

<p>July (25 days)</p>	<p>The White Elephant Practice Book</p> <p>Practice book Regular and irregular verbs</p> <p>Reader Hobbies</p> <p>Literature My Experiments With Truth</p>	<ul style="list-style-type: none"> ● <i>Character comparison chart</i> ● <i>Write an alternative ending</i> ● Grammar chunk targeted-Regular and irregular verbs ● Error correction ● <i>Verb sorting game</i> ● <i>Stand and Sit</i> Game-The teacher will speak a verb, if the verb is regular the student will stand up, if it is irregular, they will keep sitting ● SDG- 15 Life On Land ● Class survey on hobbies ● Grammar chunk focused - regular and irregular verbs. ● <i>Situation analysis(truth vs lie cases)</i> ● Graphic 	<ul style="list-style-type: none"> ● Will be able to comprehend the story ● Will be able to appreciate the story ● Will be able to understand the message\theme. ● Will be able to enhance vocabulary. ● Students will be able to learn the correct usage of the verbs. ● Will be able to understand the common errors in the usage of verbs. ● Will be able to develop reading and speaking skills. ● Will be able to assess the importance of having a good hobby. ● Will be able to appreciate the story. ● Will be able to understand the message/ theme.
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	<p>Today and Tomorrow</p> <p>Practice Book Determiners</p> <p>Reader Thrill in School Life</p>	<p>organizer-Crossword Puzzle</p> <ul style="list-style-type: none"> ● Grammar chunk focused - past tense ● SDG-16. peace, justice and strong institution <ul style="list-style-type: none"> ● <i>Time-auction game</i>- Students bid for activities. ● Word web-design your day planner ● Group song ● SDG-8 Decent work and economic growth <ul style="list-style-type: none"> ● <i>Determiner Dice game</i>- Roll the dice and make a sentence (each number denotes a determiner) ● SDG-4 Quality Education <ul style="list-style-type: none"> ● Grammar chunk focused -subject-verb agreement 	<ul style="list-style-type: none"> ● Will be able to understand the literary devices and the new words. <ul style="list-style-type: none"> ● Students will be able to read the poem with proper pronunciation, pause, intonation, reasonable speed and flow. ● Will be able to understand the poetic devices and the new words ● Will be able to understand the message of the poem <ul style="list-style-type: none"> ● Students will be able to write and speak grammatically correct sentences. ● Will be able to improve sentence construction. <p>To be discussed (given in holiday homework)</p>
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<p>August (19 days)</p>	<p>Performing Arts</p> <p>Literature The Helpful Young Man</p> <p>Practice Book Subject -verb agreement</p>	<ul style="list-style-type: none"> ● Grammar chunk focused -subject-verb agreement ● <i>cause -effect web chart</i> ● Video based on the chapter ● Write and exchange gratitude notes to each other ● SDG-14 Life below water 15 Life on land 16 Peace and justice ● Class discussion. ● <i>Error hunt race</i> ● SDG-1. No Poverty 	<ul style="list-style-type: none"> ● Will be able to understand the passage and poem comprehensively ● Will be able to grasp the meaning of new words and phrases used. ● Will be able to draw the inference/ ● Students will be able to develop empathy and social values. ● Will be able to appreciate the story. ● Will be able to understand the message/ theme. ● Will be able to understand the new words. ● Students will be able to learn the correct usage of the Subject- Verb Agreement & Modals. ● Will be able to apply rules in real-time situation ● Will be able to understand the common errors in the usage of subject -verb agreement
<p>September (11 days)</p>	<p>Term 1 Examination and revision</p>		
<p>October (20 days)</p>	<p>Tenses I</p>	<ul style="list-style-type: none"> ● Integrated grammar exercises. ● <i>Tenses card sorting game</i> 	<ul style="list-style-type: none"> ● Will be able to learn the correct usage of the

November (18 days)	Tenses II		<p>tenses</p> <ul style="list-style-type: none"> ● Will be able to write and speak grammatically correct sentences.
	Literature Bharat Desh	<ul style="list-style-type: none"> ● Choral recitation ● Poetic devices ● Classroom discussion ● SDG-8 Decent work and economic growth 	<ul style="list-style-type: none"> ● Students will be able to read the poem with proper pronunciation, intonation and flow. ● Will be able to develop cultural awareness
	Hanuman and I	<ul style="list-style-type: none"> ● <i>Prediction pause- stop mid—story; students predict next events</i> ● Crossword puzzles ● Grammar chunk targeted -tenses ● SDG- 16 peace and education 10 Reduced inequalities. 	<ul style="list-style-type: none"> ● Students will be able to grasp the meaning of new words and phrases used. ● Will be able to understand the message/ theme.
	Practice book		
	Tenses III Modals	<ul style="list-style-type: none"> ● Error correction passages ● Intensive reading ● Grammar chunk focused -tenses 	<ul style="list-style-type: none"> ● Will be able to learn the correct usage of the tenses and modals. ● Will be able to write and speak grammatically correct sentences.
	Reader Vacation Time	<ul style="list-style-type: none"> ● <i>Travel talk- students describe a holiday experience</i> ● Grammar chunk focused -Modals ● SDG 13 climate action. 	<ul style="list-style-type: none"> ● Students will be able to read extensively on their own. ● Will be able to enhance imagination and expressions

December (23 days)	<p>Literature Our Tree</p> <p>Atila</p> <p>Grammar Conditionals</p> <p>Reader Tinsel World</p> <p>Literature The Case of The Copied Question Papers</p>	<ul style="list-style-type: none"> ● Mind map ● <i>Tree speaks- personification Role Play</i> ● Grammar chunk targeted -modals ● Classroom discussion ● SDG- 2 zero hunger ● Integrated grammar ● <i>Character trait sorting</i> ● SDG- 10 decent work and economic growth ● Intensive reading ● <i>If-then change: continue logical sentences.</i> ● Grammar chunk targeted -subject verb concord ● Graphic organizer- word web ● Grammar chunk targeted -modals ● <i>Role play-courtroom drama</i> ● <i>Debate- is cheating ever justified?</i> ● SDG- 4 Quality education ● 16 Peace justice and strong institution 	<ul style="list-style-type: none"> ● Will be able to comprehend the text ● Will be able to enrich vocabulary ● Appreciate the content ● Students will be able to actively learn through activities. ● Will be able to analyse character traits ● Will be able to learn the correct usage of the conditionals. ● Will be able to understand the common errors in the usage of verbs. ● Will be able to comprehend the text ● Will be able to understand the theme of the chapter. ● Will be able to develop problem solving and logical reasoning skills ● Will be able to appreciate the content
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<p>January(16 Days)</p>	<p>Grammar Active and Passive voice</p>	<ul style="list-style-type: none"> ● Integrated grammar ● <i>News reporter activity</i> ● SDG- 7 Affordable and clean energy. <p>Revision</p>	<ul style="list-style-type: none"> ● Will be able to frame grammatically correct sentences
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हिन्दी

मास /कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम सम्प्रति / नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य/ गतिविधियाँ
अप्रैल- 22 कार्य दिवस	पाठ 1 साथी हाथ बढ़ाना (कविता) अभ्यास सागर- उच्चारण एवं तुकांत शब्द	व्याख्यान विधि, पठन विधि	*प्रस्तुत गीत को कक्षा में गाकर सुनाएँगे । मिलकर कार्य करने का महत्व समझाना एस डी जी - 1 लक्ष्य हेतु भागीदारी
	पाठ 2 चिट्ठी के अक्षर अभ्यास सागर अनुस्वार एवं अनुनासिक	कक्षा चर्चा परिचर्चा प्रश्नोत्तर विधि	हिंदी समाचार पत्रों के नाम ,संपादक, प्रकाशन की सूची बनाएँगे । एक पोस्टकार्ड लिखेंगे एस डी जी- 10- असमानता में कमी एस डी जी 8- उत्कृष्ट कार्य आर्थिक वृद्धि
मई 15 कार्य दिवस	पाठ 3 बरसते जल के रूप अनेक अभ्यास सागर संज्ञा एवं भेद	जल के विभिन्न रूपों की चर्चा, आरेख बनाना	जल के विभिन्न स्रोतों के चित्र बनाएँगे व चिपकाएँगे। जल संरक्षण हेतु जागरूक करना एस डी जी 15 - थलीय जीवों की सुरक्षा
जुलाई 25 कार्य दिवस	पाठ 4 पुरस्कार अभ्यास सागर सर्वनाम एवं भेद	व्याख्यान विधि, प्रश्नोत्तरी विधि	छात्र विगत वर्ष में बहादुरी पुरस्कार पाने वाले बच्चों के चित्र उनके नाम के सहित चिपकाएँगे । छात्रों द्वारा अनुपयोगी वास्तु से ट्रॉफी बनाना। एस डी जी 4- गुणवत्तापूर्वक शिक्षक

	पाठ 5 सीखो (कविता) (केवल पढ़ने के लिए)	डायरी लेखन	
	पाठ 6 अनोखा वरदान अभ्यास सागर विशेषण। अनेक अर्थ शब्द	दृष्टांत विधि, तुलनात्मक अध्ययन, चर्चा	छात्र प्रस्तुत कहानी का कक्षा में नाट्य मंचन करेंगे। दूसरों की मदद करने की प्रेरणा देना। एस डी जी 10- असमानता में कमी
अगस्त 19 कार्य दिवस	पाठ 7 सुंदरलाल	'र' के विभिन्न रूप प्रवाह चित्र, पठन विधि।	छात्र पर्यावरण को कैसे सुरक्षित रखेंगे? इस पर स्लोगन लिखेंगे। एस डी जी 3- उत्तम स्वास्थ्य और खुशहाली एस डी जी 13- जलवायु परिवर्तन एस डी जी 15- थलीय जीवों की सुरक्षा
अगस्त	पाठ 8 नजानू कवि बना। अभ्यास सागर विराम चिन्ह	प्रवाह चित्र। तुकांत शब्द प्रयोग विभिन्न प्रतिभा पर चर्चा	छात्र नाट्य मंचन करेंगे एस डी जी 4- गुणवत्तापूर्ण शिक्षा एस डी जी 5- लैंगिक समानता एस डी जी 17- लक्ष्य हेतु भागीदारी
	पाठ 9 दोहे अनुच्छेद लेखन	अनेकार्थी शब्द विषय वस्तु चर्चा	पाठ्य पुस्तक से अतिरिक्त दोहों का लेखन व वाचन करेंगे नैतिक मूल्यों से परिचित कराना। एस डी जी 17- लक्ष्य हेतु भागीदारी
सितंबर 11 दिवस	पाठ 10 पोंगल अभ्यास सागर काल	पठन विधि आगाम -निगमन विधि	छात्र चावल से रंगोली कक्षा में A4 शीट पर बना कर लाएँगे कृषि आधारित त्योहारों की जानकारी एकत्र करेंगे। एस डी जी 3- उत्तम स्वास्थ्य और खुशहाली

	पाठ 11 तेनाली राम ने चोरों को उल्लू बनाया(केवल पढ़ने के लिए)	डायरी लेखन	तेनालीराम से संबंधित किस्से कक्षा में सुनाएँगे ।
	पाठ 12 दस आमों की कीमत नुक्ता प्रयोग एवं संवाद लेखन	पठन विधि आरेख बनाना नियमों का अभ्यास	परिश्रम के आदर्श को प्रस्तुत करना शब्द भंडार वृद्धि करना लेखन कोशल का विकास करना किसी मालगुड़ी डे की किसी कहानी का वर्णन अपने शब्दों में कक्षा में करना।
अर्द्धवार्षिक परीक्षा (पाठ 1 से 10 तक)	मौखिक और लिखित परीक्षा हेतु दोहराव कार्य		
अक्टूबर 20 दिवस	पाठ 13 अनोखी दौड़ अभ्यास सागर उपसर्ग कारक	चर्चा-परिचर्चा दृष्टांत विधि ² नियम और उद्धरण	छात्र किसी प्रसिद्ध दिव्यांग व्यक्ति का चित्र चिपकाए या बनाएँगे और उसके विषय में लिखेंगे । गत पैरा ऑलंपिक खेलों के विजेता खिलाड़ियों की सूची बनाये। एस डी जी 10- असमानता में कमी।
	पाठ 14 एक रोमांचक यात्रा	व्याख्यान विधि, पठन विधि एवं प्रश्नोत्तर विधि	छात्र अपनी अविस्मरणीय यात्रा का वर्णन अनुच्छेद के रूप में करेंगे। एस डी जी 4- स्वच्छ जल और स्वच्छता एस डी जी 13- जलवायु कार्यवाही
नवंबर 18 दिवस	पाठ 15 परिश्रम (कविता) अभ्यास सागर समरूपी विभिन्न अर्थ शब्द	सस्वर वाचन प्रवाह चित्र	विद्यालय में श्रमदान दिवस मनाएँगे । परिश्रम-अनुच्छेद लेखन । एस डी जी 12- समस्या और निदानात्मक उपाय
	पाठ 16 धान का महत्व विज्ञापन लेखन	विज्ञापन प्रारूप चर्चा	भारत के मानचित्र में धान की उत्पत्ति वाले क्षेत्र दर्शाएँगे।

	पाठ 17 यात्रा और यात्री (कविता) अभ्यास सागर प्रत्यय	प्रवाह चित्र कविता गायन	प्रस्तुत पाठ से संबंधित पी. पी .टी बनाएँगे। किसी काल्पनिक स्थान की यात्रा का वर्णन। एस डी जी 13- जलवायु कार्यवाही एस डी जी 17- लक्ष्य हेतु भागीदारी
दिसंबर 23 दिवस	पाठ 18 पंच परमेश्वर अभ्यास सागर क्रिया	नाटक-कक्षा में प्रस्तुत कराया जाना, व्याख्यान विधि प्रश्नोत्तर विधि	मित्रता से संबंधित कहानी पढ़ेंगे- जैसे श्री कृष्ण सुदामा ,राम और सुग्रीव आदि और उसे कक्षा में सुनाएँगे एस डी जी 8- गुणवत्ता पूर्ण शिक्षा एस डी जी 16-उत्कृष्ट कार्य करने और आर्थिक वृद्धि
	पाठ 19 सिकंदर और साधु (केवल पढ़ने के लिए)	संवाद वाचन	*प्रारूप स्पष्टीकरण
जनवरी 16 दिवस	पाठ 20 आया वसंत (कविता) अभ्यास सागर विविध शब्द प्रयोग	कविता वाचन, गायन व्याख्यान विधि उदहारण विधि	विभिन्न ऋतुओं से संबंधित सुंदर सा चित्र बनाएँगे और बसंत ऋतु की विशेषताएँ कक्षा में सुनाएँगे। एस डी जी 4- स्वच्छ जल और स्वच्छता एस डी जी 13- जलवायु कार्यवाही
	वार्षिक पाठ्यक्रम - सम्पूर्ण पाठ्य पुस्तक एवं व्याकरण अभ्यास	पुनरावृत्ति	लेखन कोशल का विकास करना
फरवरी -	पुनरावृत्ति कार्य अभ्यास	मौखिक और लिखित कक्षा परीक्षा मूल्यांकन	आत्म विश्वास में वृद्धि कराना

मार्च वार्षिक परीक्षा			
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ग्रीष्मकालीन गृहकार्य

- प्रतिदिन पांच से दस वाक्य सुलेख कीजिए ।
- पाठ/कविता-सीखो, सचित्र सुन्दर शब्दों में लिखिये तथा कंठस्थ करें।
- एकता में शक्ति- विषय पर अनुच्छेद लेखन कीजिए।
- जल संरक्षण पर कोई चित्र नारा -लेखन सहित बनाये ।

शीतकालीन गृहकार्य

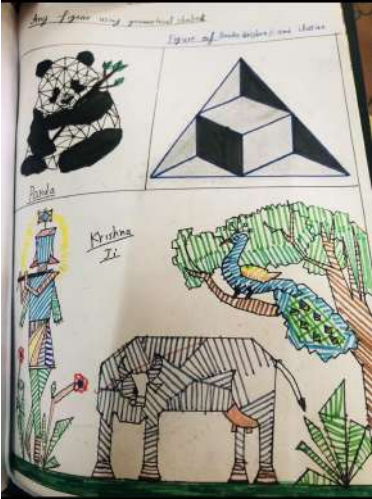
- *अंतरराष्ट्रीय स्तर पर किन्ह तीन भारतीय खिलाड़ियों का चित्र सहित वर्णन कीजिए ।
- *विभिन्न ऋतुओं से संबंधित /एक ऋतु चक्र की सुंदर कलाकृति /चित्र बनाये

MATHEMATICS

Specific Objectives:

The teaching of Mathematics at this level aims to:


1. Foster a positive and confident attitude towards learning Mathematics.
2. Enhance proficiency in mathematical operations with accuracy, speed, and confidence.
3. Promote logical, critical, and precise thinking in various situations.
4. Encourage exploration and investigative skills in Mathematics.
5. Develop the ability to understand, analyse, synthesise, and evaluate concepts, and apply them to solve problems and make generalisations.
6. Build skills in handling data by collecting, organising, representing, analysing, and interpreting it to draw meaningful conclusions and predictions.
7. Encourage collaborative learning and teamwork.
8. Strengthen the ability to communicate mathematical ideas clearly and effectively.
9. Enable application of mathematical knowledge and skills in both familiar and new situations.

<u>MONTH/No. OF DAYS</u>	<u>CHAPTER NAME</u>	<u>TEACHING METHODOLOGY</u>	<u>LEARNING OBJECTIVES</u>
May (15 days)	<p>Basic geometrical concept</p> <ul style="list-style-type: none"> Plane <p>Properties of points, lines, and concurrent lines</p>	<ul style="list-style-type: none"> Geometrical instruments <p>Black board/Smart Board</p> <p>Activities:-</p> <ul style="list-style-type: none"> Frayer's model Abstract art using perpendicular and parallel lines 	<p>Students will be able to:-</p> <ul style="list-style-type: none"> Define a line, line segment and ray. Drawing all of them. Pair of parallel and concurrent lines Reflect and appreciate the application of geometry in everyday life <p>Skills: Drawing, creative, classification</p>

HOLIDAY HOMEWORK:

PPT on factors and multiples (12 slides only)

Worksheets

<u>MONTH/No. OF DAYS</u>	<u>CHAPTER NAME</u>	<u>TEACHING METHODOLOGY</u>	<u>LEARNING OBJECTIVES</u>
AUGUST (19 days)	<p>Pairs of Lines & Transversal</p> <ul style="list-style-type: none"> Types of triangles Exterior & Interior of a triangle Exterior angles of a Triangle <p>Statistics</p> <ul style="list-style-type: none"> Tally Marks Pictograph Reading & drawing Bar Graph 	<p>Geometrical Instruments and Discussion on Types of Angles</p> <p>Activities:</p> <p>Representation of Different Angles by paper folding activity (Vertically opposite and Linear pair)</p>  <ul style="list-style-type: none"> Need of arranging and representing data Using pictures, Bar graphs <p>Difference between vertical and horizontal bar graph</p> <p>Activities:</p> <ul style="list-style-type: none"> Bar graph on different data pictograph of given data 	<p>Students will be able to:</p> <ul style="list-style-type: none"> Understand the concept of an angle, pairs of angles viz. Linear Supplementary Complementary Adjacent Vertically Opposite Angles And apply the knowledge in day to day life <p>Students will be able to:-</p> <ol style="list-style-type: none"> Define data, represent discrete data, collect and organize data. Give examples of organizing data by tally marks and a table Define need for scaling in pictographs, construct and interpret it. Construct bar graphs for a given data and interpret bar graphs

SEPTEMBER (23 days including exam days)

Revision for Mid Term Examination

<u>MONTH/No. OF DAYS</u>	<u>CHAPTER NAME</u>	<u>TEACHING METHODOLOGY</u>	<u>LEARNING OBJECTIVES</u>
OCTOBER (20 wdays)	<p>Ratio, Proportion and Unitary method</p> <ul style="list-style-type: none"> ● Ratio ● Proportion ● Unitary Method <p>Introduction to algebra</p> <ul style="list-style-type: none"> ● Algebraic Expressions ● Operations on Algebraic Expressions ● Finding value of an algebra expression 	<ul style="list-style-type: none"> ● Ratio , and Proportion as equality of two ratios ● Use of Unitary Method(with direct variation only) ● Ratio of number of girls to total number of students ● Ratio to the numbered boys to total number of students ● Ratio of number of girls to the total number of students ● Introducing algebra through generalizations, patterns ● Introduction to an algebraic expressions, its terms and coefficients like and unlike terms ● Operations on algebraic expression using properties ● Concept of constant and variable with examples. ● Power of literal numbers using concept of exponent <p>ACTIVITIES:</p> <ul style="list-style-type: none"> ● Pattern activity ● Frayers Model 	<p>Students will be able to:-</p> <ul style="list-style-type: none"> ● Understand the concept of method of solving word problems by Unitary Method ● Recapitulate the concept of proportion continued proportion mean proportion <p>Skills: Basics, Practicals computation problem solving Values:- concern , accuracy</p> <p>Students will be able to:-</p> <ol style="list-style-type: none"> 1. Write algebraic expressions using numbers, Literals and Arithmetic operations 2. Add and subtract algebraic expressions. 3. Find the value of an algebraic expression for given values of variables. 4. Skills: Basic, Intellectual Problem Solving

FEBRUARY

- Revision for annual examination.
- WORKSHEETS

WINTER HOLIDAY HOMEWORK

- Worksheet related to chapters done in the month of November and December.

SCIENCE

Term 1: April to September | Term 2: October to March

LEARNING OBJECTIVES



- To develop independent thinking and experimental skills.
- To imbibe love for nature and respect for life — develop understanding of patterns of life.
- To develop scientific temper and rational thinking.
- To connect scientific concepts to real-world situations and everyday experiences.
- To nurture creativity through model-making, innovative activities and problem-solving.

COMMON SYLLABUS DISTRIBUTION — TOTAL: 80 MARKS

S.No	TERM 1	TERM 2
1	Ch-1 OUR ENVIRONMENT (10 Marks)	Ch-2 FOOD (8 Marks)
2	Ch-3 NATURE OF MATTER (11 Marks)	Ch-5 CHANGES AROUND US (11 Marks)
3	Ch-4 SEPARATION OF SUBSTANCES (12 Marks)	Ch-9 STRUCTURE & FUNCTION – ANIMALS (11 Marks)
4	Ch-6 MEASUREMENT AND MOTION (8 Marks)	Ch-10 WORK AND ENERGY (11 Marks)
5	Ch-7 THE WORLD OF LIVING (12 Marks)	Ch-11 ELECTRIC CURRENT AND CIRCUIT (9 Marks)
6	Ch-8 STRUCTURE & FUNCTION – PLANTS (15 Marks)	Ch-13 MAGNETS (8 Marks)
7	Ch-12 LIGHT AND SHADOWS (12 Marks)	Ch-14 FABRIC FROM FIBRE (6 Marks)
		Term-1 Repeated Topics:
		Ch-3 NATURE OF MATTER (8 Marks)
		Ch-6 MEASUREMENT AND MOTION (8 Marks)

MONTH-WISE CURRICULAR PLANNER — SESSION 2026–27

Class VI | Subject: Science |

Month & Working Days	Chapters	Topics / Sub-topics	Methodology & Activities	Learning Outcomes
APRIL 22 Working Days Term 1	Ch-1 Our Environment	<ul style="list-style-type: none"> Biotic and abiotic components of the environment Role of scavengers and decomposers Biodegradable vs non-biodegradable waste Single-use plastic and its problems Nutrients in food — carbohydrates, proteins, fats, vitamins, minerals Balanced diet and its importance Food tests for different nutrients (iodine / biuret / grease-spot) Consequences of deficient diets and related diseases 	<p>Art Integration</p> <ul style="list-style-type: none"> Draw biotic and abiotic components of a local environment <p>Hands-On Activities</p> <ul style="list-style-type: none"> Making compost using kitchen waste Segregation of waste into biodegradable and non-biodegradable Balanced Diet Week — perform tests for nutrients (starch, protein, fat) <p> Creative Work</p> <ul style="list-style-type: none"> Poster / Slogan making — 'Say No to Single-Use Plastic' <p>Innovative Activities</p> <ul style="list-style-type: none"> Mind Map: Nutrient → Food Source → Deficiency Disease Digital Storytelling: 'A Day in the Life of a Decomposer' (3-slide story) Debate: 'Plastic is our biggest environmental enemy' — for & against 	<ul style="list-style-type: none"> Analyse the role of scavengers & decomposers in daily life Identify problems caused by excess plastic consumption Know the importance of balanced diet in building a healthy body Know the serious consequences of deficient diets
	Ch-2 Food			
MAY 15 Working Days (Internal Assessment) Term 1	Ch-7 World of Living	<ul style="list-style-type: none"> Classification of plants — basis: nutrition, habitat, height Importance of plants in ecosystems Concept of matter: solid, liquid, gas Properties of three states of matter 	<p> Web Charts & Mind Maps</p> <ul style="list-style-type: none"> Comparative study of plants on basis of nutrition, habitat and height Collect 10 natural and 10 artificial materials; classify them <p>Hands-On Activities</p> <ul style="list-style-type: none"> Identify 3 states of matter by comparing their properties Transparency test, floating & sinking experiments Diffusion experiment (KMnO₄ in water); dissolution — sugar, sand, oil <p>Innovative Activities</p> <ul style="list-style-type: none"> Science Scrapbook — 'Matter Album': paste/stick real samples under each state STEM Challenge: Design a container using properties of one state of matter PhET Simulation (ICT): watch States of Matter sim; record observations 	<ul style="list-style-type: none"> Understand that classification makes study easier and simpler Know the importance of plants in everyday life Differentiate different kinds of matter based on their properties
	Ch-3 Nature of Matter	<ul style="list-style-type: none"> Pure substances vs mixtures Natural vs artificial materials Transparency, floating/sinking, diffusion, dissolution 		
JULY 25 Working Days Term 1	Ch-3 Nature of Matter (contd.)	<ul style="list-style-type: none"> Pure substances vs mixtures — revision and extension Homogeneous and heterogeneous mixtures Lab on Wheels: hands-on mixture identification 	<p>Lab on Wheels</p> <ul style="list-style-type: none"> Classify given substances as homogeneous / heterogeneous mixtures Perform separation: sieving, filtration, evaporation, magnetic separation <p>Hands-On Lab</p> <ul style="list-style-type: none"> Chromatography using leaf pigments / ink on filter paper Separate salt from saline water by evaporation; weigh residue 	<ul style="list-style-type: none"> Know the methods of separating different kinds of mixtures Know the importance of these techniques in agriculture and day-to-day life

	Ch-4 Separation of Substances	<ul style="list-style-type: none"> Separation techniques: filtration, sieving, evaporation, distillation Magnetic separation and chromatography Importance of separation in agriculture and daily life 	<p>Innovative Activities</p> <ul style="list-style-type: none"> 'Kitchen Scientist' Challenge: separate a 3-component mixture (sand + salt + iron filings) using minimum steps Problem-Solving Card Game: real-life separation scenario → students justify best technique Field Connect: discuss winnowing and threshing used by farmers; bring a sample 	
<p>AUGUST 18 Working Days Term 1</p>	Ch-5 Changes Around Us	<ul style="list-style-type: none"> Reversible and irreversible changes Physical and chemical changes in nature Timing changes: curd formation, balloon bursting Standard and non-standard units of measurement Measuring length of curved lines using thread Measuring desk / blackboard / classroom using handspan & footspan Types of motion: linear, circular, oscillatory, periodic Mid-Term Examination (September) 	<p>Observation Activities</p> <ul style="list-style-type: none"> Observe surroundings; list 10 changes and classify as reversible / irreversible Study physical and chemical changes in nature (rusting, burning, curd) Note time of different changes: curd formation, balloon bursting <p>Measurement Lab</p> <ul style="list-style-type: none"> Measure curved line length using thread; record in table Measure desk / blackboard / classroom using handspan and footspan Identify different types of motion in daily life objects <p>Innovative Activities</p> <ul style="list-style-type: none"> 'Change Detective' Journal: track 5 daily changes at home for 5 days; present findings Measurement Olympics: estimate room dimensions using body parts; compare with standard units Motion Sort Card Game: sort flashcard images by type of motion (group activity) <p>Revision Work</p> <ul style="list-style-type: none"> Chapter-wise revision before Mid-Term Examination (September) 	<ul style="list-style-type: none"> Realise the importance of various changes around us in daily life Know the causes behind every change Know the importance of proper measurement in daily life Make accurate measurements using standard and appropriate units Identify different types of motion in daily life
<p>September 11 Working Days Term 1</p>	Ch-6 Measurement and Motion			
<p>OCTOBER 20 Working Days Term 2</p>	Ch-8 Structure & Function of Living Organisms – Plants	<ul style="list-style-type: none"> Parts of a plant and their functions Tap root and fibrous root systems Leaf structure and types of venation Germination of seeds Transportation through stem Parts of a flower Conditions for growth of cotton and jute plants Process: fibre → yarn → fabric (spinning, weaving) Wool-yielding animals around the world History of clothing 	<p>Visit to School Garden</p> <ul style="list-style-type: none"> Identify tap root and fibrous root systems Locate parts of a plant; paste in scrapbook Collect different leaves; observe venation; paste in scrapbook <p>Hands-On Activities</p> <ul style="list-style-type: none"> Germination experiment: observe seed sprouting over 5 days Transport through stem: celery / white flower in coloured water Paste different parts of a flower in scrapbook Obtain cotton yarn from cotton wool; document with sketches <p><input type="checkbox"/> Research Task</p> <ul style="list-style-type: none"> Collect information on wool-yielding animals around the world 'History of Clothing' — timeline from bark/leaves to modern synthetic fabric 	<ul style="list-style-type: none"> Know the importance of each part of a plant Understand adaptations adopted by various plants Appreciate the beauty of nature and its processes List conditions required for growth of cotton and jute plants Understand the process of obtaining fabric from fibre
	Ch-14 Fabric from Fibre			

			<p>Innovative Activities</p> <ul style="list-style-type: none"> Plant Passport Booklet: each student adopts one garden plant; records weekly observations Design-A-Fabric Challenge: design patterns inspired by leaf venation / petal shapes Textile Trail: compare different fabric samples (cotton, jute, wool, synthetic); make a sensory comparison chart 	
<p>NOVEMBER 19 Working Days Term 2</p>	<p>Ch-9 Structure & Function of Living Organisms – Animals (contd.)</p> <p>Ch-10 Work and Energy</p>	<ul style="list-style-type: none"> Human body systems: digestive, circulatory, respiratory, excretory, nervous Coordination of different organ systems Survey: diseases affecting body systems Consequences of bad habits like smoking on body systems Concept of work in Science; conditions for work to be done Forms of energy and energy conversions Relationship between work and energy 	<p>Chart Work</p> <ul style="list-style-type: none"> Make a labelled chart of different human body systems <p>Survey Activity</p> <ul style="list-style-type: none"> Compare heartbeat and pulse rate of different age groups during different activities Read and collect data on 5 diseases affecting body systems; note in activity file / scrapbook <p>Let's Innovate</p> <ul style="list-style-type: none"> Working Model: Energy Conversion demonstration (rubber-band car → chemical to kinetic) Flash Card Activity: Work–Energy relation scenarios (push, pull, lift — work done or not?) Body System Quiz Show: team competition using body-system question cards Health Audit: students audit own daily routine for energy intake and expenditure <p>Group Discussion</p> <ul style="list-style-type: none"> Consequences of bad habits like smoking on our health 	<ul style="list-style-type: none"> Know the coordination of different organ systems in the body Know the consequences of bad habits like smoking on health Know the relationship between work and energy Analyse different kinds of work done in daily life
<p>DECEMBER 23 Working Days (Internal Assessment) Term 2</p>	<p>Ch-11 Electric Current and Circuit</p> <p>Ch-12 Light and Shadows</p>	<ul style="list-style-type: none"> Electric current, sources and circuit components Conductors and insulators Symbols used in electrical appliances Importance of saving electricity Properties of light: rectilinear propagation Pinhole camera Shadow formation Image formation by plane mirror Eclipse — solar and lunar 	<p>Hands-On Activities — Electricity</p> <ul style="list-style-type: none"> Make a working electric circuit using battery, bulb, wires and switch List appliances: without switch / one switch / more than one switch Test household items as conductors or insulators <p>Demonstration Activities — Light</p> <ul style="list-style-type: none"> Demonstrate light travels in a straight line using three cardboard pieces with holes Pinhole camera: make and observe inverted image Shadow formation: vary object distance; measure shadow length Image formation by plane mirror: observe reflection Eclipse model using torch, ball and screen <p>Innovative Activities</p> <ul style="list-style-type: none"> Circuit Puzzle: given components, draw the correct circuit diagram Shadow Art Gallery: trace shadows of different objects; display as art 	<ul style="list-style-type: none"> Know and decode symbols used in electrical appliances Understand the importance of saving electricity for the future Understand the importance of light for life on Earth Understand the phenomenon of shadow formation

			<ul style="list-style-type: none"> • Group Discussion: 'Imagine there is no electricity for a month' • Science Toon: cartoon illustration — 'Electricity Saved is Electricity Conserved' • Light & Transparency Sorting: classify materials as transparent / translucent / opaque 	
<p>JANUARY 17 Working Days (Internal Assessment) Term 2</p>	Ch-13 Magnets	<ul style="list-style-type: none"> • Natural and artificial magnets • Magnetic and non-magnetic materials • Properties of magnets: attractive, repulsive and directive • Poles of a magnet; strength near poles • Making a temporary magnet (stroking method) • Making a simple compass using magnetised needle • Applications of magnets in daily life 	<p>Observation & Hands-On</p> <ul style="list-style-type: none"> • List magnetic and non-magnetic materials after testing household objects • Show strength of bar magnet near the pole using iron filings • Demonstrate attractive, repulsive and directive properties using two bar magnets • Make a temporary magnet by stroking method • Make a simple compass using magnetised needle and water <p>Innovative Activities</p> <ul style="list-style-type: none"> • Magnetic Scavenger Hunt: find and classify 10 school objects as magnetic / non-magnetic with justification • Compass Navigation Challenge: navigate a mini obstacle course in classroom using compass • Design a Magnetic Toy using available materials; present to class • Application Discussion: magnets in speakers, MRI, maglev trains, Earth's magnetic field 	<ul style="list-style-type: none"> • Know applications of magnets in daily life based on their properties • Understand attractive, repulsive and directive properties • Make a simple compass using magnetised materials
<p>FEBRUARY 22 Working Days Revision Term 2</p>	Revision — All Chapters	<ul style="list-style-type: none"> • Chapter-wise comprehensive revision (Ch-1 to Ch-14) • Worksheet practice — competency-based questions • Previous year question paper practice (timed) • Doubt clearance sessions 	<p>Revision Strategies</p> <ul style="list-style-type: none"> • Chapter-wise concept / mind maps • Previous paper practice under timed conditions • Peer teaching: students explain topics to classmates • One-page summary sheets per chapter • Oral revision — team quiz rounds 	<ul style="list-style-type: none"> • Consolidate all concepts for the Annual Examination • Build exam-writing skills and time management
<p>MARCH 22 Working Days Annual Examination Term 2</p>	Annual Examination	—	—	—

Summer Holidays: Portfolio Activity (Vocabulary folder – Ch-1,2,3, Pamphlet designing on 'My Healthy Diet'; Model Making – Food Chain wall hanging

Winter Holidays: Design an innovative science toy using simple electric circuit / mirrors / shadow formation / energy transformations; Science Toon — 'Electricity Saved is Electricity Conserved'; Revise all chapters

SOCIAL STUDIES

1. The **Social Science** Curriculum Comprises of **History, Geography** and **Political science**.
2. **Social Science** is a broad Subject that helps us to Understand **Human society, Relationships, History** and **Environment**. Try to give a comprehensive view of society over space and time and make a relation with each other.
3. The main objectives are to :-
 - Develop among learners an understanding of the process of change and development- Both in terms of time and space.
 - Make learners realize that the process of change is continuous and any event\Phenomenon\issue cannot be viewed in isolation but in a wider context of time and space.
 - Develop qualities clustered around the personal, social, moral, national and spiritual values that make a person humane and socially effective.

APRIL (22 DAYS)				
S.NO	CHAPTER	METHODOLOGY	LEARNING OUTCOMES	NO. OF DAYS
1.	(GEOGRAPHY) The Planet earth and the solar system. (CH-1)	<p>ACTIVITY – ‘Human solar System’ where each student Act as a planet .</p> <p>Flow chart and Pictures of celestial bodies will be shown Regarding different topics.</p> <p>Multidisciplinary link:- Maths – distance comparison Between planets Art – Model making. (Hands On Activity) ICT- using of smart board.</p> <p>Assessment – Test worksheet.</p> <p>(FOR INTERNAL ASSESSMENT ONLY)</p>	<ul style="list-style-type: none"> • Students will be able to Understand the structure Of solar system. • Differentiate between the celestial bodies and knowledge about the key words like • Identify Planets and their Activities with features. <p>SKILL DEVELOPED – Understanding Earth’s uniqueness.</p>	3 DAYS
2.	(HISTORY) Studying the Past (ch-8)	Topics like Prehistory, History (Ancient, medieval And Modern) can be explained by using smart class showing pictures of monuments, coins, inscriptions,	<ol style="list-style-type: none"> 1. Understand the importance of studying history as a subject and respect their past. 2. Develop the ideas of the evolving civilization from past to present. 3. Identity the different source 	5 days

		<p>Religious and non- religious literature.</p> <p>Topic like Archaeology can Teach by collection of small antique things and identify their importance during that time.</p> <p>Literary sources can be taught by comparing the text of old times with contemporary one.</p> <p>(To be assessed in periodic test Only and will not be evaluated in the exam term)</p>	<p>Material and know about their usage.</p> <p>Skill Developed – Creative thinking And self-awareness.</p>	
3.	<p>(CIVICS) Our community Life : Unity in Diversity (Chapter -21)</p>	<p>Discussion method on unity in diversity along with demonstration method by demonstrating pictures based on diverse culture of india.</p> <p>Explanation with the help of examples of daily lives.</p> <p>Activity – FOOD WITHOUT BORDERS. Students will be divided Into groups and prepare their own Weekly menu comprising food From Different region to know About unity in diversity.</p> <p>SMALL QUIZ RELATED WITH DIVERSE INDIA.</p>	<p>Students will be able to –</p> <p>1) Learn about the culture – food, Dances, Religion etc. of the different states through communication with each other.</p> <p>2) Understand the rules and customs Of different sections of the society.</p> <p>Skill required – Problem solving and self-awareness.</p>	7 DAYS

4	<p>(GEOGRAPHY) REPRESENTATION OF THE EARTH Chapter -2</p>	<p>1. Using of Demonstration Method by showing a Globe and a map for the effective learning with profound explanation of component of maps.</p> <p>ACTIVITY – Students will make a Map of their local area using Conventional symbols like</p> <p>a) Metalled Roads b) Temple c) Bridge d) Spring</p> <p>To be assessed in periodic test Only and will not be evaluated in exam term</p>	<p>Students will be able to –</p> <p>a) Differentiate between a globe and a map. b) Understand about the different type of maps.</p> <p>Skills required – Creative and logical Thinking.</p>	7 days
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MAY (15 DAYS)				
5	(History) Development of Civilization (chapter-10)	Picture demonstration – Location Of Early sites of Indus valley Civilization through maps and web Online. Documentaries on Indus Valley civilization. ACTIVITY – Clay making Activity of coins, inscription.	Students will be able to: a) Identify various civilizations. b) Connect themselves with ancient civilization. c) Analyse the reasons for the growth of the civilizations. Skills Developed – Curiosity and Imagination.	8 days
6	(Geography) Locating places of the earth. Chapter - 3	Demonstration method is Used by showing globe, Model based on longitude And latitude. ACTIVITY – 1) Map exercises to Locate places . 2) My Location Postcard – Students create a postcard Mentioning – Their city coordinates. Climate Nearby physical features.	Students will be able to : Understand globe, maps, directions Use coordinates accurately Skills developed Spatial thinking, observation, problem-solving	7 Days
JULY (25 DAYS)				
7	(CIVICS) Democracy and Government (Chapter -22)	Discussion and Lecture Method with case studies Related with democracy and Government. ACTIVITY – Election Activity was Been held in the classroom. To find out the successful political Party since independence.	Students will be able to :- a) Analyse the working system of government at the three levels b) Understand democratic processes c) Importance of participation Skills Developed - Leadership, decision-making, Communication.	8 Days
8	(GEOGRAPHY) The Motion of the Earth. (ch-4)	Activity method using globe And torch demonstration. Activity – Group activity Where students create a Mini – Map of the school. Putting Treasures hidden and another group Will find using latitudes and Longitudes.	Students will be able to :- 1) Understand day-night, seasons 2) Understand the concept like Rotation and revolution Skills Developed Scientific reasoning, visualization	8 Days
9	(History) The Iron Age Civilization (Chapter 11)	Picture demonstration of Pyramid of Egypt and ancient temp Mesopotamia With profound explanation. Activity – Comparing the Quality of products available in Present time with Indus Valley civilization.	1. List out the advantages of iron as compared to bronze. 2. Understand that bronze was replaced by iron and how it led to the beginning of the Iron Age Civilizations. 3. Compare four stages of Ashramas with their own life and Analyse how it works in their daily lives. Skills Developed: Curiosity and	9 Days

			critical thinking.	
AUGUST (19 DAYS)				
10	(HISTORY) The Mauryan Empire. (CH-13)	Discussion and lecture Method on the rise and fall Of the Mauryan empire. Activity – Creation of timeline Highlighting key events and rulers.	Students will be able to : 1) Analyse the importance by co-relating to the emblem on the coins and currency of India to that in the Mauryan period. 2) understand administration and expansion. Skills Developed: Critical Thinking & Problem Solving	9 Days
11	(HISTORY) Janpadas and Mahajanpadas (chapter 12)	Briefing of chapter with the Help of lecture method. Activity – Students will create Their own kingdom, they Include , name, capital, Army And rules. (For Internal assessment only)	Students will be able to: To enable the learners to: 1. Define the terms like ‘Janapadas’ and ‘Mahajanapadas’. 2. Gain knowledge about the way in which these kings ruled the empire – the economic, social condition. Skills Developed: Critical Thinking and Logical Thinking.	5 Days
12	(HISTORY) Early History of Deccan and south india	Activity – Group project “How Dravidian architecture Evolved from Pallavas times? (For Internal assessment only)	Students will be able to : Understand regional diversity Skills Developed Cultural awareness, research	5 Days

SEPTEMBER (23 DAYS – 11 DAYS FOR TERM 1 REVISION)

Revision of syllabus of term 1 Exams to be held in September 2026.

OCTOBER (20 DAYS)				
13	(GEOGRAPHY) The realms of the earth (ch-5)	Using of smart class with Lecture method to enhance Their knowledge. Activity – Students will make a sketch showing the linking of four spheres. To be assessed in periodic test Only and will not be evaluated in exam term	Students will be able to :- (a) Differentiate among four spheres of earth. (b) Locate the position of the different oceans and continents on the world map. Skills Developed: Analytical Skills and Comparative Study of Different Spheres	6 DAYS
14	(HISTORY) The Gupta Empire (ch-16)	Discussion method with Lecture method. Activity – Timeline activity where	Students will be able to:- Respect the rich culture of the Gupta period reasons that made it the Golden Age. Skill developed - Creativity, presentation	7 DAYS

		Students will form timeline. Map activity – students will place Dominated areas of Gupta empire		
15	(CIVICS) Our Rural Government (Ch – 23)	Story telling method will be Used for the better Understanding of topics. Activity – Experiential learning -to know from the students what They have seen till now in their Surroundings.	Students will be able to :- Learn the importance of “decentralization of powers” in the working of rural local bodies. Skill Developed Skill of leadership.	7 DAYS
NOVEMBER (18 DAYS)				
16	(GEOGRAPHY) India- My Motherland. (chapter-6)	Using of Large Physical and Political map of india for the Better understanding of Neighbouring countries and Physical landforms. Using of spray diagram for better Explanation. Activity – Essay writing “ Why is India often called a subcontinent?” Explain Using its geographical diversity.	Students will be able to :- Analyse the position of their india in relation to size by comparing with the other countries of the world. Gain knowledge about the Physical features of the country. Skills developed Respect, inclusivity	9 DAYS
17	(GEOGRAPHY) India- The land Of monsoon Climate (Ch-7)	Using maps to show Monsoon winds, rainfall Patterns and vegetation belts with lecture and demonstration through pictures. Activity – Prepare a mini-Chart on vegetation types.	Students will be able to:- 1) Understand monsoon system 2) Analyse the features of each season as we their importance. 3) Analyse and conclude the reasons for different types of vegetation in India. Skills developed Data interpretation, scientific thinking	9 DAYS
DECEMBER (23 DAYS)				
18	(HISTORY) The Era of Harsha (Ch- 17)	Discussion method using a Question prompt like “what Students know about the Harshavardhan”? to build Curiosity. Story telling in Blend with lecture method. ACTIVITY- Think- pair- share Technique, Students discuss In Pairs and share their Observations.	Students will be able to :- 1. Appreciate Harsha as a benevolent king. 2. Understand the advent of Buddhism. 3. Understand political & cultural contributions Skills Developed Storytelling, analysis	7 DAYS

19	(CIVICS) Our urban Government (ch-24)	Interactive flowchart of Local government hierarchy On the board explaining Where their city/town Government falls. Activity – Prepare a “ complain Letter” to their local corporator Regarding a civic issue in their Locality.	Students will be able to :- (a) Comprehend the functioning of the local bodies and differentiate between them based on population. (b) Analyse the work of the local body of their area and analyze also whether they are functioning as per their duties. (c) Understand the functions of the District Officer and his/her importance in the functioning of the district. Skill Developed – Problem solving	9 DAYS
20	(HISTORY) Deccan and South india (ch-18)	Inquiry based learning – Encourage students to Research on small topics like Satavahanas, Trade routes, Megalithic culture. Activity – Simulation activity Where students act as traders From north india, deccan and South india. (For Internal assessment only)	Students will be able to:- Understand the administrative and architectural aspects of Chalukyas and Pallava Dynasties. Skills Developed Curiosity and Creativity.	7 DAYS

JANUARY (16 DAYS)

Revision of Syllabus of term 2 to be held in the month of February.

SUMMER HOLIDAY HOMEWORK

Prepare a **Project** from the **CHAPTER -9 LIFE OF EARLY MAN** (Roll No. Wise):-

- 1) Why a country with a large population like India need storing grains. Suggest measures to protect food grains. (Roll no. 1 to 20)
- 2) “Necessity is the mother of invention”. Justify the statement with the help of examples in context to “Life of early human”. (21 to 40)

WINTER HOLIDAY HOMEWORK

Prepare a **Project** from the **Chapter -19 India and the outside world** and **Chapter -20 The Indian Religions** Respectively (Roll no. Wise):-

- 1) Ancient towns – Khotan, Kuchi, Niya and Kashghar.
- 2) Indian Secularism (in the context of different religions).(Roll No.21 to 40) (Refer ch-20)

LIST OF MAPS (TO BE DONE IN THE ENTIRE SESSION)

APRIL TO AUGUST

Chapter 3 – Locating Places on the earth (Map Skill on Page NO. 29)

Chapter 10 – Development of civilization (Map Skill on Page No. 93)

Chapter 13- The Mauryan Empire (Sarnath, Kalinga, Pataliputra, Sanchi) **Only for identification.**

OCTOBER TO DECEMBER

Chapter 6 – My motherland (Standard Meridian of India, Kanyakumari, Neighbouring countries of India.)

Chapter 7- India – The Land of Monsoon Climate (Periyar Wildlife Sanctuary, Jim Corbett National Park, Sariska Wildlife Sanctuary, Kaziranga Wildlife sanctuary, Kanha National Park, Gir National Park) **Only for identification.**

Chapter 17 – The Era of Harsha (Nalanda University, Allahabad, Thanesar, Tamralipti Port)

Chapter 18 – Deccan and North India (Kanchipuram, Mahabalipuram, Vatapi)

विषय – संस्कृतम्

1. संस्कृतभाषायाः स्वरूपं व्यवस्थां च अवगन्तुम् ।
2. संस्कृतभाषायाः श्लोकानाम् सस्वरवाचने समर्थाः भवेयुः।
3. विद्यार्थिनां सृजात्मकक्षमतां ज्ञातुम् ।
4. संस्कृतभाषायाम् वाक्यानि रचयेयुः।
5. संस्कृतभाषायाम् संवाद वदनाय समर्थाः।
6. संस्कृते लघुकथा, पद्यानि, गद्यानि पठित्वा वदने समर्थाः।

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
अप्रैल (23 दिवसाः)	1. पुर पुर प्रगच्छरे उपसर्गा अव्ययपदानि उपपद विभक्तयः	गीतगायनं संयोजन - वियोजनम् वाक्येषु प्रयोगः	सस्वरवाचनं नवीनपदानां रचना वाक्य-रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
मई (16 दिवसाः)	2. मम् प्रियः विद्यालयः प्रत्यय - क्त्वा संख्या-1-30	अनुच्छेदवाचनम् संयोजन - वियोजनम् सचित्रलेखनं	विषयावबोधनम् नवीनपदानां रचना लिंगानुसारं प्रयोगः

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
जुलाई (26 दिवसाः)	3. चत्वारि प्रिय मित्राणि 4. मधुरा श्लोकाः कारकस्य परिचय शब्दरूपाणि	संवादवाचनम् सस्वरवाचनं वाक्येषु प्रयोगः	विषयावबोधनम् भावावबोधनं वा

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
अगस्त (21 दिवसाः)	5. जले अपि वसन्ति जीवाः 6. वीर बालिका गुंजन सक्सेना सन्धिः - दीर्घ धातुरूपाणि	संवादवाचनम् कथावाचनम् शब्दयोजनम् वाक्येषु प्रयोगः	सभाषणम् नवीनपदानां रचना वा

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
सितम्बर (23 दिवसाः)	संवाद - पूर्तिः चित्र वर्णनम् अर्धवार्षिकी परीक्षा कृते पुनः अभ्यास	रिक्तस्थानपूर्तिः वाक्यपूर्तिः	भावाभिव्यक्तिः कल्पनाशक्तेः विकासः

कार्यदिवसाः	उपविषय	शिक्षणविधिः	लक्षिताधिगमाः
अक्टूबर(22 दिवसाः)	7. प्रहेलिका : गुण सन्धिः संख्या 30-50	प्रश्नोत्तर माध्यमेन शब्दयोजनं वाक्येषु प्रयोगः	कथावबोधनम् नवीनपदानाम् रचना
कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
नवम्बर (19 दिवसाः)	8. धन्याः मातुः महिमा 9. सिक्किमप्रदेशस्य सौन्दर्यम् प्रत्यय - तुमुन् लुट्लकार	कथावाचनम् संवादवाचनम् संयोजन - वियोजनम् वाक्येषु प्रयोगः	संभाषणम् नवीनपदानाम् रचना वा

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
दिसम्बर (25 दिवसाः)	10. योग्यः शिष्यः उपसर्गाः अव्ययपदानि प्रत्यय - ल्यप्	कथावाचनम् संवादवाचनम् संयोजन - वियोजनम् वाक्येषु प्रयोगः	संभाषणम् नवीनपदानाम् रचना वाक्य रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
जनवरी (17 दिवसाः)	मधुराणि वचनानि संवादपूर्तिः चित्रवर्णनम्	सस्वरवाचनं रिक्तस्थानपूर्तिः वाक्य संरचना	भावावबोधनम् पुनः अभ्यासः

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
जनवरी (17 दिवसाः)	उपविषयाः मधुराणि वचनानि संवादपूर्तिः चित्रवर्णनम्	सस्वरवाचनं रिक्तस्थानपूर्तिः वाक्य संरचना	भावावबोधनम् पुनः अभ्यासः

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
फरवरी (23 दिवसाः)	पुनः अभ्यासः	पुनः अभ्यासः	पुनः अभ्यासः

ग्रीष्मावकाश - गृहकार्यम्

1. प्रतिदिनं एकं सुलेखनाभ्यासं कुर्वन्तु ।
2. पञ्च फलानाम्-शाकानाम्-पक्षिणाम् नामानि लेखनं कुर्वन्तु ।
3. साप्ताहिक दिनानि नामानि लिखन्तु ।
4. एकदिनस्य अवकाशम् कृते औपचारिक पत्रं लिखन्तु ।

शीतावकाश-गृहकार्यम्

1. लोकानाम् सस्वरवाचनस्य अभ्यासम् कुर्वन्तु ।
2. वार्षिक परीक्षायाः कृते सम्पूर्ण पाठ्यक्रमस्य पुनराभ्यासम् कुर्वन्तु ।

Information & Communication Technology (ICT)

Learning Objective

The objective of ICT subject is to develop

- ✓ Enhance ICT skills of students by catering need of all types of learners.
- ✓ Integration of ICT skills with other subjects for application based learning.
- ✓ Enhancing capability and competency of students through experiential learning.

Month/No. of Days	Chapter Name	Methodology	Learning Outcome
April (22 Days)	Let us Explore Computer Operating System, Application software, Utility software	Introduction to the operating system & different types of software. Discussion on Real life Applications of operating system and different types of software in daily life. Activities: Presentation on Operating system & its types. Draw the flowchart on types of software in Open office impress	Learn the usage of various types of operating systems, application software's and their benefits. Students will be able to use correct software as per requirements.
May (15 days)	Designing In Impress Themes, Tools, components of slides	Discussion and Demonstration of different components of Impress software and their tools. Activity: Make presentation on "How Software Makes Our Life Easy"	Understand the use of different components of Impress software and their usage Appreciate the use of different themes in PPT.
Summer break Holiday Homework: Prepare an Impress Presentation on "Humanoid Robots." Slogans/poster/poems/role-play scripts on A4 sheet for Cyber Safety Awareness.			
July (25 days)	Modifying slides OO Impress Insertion of Images, modification of images, Using Image Gallery	Explanation of two ways to add images in ppt through smartboard. Demonstration on Formatting of image like crop, alignment, wrap text, shape fill . Real life application of Impress Activity: Presentation on topic "Save Earth"	Students will be able to insert images in presentations Learn to format image in presentations

<p>August (19 days)</p>	<p>Creating professional presentations and presenting presentations using OO Impress</p> <p>Header, Footer, Animations, Protecting Slides by passwords, Inserting Fields, Symbols</p>	<p>Illustration of header, footer and various fields using Open office impress software. Group discussion regarding importance of password protection of file.</p> <p><u>Practical Activities</u></p> <ol style="list-style-type: none"> 1. Make presentation on topic “Applications of AI in daily life” and save it with password. 2. Draw “Water Cycle” using shapes in impress 	<p>Appreciate the use of various symbols to create their own object in ppt.</p> <p>Students will be apply Header/Footer /page number etc. in the presentation</p>
<p>September (11 days)</p>	<p>Revision</p>		
<p>October (20 Days)</p>	<p>Viewing Presentations (OO impress Open Source)</p> <p>Slide show, Slide sorter, Normal, Note view</p>	<p>Demonstration of usage of different type of views.</p> <p>Group discussion on different views.</p> <p><u>Practical Activity :</u> Make presentation on different types of view with flow chart.</p>	<p>Appreciate & understand various presentation views.</p> <p>Students will be able to differentiate between different views.</p>
<p>November (18 Days)</p>	<p>Animation in Slides (Open office Impress)</p> <p>Transition and animation, types of animations effects, control options present under custom animation</p>	<p>Explanation with the help of demonstration of software combined with Hands on exercises on computer. Discussion about ICT Integration of Impress in real life to create animation.</p> <p><u>Practical Activity</u> Story creation in Impress using animation effects.</p>	<p>Students will be able to create professional presentations by inserting animations, transition effects etc</p>
<p>December (23 Days)</p>	<p>Spreadsheet 1 (Calc)</p> <p>Cell, Row, column, worksheet , workbook, Formula bar</p>	<p>Introduction of calc software.</p> <p>Group discussion on uses of spreadsheet in different area. Explanation of various components of Calc. using smartboard.</p> <p><u>Practical Activities</u></p> <ol style="list-style-type: none"> 1. Attendance Record 2. Shopping List with Total Cost 	<p>Students will be able to create table. Understand the usage of Calc. Learn to format their data sheets.</p>
<p>Winter Break Holiday Homework: Make a video using any app/software on SDG 1 (Sustainable goal development) Poster on AI in A4 sheet</p>			

<p>January (16 days)</p>	<p>Spreadsheet 2 – Open Office Calc</p> <p>Formulas, Functions – Sum(), Average(), Charts - Types of Charts,</p>	<p>Explanation with the help of demonstration of software/Illustration of calc software combined with Hands on exercises and projects given for experiential learning.</p> <p>Practical Activity:</p> <p>Student Marksheet with total and average calculation using functions.</p>	<p>Students will be able to apply existing functions/formulas for doing long calculations for different purposes</p> <p>Students will be able to do analysis of data using charts,</p>
<p>February</p>	<p>Revision</p>		

Fine art [painting]

CLASS 6

<u>Month</u>	<u>Topic to be covered</u>	<u>Methodology</u>	<u>Learning Objectives</u>
APRIL	Introduction to Fundamental art	students involves developing their creativity, fine motor skills, and understanding of various art techniques. The methodology for an art class at this level should aim to engage students in both the process and the product of creating art. Here's a structured approach:	Technical Skills: 1 creative thinking 3. Understanding Colour Theory.

MAY	Card Making	<p>Practical Skills Development: Develop sense of colour and pattern and improve fine motor skills(cutting,folding,pasting)</p>	<p>Technical Skills:</p> <p>Fine motor skill, creativity</p>
JULY- AUGUST	Still life drawing and Independence day related activity	<p>The methodology should focus on developing students observation skills,understanding of form ,and use of basic art materials.</p> <p>Independence Day related activity: In this activity students develops creativity and imagination and promotes nationl pride.</p>	<p>Technical skill:</p> <p>Shading technique And develop drawing skill</p>
SEP-	Festival art	<p>Practical Skills Development:</p>	<p>Technical skill:</p>

OCT		The methodology should focus on celebrating various culture traditions, incorporating festive themes into art, and allowing students to express their understanding of these events visually.	Traditional based creativity
NOV-DEC	Portrait study	<p>Media and Techniques:</p> <p>Experimentation with different media and techniques is encouraged, allowing students to discover their strengths and preferences.</p> <p>Composition:</p> <p>Understanding the principles of composition, including elements like line, shape, colour, and form, is crucial.</p>	<p>Technical skill:</p> <p>Proportion, expression</p>
Jan-feb	Abstract art, landscape drawing and	Practical Skills Development:	Technical Skills:

	expression /step by step	Abstract art ,unlike realistic art ,focuses on shapes, colours, lines, and forms rather than representing the real world.	Imagination,
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<p><u>OCT 20 Days</u></p>	<p>sounds of nature.</p> <ul style="list-style-type: none"> • Knowledge of different taals. 	<p>will tell them how it is actually a note by itself.</p> <ul style="list-style-type: none"> • The song will be taught. 	<ul style="list-style-type: none"> • To develop raag sense.
<p><u>NOV 18 Days</u> <u>DEC 23 Days</u></p>	<ul style="list-style-type: none"> • Preparations of various competitions and functions. Discussion about thaata system. 	<ul style="list-style-type: none"> • Children will learn specific song to be performed will learn difference in thaata. 	<ul style="list-style-type: none"> • Develop swar Raag sense. • To develop interest to participate in school function. • To develop innovation.
<p><u>JAN 16 Days</u> <u>FEB- revision for annual examination</u></p>	<ol style="list-style-type: none"> 1. Discussions on famous musicians . 	<ol style="list-style-type: none"> 2. Children will bring picture of musicians and discuss about their contribution towards music. 3. Finally they will paste the pictures on the chart papers. 	<ol style="list-style-type: none"> 4. To develop reativity. 5. Inter-personal relations. 6. Able to work in groups.

SPORTS

SARLA CHOPRA DAV PUBLIC SCHOOL, NOIDA SPORTS & GAMES CURRICULUM

S.NO.	CLASS	MONTHS				
		APRIL & MAY	JULY & AUGUST	SEPTEMBER & OCTOBER	NOVEMBER & DECEMBER	JANUARY & FEBRUARY
1	VI	FOOTBALL	INDOOR	FOOTBALL	YOGA	VOLLEYBALL
2	VII	BASKETBALL	FOOTBALL	INDOOR	FOOTBALL	YOGA
3	VIII	VOLLEYBALL	BASKETBALL	FOOTBALL	INDOOR	FOOTBALL
4	IX	YOGA	VOLLEYBALL	BASKETBALL	FOOTBALL	INDOOR
5	X	FOOTBALL	YOGA	VOLLEYBALL	BASKETBALL	FOOTBALL
6	XI	INDOOR	FOOTBALL	YOGA	VOLLEYBALL	BASKETBALL

SARLA CHOPRA DAV PUBLIC SCHOOL, NOIDA
SPORTS & GAMES CURRICULUM

CLASS:

TENTATIVE MONTH:

GAME: FOOTBALL

- 6 Weeks
- 2 Periods per Week
- 1 Period = Physical Fitness (Warm-up + Fitness Training + Cool Down)
- 1 Period = Skill Based (Skills Taught + Drills)
- All major basketball fundamentals covered within FIRST MONTH (Week 1-4)
- Week 5-6 = Reinforcement + Game Application + Assessment

S.NO.	WEEK	PERIODS	PERIODS
1	WEEK - 1	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Develop basic endurance, coordination and prepare body for basketball movements.</p> <p>Warm-Up</p> <ul style="list-style-type: none"> •Light Jog – 2 rounds •Dynamic Stretching (arms, hips, ankles) •High Knees – 30 sec •Butt Kicks – 30 sec <p>Fitness Training</p> <ul style="list-style-type: none"> •Jumping Jacks – 2 × 25 •Bodyweight Squats – 2 × 15 •Plank – 20 sec × 3 •Short Sprint – 20 m × 4 <p>Cool Down</p> <ul style="list-style-type: none"> •Slow Walk •Hamstring + Calf Stretch •Deep Breathing 	<p>Objective: Introduce ball control and basic dribbling</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Ball familiarization •Basic dribbling •Ball stopping (First touch) <p>Drills</p> <ul style="list-style-type: none"> •Straight Cone Dribbling •Inside Foot Ball Control •Sole Stop Practice •Dribble and Stop on Signal •Ball Tap Control Drill
2	WEEK - 2	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve speed, agility and balance</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Jog + Direction Change Running •Dynamic Lunges <p>Fitness Training</p> <ul style="list-style-type: none"> •Zig-Zag Cone Run – 5 Rounds •Skipping – 2 × 1 min •Push Ups – 3 × 10 •Side Plank – 2 × 20 sec <p>Cool Down</p> <ul style="list-style-type: none"> •Walking + Stretching 	<p>Objective: Develop passing accuracy and receiving control</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Short Passing (Inside Foot) •Receiving Ball •Basic Long Pass Introduction <p>Drills</p> <ul style="list-style-type: none"> •Partner Passing (Short Distance) •Triangle Passing Drill •Pass and Follow Drill •Wall Pass Practice •First Touch Direction Drill
3	WEEK - 3	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Build strength and endurance</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Jog + Mobility Drills •Side Shuffle Run <p>Fitness Training</p> <ul style="list-style-type: none"> •Interval Running – 6 Rounds •Walking Lunges – 2 × 20 Steps •Mountain Climbers – 3 × 25 sec •Line Jumps – 3 × 15 <p>Cool Down</p> <ul style="list-style-type: none"> •Static Stretching 	<p>Objective: Develop shooting technique and attacking basics</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Shooting with Laces •Dribble and Shoot •Basic Attacking Movement <p>Drills</p> <ul style="list-style-type: none"> •Stationary Shooting Practice •Pass and Shoot Drill •Dribble and Shoot Drill •Small Goal Finishing •Target Shooting Corners
4	WEEK - 4	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL

		<p>Objective: Improve reaction speed and match fitness</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Jog + Reaction Run <p>Fitness Training</p> <ul style="list-style-type: none"> •Relay Sprint Race – 6 Rounds •Agility T Drill – 4 Rounds •Burpees – 3 × 12 •Core Circuit (Plank + Sit Ups) <p>Cool Down</p> <ul style="list-style-type: none"> •Walking + Stretching 	<p>Objective: Introduce basic defending and game play</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Basic Tackling •Shielding Ball •Basic Position Awareness <p>Drills</p> <ul style="list-style-type: none"> •1 vs 1 Defending •Shield and Turn Drill •Passing Under Pressure •4 vs 4 Small Game
5	WEEK - 5	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve football match endurance</p> <ul style="list-style-type: none"> •Continuous Run – 5–6 min •Agility Shuttle Run •Jump Squats – 2 × 12 •Core Plank Hold 	<p>Objective: Combine multiple football skills</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Dribble + Pass Combination •Passing in Movement •Attack Build Up Basics <p>Drills</p> <ul style="list-style-type: none"> •3 Player Passing Movement Drill •Overlap Running Drill •Through Pass Practice •Possession Game (Keep Ball)
6	WEEK - 6	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Maintain fitness and improve flexibility</p> <ul style="list-style-type: none"> •Interval Running •Mobility Exercises •Light Plyometric Jumps 	<p>Objective: Apply skills in real match situations</p> <p>Activities</p> <ul style="list-style-type: none"> •5 vs 5 Match •Position Rotation Play •Limited Touch Game •Match Situation Decision Making

SARLA CHOPRA DAV PUBLIC SCHOOL, NOIDA
SPORTS & GAMES CURRICULUM

CLASS:

TENTATIVE MONTH:

GAME: BASKETBALL

- 6 Weeks
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- 1 Period = Physical Fitness (Warm-up + Fitness Training + Cool Down)
- 1 Period = Skill Based (Skills Taught + Drills)
- All major basketball fundamentals covered within FIRST MONTH (Week 1-4)
- Week 5-6 = Reinforcement + Game Application + Assessment

S.NO.	WEEK	PERIODS	PERIODS
1	WEEK - 1	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Develop basic stamina, coordination and mobility</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Light Jog – 2 Rounds •Dynamic Stretching (Ankle, Knee, Hip) •High Knees – 2 × 20 m •Butt Kicks – 2 × 20 m <p>Fitness Training</p> <ul style="list-style-type: none"> •Shuttle Run – 5 Rounds •Bodyweight Squats – 2 × 15 •Plank Hold – 3 × 25 sec •Short Sprint – 4 × 20 m <p>Cool Down</p> <ul style="list-style-type: none"> •Walking •Hamstring + Calf Stretch •Deep Breathing 	<p>Objective: Ball familiarity & basic control</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Basic rules •Ready stance •Stationary dribbling <p>Drills</p> <ul style="list-style-type: none"> •Ball Tapping Drill •Stationary Right / Left Dribble •Walking Dribble •Figure 8 Dribble (No Bounce) •Around Waist / Around Legs Ball Rotation •Knee Level Low Control Dribble •Mirror Dribble (Partner Copy Movement)
2	WEEK - 2	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve speed, agility and lower body strength.</p> <p>Warm-Up</p> <p>Jog + Dynamic Stretch</p> <p>Fitness Training</p> <ul style="list-style-type: none"> •Shuttle Runs – 5 × 20 m •Side Shuffles – 3 × 20 sec •Skipping – 1 min × 2 •Standing Long Jump – 6 reps <p>Cool Down</p> <p>Stretching + Breathing</p>	<p>Objective: Dribbling while moving & direction change</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Low dribble •Speed dribble •Direction change <p>Drills</p> <ul style="list-style-type: none"> •Cone Zig-Zag Dribble •Stop & Go Dribble •Relay Dribble Race •Basic Crossover Dribble •Speed Dribble Full Court •Dribble & Pivot Drill •Box Dribble Drill (4 Cones Square Movement)
3	WEEK - 3	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Build core strength, balance and explosive movement.</p> <p>Warm-Up</p> <p>Jog + Mobility Drills</p> <p>Fitness Training</p> <ul style="list-style-type: none"> •Lunges – 2 × 12 •Push-ups – 8-10 •Plank Shoulder Tap – 20 reps •Sprint Start – 5 reps <p>Cool Down</p> <p>Static Stretching</p>	<p>Objective: Passing accuracy & teamwork</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Chest pass •Bounce pass •Overhead pass <p>Drills</p> <ul style="list-style-type: none"> •Partner Passing •Triangle Passing •Pass & Move Drill •Pass & Follow Your Pass Drill •Moving Chest Pass Drill •Wall Passing Target Drill •Keep Away Passing Game (3 vs 1)

4	WEEK - 4	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve jumping power, coordination and basketball-specific fitness.</p> <p>Warm-Up Dynamic Running Drills</p> <p>Fitness Training</p> <ul style="list-style-type: none"> •Vertical Jumps – 10 reps •Skater Jumps – 12 reps •Cone Footwork Drills •Core Crunches – 20 reps <p>Cool Down Stretch + Breathing</p>	<p>Objective: Shooting technique & finishing</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Shooting Concept •Set Shot •Lay-up <p>Drills</p> <ul style="list-style-type: none"> •Form Shooting Close Range •Wall Shooting Practice •Lay-up Line Drill •Mikan Drill (Lay-up Control) •Spot Shooting (5 Spots Close Range) •Catch & Shoot Drill •1 Dribble Lay-up Drill
5	WEEK - 5	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve match endurance and recovery ability.</p> <ul style="list-style-type: none"> •Continuous Run – 5 min •Agility Shuttle •Jump Squats – 2 x 12 •Plank Hold 	<p>Objective: Combine skills + introduce defense</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Skill combination •Basic defense stance <p>Drills</p> <ul style="list-style-type: none"> •1 vs 1 Attack & Defend •Fast Break Basic Drill •Dribble → Pass → Cut → Receive Drill •Close Out Defense Drill •Shadow Defense Movement Drill •3 Player Weave (Basic Fast Break)
6	WEEK - 6	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Maintain fitness level and improve flexibility & recovery.</p> <ul style="list-style-type: none"> •Interval Running •Mobility & Flexibility •Light Plyometric Jumps 	<p>Objective: Game application & decision making</p> <p>Drills / Activities</p> <ul style="list-style-type: none"> •3 vs 3 Game •5 vs 5 Game •Position Rotation Play •No Dribble Game (Passing Only) •Limited Dribble Game (2 Dribble Max) •Last Minute Pressure Game Situation

SARLA CHOPRA DAV PUBLIC SCHOOL, NOIDA
SPORTS & GAMES CURRICULUM

CLASS:

TENTATIVE MONTH:

GAME: VOLLEYBALL

- 6 Weeks
- 2 Periods per Week
- 1 Period = Physical Fitness (Warm-up + Fitness Training + Cool Down)
- 1 Period = Skill Based (Skills Taught + Drills)
- All major basketball fundamentals covered within FIRST MONTH (Week 1-4)
- Week 5-6 = Reinforcement + Game Application + Assessment

S.NO.	WEEK	PERIODS	PERIODS
1	WEEK - 1	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Develop basic stamina, coordination and lower body strength</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Light Jog – 2 Rounds •Arm Rotation + Shoulder Mobility •High Knees – 2 × 20 m •Side Shuffle – 2 × 20 m <p>Fitness Training</p> <ul style="list-style-type: none"> •Jumping Jacks – 2 × 25 •Bodyweight Squats – 2 × 15 •Plank Hold – 3 × 25 sec •Short Sprint – 4 × 20 m <p>Cool Down</p> <ul style="list-style-type: none"> •Walking •Shoulder + Hamstring Stretch •Deep Breathing 	<p>Objective: Introduce basic volleyball skills and ball control</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Ready position •Ball familiarization •Basic underhand pass (Forearm pass) <p>Drills</p> <ul style="list-style-type: none"> •Self toss and catch •Forearm pass wall practice •Partner underhand pass •Ball control tap drill •Ready position movement drill
2	WEEK - 2	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve agility, balance and reaction speed</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Jog + Direction Change Run •Dynamic Lunges <p>Fitness Training</p> <ul style="list-style-type: none"> •Zig-Zag Cone Run – 5 Rounds •Skipping – 2 × 1 min •Push Ups – 3 × 10 •Side Plank – 2 × 20 sec <p>Cool Down</p> <ul style="list-style-type: none"> •Walking + Stretching 	<p>Objective: Develop setting technique and ball control</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Basic overhead set •Ball positioning •Footwork for setting <p>Drills</p> <ul style="list-style-type: none"> •Self set practice •Wall set drill •Partner set drill •Set and move drill •Continuous set circle drill
3	WEEK - 3	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Build strength and jumping ability</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Jog + Mobility Drills •Skipping <p>Fitness Training</p> <ul style="list-style-type: none"> •Walking Lunges – 2 × 20 Steps •Vertical Jumps – 3 × 10 •Mountain Climbers – 3 × 25 sec •Line Jumps – 3 × 15 <p>Cool Down</p> <ul style="list-style-type: none"> •Static Stretching 	<p>Objective: Introduce serving fundamentals</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Underarm serve •Basic overarm serve introduction <p>Drills</p> <ul style="list-style-type: none"> •Serve to target zones •Wall serving practice •Partner serve receive practice •Serve and collect drill •Accuracy serving challenge
4	WEEK - 4	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL

		<p>Objective: Improve match fitness and explosive movement</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Jog + Reaction Movement <p>Fitness Training</p> <ul style="list-style-type: none"> •Relay Sprint – 6 Rounds •Agility T Drill – 4 Rounds •Burpees – 3 × 12 •Core Circuit (Plank + Sit Ups) <p>Cool Down</p> <ul style="list-style-type: none"> •Walking + Stretching 	<p>Objective: Introduce attack and basic blocking movement</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Spike approach steps (without jump first) •Basic blocking footwork •Attack timing introduction <p>Drills</p> <ul style="list-style-type: none"> •Approach step practice •Toss and hit (soft spike) •Block jump at net simulation •Hit and recover drill •3 touch rally drill
5	WEEK - 5	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve match endurance</p> <ul style="list-style-type: none"> •Continuous Run – 5–6 min •Agility Shuttle Run •Jump Squats – 2 × 12 •Core Plank Hold 	<p>Objective: Combine multiple volleyball skills</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Pass → Set → Hit sequence •Court communication basics •Rotation introduction <p>Drills</p> <ul style="list-style-type: none"> •3 Player Pass Set Hit Drill •Free Ball Attack Drill •Rotation Movement Practice •Mini Rally Practice
6	WEEK - 6	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Maintain fitness and flexibility</p> <ul style="list-style-type: none"> •Interval Running •Mobility Exercises •Light Plyometric Jumps 	<p>Objective: Apply skills in game situations</p> <p>Activities</p> <ul style="list-style-type: none"> •4 vs 4 Mini Match •6 vs 6 Basic Match •Rotation Practice Game •Serve Receive Game

SARLA CHOPRA DAV PUBLIC SCHOOL, NOIDA
SPORTS & GAMES CURRICULUM

CLASS:

GAME: YOGA

TENTATIVE MONTH:

- 6 Weeks
- 2 Periods per Week
- 1 Period = Physical Fitness (Warm-up + Fitness Training + Cool Down)
- 1 Period = Skill Based (Skills Taught + Drills)

S.NO.	WEEK	PERIODS	PERIODS
1	WEEK - 1	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Develop basic body flexibility and mobility</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Spot jogging – 2 min •Neck rotation •Shoulder rotation •Hip rotation •Ankle rotation <p>Fitness Training</p> <ul style="list-style-type: none"> •Dynamic stretching •Core activation (Plank hold) •Balance drills – Single leg stand •Basic breathing awareness <p>Cool Down</p> <ul style="list-style-type: none"> •Deep breathing •Light stretching 	<p>Objective: Develop basic yoga foundation and posture awareness</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Tadasana •Vrikshasana •Padmasana •Vajrasana <p>Drills</p> <ul style="list-style-type: none"> •Balance hold challenge •Breathing with posture hold •Mirror posture correction practice
2	WEEK - 2	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve flexibility and core strength</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Light jogging •Dynamic stretching <p>Fitness Training</p> <ul style="list-style-type: none"> •Surya Namaskar (slow learning phase) •Core strengthening (Leg raises, plank variations) <p>Cool Down</p> <ul style="list-style-type: none"> •Guided breathing 	<p>Objective: Learn standing asanas</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Trikonasana •Ardha Chakrasana •Hastapadasana <p>Drills</p> <ul style="list-style-type: none"> •Alignment correction drill •Partner observation drill •Hold timing challenge
3	WEEK - 3	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve stamina and flexibility</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Surya Namaskar – 4 rounds <p>Fitness Training</p> <ul style="list-style-type: none"> •Core circuit training •Balance and coordination drills <p>Cool Down</p> <ul style="list-style-type: none"> •Basic Anulom Vilom practice 	<p>Objective: Learn sitting and forward bending asanas</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Paschimottanasana •Baddha Konasana •Janu Shirshasana <p>Drills</p> <ul style="list-style-type: none"> •Gradual stretch hold •Breath synchronization practice
4	WEEK - 4	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL

		<p>Objective: Improve body control and breathing coordination</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Dynamic mobility exercises <p>Fitness Training</p> <ul style="list-style-type: none"> •Surya Namaskar – 6 rounds •Static core holds <p>Cool Down</p> <ul style="list-style-type: none"> •Deep relaxation breathing 	<p>Objective: Learn prone position asanas</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Bhujangasana •Shalabhasana •Dhanurasana <p>Drills</p> <ul style="list-style-type: none"> •Progressive lift practice •Partner feedback drill
5	WEEK - 5	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Improve endurance and posture stability</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Surya Namaskar – 6–8 rounds <p>Fitness Training</p> <ul style="list-style-type: none"> •Full body stretching flow •Balance endurance holds <p>Cool Down</p> <ul style="list-style-type: none"> •Guided meditation basics 	<p>Objective: Learn supine position asanas</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Pavanmuktasana •Setu Bandhasana •Uttanpadasana <p>Drills</p> <ul style="list-style-type: none"> •Controlled movement drill •Breathing coordination drill
6	WEEK - 6	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Objective: Integrate overall fitness and yoga flow</p> <p>Warm Up</p> <ul style="list-style-type: none"> •Mobility + Surya Namaskar <p>Fitness Training</p> <ul style="list-style-type: none"> •Yoga flow sequence •Core and balance combination <p>Cool Down</p> <ul style="list-style-type: none"> •Deep relaxation (Shavasana) 	<p>Objective: Perform yoga sequence and learn relaxation control</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Full Surya Namaskar sequence •Shavasana •Basic Pranayama (Anulom Vilom, Bhramari – Introduction) <p>Drills</p> <ul style="list-style-type: none"> •Sequence performance practice •Group synchronization drill •Relaxation timing control

SARLA CHOPRA DAV PUBLIC SCHOOL, NOIDA
SPORTS & GAMES CURRICULUM

CLASS:

TENTATIVE MONTH:

GAME: INDOOR GAMES (CHESS / CARROM / TABLE TENNIS)

- 6 Weeks
- 2 Periods per Week
- Periods will rotate between Chess, Carrom, and Table Tennis
- Focus on Rules + Skills + Practice + Fun Competition

S.NO.	WEEK	PERIODS	PERIODS
1	WEEK - 1	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		Period 1 – Chess Objective: Understand board setup and piece movement Skills Taught <ul style="list-style-type: none"> • Board setup • Names of pieces • Movement of each piece • Basic rules Activities / Drills <ul style="list-style-type: none"> • Piece movement practice • Mini board quiz • Pawn race game 	Period 2 – Table Tennis Objective: Learn basic grip and ready position Skills Taught <ul style="list-style-type: none"> • Shakehand grip • Ready stance • Ball bounce control Drills <ul style="list-style-type: none"> • Ball bouncing on racket • Partner soft rally • Wall practice
2	WEEK - 2	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		Period 1 – Carrom Objective: Learn striker control and basic rules Skills Taught <ul style="list-style-type: none"> • Striker holding • Straight shot • Basic rules (foul, queen cover) Drills <ul style="list-style-type: none"> • Coin targeting drill • Straight pocket practice 	Period 2 – Chess Objective: Learn basic game start and simple tactics Skills Taught <ul style="list-style-type: none"> • Opening principles • Check and Checkmate concept Drills <ul style="list-style-type: none"> • Mate in one puzzles • Mini chess matches
3	WEEK - 3	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		Period 1 – Table Tennis Objective: Improve ball control and rally consistency Skills Taught <ul style="list-style-type: none"> • Forehand push • Backhand push Drills <ul style="list-style-type: none"> • Push rally practice • Target zone hitting 	Period 2 – Carrom Objective: Improve pocketing accuracy Skills Taught <ul style="list-style-type: none"> • Angle shots basic • Queen covering concept Drills <ul style="list-style-type: none"> • Corner pocket practice • Controlled striker power drill
4	WEEK - 4	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL

		<p>Period 1 – Chess</p> <p>Objective: Improve decision making</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Basic strategy (Control center, piece safety) <p>Drills</p> <ul style="list-style-type: none"> •Puzzle solving •Timed mini games 	<p>Period 2 – Table Tennis</p> <p>Objective: Learn serve basics</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Basic forehand serve •Legal serve rules <p>Drills</p> <ul style="list-style-type: none"> •Serve target practice •Serve + return drill
5	WEEK - 5	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Period 1 – Carrom</p> <p>Objective: Apply skills in match play</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Match rules •Scoring system <p>Drills</p> <ul style="list-style-type: none"> •Practice matches •Doubles practice 	<p>Period 2 – Chess</p> <p>Objective: Play full game with rules</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Touch move rule •Basic endgame idea <p>Drills</p> <ul style="list-style-type: none"> •Full game practice •Peer analysis discussion
6	WEEK - 6	1st PERIOD: PHYSICAL FITNESS / SPORTS	2nd PERIOD: GAME SKILL
		<p>Period 1 – Table Tennis</p> <p>Objective: Apply skills in match format</p> <p>Skills Taught</p> <ul style="list-style-type: none"> •Match scoring •Game etiquette <p>Drills</p> <ul style="list-style-type: none"> •Mini tournament •Knockout matches 	<p>Period 2 – Mixed Indoor Competition</p> <p>Objective: Improve confidence and participation</p> <p>Activities</p> <ul style="list-style-type: none"> •Chess mini tournament •Carrom knockout •Table Tennis short matches



Subject – Dance
Class – VI

<i>Theme/Content</i>	<i>Methodology/Activity</i>	<i>Learning Outcome</i>	<i>Days</i>
<u>April</u> 1. Bhumi Pranam 2. Discussion of Indian Classical Dance	1. Each step will be taught individually with the With the help of graceful steps and movements 2. Students will learn and try to perform	Importance of Dancing Skills	22
<u>May</u> 1. Classical Dance:- Hand Movements	1. Children will be taught step by step individually . 2. Students will be taught about the different Mudras . Activity - Students will PERFORM individually the same .	Will improve awareness towards Dance	15
<u>July</u> 1. Patriotic Dance	1. The meaning of the song will be explained by the teacher to improve the feel and enhance the quality of dance . 2. Students will then try and perform the same .	Feeling of Patriotism	25



<p><u>August</u> 1. <i>Patriotic Dance</i></p>	<ol style="list-style-type: none"> 1. Children will also be taught in group to develop coordination among themselves . 2. Discussion of freedom fighters 	<p>Feeling of Patriotism</p>	<p>19</p>
<p><u>September</u> 1. Knowledge about Folk Dance 2. <i>5 Basic steps of folk Dance</i></p>	<ol style="list-style-type: none"> 1. Students will be told about different styles Folk Dances of India and related costumes 5 basic steps will also be taught to the teacher 2. Discussion of Folk Dance <p>Activity – Students will be asked to speak / write about different states , costumes etc .</p>	<p>Knowledge of the rich cultural heritage of India</p>	<p>11</p>
<p><u>October</u> 1. Basic Folk Dance Steps 2. Rhythm aspect of different folk dances of India .</p>	<ol style="list-style-type: none"> 1. Every student will be taught different Folk Dance Steps . 2. Discussion on different Folk dance Movements of different states . Students will practice individually as well as in group . 	<p>Enhancement of dancing skills and developed stage presentation.</p>	<p>20</p>
<p><u>November</u> 1. Shloka Dance 2. <i>Knowledge of Shloka Meaning</i></p>	<ol style="list-style-type: none"> 1. Students will learn Shloka and the Meaning and also by heart the same . They will also be taught appropriate based on the meaning of Shloka 's. 2. Teaching Usage of Different Shloka's Meaning 	<p>Students will be able to recite and explain the Meaning of Shloka as well as will be able to perform on the same.</p>	<p>18</p>
<p><u>December</u> 1. Classical Dance 'Basic Tukra' 2. Knowledge about Mudra</p>	<ol style="list-style-type: none"> 1. Teaching will be done using different Mudras 2. Students will practice individually as well as in Group . 	<p>Enhanced Dancing Skills</p>	<p>23</p>



<p><u>January</u></p> <ol style="list-style-type: none">1. Patriotic Dance2. Knowledge of famous freedom fighters name and work .	<ol style="list-style-type: none">1. One by one steps will be taught with the meaningful movements according to the song .2. Discussion of freedom fighters	To develop the acting skills and expressions.	16
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