

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

Books :
Literature : **New Broadways**
Course Book : **New Pathways**
Grammar : **Sultan Chand**

Periodic - I

Literature : Ch-1 After Twenty Years
: Poem The Listeners
: Ch-2 Chasing the Rainbow

Classroom Activities :

Ch-1 Dialogue (between Culprit & Cop)
Ch-2 Discuss what you were afraid of when you were a small child.

Enrichment Activities :

* ASL
* Weekly Dictation
* Integrated Project
MCB : Unit-1 Human (Sec I, II, III)
Writing Skill : Message writing, Informal letter
Grammar : Verb forms : (Present, Past, Future), Modals

Half-Yearly

Literature : Ch-3 The Postmaster
: Ch-4 A Tiger in School
: Poem Geography Lesson
: Ch-5 Half a Gift

Classroom Activities :

Ch-5 Discuss practical ways in which you could express your gratitude to people who help us in our everyday life.
Ch-3 Paragraph on 'Human Life lies in fighting adversity'.
Ch-4 Draw a poster on 'Stop Animal Cruelty'.

Enrichment Activities :

* Weekly Dictation
* English conversation
MCB : Unit-3 Conflict & Hope (Sec II, III)
Writing Skill : Formal letter, Notice writing, Paragraph writing
Grammar : Prepositions, Conjunctions, Phrases & Clauses
* Unit - Circle of peace will be activity based.

Periodic - II

Literature	: Ch-6	Cricket for the Crocodile
	: Ch-7	The Little Prince
	: Poem	Adventure with Books
	: Poem	The Louse and the Mosquito

Classroom Activities :

Ch-6	: Article on 'Importance of Games'.
Ch-7	: Discuss in group what role does self-awareness or self-knowledge play in our lives ?

Enrichment Activities :

* Weekly Dictation

* Public speaking skills - Extempore

MCB	: Unit-4	Pushing the Limits (Sec-III)
Writing Skill	: Story writing, e-mail writing, Article writing	
Grammar	: Non-finite verbs, Active & Passive voice, Phrases and Clauses, Modals	

ANNUAL EXAM

Literature	: Ch-1	After Twenty Years (Repeated)
	: Ch-4	The Tiger in School (Repeated)
	: Ch-5	Half a Gift (Repeated)
	: Poem	Adventure with Books (Repeated)
	: Ch-8	The Paper Plague
	: Ch-9	The Quality of Mercy
	: Poem	Cricket for the Crocodile The Little Prince

Classroom Activities :

Ch-8	: Think of ways to make your school paperless. (Group Activity)	
Ch-9	: Role play (Allocate roles and dramatize the play in class).	
MCB	: Unit-7	Citizens of the World (Sec I, II, III)
Writing Skill	: Report writing, Speech, Notice, Formal letter.	
Grammar	: Reported Speech, Active & Passive voice, Verb forms, Conjunctions and Prepositions.	

* Unit - Nurturing the nature will be activity based.

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Periodic - I

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Half-Yearly

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Periodic - II

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i B&26 f o l e ; k f n c l s d
i B&27 f u i k
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i B&6 i ; k z o p h ' k a (3 6 8 5 3)
i B&8 f o i j m k e z ' k a (n i n d l j l s l t i)
i B&9 J t r l e f h u k e z (2 5 8 3 6)
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Annual Exam

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MATHEMATICS

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

Periodic - I

Chapter-1 Rational Numbers
Chapter-3 Understanding Quadrilaterals
Chapter-12 Exponent and Power
Chapter-4 Practical Geometry
Chapter-10 Visualising Solid Shapes

Enrichment Activities : (In Maths Project File)

1. To show that the sum of interior angles of a quadrilateral is 360° . (Ch-3)
2. To find the sum of exterior angles of a polygon is 360° . (Ch-3)
3. To learn about the laws of exponents for rational bases. (Ch-12)

Classroom Activities :

1. To make kite and rhombus by paper folding. (Demonstration)
2. To verify Euler's formula for 3-D shapes. (Demonstration)

*Activity File, Integrated Project and notebook will be assessed

Half-Yearly

Chapter-5 Data Handling
Chapter-6 Square and Square Roots
Chapter-7 Cube and Cube Roots
Chapter-8 Comparing Quantities
Chapter-2 Linear Equations
Repeated Ch. Ch-3, Ch-12

Enrichment Activities : (In Maths Project File)

4. To draw a pie chart of given data. (Ch-5)
5. To observe and generalise the number pattern of the given numbers : $1^2, 2^2, 3^2, \dots$ (Ch-6)
6. To compare simple and compound interest graphically. (Ch-8)

Classroom Activities :

1. To collect the data of marks of periodic test of your class and make a frequency distribution table. (In PC) Ch-5

* Activity File, and notebook will be assessed

Periodic - II

Chapter-16	Playing with Numbers
Chapter-9	Algebraic Expression and Identities
Chapter-14	Factorization
Chapter-13	Direct and Inverse Proportion
Chapter-15	Introduction to Graphs

Enrichment Activities : (In Maths Project File)

7. To find formula for curved surface area and total surface area of cylinder. (Ch-11)
8. To verify the algebraic identities by paper cutting (Ch-9) :

$$(a + b)^2 = a^2 + 2ab + b^2$$

9. To find the formula for area of trapezium. (Ch-11)

Classroom Activities :

1. To establish the formula for surface area of cuboid. (Demonstration) (Ch-11)

* Activity File, and notebook will be assessed

ANNUAL EXAM

Chapter-11	Mensuration
Repeated Ch.	Ch-9, 14, 16, 13, 15, 12, 6, 2

Enrichment Activities : (In Maths Project File)

10. To draw linear graph on a co-ordinate plane for the given data. (Ch-15)
11. To show that there is a direct variation in perimeter of a square with its side but not in area. (Ch-13)

Classroom Activities :

1. To show inverse variation in product of rows and columns. (In PC) (Ch-13)

SCIENCE

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

PERIODIC - I

Chapter-1 : Crop Production and Management
Class Activity : To show weeds
: To separate healthy from unhealthy seeds
Chapter-2 : Microorganisms : Friend and Foe
Diagram : HIV Virus, T4-Bacteriophage (Pg. 24),
Reproduction in Bacteria (Pg. 25), Bacterium (Pg.
26), Nitrogen Cycle (Pg. 32)
Class Activity : To observe the parts of microscope.
Chapter-3 : Synthetic Fibres and Plastics
Diagram : Linear and cross linked arrangement of units.
Class Activity : To show various fabrics.
Chapter-11 : Force and Pressure
Class Activity : To demonstrate the attraction and repulsion
between two magnets.
(To be done in Science Activity File)
: To observe the effect of pressure.
Chapter-18 : Pollution of Air and Water (Activity Based)
Diagram : Greenhouse Effect (Pg. 257)

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

1. To observe spoilage of food due to fungi.
2. To test action of water on fabrics made of different fibres.
3. To test action of heat on fabrics made of different fibres.
4. To show that liquid exerts equal pressure at the same depth.
5. To show that pressure in a liquid depends on its height.

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

Half-Yearly

Chapter-4 : Metals and Non-Metals
Diagram : Reactivity series (Pg. 55)
Class Activity : To show that metals conduct electricity and non-
metals do not. (To be done in Sci. Act. File)

Chapter-5	: Coal and Petroleum
Diagram	: Fractional distillation (Pg. 69)
Chapter-8	: Cell - Structure and Function
Diagram	: Shape of Cells (Pg. 98), Animal and Plant Cell (Pg. 102), Prokaryotic cell (Pg. 101)
Chapter-12	: Friction
Class Activity	: To demonstrate friction produced by smooth and rough surfaces.
	: To show that rolling friction is less than sliding friction.
Chapter-17	: Stars and the Solar System (Activity Based)
Diagram	: New Moon Day, Full Moon Day (Pg. 236)
Repeated Ch.	: Ch-3, Ch-11

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

1. To find the rate of reaction of a dilute acid with different metals.
2. To show that a more reactive metal can displace a less reactive metal from its salt solution.
3. To observe the basic components of onion peel cell.
4. To show that metals reacts with oxygen to form basic oxide.

Note : Notebook & Lab File to be assessed.

PERIODIC - II

Chapter-13	: Sound
Class Activity	: To prove that sound is produced by a stretched rubber band.
	: To show that sound can travel through solids.
	: To show the working of vocal cords in human.
Chapter-6	: Combustion and Flame
Diagram	: Flame of Candle (Pg. 80)
Class Activity	: To show that when a candle burns, it is the wax vapours which burn and not the liquid wax.
	: To show that soot (unburnt particles) are present in the luminous zone of a candle flame.
Chapter-7	: Conservation of Plants and Animals (Act. Based)
Chapter-14	: Chemical Effects of Electric Current
Diagram	: Electric Tester (Pg. 186), Electroplating (Pg. 190)
Class Activity	: To study flow of electric current through liquids.

Chapter-16 : Light
 Diagram : Beam and rays (Pg. 215)
 : Regular and Diffused Reflection (Pg. 218)
 : Dispersion of Light (Pg. 221)
 : Human Eye (Pg. 222)
 : Myopia (Pg. 224), Hypermetropia (Pg. 225)
 Class Activity : To show reflection of light.
 : To demonstrate blind spot.
 : To show that eye perceives object as moving

Chapter-15 : Some Natural Phenomenon
 Diagram : Gold leaf electroscope (Pg. 199)
 : Structure of the Earth (Pg. 204)
 Class Activity : To demonstrate charging by rubbing.

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

1. To show that the vibrating tuning fork produces waves in water.
2. To show the working of Eardrum.
3. To show that oxygen is needed for burning.
4. To show that combustible substance does not burn below its ignition temperature.
5. To study the nature of image formed by plane mirror.
6. To study dispersion of light through glass prism.

Note : Notebook & Lab File to be assessed.

Annual Exam

Chapter-9 : Reproduction in Animals
 Diagram : Budding in Hydra, Binary fission in Amoeba,
 Male reproduction organs, Human sperm, Female
 reproductive organs, Human Ovum

Chapter-10 : Reaching the age of Adolescence
 Diagram : Sex determination
 Repeated Ch. : Ch-12, 2, 13, 6, 14, 16, 4, 15

SOCIAL SCIENCE

Book : Millennium's Social Science
(Millennium Book Source Pvt. Ltd.)
: Practice Manual

PERIODIC - I

History

Chapter-1 : When, Where and How (Activity Based)
Class Activity : MCQ
Chapter-2 : The British - From Traders to Rulers
Class Activity : Map Work
Chapter-3 : British Administration
Chapter-4 : Rural Life and Society
Class Activity : Picture Paints History
Chapter-5 : Colonialism and Tribal Societies (Activity Based)
Class Activity : MCQ

Geography

Chapter-1 : Resources
Class Activity : Flow Chart
Chapter-2 : Natural Resources - Land, Soil, Water, Natural
Vegetation and Wildlife
Class Activity : MCQ

Civics

Chapter-1 : The Indian Constitution and the Rule of Law
Class Activity : Talk on Fundamental Rights
Chapter-2 : The Parliament and the making of Law

Subject Enrichment Activity :

1. Write up on various events of history : Tiger of Mysore, Annexation of Punjab etc. (Individual) (SSt. Project File).
2. Indigo formation (steps on how Indigo was produced).
3. Letter writing (Individual) (SSt. Project File)

Note : Notebooks and social science project file will be assessed.
Integrated project will be assessed in Periodic I.

Half-Yearly

History

Chapter-6 : Crafts and Industries
Chapter-7 : The Revolt of 1857
Class Activity : Map Work
Chapter-8 : Education and the British Rule
Class Activity : Open Book Test

Chapter-9 : Women and Reforms
Class Activity : MCQ
Chapter-10 : Challenging the Caste System (Activity based)
Class Activity : Crossword and Puzzle

Geography

Chapter-3 : Mineral and Power Resources
Class Activity : Map Work
Chapter-4 : Agriculture
Class Activity : Flow chart (classification of crops)

Civics

Chapter-3 : The Judiciary and upholding of law
Class Activity : Pyramidical structure of courts
Chapter-4 : The Criminal Justice System
Class Activity : Case Study
Repeated Ch. : History - Ch-2, 3
: Civics - Ch-1

Subject Enrichment Activity :

1. Use of Natural Gas and Petroleum (Oral)
2. Report writing (Life of a cowboy) (Individual) (SSt. Project File)
3. Mahatma Gandhi education system (Nai Taleem) (Group) (Sst. Project File)

Note : Notebooks and social science project file will be assessed.

PERIODIC - II

History

Chapter-11 : Colonialism and Urban Change
Chapter-12 : Changes in the Arts (Activity Based)
Class Activity : MCQ
Chapter-13 : Rise of Indian Nationalism
Class Activity : Map Work
Chapter-14 : The Struggle for Swaraj
Class Activity : Map Work
Chapter-15 : The National Movement (1923-1939)
Class Activity : Map Work

Geography

Chapter-5 : Manufacturing Industries
Class Activity : Flow chart
Chapter-6 : Human Resource
Class Activity : Map work

Civics

- Chapter-5 : Marginalised Groups and Social Justice
Chapter-6 : Right to Life and Economic Presence of the Govt.

Subject Enrichment Activity :

1. Garbage management (Individual) (SSt. Project File)
2. Poem of Rabindranath Tagore (Oral)
3. Exploration Activity (Group Act.) (SSt. Project File)

Note : Notebooks and social science project file will be assessed.

Annual Exam

History

- Chapter-16 : Marching Towards Independence
Chapter-17 : India and the World
Repeated Ch. : History - Ch-11, 12, 13, 14, 15, 7, 9
: Geog. Ch-5, 6, 2, 3, 4
: Civics - Ch-5, 6, 3, 4

COMPUTER

BOOK : : **IT PLANET**

PERIODIC - I

- Chapter-1 : Computer System
Chapter-5 : Forms and Frames in HTML
Chapter-6 : Blue Fish
Activity 1 : Create a web page in Blue Fish on the topic "How to Travel on a Budget (Best hotel deals. Car rental, Trip advice) (Ch-6)
Activity 2 : Create a presentation on the topic "HUMANWARE" in Libre Office Impress (Ch-1)

Half-Yearly

- Chapter-2 : Tables in Libre Office Base
Chapter-3 : More Features in LO Base
Chapter-4 : Query and Reports in LO Base
Repeated Ch. : Ch-1 (Computer System)
Activity 1 : Create a database named 'Pay Roll Management System of the Employees' in Libre Office base (Ch-3)
Activity 2 : Create a database 'School Library' in LO Base and design two tables in it. (Ch-4)

PERIODIC - II

- Chapter-7 : GIMP Image Editor
Chapter-8 : Inkscape
Chapter-9 : E-Commerce
Activity 1 : Design Advertisement in GIMP on the topic 'Sports Car' (Ch-7)
Activity 2 : Create a presentation in LO Impress on the topic "E-Retailing". (Ch-9)

ANNUAL EXAM

- Chapter-10 : Computer Virus and Security Risk
Repeated Ch. : Ch-7, 8, 9 (Periodic II) Ch-1, 2 (First Term)

Enrichment Activities :

- Activity 1 : Create a presentation on the topic— cyber threats and cyber safety.
Activity 2 : Written MCQ on the latest advancements in IT.

Note : Notebooks will be assessed after each periodic.

GENERAL KNOWLEDGE

Book	:		Pg. No.
Months	:	Chapters	
April	:	<u>Unit-1</u>	
	:	Starters	1
	:	Famous Adresses	2
	:	First and Last	3
	:	Spot the errors	4
	:	Name after....	6
	:	Fear words	7
	:	Quiz 1	8
July	:	<u>Fun and Sports</u>	
	:	Painting and Sculpture	10
	:	World of Sports	12
	:	Western Classical Music	15
	:	Cinema	17
	:	Celebrating the Arts	19
	:	<u>Language and Literature</u>	
	:	Books and Authors	21
	:	Epics	23
	:	Colourful Language	24
	:	Scripts	26

August	: <u>Potpourri</u>	
	: Aviation	28
	: Spaceflight	29
	: Organization that care	30
	: Wars and Revolution	32
	: Great Minds	34
	: Quiz 2	36
Sept./Oct.	: <u>India</u>	
	: The Southern States	38
	: The Central States	40
	: Where in India	42
	: Revolutionaries	44
November	: <u>People and Places</u>	
	: North America	45
	: South America	47
	: People of America	49
	: Countries, Capitals and More	51
	: National Symbols	53
	: Lost Cities	54
	: World Heritage Sites	56
	: Quiz 3	58
December	: <u>The Natural World</u>	
	: Natural Monuments	60
	: Fish and Frogs	62
	: Snails, starfish and others	64
	: Fungi and Microbes	66
	: The Art of Living	68
	: Quiz 4	70
Jan/Feb.	: <u>Science and Technology</u>	
	: Earth Matters	72
	: How, why and what	74
	: The Cell's Code	76
	: Do Plants need soil	78
	: Tech Matters	79
	: <u>This and That</u>	
	: Mysteries solved and unsolved	81
	: Disambignation	83
	: That time in History	84
	: Quiz 5	86

FRENCH

Book : Enchanté-4

1st Periodic

Leçon-0	La Publicité
Leçon-1	Les Pays Frenchophonie
Leçon-2	Dans un Magasin de vêtements

Enrichment Activities :

1. Faits une Publicité
2. Joue en rôle

Half-Yearly

Leçon-3	Voulez-vous un coup de Main ?
Leçon-4	Mon dernier weekend
Leçon-5	L'heure du conte

Repeated Chapter

Leçon-0	La Publicité
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Enrichment Activities :

1. Écrivez un article
2. Faites le Broucher touristique de ville Française

Periodic II

Leçon-6	Rien ne marche bien
Leçon-7	Je suis en Retard
Leçon-8	Vincent va organiser une fête

Enrichment Activities :

1. Faites le conte avec one petite Morale
2. Franch Quiz

Annual Exam

Leçon-9	Seul à la maison
Leçon-10	Quelle Surprise

Repeated Chapters :

Leçon-1	Les Pays Franchophonie
Leçon-4	Mon dernier week-end
Leçon-6	Rien ne marche bien
Leçon-8	Vincent va organiser une Fête
Leçon-5	L'heure du conte
Leçon-7	Je suis en Retard

L a N r

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%l d Y e~(H&3)

1st Periodic

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4- / k q i k . k

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l f o y s k u e ~ (H . W . b y c h o i c e)

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6- v ' k q l k s u e ~

7- l f u i d j . l e ~

8- v O ;

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Periodic II

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r l e % i B % n a z l o f k k o % [k y q

Oldj.k 9- n i l x l z i B ; k p

10- k k k k u e ~

13- i k y s k u e ~

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 Oldj.ki zʌkɪh
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Annual Exam

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 7- l ɪ
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 (Periodic II) 7- l kə ɔsk
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 10- ʃ kɪ k
 13- i k yʃkue~

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Counselling Class Talk

Months

- April : (a) Exploring time - 'Who am I'
 (b) Real Joy & Happiness
- May : (a) Sex Education
 (b) Friends - 'Real Asset'
- July : (a) Effective study habits
 (b) Meditation Session
- August : (a) Understanding Men/Women differences -
 Better understanding
 (b) Go out & play !
- September : (a) Identify your role in different areas and its
 importance
 (b) Mind Game - Come Let's Play

- October : (a) My Healthy & Tasty Food is ready..... !
 (b) Creative activities
- November : (a) Express your emotions
 (b) Internet is excellent - use it wisely
- December : (a) Be an original copy of yourself
 (b) Teenage challenges & adaptations
 (c) Elder - "I will be one soon" - Love them

LIFE SKILLS

Book	:	
April	Ch-1	Devotion
	Ch-2	Religious Tolerance
	Value Card Activity-	1, 2
May	Ch-3	Never Give Up
	Ch-4	Honesty
	Value Card Activity-	3
July	Ch-5	Our Weakness can be Our Strength
	Ch-6	Laughter is the Best Medicine
	Value Card Activity-	4
August	Ch-7	Try till you Succeed
	Ch-8	Forgiveness
	Value Card Activity-	5, 6
September	Ch-9	Take Initiatives
	Ch-10	Peace of Mind
	Ch-11	Never be Greedy
	Value Card Activity-	7
October	Ch-12	Empathy
	Ch-13	Care for the Specially Abled
	Ch-14	Love All Equally
	Value Card Activity-	8
November	Ch-15	Truthfulness
	Ch-16	Patriotism
	Ch-17	Awareness
	Value Card Activity-	9
December	Ch-18	Environmental Consciousness
	Ch-19	Inspiration
	Ch-20	Abilities
	Value Card Activity-	10

ART

Book	: Aesthetics of Art and Activity
April	: Still Life, Nature study, Bird study, Insect Study
May	: Animal Study, Landscape, City Scape
July	: Human Anatomy, Life Study, Sketching
August	: Portrait, Compositions, Poster Design
September	: Folk art, Paper collage, Calligraphy
October	: Nail Art, Rangoli making
November	: 3D Art, Folk Art
December	: Modern Art, Winter season
January	: Body proportions, Parts of Body
February	: Completing syllabus and submission

DANCE

April & May	: Introduction of different Taal : Practical - Foot cuanting, Hastak, Neek, Eye movements, Padhant, Practice of Paran, Kavita
July/August	: Introduction of Griva Bhed and Drishti Bhed : Practical - One ChokkDhan Tukda & Paran, Practice of Hasta Mudra
Sept.	: Exam
Oct./Nov.	: Introduction of Indian Classical and Folk Dance : Knowledge of International Dance Forms : Practical - One simple Tihai, one Chakkra Dhar : Tihai one Bal Jati Tihai, one Bedum Tihai, one Damdar Tihai
Dec./Jan	: Introduction of Angikam : Practical - Shiv Stuti, Tukda Parmelu, Kavita
Feb.	: Folk dance : Practical - Manipuri Folk dance (Rass Leela)

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
	<u>Instrumental</u>
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	: <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

July	: <u>Badminton</u> Physical exercise, forehand and backhand grip, basic footwork
	: <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
	: <u>Cricket</u> Shadow practice, forward deffense
August	: <u>Badminton</u> Physical exercise, basic badminton strokes
	: <u>Table Tennis</u> Physical exercise, backhand push and forehand push.
	: <u>Basket Ball</u> Deffanse men to men, zone deffance, zone come men to men
	: <u>Cricket</u> Back fort diffense, shadow back fort
September	: <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
	: <u>Cricket</u> Strat drive , Running between the wicket
October	: <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

	: <u>Cricket</u> Cover drive, Catching practice
	: <u>Badminton</u> Physical exercise, basic stance, about dropping strokes
November	: <u>Table Tennis</u> Physical activity recreation games and discussing about games.
	: <u>Basket Ball</u> Ball handling, cross lay up, shot three men lay up shoot, reverse lay shoot
	: <u>Cricket</u> On drive, Fielding practice
	: <u>Badminton</u> Physical exercise, smashing forehand and backhand
December	: <u>Table Tennis</u> Playing match and blocking forehand and backhand smash.
	: <u>Basket Ball</u> Physical exercise, match full court, half court, match deffance, drill men to men, zone
	: <u>Cricket</u> Statergy of Match
	: <u>Badminton</u> Physical exercise, net playing skill, tumbling net strokes
January	: <u>Table Tennis</u> Physical exercise, playing match with all rules.
	: <u>Basket Ball</u> Physical exercise, out side throw, side throw, base line throw, passing move
	: <u>Cricket</u> Matches practice, Playing matches proper rules
	: <u>Badminton</u> 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 Bhuj 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
 - * PadaMula Shakti
- Asanas
 - * Katichakrasana * Veerbhadrasana I
 - * Veerbhadrasana II * Vrikshasana
- General introduction to Pranayama

July

- Recitation of Hymns from Upanishads and Yoga Texts
- Asanas
 - * Ardhakatichakra * Veerasana
 - * Natrajasana
- Pranayama
 - * Sheetali * Shitkari
- Breath meditation

August

- Asanas
 - * Dandasana * Ardhpadmasana
 - * Vajrasana (With specific pre-practices)
- Pranayama
 - * Nadishodhan
- Meditation

September

- ➔ Asanas
 - * Janushirshasana
 - * Purvottanasana
- * Pashchimotanasana
- * Vakrasana
- ➔ Pranayama
 - * Bhramari
- ➔ Tarataka

October

- ➔ Asanas
 - * Ardhmatsyendrasana
 - * Mandukasana
- * Gomukhasana
- ➔ Pranayama
 - * Chandrabhedhi
- * Suryabhedhi
- ➔ Meditation

November

- ➔ SURYA NAMASKAR
- ➔ ASANAS
 - * Suptavajrasana
- * Ushtrasana
- ➔ Pranayama
 - * Nadishodhan
- * Bhramari
- ➔ Meditation

December

- ➔ Surya Namaskar
- ➔ Asanas
 - * Marjaryasana
 - * Naukachalasana
- * Chakkichalasana
- ➔ Pranayama
 - * Introduction to pranayama
 - * Benefits of pranayama
 - * Importance of pranayama
 - * Suryabhedhi pranayama
 - * Chandrabhedhi pranayama
- ➔ Meditation
 - * OM chanting
 - * Breath meditation

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