

## ***PREFACE***

*"Education is not the filling of a pail, but the lighting of a fire"*

*The aim of imparting education is not only to increase the knowledge but also to create the possibilities for a student to invent and discover.*

*The purpose of this syllabus, thus, is to establish minimum basic concepts for each subject to meet the needs of all our students.*

*All the elements in this curriculum model amalgamate to bring out the best in every child and enable them to be on the path of continuous progress.*

*Contained within this booklet, is the pattern of examination and detailed datesheet for the whole session which will help a child to get prepared for assessment and evaluation with ease and also bring about uniformity in the teaching learning process.*

### **Objectives of the Curriculum**

- To identify and articulate the curriculum challenges for educating young people for the twenty first century.
- Taking care of different styles of learning i.e. audio, visual and experimental.
- The theoretical knowledge to be pursued ensuring maximum application of it.
- Correlating academics to real life situations balancing social and emotional stimulation among children and imbibe human values.
- To shape and influence the development of a national collaborative approach to curriculum.

## **EXAMINATION SCHEDULE FOR SESSION 2019-20**

### **TEST [ 1 Hour + 20 Marks ]**

<b>DATE</b>	<b>DAY</b>	<b>X</b>
17-05-19	Friday	Hindi/Skt./Fr.
20-05-19	Monday	English
21-05-19	Tuesday	Maths
22-05-19	Wednesday	Science
23-05-19	Thursday	Social Science
24-05-19	Friday	IT

**PTM – 29th May, 2019 (Interactive PTM)**

### **PERIODIC-I [ 1½ Hrs. + 40 Marks ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
01-07-19	Monday	IT	Hindi/Skt./Fr.
04-07-19	Thursday	English	Social Science
08-07-19	Monday	Maths	Science
11-07-19	Thursday	Hindi/Skt./Fr.	English
15-07-19	Monday	Science	Maths
18-07-19	Thursday	Social Science	IT

**PTM – 3rd Aug. 2019**

### **PERIODIC-II [ 3 Hrs. + 80 Marks ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
11-09-19	Wednesday	IT	Social Science
14-09-19	Saturday	Science	Hindi/Skt./Fr.
17-09-19	Tuesday	Maths	English
20-09-19	Friday	Hindi/Skt./Fr.	Maths
23-09-19	Monday	Social Science	Science
26-09-19	Thursday	English	IT

**PTM – 19th Oct. 2019**

**PERIODIC-III [ 3 Hrs. + 80 Marks ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
04-12-19	Wednesday	IT	Hindi/Skt./Fr.
07-12-19	Saturday	Science	English
10-12-19	Tuesday	Maths	Maths
13-12-19	Friday	English	Social Science
16-12-19	Monday	Social Science	Science
18-12-19	Wednesday	Hindi/Skt./Fr.	IT

**PTM – 30th Dec. 2019**

**PRE-BOARD EXAM (X) / MOCK (IX) [ 3 Hrs. + 80 Marks ]**

<b>DATE</b>	<b>DAY</b>	<b>IX</b>	<b>X</b>
08-01-20	Wednesday	English	Science
11-01-20	Saturday	Maths	Social Science
14-01-20	Tuesday	Social Science	English
17-01-20	Friday	Hindi/Skt./Fr.	Maths
20-01-20	Monday	Science	Hindi/Skt./Fr.
22-01-20	Wednesday	IT	IT

**PTM – 1st Feb. 2020**

**PRACTICAL EXAM SCHEDULE (IX-X)**

**PERIODIC-2**

**SCIENCE PRACTICAL - 02.09.19, 03.09.19, 04.09.19**

**PERIODIC-3**

**SCIENCE PRACTICAL - 20.12.19, 23.12.19, 24.12.19**

**ANNUAL**

**SCIENCE PRACTICAL - 24.01.20, 27.01.20, 28.01.20**

## ENGLISH

### **Books**

Text Book : First Flight  
Supplementary R.: Footprints without Feet

### **Periodic - I**

Literature : Unit 1-3  
: A Letter to God  
: Dust of Snow  
: Fire and Ice  
: Nelson Mandela : Long Walk to Freedom  
: A Tiger in the Zoo  
: Two Stories about Flying -  
I. His First Flight  
II. Black Aeroplane  
: How to tell Wild Animals  
: The Ball Poem  
Supp. Reader : A Triumph of Surgery  
: The Thief's Story  
: The Midnight Visitor  
Grammar : Determiners, Tenses  
Writing Skill : Formal letter, Story writing  
Reading Skill : Comprehension passages and Poems

### **Enrichment Activities :**

1. ASL
2. Notebook Assessment
3. Panel Discussion
4. Poem Recitation

### **Periodic - II**

Literature : Unit 4-7  
: From the Diary of Anne Frank  
: Amanda !  
: The Hundred Dresses - I  
: The Hundred Dresses - II  
: Animals  
: Glimpses of India -  
I. A Baker from Goa  
II. Coorg  
III. Tea from Assam  
: The Trees

Supp. Reader : A Question of Trust  
: Footprints without Feet  
: The Making of a Scientist  
Grammar : Active Passive Voice, Modals  
Writing Skill : Business Letter, Report writing  
Reading Skill : Comprehension passages and Poems

**Enrichment Activities :**

1. ASL
2. Notebook Assessment
3. Just a minute
4. Jeopardy (Grammar Game)

**Periodic - III**

Literature : Unit 8 - 11  
: Mijbil the Otter  
: Fog  
: Madam Rides the Bus  
: The Tale of Custard the Dragon  
: The Sermon at Benaras  
: For Anne Gregory  
: The Proposal

Supp. Reader : The Necklace  
: The Hack Driver  
: Bholi  
: The Book That Saved the Earth

Grammar : Reported Speech, Integrated Grammar  
Writing Skill : Letter writing, Story writing, Article writing  
Reading Skill : Comprehension passages and Poems

**Enrichment Activities :**

1. ASL
2. Notebook Assessment
3. Extempore
4. Book Review

**Annual Exam**

**Whole Syllabus**

**Integrated Grammar**

fgldh ^c\*

i B- & t r o @

- %1- li 'kZ(Hk&2)
- 2- l p; u (Hk&2)
- 3- Qldj. kl k

**Periodic - I**

Li 'kZ(xn;-)

%i B&1 cM;HkZ lgc

Li 'kZ(in;-)

%i B&1 dclj

%i B&2 etjk

l p; u

%i B&1 gfgj ddk

Qldj. kl k

%i B&1 'k v; sin v; sinca eav t; j

%i B&4 v' k/ 'ksu

%i B&5 eglojs

%i B&6 nee rfk nfoxql ek

i Bu d; Sy

%vifB xn;-k; vifB in;-k;

y; ku d; Sy

%vu; n; y; ku l; an y; ku

v; k; d i; k (i; k; k; Z; sl; a; r)

e; w; l; u x; r; f; o; f;

%Jo. ko opu d; Sy (ASL) vd & 5

%d; w; l; u vd & 5

**Periodic - II**

Li 'kZ(xn;-)

%i B&2 M; j; h; d; k; d i; k; k

%i B&3 r; r; k; o; e; j; k; d; r; k

%i B&6 v; c; d; g; n; j; k; d; s; r; k; e; a; n; j; k; g; l; a; s; o; k; s

Li 'kZ(in;-)

%i B&3 f; c; g; j; h; & n; g; s

%i B&4 e; u; q; r; k

%i B&7 r; k; s

%i B&8 d; j; p; y; s; g; e; f; i; k; k

l p; u

%i B&2 l i; u; l; a; o; s; l; s; f; n; u

Qldj. k

%i B&2 o; k; d; :; i; k; d; j; .; k

%i B&3 l; e; k; (l; H; h; H; h)

i Bu d; Sy

%vifB xn;-k; vifB in;-k;

y; ku d; Sy

%l; p; u; k; y; ku; f; o; k; i; u; r; k; i; k; y; ku (f; l; d; k; r; h; i; k; v; l; o; u; i; k;)

i; h; j; k; d; l; s; l; H; h; Qldj. k; f; o; k; @; n; j; k; o; e

e; w; l; u x; r; f; o; f;

%Jo. ko opu d; Sy (ASL) vd & 5

%d; w; l; u vd & 5

Periodic - III

Li' kZ(xn-) %i B&7 ir>j eaWhifuk k  
 %i B&8 dkrw  
 Li' kZ(in-) %i B&5 ioZ izk eai lol  
 %i B&9 vkr-kk  
 l p;u %i B&3 Vsh' ldk  
 Oldj.kl k %i h; B&1 1] 2 dkl EwZ B-Øe  
 i Bu dSy %vifB xn- k] viB in- k  
 ysk dSy %l Hnfo" k (v u B] i k] fokku] l pu] l an)  
 ewldu xrfof/ %Jo.ko opu dSy (ASL) vd & 5  
 %dW ewldu vd & 5  
 i h; B&1 1] 2 dkl EwZ B-Øe  
 uk& dsy i Bu dsfy,  
 Li' kZk&2 % e/ p/ p esm d t y  
 % rhjhdle dsf M dk % l Bz  
 % fxjfxV

## MATHEMATICS

**Book** : NCERT  
**Ref. Book** : A Text Book of Mathematics by : Monica Capoor  
**Test Booklet** : Chapterwise  
**Practice Manual** : Chapterwise

### Periodic - I

Ch-3 Pair of Linear Equation in 2 variables  
Ch-2 Polynomials  
Ch-4 Quadratic Equation  
Ch-6 Triangles  
Ch-15 Probability

#### Lab Activities : (In Maths Activity File)

1. To obtain condition for consistency or inconsistency for given pair of linear equations in two variables.
2. To verify the basic Proportionality Theorem by paper-cutting.
3. To verify the ratio of areas of two similar triangles is equal to square of ratio of their corresponding sides.
4. To verify Pythagoras Theorem by paper cutting method.
5. To obtain a solution of a quadratic equation  $x^2 + 6x + 8 = 0$  by completing square method.

**Note** : Activity File and Notebook will be assessed.

### Periodic - II

Ch-5 Arithmetic Progression  
Ch-7 Coordinate Geometry  
Ch-8 Introduction to Trigonometry  
Ch-9 Applications of Trigonometry  
Ch-14 Statistics

All Chapters of Periodic - I included.

#### Lab Activities : (In Maths Activity File)

6. To verify that the sum of 'n' natural number is  $\frac{n(n+1)}{2}$ .
7. To verify that sum of first 'n' odd natural number is  $n^2$ .
8. To get familiar with the idea of probability of an event through a double coloured card experiment.
9. To find median of given data graphically.

**Note** : Activity File and Notebook will be assessed.

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



### Periodic - III

Ch-10	Circles
Ch-11	Construction
Ch-12	Area related to circles
Ch-13	Surface Area and Volume
Ch-1	Real Numbers

Complete syllabus for Exam.

#### Lab Activities : (In Maths Activity File)

10. To verify by paper cutting and pasting that the length of tangents from an external point to a circle are equal.
11. To obtain the formula of area of circle using paper-cutting method.
12. To compare surface areas of right circular cylinders made from same rectangular sheet when rolled along length and when rolled along breadth.

**Note :** Activity File and Notebook will be assessed.

**Annual Exam :** Complete syllabus of class X

## **SCIENCE**

**Book** : NCERT  
**Reference Books** : Super Simplified Science  
(Physics & Chemistry)  
**Practice Manual** : (Student's Companion)

### **Periodic - I**

Chemistry : Ch-1 Chemical Reactions & Equations  
Ch-2 Acids, Bases and Salts - (except salts)  
Physics : Ch-12 Electricity  
Ch-14 Sources of Energy (till 14.2.4)  
Biology : Ch-6 Life Processes  
Ch-15 Our Environment

### **Classroom Activities**

- Chemistry :
- (a) To study observable changes during chemical reaction.  
(b) To measure change in temperature during chemical reaction & identify exothermic reactions.
  - To demonstrate the effect of indicators on different solutions.
- Physics :
- To identify the various components like resistance, rheostat, voltmeter, ammeter, key etc.
  - To arrange the apparatus containing a battery (4 cells) a plug key, ammeter, resistor, a voltmeter to understand relationship between current (I) & potential difference (V).
  - To find various sources of energy and their alternatives.
- Biology :
- To study that chlorophyll is essential for photosynthesis.
  - To observe and record the changes in blood pressure and pulse rate before and after exercise in your body.
  - Collect and paste newspaper reports depicting (fauna and flora) and the measure being taken up by the government.

### **Subject Enrichment Activities :**

- Chemistry :
- To study different chemical reactions and action of :
    - Zinc and sulphuric acid
    - Heating of lead nitrate
    - Copper sulphate solution on iron nail
    - Sodium sulphate with  $\text{BaCl}_2$
    - Heating of Mg ribbon
    - Addition of water on Quicklime

- Physics :
1. To study Ohm's Law
  2. To study series combination of resistance using Ohm's Law.
  3. To study parallel combination of resistances using Ohm's Law.

- Biology :
1. To prepare a temporary mount of stomata.
  2. To show experimentally that  $\text{CO}_2$  is given out during respiration.

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

#### **Periodic - II**

- Chemistry : Ch-2 Acids, Bases and Salts  
Ch-3 Metals and Non-Metals  
Ch-5 Periodic Classification of Elements (till 5.1.2)
- Physics : Ch-14 Sources of Energy  
Ch-10 Light-Reflection and Refraction
- Biology : Ch-7 Control & Co-ordination  
Ch-16 Management of Natural Resources

#### **Classroom Activities :**

- Chemistry :
1. To study the acidity and basicity of the following substance :  
(a) Lemon juice (b) Shampoo (c) Vinegar (d) Coffee
  2. To study physical and chemical properties of metals like magnesium, zinc, aluminium and non-metals like sulphur, carbon.

- Biology :
1. To design an experiment to demonstrate hydrotropism.
  2. To study various kinds of endocrine glands.

- Physics :
1. To study refraction of light through water.
  2. To study the natural phenomenon-twinkling of stars, early sunrise & delayed sunset & tyndall effect.
  3. To study image formation using a spoon.

#### **Subject Enrichment Activities :**

- Chemistry :
1. To study the role of pH paper in differentiating acids and bases.
  2. To observe the reaction of Zn, Cu, Fe and Mg metals on given salt solution and arrange in decreasing order of reactivity.
  3. To study properties of HCl and NaOH with (a) litmus (b) Zn metal and (c) Sodium carbonate.

- Physics :
1. To find the focal length of a concave mirror.
  2. To find out focal length of a convex lens.
  3. To find image distance for varying object distance in case of convex lens.

**Repeated Topics :**

- Chemistry : Ch-1 Chemical Reaction and Equation  
Physics : Ch-12 Electricity  
Biology : Ch-6 Life Processes

**Note :** Notebook and Practical File will be assessed.

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

**Periodic - III**

- Chemistry : Ch-5 Periodic Classification of Elements  
Ch-4 Carbon & its compounds  
Physics : Ch-13 Magnetic Effects of Electric Current  
Ch-11 Human Eye & Colourful World  
Biology : Ch-8 How do Organism Reproduce ?  
Ch-9 Heredity and Evolution

**Classroom Activities :**

- Chemistry :
1. Formation of ester using alcohol and carboxylic acid.
  2. To study different types of flames in candle and burner.
  3. Designing of homologous series.
- Physics :
1. To show the magnetic field due to current carrying conductor.
  2. To demonstrate magnetic field lines around a bar magnet using iron filings.
- Biology :
1. To observe pollen germination in Hibiscus through a permanent slide.
  2. To observe permanent slide of Hydra.
  3. To study the inheritance of blood groups in human population.

**Subject Enrichment Activity :**

- Chemistry :
1. To study the various properties of ethanoic acid and its action on :  
(a)  $\text{NaHCO}_3$  (b) Litmus Paper  
(c) Odour (d) Solubility in water
  2. To distinguish between tap water and hard water.
- Physics :
1. To study refraction through glass slab.
  2. To trace path of rays of light through glass prism.
- Biology :
1. Binary fission in Amoeba
  2. Budding in yeast
  3. To study parts of dicot seed.

**Note : Syllabus for First & Second Periodic will be added.**

Notebook and Practical File will be assessed.

**Annual Exam : Complete Syllabus**

## **SOCIAL SCIENCE**

**Book** : NCERT Text Books  
1. India and the Contemporary World (II)  
2. Contemporary India (II)  
3. Democratic Politics (II)  
4. Understanding Economic Development  
5. Map (History, Geography)

### **Periodic - I**

History : L-1 Print Culture and the Modern World  
C.Activity : Discussion on print media v/s electronic media  
Geography : L-1 Resources and Development  
C.Activity : Quiz on L-2  
Pol. Science : L-1 Power sharing  
                  L-2 Federalism  
Economics : L-1 Development

### **Subject Enrichment Activities :**

1. Map activity related to L-1, 2.
2. Presentation - making an album of birds and animals (endangered).  
Presentation can be through Power Point.
3. Debate - 'Why power sharing is necessary?'

### **Periodic - II**

History : L-1 The Rise of Nationalism in Europe  
          L-6 The Age of Industrialisation  
C.Activity : Group discussion - Impact of Industries  
Geography : L-3 Water Resources  
              L-4 Agriculture (Content of Pg. No. 44-47 of  
              NCERT to be deleted)  
C.Activity : Discussion on the various types of farming  
              (Individual)  
Pol. Science : L-1 Power Sharing (Repeated)  
                  L-3 Democracy and Diversity  
                  L-4 Gender, Religion and Caste  
                  L-5 Popular Struggles and Movements  
                  (only Project Work)  
Economics : L-2 Sectors of Indian Economy  
                  L-3 Money and Credit

**Subject Enrichment Activities :**

1. Maps related to geography lessons 3 and 4.
2. Graph Analysis - The distribution/contribution of three sectors to the G.D.P. of India (Project File)
3. Prepare a report on functioning of Central Bank and Commercial Bank.

**Syllabus of First Periodic will be added.****Periodic - III**

History	: L-3	Nationalism in India
	L-6	The Age of Industrialisation
Geography	: L-3	Agriculture (Repeated)
	L-5	Minerals and Energy Resources
	L-6	Manufacturing Industries (Few portions deleted) : * Aluminium * Smelting * Chemical Industries * Fertilizer Industry * Cement Industry
	L-7	Lifelines of Indian Economy
C.Activity	: Narrate an incident that took place at the railway station, where passengers faced certain problem.	
Pol. Science	: L-6	Political Parties
	L-7	Outcomes of Democracy
	L-8	Challenges to Democracy
Economics	: L-1	Development (Repeated)
	L-4	Globalisation and the Indian Economy
	L-5	Consumer Rights
C.Activity	: Flow chart - write the duties, rights and how consumers are exploited in a flow chart form. (Project File)	

**Subject Enrichment Activities :**

1. Maps : His- L-3, Geog. L-5, 6, 7
2. Data Collection - collect information about Bolivia's Water Crisis and Nepal's struggle for democracy. (Project File).
3. Collect information regarding six national parties and prepare a manifesto for the same. Each student would speak about the same.
4. Collect logos of standards available for various goods & service. Visit a consumer court nearby & discuss in the classroom the proceedings; collect stories of consumer exploitation & grievances from newspaper & consumer courts.

## INFORMATION TECHNOLOGY

**BOOK –** Vocation IT, Level 2

**Periodic - I** Unit 2, 3

**Enrichment Activities :**

1. Create the cover page of newsletter for academic session April-May 2019-20
2. Create a well formatted Resume describing your qualities.

**Periodic - II** Unit 4, 5, 2, 3

**Enrichment Activities :**

1. Create a present on Sustainable Development goal 'Zero Hunger'.
2. Create a worksheet containing the result of 'Periodic -1' and present it in graphical form.

**Periodic - III** Ch- 1, 2, 3, 4, 5, 6, 7

**Project :** Project topic will be given in the topic.

## FRENCH

**Book : Entre Jeunes**

**Periodic - I**

Leçon 1 : Retrouvons nos amis

Leçon 2 : Après le Bac

Leçon 3 : Chercher du travail

Grammaire : Les Expressions, Les Proverbes, La Correspondance, La recapitulation de La grammaire IX, Le Futur Antérieur, La Forme Nominale, Le Pronom Relatifs : Simple et Composé

Écriture : Remettez le texte/Dialogue, La Recette, La Message/L'Invitation, La Lettre

Le Culture et le Civilization : Leçon : 1 à 3

Les Activités d' Enrichissement :

1) Jouez un rôle

: Evaluation de Cahier

**Periodic - II**

Leçon 4 : Le Plaisir de lire

Leçon 5 : Les Médias

Leçon 6 : Chacun ses goûts

Leçon 7 : En pleine Forme

Leçon 8 : L'envoironnement

Leçon 1 à 3 (1st Periodic)

Grammaire : Le FuturAntérieur, Plus-que-parfait, Les Pronoms personnels <<en>>, <<y>>, Les Pronoms démonstratifs Simple et Composés, Le Pronom "on", L'emphase — C'est ..... qui, C'est .....que, Les Pronoms Possessifs, Le Subjonctif

Écriture : La Lettre (Informelle), Le message/L'Invitation, La Recette, Mettez les dialogues en ordre, Complétez l'histoire avec les mots donnés

Le Culture et le Civilization : Leçon : 2, 4 à 8

Les Activités d' Enrichissement :

1) Montrer et dire

: Evaluation de Cahier, le Project

**Periodic - III**

Leçon 9 : Métro, Boulot, Dodo

Leçon 10 : Vive La République

Leçon 11 : C'est bon Le Progrès

Leçon 12 : Vers un monde Interculturel

Leçon 3 : Chercher du travail (Repeated)

Leçon 4 : Le Plaisir de lire

Leçon 5 : Les Médias (Repeated)

Leçon 6 : Chacun ses goûts

Leçon 7 : En pleine Forme (Repeated)

Leçon 8 : L'envolement (Repeated)

Grammaire : Les Pronoms relatifs — Simple et composé, Les Pronoms démonstratifs, Simple et Composé, L'emphase-C'est....qui, C'est...que Les Pronoms personnels, Les Pronoms possessifs, Le subjonctif, Le conditionnel passé, ne...pas Infinitif du verbe, si+plus-que-parfait + Conditionnel passé, Le discours rapporté, Le Participe Présent, Le gérondif, plus que parfait

Écriture : La lettre, la Recette, Une message/Un Invitation, Complétez l'histoire ou le texte, Remettez les dialogues en ordre

Le Culture et le Civilization : Leçon : 3, 5, 7, 8 à 12

Les Activités d' Enrichissement :

1) Parler sur le Sujet

2) Evaluation de Cahier

**Annual Exam : Whole Syllabus**



## Lañr

i B- & t d      %' l s d h

### Periodic - 1

- |            |   |                                 |
|------------|---|---------------------------------|
| i B- i t d | % | i ñe l k B % ' k pi ; k j . le~ |
|            | % | f j r h % i B % x d o r h d U k |
|            | % | r i h % i B % f k l k y u e~    |
- v u z p & O d j . le~ %
- 1- l f U d k z & ( d ) L o j l f U % ( [ k ] O a u l f U %  
( x ) f o l x z l f U %
  - 2- l e k % & ( o k D \$ q l e l r i n k u l a f o x z % f o x z i n k u l a  
p l e k %  
( d ) r R e % ( f o H e D % u x j n i n )  
( [ k ] f j x q l e k
  - 3- i R ; % & Ñ n u l e i R ; R & k & k u p ]  
R O r & v u h j
  - 4- o k P i f j o r z e - ( y V y d l j s )
  - 5- l ñ ; k ( , d r % i x p i ; ñ % o k D i z k % A , d r %  
' k i ; ñ % d ñ ; k k u e )
  - 6- l ñ r H k k k l e ~ v u o k r e ~
  - 7- v i f B x l k a e j i k f p o . k z e ~ A

### Enrichment Activities :

- 1- n d & O o g j & o k D & z g % ( f y f [ k )
- 2- l e p l j o p u e - ( e k s l d )

### Periodic - II

- |            |   |                                           |
|------------|---|-------------------------------------------|
| i B- i t d | % | p o f z i B % O k l e % o z k i F %       |
|            | % | i p e i B % c f n - c z o r h l n k       |
|            | % | " k B % i B % l e k k k l u               |
|            | % | l i r e % i B % H u l e f o H i " d k     |
|            | % | v " v e % i B % i z u k e ~               |
|            | % | u o e % i B % i k k l s f i f i z % a n ~ |
- v u z p O d j . le~ %
- 1- l e k l e % } U ] c g o f i g d e z i j ; ] v O ; h  
H k o % ( v u j m i ] l g f u j - i z ] ; F k
  - 2- i R ; l e % & e r i j - B d j - b u j - R ] r y ~  
L h i R ; l e % & V k j - A h i ~

- 3- vo; ; i nfu & bfr] drk d q% ek; ; r-#  
d e] l E r] ; n&drk ' o% g- % c f g]  
bRk; %
- 4- 7Kvdk fp-# k g] O s v A i k u l F k u s' k O s q  
l e; y s k u e~
- 5- v' k q l a k u e~

**Enrichment Activities :**

- 1- 'y k s x k u e~(e k s k d)
- 2- 'k o d l s k f u e k z e~(f y f [ k)

**Repeated :**

- 1- l f u
- 2- o k p i f o r z e~
- 3- l p; k
- 4- l b n r H k k l e~v u o k n e~
- 5- v i f b x | k e] i e] f p o. k z e~

**Periodic - III**

- 1- i B i t r d % r l e% i B% v U S ; %
- 2- % , d k l l e% i B% f o f p = l e% k l h
- 3- % } k l l e% i B% t h u a f o H o a f o u k

**Enrichment Activities :**

- 1- f p = k k j r d F k (f y f [ k)
- 2- }; l e e e l e a k n% (e k s k d)

**Complete Grammar Periodic I & II.**

**ART**

<b>Book</b>	:	<b>Creativity and Beyond</b>
April	:	Still life (pencil shading)
	:	Still life (ink pen)
	:	Still life (colour)
May	:	Nature Study
	:	Rendering of a tree
	:	Forms of stylised trees
July	:	Flowers and birds study, Animals study
August	:	Random sketches of people, Action figure
September	:	Drawing hands and feet, Head study
October	:	Face study, Portrait
November	:	Cartooning and Caricature, Composition
December	:	Calligraphy, Typography
January	:	Poster Design, Hoarding Design
February	:	Completing the 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.

## 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
  - \* Trikonasana
  - \* Vrikshasana

### **May**

- Chanting of Om
- Sukshma Vyayama
  - \* Jangha Shakti Vikasak (chair pose)
  - \* Pindali Shakti Vikasak
  - \* Pada Mula Shakti Vikasak
- Asanas
  - \* Padhastasan
  - \* Katichakrasana
  - \* Veerbhadrasana I
  - \* Veerbhadrasana II
  - \* Vrikshasana
- Pranayama
  - \* Benefits of Pranayama
  - \* Importance of Pranayama
  - \* Sheetali
  - \* Shitkari

### **July**

- Recitation of Hymns from Upanishads and Yoga Texts
- Asanas
  - \* Ardhakatichakrasana
  - \* Dandasana
  - \* Natrajasana
  - \* Ardhpadmasana
- Pranayama
  - \* Anulom Vilom
- Breath meditation

### **August**

- Asanas
  - \* Vajrasana
  - \* Dadmasana
  - \* Brahmacharyasana
  - \* Baddha Konasana
  - \* Trikonasana/Triangle pose
  - \* Parsvakonasana

- Pranayama
  - \* Chandra bhedi
  - \* Surya bhedi
- Meditation
- September**
- Asanas
  - \* Janushirshasana
  - \* Pashchimotanasana
  - \* Purvottanasana
  - \* Vakrasana
  - \* Ardhmatsendsyasana
- Pranayama
  - \* Bhramari
- Tarataka
- October**
- Introduction : Surya Namaskar
- Asanas
  - \* Gomukhasana
  - \* Mandukasana
  - \* Kurmasana
  - \* Shalbhhasan
  - \* Naukasana
- Pranayama
  - \* Bhaskika
- Meditation
- November**
- SURYA NAMASKAR/ASANAS
  - \* Bhujangasana (Various steps)
  - \* Dhanurasan
  - \* Ushtrasana
  - \* Sasankasana
- Pranayama
  - \* Nadishodhan
  - \* Bhramari
- Meditation
- December**
- SURYA NAMASKAR
  - \* Suptvajrasan
  - \* Halasan
  - \* Sarvangasana
  - \* Setubandhasana
- Meditation
  - \* Om Chanting
  - \* Breath Meditation

### January

- Asanas
  - Surya Namaskar
  - \* Marjaryasana                      \* Chakkichalasana
  - \* Naukachalasana                \* Makrasana
- Pranayama
  - \* Kapalbharti
- Meditation
  - Om Chanting
  - Breath Meditation
  - Mudras of Hand

### February

- Surya Namaskar
- Asanas
  - \* Chakrasana                      \* Hastikshundasana
  - \* Mahavirasana                \* Pawanmukhasana
- Pranayam
  - Kapalbharti
  - Mudras

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