

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

IX - X

FIRST PERIODIC		IX	X
DATE	DAY		
14-07-17	Friday	Computer	English
21-07-17	Friday	Science	Social Science
28-07-17	Friday	Hindi/Fr.	Maths
04-08-17	Friday	Social Science	Computer
11-08-17	Friday	Maths	Hindi/Sans/Fr.
18-08-17	Friday	English	Science

SECOND PERIODIC		IX	X
DATE	DAY		
08-09-17	Friday	English	Hindi/Sans/Fr.
11-09-17	Monday	Science	Maths
13-09-17	Wednesday	Computer	Social Science
15-09-17	Friday	Hindi/Fr.	Computer
18-09-17	Monday	Social Science	English
22-09-17	Friday	Maths	Science

THIRD PERIODIC		IX	X
DATE	DAY		
13-12-17	Wednesday	Social Science	Maths
15-12-17	Friday	Computer	Hindi/Sans/Fr.
18-12-17	Monday	Hindi/Fr.	English
22-12-17	Friday	Science	Social Science
26-12-17	Tuesday	Maths	Science
29-12-17	Friday	English	Computer

MOCK TEST		IX	X
DATE	DAY		
02-02-18	Friday	English	Hindi/Sans/Fr.
05-02-18	Monday	Social Science	Science
08-02-18	Thursday	Science	Maths
12-02-18	Monday	Hindi/Fr.	English
15-02-18	Thursday	Maths	Social Science

ENGLISH

- Book**
1. Literature Reader **NCERT**
 2. Main Course Book **NCERT**
 3. Workbook **NCERT**
 4. Novel (Three Man in a Boat)
 5. Assignment Book

Periodic - I

- Literature : F1 How I Taught My Grandmother to Read
: F2 Dog named Duke
: P1 Brook
: P2 Road not taken
- MCB : Unit-1 People
: Unit-2 Adventure
- Workbook : Unit-1 Verb form
: Unit-2 Determiner
: Unit-7 Active & Passive Voice
- Novel : Chapters 1 to 6
- Writing Skills : Biosketch, Formal letter, Article writing, Notice, Diary entry
- Reading Skills : Comprehension passages & poems
- Enrichment Activities :
1. ASL
 2. Homework by choice
 3. Notebook Assessment

Periodic - II

- Literature : F3 The Man Who Knew Too Much
: F4 Keeping it from Harold
: P3 The Solitary Reaper
: P4 Lord Ullin's Daughter
: D1 Villa for Sale
- MCB : Unit-3 Environment
: Unit-4 Radio Show
- Workbook : Unit-4 Modals
: Unit-6 Reported Speech
- Novel : Chapters 7 to 18
- Writing Skills : Data Interpretation, E-mail, Speech, Message, Diary Entry, Story writing
- Reading Skills : Comprehension passages

Enrichment Activities :

1. ASL
2. Homework by choice
3. Integrated Project
4. Notebook Assessment

Note : Syllabus of Periodic I to be added in Periodic II.

Periodic - III

- Literature : F1 How I Taught My Grandmother to Read (Rep.)
: F4 Keeping it from Harold (Repeated)
: F5 The Best Seller
: P5 The Seven Ages
: P4 Lord Ullin's Daughter (Repeated)
: P6 Oh ! I Wish I'd looked after my teeth
: P7 Song of the Rain
: D1 Villa for Sale
: D2 The Bishop's Candlesticks
- MCB : Unit-5 Mystery
: Unit-6 Children
: Unit-7 Sports & Games
- Workbook : Unit-3 Future Time Reference
: Unit-5 Connectors
: Unit-8 Preposition
- Novel : Chapters 13 to 19
- Writing Skills : Story writing, Formal letter, Notice, Article, Data Interpretation
- Reading Skills : Comprehension passage

Enrichment Activities :

1. ASL
2. Homework by choice
3. Integrated Project
4. Notebook Assessment

Final Exam : Whole Syllabus

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- %1- li 'kZ(H&1)
- 2- l p; u (H&1)
- 3- O d j . k & i f j p ;

Periodic - I

li 'kZ(x|)

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- i B&1 / y
- d { k x r f o f / & e k h l s t n o (e k s d)

li 'kZ(i|)

- i B&9 j k
- i B&10 n g s

l p; u

- i B&1 f x y w
- i B&2 l e f r
- d { k x r f o f / & c f k u d h [k w e h b ; k a (f y f k)

O d j . k & i f j p ;

- i B&1 o . k o f n s
- i B&2 v u b j] v u p f d] u p k
- v i f b x n - k a k o i n - k a k

y s k u d i s y &

v u s p k j d i - k f o k k u j v u e n s

b f n u b j x g d k &

i k f r d v l k r k s d j . k o l e k k u (c k e w k y u e n s)

e w k u x r f o f / &

J o . k o o p u (A S L)
v u e n s o p u o i z u s k j d i m e w k u

Periodic - II

li 'kZ(x|)

- i B&3 , o j s v e j h f k j ; k k
- d { k x r f o f / & x l s y o k e x d s i n o (f y f k)
- i B&4 r e d c t k v k s v r f f k
- i B&5 o s t u d p s u k d s o l g d % p a z k j o e l v j k e u

li 'kZ(i|)

- i B&11 v k e h e k
- i B&12 , d i o d h p l g
- d { k x r f o f / & i p h u o v k t u d l e k t d d j f r ; l a d k
- r o k e d v e ; u (e k s d)

l p; u

- i B&9 j k
- i B&3 d y w d e j k d h m u d k h
- i B&4 e j k n s k l k f u t h i t d k y ;

O d j . k & i f j p ;

- v i f b x n - k a k o i n - k a k
- i B&3 m i l x z z ;
- i B&4 l f i (l o j l f i)

y s k u d i s y &

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i fj; l; uk dk; Z	
Periodic I	I E wkZi k; -Oe
	Periodic - III
Li' kZ(x)	i k86 dhpM=dk d lO i k87 / eZdh v kM i k88 ' k; r l; sds l eku d {k xfrfof/ & e k; k x l; h d s v k; k; z o v l; s u (fyf l k) i k81 / y (i q; lofU) i k83 , o j; v e j; h f k; k; ; k; k; (i q; lofU) i k85 o s; t u d p s u k o s; o l o g d p a z; k; j; o d v j; l e u
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y; s; k; u d; i; s; y; &	v u f; n; s; y; s; k; u l a k; n; y; s; k; u f o k; k; u y; s; k; u i; k; f; p; k; o. k; z
bFNubj; xgdk; Z	f; p; = k; l f; g; r v u f; n; s; y; s; k; u
eW ldu xfrfof/ &	d U l; k; g; r; k; e; y; J e; o; n; / v k; l e; a; d; s; f; u; e; k; z; d; s; d; j; . k; Jo. ko opu (ASL) e k; s; y; i j; l e l e f; d; k; u k; o f o p; k; k; h; o f d; d k; M; e W l d u
Annual Exam	i wkZi k; -Oe

MATHEMATICS

Book : NCERT

Reference Book : APC Mathematics by M.L. Aggarwal

Test Booklet : Chapter-wise

Practice Manual

Periodic - I

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

Lab Activities : (In Maths Activity File)

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

* Note : Activity File and Notebook will be assessed.

Periodic - II

Ch-4	Linear Equation in Two Variables
Ch-7	Triangles
Ch-8	Quadrilaterals
Ch-12	Heron's Formula
Ch-13	Surface Area and Volume
Ch-1	Number System (Repeated)
Ch-2	Polynomials (Repeated)
Ch-5	Euclid's Geometry (Repeated)
Ch-6	Lines and Angles (Repeated)
Ch-3	Coordinate Geometry (Repeated)

Lab Activities : (In Maths Activity File)

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

* Note : Activity File and Notebook will be assessed.

* Integrated Project

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

Periodic - III

Ch-10	Circles
Ch-11	Constructions
Ch-14	Statistics
Ch-15	Probability
Ch-9	Area of parallelogram and triangles
Ch-1	Number System (Periodic - I)
Ch-13	Surface Area and Volume

Lab Activities : (In Maths Activity File)

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

* Note : Activity File and Notebook will be assessed.

Annual Exam : Includes Full Syllabus of Class IX.

SCIENCE

Book : NCERT

Reference Book : 1. Foundation Science Chemistry
2. Foundation Science Physics

Practice Manual (Student's Companion)

Test Booklet

Periodic - I

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

Classroom Activities :

Chemistry	: 1. Demonstration of diffusion, interparticles forces and spaces using KMnO_4 in water. 2. To demonstrate factors affecting evaporation.
Physics	: 1. To study about different types of motion. 2. Quiz on Describing Motion, Distance, Displacement and Uniform motion. 3. To study effect of force on different objects from our day to day life.
Biology	: 1. Observe parts of microscope. 2. To study osmosis with the help of an egg and raisins. 3. To study section of stomata under microscope.

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

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

Note : Notebook and Practical Files to be assessed.

Periodic - II

Chemistry	: Ch-2	Is Matter Around Us Pure
	: Ch-4	Structure of Atom (till 4.2)
Physics	: Ch-9	Force and Laws of Motion
	: Ch-10	Gravitation
	: Ch-11	Work & Energy (till unit 11.1)
Biology	: Ch-6	Tissue
	: Ch-15	Improvement in Food Resources
	: Ch-7	Diversity till Kingdom Fungi

Repeated Topics :

Chemistry : Evaporation and factors affecting it (L-1)

Classroom Activities :

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

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

- Chem :
1. To prepare true solution of (a) common salt, sugar and alum (b) suspension of soil, chalk powder and fine sand in water. (c) colloidal of starch in water and egg and distinguish between them.
 2. To prepare a mixture of compound using iron filings and sulphur powder and distinguish between them.

3. To carry out the following reaction and classify them as physical and chemical changes :

- (a) $\text{Fe} + \text{CuSO}_4$
- (b) $\text{Zn} + \text{H}_2\text{SO}_4$
- (c) $\text{Na}_2\text{SO}_4 + \text{BaCl}_2$
- (d) Burning of Mg ribbon
- (e) Heating of copper sulphate

2. To separate components in mixture of Sand, Ammonium Chloride & Sodium Chloride.

Physics :

1. To determine the density of solid (denser than water) by using spring balance and a measuring cylinder.
2. To establish the relation between the loss in weight of solid when fully immersed in (i) tap water (ii) strong salty water with the weight of water displaced by it by using atleast two different solids.
3. To observe and compare the pressure exerted by solid on sand while resting on its three different faces and to calculate the pressure exerted in three different cases.

Biology :

1. To identify parenchyma and sclerenchyma tissues in plants, stripped muscle fibres and nerve cell in animals using permanent slides.
2. To test (a) presence of starch in given food sample (b) the presence of adulterant with metanil yellow in dal.
3. To study the characteristics of spirogyra/moss, pinus and an angiospermic plant.

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

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

Periodic - III

Chemistry	:	Ch-4	Structure of Atom
	:	Ch-3	Atoms and Molecules
Physics	:	Ch-11	Work and Energy
	:	Ch-12	Sound

Biology	: Ch-7	Diversity (Plant + Animal)
	: Ch-13	Why do we fall ill ?
	: Ch-14	Natural Resources
Repeated Topics :		
Chemistry	: Ch-1	Matter in our surrounding (till 1.4 unit)
	: Ch-2	Is Matter Around us Pure (Only unit 2.3 Separation of Mixtures)
Physics	: Ch-8	Motion (Only unit 8.1 describing Motion)
	: Ch-10	Gravitation (Unit 10.5, 10.6 & 10.7)
Biology	: Ch-5	Fundamental Unit of Life (Unit 5.2.5 only) Cell Organelles)
	: Ch-7	Diversity in Living Organisms (Unit 7.4 Plant Kingdom)

Classroom Activities :

Chem :

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

Physics :

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

Biology :

1. To study immunization chart

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

Physics :

To study the velocity of a pulse propagated through slinky.

To study reflection of sound.

Biology :

1. To observe and draw earthworm, cockroach, bonyfish, bird.
2. To study the external features of root, stem and flower of monocot and dicot plants.
3. To study the life cycle of Mosquito.

Chemistry :

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

Annual Exam : Whole Syllabus

SOCIAL SCIENCE

Book : NCERT
: MAP

Periodic - I

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

Subject Enrichment Activities :

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

Periodic - II

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

Subject Enrichment Activities :

1. Maps - History L-4 Geog. L-3, 4
2. Integrated Project
3. Read the autobiography of any great leader and write the summary.
(Project File)

Note : Complete Syllabus of First Periodic will be included.

Periodic - III

History	: L-4	(Repeated)
	: L-7	Story of Cricket
Geography	: L-2	(Repeated)
	: L-5	Natural Vegetation and Wildlife
	: L-6	Population
Classroom Act.	: Quiz on Natural Vegetation and Wildlife.	
Pol. Science	: L-2	(Repeated)
	: L-5	Working of Institutions
	: L-6	Democratic Rights
Classroom Act.	: Discussion (Group) on the topic : 'Fundamental Rights and Duties go hand in hand'.	
Economics	: L-2	(Repeated)
	: L-3	Poverty a major challenge
	: L-4	Food Security in India

Subject Enrichment Activities :

1. Maps - History L-4, 5
2. Article writing - Brain Drain (Project File)
3. Presentation - Development in any game of your choice. (Project File)

Annual Exam : Whole Syllabus

INFORMATION TECHNOLOGY

BOOK – IT Beans

Periodic - I

Ch-1, 2, 3, 4

Enrichment Activities :

1. Make a chart depicting the services provided by Internet. OR Make a collage on topic 'Convergence of Technologies'.
2. Prepare a presentation on Encryption and Decryption Technologies. OR prepare a presentation on Input, Output and Storage devices.

Periodic - II

Ch-5, 6, 7, 8, 9, 10, 11

(Repeated Chapter : Ch-4)

Enrichment Activities :

1. Prepare a presentation using Power Point comprising of the various elements of Multimedia and discuss in class. OR prepare a presentation on the advantages and disadvantages of Guided Media.
2. Write three paragraphs on topic 'MT ABU PUBLIC SCHOOL' and perform all the operations using editing tools of MS WORD and present in class.

Periodic - III

Ch-12, 13, 14

(Repeated Chapter : Ch-3, Ch-8, Ch-9)

Enrichment Activities :

1. Create a presentation on the topic of your choice and present it using all the features of SMART ART in Power Point.
2. Create a bar chart illustrating the trends in minimum and maximum temperatures of metro cities in India :
 - * Provide a title
 - * Subtitle
 - * X-axis and Y-axis titles to the chart and apply a nice background to the plot area and chart area.

Beautify the worksheet using different formatting features.

Mock (Pre-Board) : Full Syllabus

Final : Full Syllabus

FRENCH

Book : Entre Jeunes

Periodic - I

Leçon : 1 La Famille

Leçon : 2 Au Lycée

Leçon : 3 Une Journée de Pauline

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

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

Le Culture et Le Civilization : Leçon 1 à 3

Les Activités

d' Enrichissement: Evaluation de cahier

: Regardez l'image et composer une histoire

Periodic - II

Leçon : 4 : Les Saisons

Leçon : 5 : Les Voyages

Leçon : 6 : Les Loisirs et les Sports

Leçon : 7 : L'argent de poche

Leçon : 8 : Faire des achats

Leçon 1 à 3 (Ist Periodic)

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

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

Le Culture et le Civilization : Leçon - 3 à 8

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

: Le Project

Periodic - III

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

ART

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

MUSIC

Vocal

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

Instrumental

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

Sports Activity

Table Tennis

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

Cricket

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

Badminton

- April : Physical exercise, basic rules and regulations of badminton
- May : Physical exercise, gripping of racket and forehand shot, how to serve
- July : Physical exercise, back hand shot as well as forehand shot with toss
- August : Forehand toss, backhand shot with drop shot

- September : Foot work with all strokes i.e. forehand, backhand, lifting the shuttle
- October : Physical exercise, with one on one play with proper servicing strokes
- November : Knockout matches within the classes with all strokes.
- December : Proper smash, how to lift the smash.
- January : Matches between the students with a proper rules and regulation.

Basketball

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

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