogues

Annual Exam

Leçon-9 Hier, J'ai...

Leçon-10 Pendant les Vacances

Repeated Chapters :

Leçon-0 Connaissez-vous la France ?

Leçon-1 La lettre de Valérie

Leçon-6 Les loisirs de Nathalie

Leçon-7 Range ta chambre !

Leçon-8 Où allez-vous ?

La 1^{re}

Leçon-0 Connaissez-vous la France ?

1st Periodic

1- Où allez-vous ?

2- Range ta chambre !

3- Hier, j'ai...

4- Pendant les vacances

5- Les loisirs de Nathalie

6- Range ta chambre !

7- Où allez-vous ?

8- Connaissez-vous la France ?

xfrfof/ Jo.k dSj & (li znd dFk i'zufuekz)
i'zueh

H.W. by choice (fp-k.o.kz)

uS/ % dW/o xfrfof/ dsvd fn, t k, xSA

Half-Yearly

pr qz i B% efr % o cyk -xjh l h

(fl g 'kld rFk fp-k fuekz)

i xpe% i B% gk: 'yld l% (gk: i kk vudj. k)

"KB% i B% yskJk v Red Fk

Qldj.k 5- v' k/ akue~

6- l a i d j. le~

7- v Q;

8- nil xkz i R; k/p

l k l o z e] vi fB x l] fp-k.o.kz

xfrfof/ 'yld xk ue~

uS/ % dW/o xfrfof/ dsvd fn, t k, xSA

Ind Periodic

l ire% i B% pS; pk qz - (uk/ epu)

v "ve% i B% Hk ydL; i n f d e f k l r

ue% i B% ufr 'yld l% ('yld xk ue)

ri le% i B% v k f d a o S k; e~

Qldj.k 9- ' k h m j

10- l a; ki d j. le~

11- k v d k k ue~

xfrfof/ l f d y s k ue - (H.W. by choice)

' k o v l r k j h (o p u d S y)

uS/ % dW/o xfrfof/ dsvd fn, t k, xSA

Annual Exam

, dnk l% i B% u S f d y " k u p d f B u k ('yld xk ue)

Qldj.k 13- fp-k.o.kz - vi fB c k s

14- l a k ue~

Repeated Chapters :

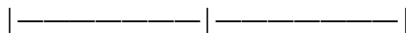
l kre% i B% pS; pk qz -

v "ve% i B% HMydL; i E Naf de Feuklr \
 uoe% i B% urfr' yls l%
 n' le% i B% v kfd aof SKV, e~
 Oldj.k 2- l k i d j. le~
 3- l o z e i d j. le~
 6- l f i i d j. le~
 nil xZ R; a
 7kVd k
 i k y f k u a
 xfr fof/ d Fk Jo. k J o H k o
 ok k z k (fe- k ad schp)
 us/ % d k M o xfr fof/ ds v d fn, t k, x s A

Counselling Class Talk

- | | |
|-----------|--|
| April | (a) I can talk like a hero to many at a time - Public Speaking |
| | (b) I am mad at - My passion in Life |
| May | (a) Move your body - Run - Play - ... ! |
| | (b) Be original - Be Yourself |
| July | (a) How to make studies interesting |
| | (b) My Career "Interest" options |
| August | (a) Setting a goal for the world - beyond myself |
| | (b) Respect & understand your opposite gender He/She |
| September | (a) Sex Education |
| | (b) Giving time to 'Myself' - V. Important |
| October | (a) Say 'No' to bullying |
| | (b) My life is filled with colors of happiness & positivity. |
| November | (a) What money can buy ? |
| | (b) I chose more of healthy food than unhealthy food |
| December | (a) Internet : |

Disconnection



- | | Causes | Benefits | Danger |
|-----|---|----------|--------|
| (b) | We learn a lot from our elders - Love them, Respect them. | | |

LIFE SKILLS

Book	: My Book of Life Skills with Values	
April	: Chapter-1	Devotion
	Chapter-2	Never Lose Faith in God
Value Card Activity- 1, 2		
May	: Chapter-3	God Makes Things Possible
	Chapter-4	Self Worth
Value Card Activity- 3		
July	: Chapter-5	Self Control
	Chapter-6	Good Habits
Value Card Activity- 4		
August	: Chapter-7	Self Reliance
	Chapter-8	Respect Your Elders
Value Card Activity- 5, 6		
September	: Chapter-9	Educate Yourself
	Chapter-10	Disarm Hatred with Love
Value Card Activity- 7		
October	: Chapter-11	Never Be Dishonest
	Chapter-12	Service to Others
Value Card Activity- 8		
November	: Chapter-13	Practise What You Preach
	Chapter-14	Courage
	Chapter-15	Curiosity is the Mother of Invention
Value Card Activity- 9		
December	: Chapter-16	Where There is a Will There is a Way
	Chapter-17	Preseverance
Value Card Activity- 10		

ART

Book	: Aesthetics of Art and Activity	
April	: Still Life, Nature study, Bird study	
	: Animal study, Landscape	
May	: City Scape, Human Anatomy, Body proportions	
July	: Sketching, Portrait, Compositions	

August	: Cartoon drawing, Stencil Art
September	: Poster Design, Stop Child Labour, Save Energy, Folk Art
October	: Paper tearing collage, Calligraphy
November	: Diwali scene, Mehendi Design
December	: Rangoli Making, Winter Season
January	: Christmas Scene
February	: Completing the syllabus and submission

DANCE

April & May	: Introduction of Taal Daadra and Keherwa Taal : Practical - Teen Taal Fast Foot Walking & Hastak
July/August	: Hast Mudra Practice : Tatkar with Hastak, Tukda, Thaata, Amad, Param Amad
Sept.	: Exam
Oct./Nov.	: Introduction of combined hast mudra, Greeva Bheda, Drishti Bheda : Practical - Hast mudra shalokas : Lay baat, and Ladi
Dec./Jan	: Basic knowledge of Vandana, Bhajan and Kavita : Practical - Ganesh Vandana and Kavita
Feb.	: Introduction of Indian Folk Dance : Practical - Bihu Dance (Assam)

MUSIC

Vocal

April	: Stuti (Sanskrit Shloka)
May	: Alankars 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
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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	: <u>Table Tennis</u> Physical Exercise, holding the racket and learning forehand counter.
	: <u>Basket Ball</u> Physical exercise, Basic Dribble, Passing
	: <u>Cricket</u> Physical exercise, Still Head
	: <u>Badminton</u> Physical exercise, holding the racket, griping technique
May	: <u>Table Tennis</u> Physical exercise, making service and playing forehand counter, backhand counter.
	: <u>Basket Ball</u> Physical exercise, lay up shot with both hand, with passing.
	: <u>Cricket</u> Physical exercise, forward, deffense
	: <u>Badminton</u> Physical exercise, forehand and backhand grip, basic footwork
July	: <u>Table Tennis</u> Physical exercise, counter forehand and backhand, push service
	: <u>Basket Ball</u> Physical exercise, Discuss about rule and

	regulation, Fundamental Skills
August	: <u>Cricket</u> Shadow practice, forward deffense
	: <u>Badminton</u> Physical exercise, basic badminton strokes
	: <u>Table Tennis</u> Physical exerice, backhand push and forehand push.
	: <u>Basket Ball</u> 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

- : Cricket
On drive, Fielding practice
- : Badminton
Physical exercise, smashing forehand and backhand
- December : Table Tennis
Playing match and blocking forehand and backhand smash.
- : 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
- January : 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
- ☞ 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 yyayama

* Jangha Shakti Vikasak (chair pose)

* Pindali Shakti Vikasak

* PadaMula Shakti

➔ Asanas

* Katichakrasana * Veerbhadrasana I

* Veerbhadrasana II * Vrikshasana

➔ General introduction to Pranayama

July

➔ Recitation of Hymns from Upanishads and Yoga Texts

➔ Asanas

* Ardhakaticakra * Veerasana

* Natrajasana

➔ Pranayama

* Sheetali * Shitkari

➔ Breath meditation

August

➔ Asanas

* Dandasana * Ardhpadmasana

* Vajrasana (With specific pre-practices)

➔ Pranayama

* Nadishodhan

➔ Meditation

September

➔ Asanas

* Janushirshasana * Pashchimotanasana

* Purvottanasana * Vakrasana

➔ Pranayama

* Bhramari

➔ Tarataka

October

➔ Asanas

* Ardhmatsyendrasana * Gomukhasana

* Mandukasana

➔ Pranayama

* Chandrabhedhi * Suryabhedhi

➔ Meditation

November

➔ SURYA NAMASKAR

➔ ASANAS