ENGLISH

CLASS- VI

2023-2024

Learning Objectives: Students will be able to

- express themselves fluently using grade appropriate vocabulary.
- comprehend passage/poem and appreciate it.
- enrich their vocabulary and use them in their conversation and writing.
- enjoy and appreciate reading different genres of books.
- develop their power of imagination and creativity.

• enhance the four basic language skills - listening, speaking, reading writing and writing.

Prescribed Textbooks: 1. English Literature

2. My English Reader

3. English Practice Book

Suggested Reading: 1. Grandma's Bag of Stories by Sudha Murty

- 2. The Famous Five by Enid Blyton
- 3. Adventures of Tom Sawyer by Mark Twain
- 4. All Time stories for Children by Savithri Pandiyan

MONTH/N o. OF DAYS	CHAPTER NAME	<u>TEACHING</u> <u>METHODOLOGY</u>	<u>LEARNING</u> OBJECTIVES
April (18 days)	English Literature: Lesson 1: How Daddy Decided What He Wanted to Be	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Imbibe values from the story Appreciate the content
	Activity: - Create a list of professions that come to your mind for yourself. Paste pictures of the same and mention how you would contribute to the society through them.	 Interactive approach Creative thinking Class discussion/ group discussion Experiential learning 	 Active learning through activities Scientific temperament will be developed
	English Practice Book: Unit 1: Putting it Together	 Interactive approach Class discussion/ group discussion, worksheet 	 Recall parts of speech Understand, apply and correctly use them
	My English Reader: Unit 1: Celebrations	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Learn about customs, traditions and celebration of different festivals
	Writing Skill:Notice writing	 Interactive approach Format discussion, worksheet 	 Recall the format Write in style appropriate for communication purpose
	Revision: April Syllabus		

MONTH/N o. OF DAYS	CHAPTER NAME	<u>TEACHING</u> <u>METHODOLOGY</u>	LEARNING OBJECTIVES
May (15 days)	English Literature: Lesson 2: The White Elephant	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Imbibe values from the story Appreciate the content
	 Activities: Poster on 'Kindness towards Animals Make 10 words using the word Treachery 	 Interactive approach Class discussion/ group discussion Analytical thinking Logical reasoning 	 Active learning through activities Scientific temperament will be developed
	Lesson 3: Leisure	 Interactive approach Recitation and paraphrasing Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Reading extensively with correct intonation/ pronunciation Appreciate the content
	Activities: • Fancy dress competition • Poem recitation	 Interactive approach Critical thinking Organisation skill 	 Active learning through activities Scientific temperament will be developed
	My English Reader: Unit 2: Hobbies	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Reading extensively on their own Assess importance of having a good hobby
	English Practice Book:	• Interactive approach	• Recall

Unit 3: Determiners	 Class discussion/ group discussion, worksheet 	 determiners and their types Understand their correct usage and apply it
Writing Skill: Dialogue completion	 Interactive approach Format discussion, worksheet 	 Recall the format Write in style appropriate for communication purpose

HOLIDAY HOMEWORK: Art Integrated

- Scrap book on festivals, dress and food of any state of your choice with related pictures/drawing Revise the syllabus covered so far ٠
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MONTH/N o. OF DAYS	<u>CHAPTER NAME</u>	<u>TEACHING</u> <u>METHODOLOGY</u>	<u>LEARNING</u> OBJECTIVES
JULY (22 days)	English Literature: Lesson 4: My Experiments with Truth	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Apply the moral of the text in their daily lives
	 Activities: Class discussion on truthfulness, discipline in a student's life Mind map on elements connected to success in a student's life 	 Interactive approach Class discussion/ group discussion Critical thinking Problem solving 	 Active learning through activities Scientific temperament will be developed
	Lesson 5: Today and Tomorrow	 Interactive approach Recitation and paraphrasing Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Reading extensively with correct intonation/ pronunciation
	Activities:Proverbs related to TimePoem recitation	Interactive approachCritical thinkingProblem solving	 Active learning through activities Scientific temperament will be developed
	English Practice Book: Unit 2: Regular and Irregular Verbs	 Interactive approach Class discussion/ group discussion, worksheet 	 Recall and understand verbs Making grammatically correct answers
	Writing Skill: Informal Letter	 Interactive approach Format discussion, worksheet 	 Understand the format Write in style appropriate for communication purpose

Revision: July Syllabus Examination: Pre-MidTerm	

MONTH/N o. OF DAYS	<u>CHAPTER NAME</u>	<u>TEACHING</u> <u>METHODOLOGY</u>	<u>LEARNING</u> OBJECTIVES
AUGUST (23 days)	English Literature: Lesson 6: The Helpful Young Man	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Imbibe values from the story Appreciate the content
	Activity: Mind map	Interactive approachCritical thinkingProblem solving	 Active learning through activities Scientific temperament will be developed
	English Practice Book: Unit 4: Subject-Verb Agreement	 Interactive approach Class discussion/ group discussion, worksheet 	• To understand the correct usage of subject and verb in a sentence and construct meaningful sentences
	Unit 5: Tenses (part I)	 Interactive approach Class discussion/ group discussion, worksheet 	 To understand Simple tenses and their usage To frame grammatically correct sentences
	My English Reader: Unit 3: Thrill in School Life	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Reading extensively on their own
	Writing Skill: Diary Entry	 Interactive approach Format discussion, worksheet 	 Understand the format Write in style appropriate for communication purpose

SEPTEMB ER (10 days)	English Literature: Lesson 7: Bharat Desh	 Interactive approach Recitation and paraphrasing Class discussion/group discussion 	 Comprehend the text Vocabulary enrichment Reading extensively with correct intonation/ pronunciation
	 Activities: Stand up on theme, 'I am Proud to be an Indian' Drawing Sketches (Theme Patriotism) 	 Interactive approach Creative thinking Speaking and Listening skills 	 Active learning through activities Scientific temperament will be developed

Revision for Mid Term Examination

MONTH/No. OF DAYS	CHAPTER NAME	TEACHING METHODOLOGY	<u>LEARNING</u> <u>OBJECTIVES</u>
OCTOBER (19 days)	English Literature: Lesson 8: Hanuman and I	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Imbibe values from the story
	Activities: • Hot Seat activity • Comic strip	 Interactive approach Creative thinking Organisation skill, team skill, problem solving 	 Active learning through activities Scientific temperament will be developed
	Lesson 9: Our Tree	 Interactive approach Recitation and paraphrasing Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Imbibe values from the story Appreciate the content
	Activities: • Poster Making • Plant a Sapling	 Interactive approach Creative thinking Experiential and collaborative learning 	 Active learning through activities Scientific temperament will be developed
	English Practice Book: Unit 6: Tenses (part II) Unit 7: Tenses (part III)	 Interactive approach Class discussion/ group discussion, worksheet 	 To understand Continuous and Perfect tenses and their usage To frame grammatically correct and meaningful sentences
	Revision: October Syllabus		

MONTH/N o. OF DAYS	CHAPTER NAME	<u>TEACHING</u> <u>METHODOLOGY</u>	<u>LEARNING</u> <u>OBJECTIVES</u>
NOVEMB ER (19 days)	English Literature: Lesson 10: Attila	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Imbibe values from the story Appreciate the content
	Activities: • Make a Bookmark • Debate	 Interactive approach Creative thinking Organisation skill, team skill 	 Active learning through activities Scientific temperament will be developed
	English Practice Book: Unit 8:Modals Unit 9:Conditionals	 Interactive approach Class discussion/ group discussion, worksheet 	• To understand Modals and Conditionals and their usage
	My English Reader: Unit 4: Performing Arts	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Reading extensively on their own
	Revision: November Syllabus		

MONTH/N o. OF DAYS	CHAPTER NAME	<u>TEACHING</u> <u>METHODOLOGY</u>	<u>LEARNING</u> OBJECTIVES
DECEMBE R (22days)	English Literature: Lesson 11:The Case of Copied Question Papers	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Develop problem solving and logical reasoning skills Appreciate the content
	Activities: • Role play • Mind map	 Interactive approach Creative thinking Organisation skill, team skill 	 Active learning through activities Scientific temperament will be developed
	English Practice Book: Unit 10:Passive Voice	 Interactive approach Class discussion/ group discussion, worksheet 	 Understand passive voice and its basic rules Apply this concept in their daily life
	Revision: December Syllabus		
	Examination: Post Mid Term		

<u>MONTH/N</u> <u>o. OF</u> <u>DAYS</u>	CHAPTER NAME	<u>TEACHING</u> <u>METHODOLOGY</u>	<u>LEARNING</u> OBJECTIVES
JANUARY (17 days)	My English Reader: Unit 5: Vacation Time	 Interactive approach Reading and explanation Class discussion/ group discussion 	 Comprehend the text Vocabulary enrichment Reading extensively on their own

FEBRUARY

• Revision for annual examination.

WINTER HOLIDAY HOMEWORK

- Revise the syllabus completed so far.
- Complete all the activities done in class

<u>विषय – हिन्दी</u>

<u> कक्षा – VI</u>

<u>(सत्र 2023-24)</u>

<u>भाषा शिक्षण उद्देश्य</u>

- भाषा की अलग–अलग भूमिकाओं को जानना।
- भाषा सीखने की सृजनात्मक प्रक्रिया को जानना।
- भाषा के स्वरूप और व्यवस्था को समझना।
- स्कूल की भाषा, बच्चों की भाषा के बीच के संबंध को जानना।
- भाषा के संदर्भ में पढ़ने के अधिकार, शांति और पर्यावरण के प्रति सचेत होना।
- भाषा सीखने के तरीके और प्रक्रिया को जानना और समझना।
- पाठ्यचर्या, पाठ्यक्रम और पाठ्यपुस्तक का विश्लेषण कर कक्षा विशेष और बच्चों की समझ के अनुसार ढ़ालना।
- भाषा और साहित्य के संबंध को जानना।
- हिंदी भाषा के विविध रूपों और अभिव्यक्तियों को जानना।
- भावों और विचारों की स्वतंत्रता अभिव्यक्त करना।
- भाषायी बारीकियों के प्रति संवेदनशील होना।
- विद्यार्थियों की सृजनात्मक क्षमता को पहचानना।
- बच्चों के भाषायी विकास के प्रति समझ बनाना और उसे समुन्नत करने के लिए विद्यालय में तरह–तरह के अवसर जुटाना।
- भाषा के मूल्यांकन की प्रक्रिया को जानना।
- साहित्यिक और गैर साहित्यिक मौलिक रचनाओं की सराहना की समझ बनाना।
- भाषा सीखने–सिखाने के सृजनात्मक दृष्टिकोण को समझना।

मास/कार्य	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
दिवस			
<u>अप्रैल</u>	1. साथी हाथ बढ़ाना	व्याख्यान विधि , पठन विधि	🔹 मिलजुलकर कार्य करने
<u> 18 दिवस</u>	अभ्यास सागर -	नई राष्ट्रीय नीति के अनुसार	के महत्त्व को समझाना।
	उच्चारण व तुकांत शब्द	रचनात्मक कार्य /गतिविधि	
		 छात्र सहयोग से संबंधित 	
		कोई एक कविता कक्षा	
		म सुनाएग।	
		🔆 एस. डा. जा. – 1 लक्ष्य	
	े निमी के अथन	हतु भागादारा जर्ना गरीनर्जा परन विशा	• गंग लेखन के लिए गेरिन
	2. विश्व के अवर अभाज जामन	पया – पारंचया , ५०न ।वया , प्रश्नोन्नर तिशि	र सुदर लखन के लिए प्रारत करना।
	अन्यति तागर -	नर्ह राषीय नीति के अनुसार	473.11
		रचनात्मक कार्य /गतिविधि	
		🔹 एक पोस्टकार्ड अपने	
		किसी प्रियजन को	
		लिखकर पोस्ट करेगें।	
		🔹 हिंदी समाचार पत्रों के	
		नाम ,संपादक, प्रकाशन	
		की सूची बनाएँगे।	
		🔹 एस. डी. जी 10-	
		असमानता में कमी	
		🔹 एस. डी. जी. ८- उत्कृष्ट	
		काय आाथक वृद्धि	

मास/कार्य	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
दिवस			
<u>मई</u>	1. बरसते जल के रूप	चर्चा – परिचर्चा , पठन विधा ,	🔹 जल सरंक्षण हेतु जागृत
<u> 15 दिवस</u>	अनेक	प्रश्नोत्तर विधि	करना ।
	अभ्यास सागर -संज्ञा व	नई राष्ट्रीय नीति के अनुसार	
	भेद	रचनात्मक कार्य /गतिविधि	
		🔹 'जल सरंक्षण' पर कोई	
		एक नारा -लेखन।	
		🔹 जल के विभिन्न स्रोतों के	
		चित्र बनाएंगे व	
		चिपकाएँगे	

	एस. डी. जी. 15 - थलीय जीवों की सुरक्षा	
2. पत्र – लेखन	प्रारूप व विषय वस्तु	 लेखन कौशल का
(औपचारिक पत्र)	अभ्यास	विकास करना ।

मास/कार्य	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
दिवस			
<u>जुलाई</u> <u>22 दिवस</u>	1. पुरस्कार अभ्यास सागर -सर्वनाम व भेद	 पठन विधि , व्याख्यान विधि , प्रश्नोत्तर विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि अनुपयोगी वस्तुओं द्वारा स्वयंनिर्माण ट्रॉफी बनाएँगे। छात्र विगत वर्ष में बहादुरी पुरस्कार पाने वाले बच्चों के चित्र उनके नाम के सहित चिपकाएँगे। एस. डी. जी. 4- गुणवत्तापूर्वक शिक्षा 	 ★ सत्य बोलने तथा परिश्रम के आदर्शों से प्रेरित करना ।
	2. अनेकार्थी शब्द	दृष्टांत विधि	 रचनात्मक कौशल का विकास करना ।
	3. अनोखा वरदान	चर्चा – परिचर्चा , पठन विधि , दृष्टांत विधि	दूसरों की मदद करने तथा बातचीत की
	अभ्यास सागर -विशेषण	नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि ↔ नाट्य-प्रस्तुतीकरण ♦ एस. डी. जी. 10- असमानता में कमी 	कला से अवगत कराना।

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
<u>अगस्त</u> 23 दिवस	1. सुंदर लाल अभ्यास सागर – र के विभिन्न रूप	पी.पी.टी., प्रवाह चित्र , पठन विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि	ऐड़-पौधों,वनों तथा वृक्षों के वैज्ञानिक महत्व से परिचय कराना।

	किसी पर्यावरण - आंदोलन पर चित्र सहित जानकारियाँ एकत्रित कराना। २ एस. डी. जी. 3- उत्तम स्वास्थ्य और खुशहाली २ एस. डी. जी. 13- जलवायु परिवर्तन २ एस. डी. जी. 15- थलीय जीवों की सुरक्षा	
2. दोहे (पद्य)	चर्चा – परिचर्चा , पठन विधि , दृष्टांत विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि अन्य सुप्रसिद्ध कवियों के दोहे कक्षा में सुनाएँगे। एस. डी. जी. 17- लक्ष्य हेतु भागीदारी	 नैतिक मूल्यों से परिचित कराना।
3. नजानू कवि बना अभ्यास सागर – विरामचिन्ह	प्रवाह चित्र, पठन विधा , प्रश्नोत्तर विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि अपने जीवन में क्या बनना चाहते हैं जिसका वर्णन करते हुए अपने मामा जी को पत्र लिखिए। इस. डी. जी. 4- गुणवत्तापर्ण शिक्षा	❖ छात्रों को अपनी प्रतिभाओं से परिचित कराना

	 एस. डी. जी. 5- लैंगिक समानता एस. डी. जी. 17- लक्ष्य हेतु भागीदारी 	
4. अनुच्छेद लेखन	विषय वस्तु पर चर्चा व अभ्यास	 रचनात्मक कौशल का विकास कराना।

मास/कार्य	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
दिवस			
<u>सितंबर</u> (<u>10 दिवस)</u>	1. पोंगल अभ्यास सागर – काल	पठन विधि , आगमन – निगमन विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि	पोंगल त्योहार के बारे में जानकारी देना।
	2. सवांद लेखन	प्रारूप व विषय -वस्तु का अभगण कराना	 लेखन कौशल का
	२ नतना का पणेग	जन्यात्त परागा। निमाग् त उटाहजा। अभगण	ापपगंस पर्राणा अज्जन्म भांत्मज में
	5. ગુવલા વગ પ્રવાશ	कराना।	वृद्धि कराना।
	4. दस आमों की कीमत	प्रवाह चित्र, पठन विधा ,	परिश्रम के आदर्शों
		प्रश्नोत्तर विधि	से प्रेरित कराना।

नई राष्ट्रीय नीति के
अनुसार रचनात्मक कार्य
/गतिविधि
✤ मालगुडी डेज' से
किसी एक कहानी
का वर्णन अपने
शब्दों में कक्षा
करें।
🔹 एस. डी. जी4-
गुणवत्तापूर्ण शिक्षा

मास/कार्य	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
दिवस			
<u>अक्टूबर</u> <u>(19 दिवस)</u>	1. अनौखी दौड़ अभ्यास सागर -उपसर्ग	चर्चा – परिचर्चा , पठन विधि , दृष्ट्रांत विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य / गतिविधि � टोक्यो पैरालिंपिक खेलों 2021 में विजेता खिलाड़ियों पर चित्र सहित जानकारियां एकत्रित कराना। � एस. डी. जी10- असमानताओं में कमी	 अंतर्राष्ट्रीय स्तर पर होने वाले पैरालंपिक खेलों के प्रति जागरूकता कराना।
	2. कारक	नियम व उदाहरण अभ्यास कराना।	 भाषाई कौशल का विकास कराना।

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
<u>नवंबर</u> (<u>19 दिवस)</u>	1. एक रोमांचक यात्रा	व्याख्यान विधि , पठन विधि , प्रश्नोत्तर विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि अपनी किसी यादगार यात्रा को डायरी/	भाषाई कौशलों का विकास कराना।

	अनुच्छेद के रूप में कराना। � एस. डी. जी. 4-	
	स्वच्छता	
	🔹 एस. डी. जी. 13-	
	जलवायु कायवाइ	
2 परिश्रम अभ्यास सागर – समरूपी भिन्नार्थक शब्द	पठन विधि , प्रवाह चित्र प्रश्नोत्तर विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि	 परिश्रम के महत्व का बोध कराना।
	तथा उन्नति का आधार है' पर अनुच्छेद लिखवाना।	
 <u> </u>	एस. डी. जी. 12- समस्या और निदानात्मक उपाय	·
3. यात्रा आर यात्री	पठन विधि , प्रवाह चित्र प्रश्नोत्तर विधि नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि • मेरी काल्पनिक अंतरिक्ष यात्रा – अनुछेद लेखन कराना। • प्रस्तुत पाठ से संबंधित पी. पी .टी बनाएँगे • एस. डी. जी. 13- जलवायु कार्यवाई • एस. डी. जी. 17- लक्ष्य हेतु भागीदारी	शब्द भडार म वृद्धि कराना।
4 पंच परमेश्वर	व्याख्यान विधि , पठन विधि , प्रश्नोत्तर विधि	सब के साथ एक समान व्यवहार
अभ्यास सागर – क्रिया	नई राष्ट्रीय नीति के अनुसार रचनात्मक कार्य /गतिविधि	रखने तथा पक्षपात नहीं करने का भाव

	↔ Ţ	प्रेमचंद की अन्य	रखने के लिए
	f	केसी लोकप्रिय कथा	प्रेरित करना ।
	7	का कक्षा में वाचन	
	7	कराना ।	
	🔹 f	मेत्रता से संबंधित	
	7	⊅हानी पढ़ेंगे- जैसे	
	S	भी कृष्ण सुदामा ,राम	
	,	और सुग्रीव आदि	
	, i i i i i i i i i i i i i i i i i i i	और उसे कक्षा में	
		मुनाएँगे।	
	🔅 T	रस. डी. जी 8-	
	1	र् गणवत्ता पूर्ण शिक्षा	
	🔅 T	रस. डी. जी १६-	
	1	उत्कृष्ट कार्य करने	
	, i i i i i i i i i i i i i i i i i i i	और आर्थिक वृद्धि	

		<u> </u>	
मास/काय	पाठ का नाम	।शक्षण युक्त	आधगम संप्राप्ति
दिवस			
दिसंबर	1. आया वसंत	व्याख्यान विधि , पठन विधि ,	🔹 वसंत ऋतु में होने
(22 दिवस)		पश्रोत्तर विधि	वाले परिवर्तनों से
	अभ्यास सागर -	नई राषीय नीति के अनमार	अत्रात कराना।
	विविध श्रन्ट गर्मम	गई राष्ट्राय गारी के अनुसार	
	ויויין אושע אישויי	रचनात्मक काय /गातावाय	
		🔹 अपना किसा मा प्रिय-	
		ऋतु पर स्वय राचत	
		कविता कक्षा में	
		सुनाएँगे।	
		C	
		🔹 विभिन्न ऋतओं से	
		संबंधित संदर सा चित्र	
		तनाँगे और तमंत	
		बनार्ग जार परारा	
		अतु का विशेषताए	
		कक्षा म सुनाएगा	
		🔹 एस. डी. जी ४- स्वच्छ	
		जल और स्वच्छता	
		🔹 एस. डी. जी 13-	
		जलताय कार्यतार्ड	
		गरायानु गरानपार्	

२ प्रत्यय	◆ नियम व उदाहरण अभ्यास कराना।	 भाषाई कौशल का विकास कराना।

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
<u>जनवरी</u> <u>17 दिवस</u>	पुनरावृति	प्रश्न पत्र	 लेखन कौशल का विकास कराना।
	व्याकरण अभ्यास	अभ्यास पत्र	आत्म – विश्वास में वृद्धि कराना।

मास/कार्य दिवस	पाठ का नाम	शिक्षण युक्ति	अधिगम संप्राप्ति
<u>फरवरी</u> <u>(23 दिवस)</u>	पुनरावृति	प्रश्न पत्र हल कराना।	अात्म – विश्वास में वृद्धि कराना।

मार्च – (वार्षिक परीक्षा)

ग्रीष्मावकाश गृहकार्य

- > प्रतिदिन 5 से 10 वाक्य सुलेख लिखें।
- पाठ -5 सीखो कविता सचित्र सुंदर शब्दों में लिखे और कंठस्थ कर सस्वर वाचन का अभ्यास करें।
- > कोई भी पाँच 50-70 शब्दों में अनुच्छेद लिखें।

शीतकालीन गृहकार्य

अंतर्राष्ट्रीय स्तर पर किसी दो भारतीय खिलाड़ियों ,जिसने भारत का गौरव बढ़ाया हो पर चित्र सहित वर्णन करें। (A-4 शीट पर)

- यदि आपको पृथ्वी के अलावा किसी अन्य ग्रह पर जाने का मौका मिलता है,तो आप कौन से ग्रह पर जाना चाहेंगे और क्यों ?कल्पना के आधार पर लिखिए।
- अंतरिक्ष में जाने वाले विभिन्न यानों की चित्र एकत्रित करके अपनी कॉपी में चिपकाएँ।

MATHEMATICS CLASS-VII

Specific Objectives:

The objective of teaching mathematics at this level are-

- 1. Developing a positive attitude towards learning mathematics.
- 2. Performing mathematical operations and manipulations with confidence, speed and accuracy.
- 3. Thinking and reasoning precisely, logically and critically in any given situation.
- 4. Developing investigating skills in Math.
- 5. Comprehend, analyze, synthesize, evaluate and make generalizations to solve mathematical problems.
- 6. Collecting, organizing, representing, analyzing, interpreting data and making conclusions and prediction from its results
- 7. Developing willingness to work collaboratively.
- 8. Communicating Mathematical ideas.
- 9. Applying Mathematical knowledge & skills to familiar and unfamiliar situation

Month/ No of Days	Chapter Name	Methodology	Learning Objectives
APRIL (18 DAYS)	 Rational Numbers Properties of rational numbers Standard form of rational numbers Absolute value of rational numbers Representation of rational numbers on number line Comparing of rational numbers 	 Working model of number line Blackboard Smart board assignments Introduction to rational numbers and its need as an extension of fraction Rational numbers can be expressed in standard form by making HCF of numerator & denominator equal to 1 Comparison of rational numbers can be done with the help of Number line Without number line(by making their denominator same) ACTIVITY: Frayer's model on definition of rational number. 	 The students will be able to Develop mental ability, reasoning & logical thinking in the field of rational numbers Represent rational numbers on number line Compare given rational numbers Write the absolute value of rational numbers. Skills- Basic skills Value- Progressive Recognition Creative skills Planning for others

 2. Operation on Rational Number Addition of rational numbers Subtraction of rational numbers Multiplication of rational numbers Reciprocal of rational numbers Division of rational numbers Rational numbers between two rational numbers 	 Number line model Smart board assignment Verification of properties of rational numbers with the help of examples(Inductive- method) ACTIVITY: Foldable on operation on rational numbers(File) 	 Students will be able to:- Add, subtract, multiply and divide rational numbers with reference to the operations on fractions. Write infinite rational numbers. Find reciprocal of given rational number Verify properties of addition, subtraction, multiplication & division of rational numbers
 3. Rational numbers as decimals Rational numbers as decimals Terminating and non-terminating decimals 	 Black Board/Smart Board Operation with reference to the operations on fractions ACTIVITY Frayer's model on terminating and non-terminating decimal expansion. 	 The students will be able to: Represent rational numbers as a decimal as an extension of representation of fractions as decimal. Add, subtract, multiply and divide decimals.

			 Apply BODMAS rule in solving problems involving fractions and decimals Skills- Basic skills Critical thinking
MAY (15 DAYS)	 4. Symmerty Lines of symmetry Symmetry & reflection in a mirror 	 Discussion on lines of symmetry in nature English alphabets & geometrical shapes 	 Critical thinking, logical reasoning allows learners to engage with concepts & deepens understanding to apply what is learned in a variety of environments.
JUNE	<u>SUMMER BREAK</u>		Skills - creative thinking

JULY (22 DAYS) 5. 1	 5. Exponents Exponent of rational numbers Reciprocal with positive integral exponent Laws of exponents Use of exponents in expressing large and small numbers 	 Black board Assignment from smart board Arriving to generalization of laws of exponents through patterns ACTIVITY Foldable on laws of exponents (File) Mind map 	 Students will be able to:- Apply the laws of exponents for solving practical problems Handle very small and large numbers Write large numbers Write large numbers in standard form using laws of exponents and vice-versa. Skills: Basic, Creative Values : Progressive Recognition
	 6. Algebraic Expressions Multiplication of monomials Application of product of monomials Multiplication of binomials Multiplication of a binomial and a trinomial H.C.F. Factorization 	 Assignment from smart board Multiplication using distributive property of multiplication H.C.F. by taking highest common factor outside Class discussion 	 Students will be able to:- Find the product of monomials, binomials and trinomials with each other and apply the knowledge in solving practical problems based on perimeter and area

			Skills: classification, simplification and data handling Values : precision, making hypothesis
AUGUST (23 DAYS	 Algebraic expressions continued. 7. Linear equation in one variable Solution and verification oflinear equation in one variable Application of linear equation(word problems) 	 Black board Assignment from smart board Solution of linear equation using laws of transposition To form questions based on their daily lives a) Relation between child and his/her family member b) Total money in piggy bank in terms of denominations 	 Students will be able to:- Identify a linear equation and be able to solve and check such an equation. To apply the knowledge in solving real life problems Skills: practical, creative, critical , logical and problem solving

SEPTEMBER(23 DAYS)	Revision for Mid Term Examination		
OCTOBER(19 DAYS)	 9. PERIMETER AND AREA Rectangular paths Paths crossing each other Area of a parallelogram Area of a triangle Area of a circle Area of a rhombus Circumference and area of circle 	 Whiteboard Using concept of perimeter and area Inductive method ACTIVITY Costume design using different geometrical shapes. 	Students will be able to:- • Calculate area of parallelogram,triangle,circle , rhombus and circumference of circle • To apply the knowledge in solving real life problems. LIFE SKILL ENHANCED: Understanding mathematical fact by applying hands and workingout the concept of mathematics in simple and analytical way

NOVEMBER (19 DAYS)	 10. Application of percentage Simple application of Profit and loss Simple interest 	ACTIVITY: Mind map	Students will be able to:- • Solve daily life problems related to percentage. • Find unknown quantity using formulas of (1)profit% or loss% (2)simple interest life skill enhanced (1)practical (2)analytical (3)social awareness
	 11. Triangle and its properties Angle sum property of a triangle Relationship between exterior angle and interior opposite angles Triangle inequality Pythagoras theorem Median, centroid, altitude, orthocentre, perpendicular, bisector, circumcentre, angle bisector and incentre of a triangle 	 ACTIVITIES : 1. Pythagoras theorem(file) 2. Comparison chart of median, altitude, perpendicular bisector and angle bisector. 	 Students will be able to:- apply triangle inequality to check whether triangle construction is possible or not. Apply Pythagoras theorem In real life situations Define median, perpendicular bisector , angle bisector and incentre of a triangle Construct median, centroid, orthocenter, circumcentre, incentre Skills: critical , problem solving,creative thinking, Value: accuracy

DECEMBER (22 DAYS)12. Data Handling • Organizing data • Range of data • Arithmetic Mean • Median • Median • Mode • Drawing and interpretation of bar graph and double bar graphs• Need of Mean, median and mode as the main characteristics of the data • Pictorial representation of data using bars of uniform width and equal spacing between them on graph paper.St13. CONGRUENT TRIANGLES • Congruence of triangles by SSS,SAS,ASA,RHS rule• Clarification of concept from day to day life examples having exactly the same shapeand size. Example: coins of the same denomination will be used.St	 Establish relationship among the data and represent it with the help of a bar graph,double bar graph and interpret it. To understand the practical applicability and importance of statistics. To understand the practical applicability and importance of statistics Calculate Mean,Median and Mode of the given data and utilize the knowledge in day to day life Identify congruent object Check whether given triangles are congruent or not using congruence criterion

JANUARY (1 7 DAYS)	 14. CONSTRUCTION OF TRIANGLE Construction using SSS,SAS,ASA and RHS criterion 	 Geometrical instruments Whiteboard Construction of triangle from the given measures ACTIVITY(congruence and construction) Paper folding and cutting method to show different congruence conditions using costruction.(File) 	Students will be able to:- • Acquire skill of construction by using ruler and compasses • To handle geometrical instruments with ease and proficiency and measures accurately
			SKILLS: designing skills VALUES: accuracy, Presenting attractively, solving problems.
	 8. Visualizing solid shapes Faces ,edges andvertices of a solid Net for 3D shapes Sketching solid on a squared and isometric sheets (INTERNAL ASSESSMENT) 	ACTIVITY: 3D shapes using waste material (File).	Students will be able to: Identify geometric shapes in objects they use in their dailylives
FEBRUARY	REVISION FOR ANNUAL EXAMS		

SUMMER BREAK HOLIDAY HOMEWORK

- 1. ART INTEGRATION: Any cartoon characterand its line(s) of symmetry(File)
- 2. Worksheets based on
 - chapters covered
- 2. Foldable on operation on rational numbers(File)

WINTER HOLIDAY HOMEWORK

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

Science

Class-6

Learning objectives:

- To develop independent thinking and experimental skills.
- To imbibe love for nature and respect for life to develop understanding of patterns of life.
- To develop scientific temper and rational thinking.

Month	Chapters	Methodology	Learning Outcomes
April (18 days)	Chapter- 1 Our Environment	 ? Art -integration activity to draw the different biotic and abiotic components of the environment. ? Making of compost Poster/Slogan making on 'Say no to single use plastic ' ? Segregation of waste into biodegradable waste and Non-biodegradable wastes. 	 The students will be able- To analyze the importance of scavengers and decomposers in our daily life. To analyze the problem due to consumption of more plastic.
	Chapter-2 Food	? To perform/show tests for different nutrients.? To prepare a chart for vitamins and minerals.	 To know importance of balanced diet in building healthy body To know about the serious consequences of deficient diets.

May (15 days)	Chapter 7: world of living (internal assessment)	 ? Web charts ? Comparative study of plant on the basis of their nutrition, habitat and height 	 Students will be able - To make them aware that classification makes our work easier and simpler To know the importance of plant
	Chapter-3 Nature of Matter	 ? To collect ten natural and ten artificial materials. ? To identify three states of matter by comparing their properties. ? Perform activity to explain: Transparency, floating, sinking, diffusion, dissolution 	To differentiate different kind of matter based on their property
July (22 days)	Chapter-3 Nature of Matter (cont) Chapter-4 Separation of Substances	 ? To recognize pure substances and mixtures. ? Perform an activity to show the difference between homogenous and heterogenous mixture. ? Survey by the students in house and surrounding to make a list of different methods of separation used in different cases. 	 Students will be able - To know the methods of separating different kinds of mixture. To know the importance of these techniques in agriculture and day to day life.

		? Observation: Effect of cooling on saturated solution. Prepare a lemonade. Compare the solubility of sugar in normal and cold solution. Report your observation in a notebook with suitable discussion.	
August (23 days)	Chapter-5 Changes Around Us	 ? Observe your surrounding and write any 10 changes and its type ? To study the physical and chemical changes in nature. ? To note the time of different changes like formation of curd, bursting of balloon. 	 Students will be able - To realize the importance of various changes around us in our day to day life. To know the causes behind every change.
	Chapter-6 Measurement and Motion	 ? To measure the length of the curved line by using thread and note the result. ? To measure the width of desk, blackboard and classroom using handspan or foot span. ? To identify different types of motion in daily life. 	 Students will be able – To know the importance of proper measurement in our daily life. To make accurate measurements by correctly using standard and appropriate units of measurement

September			The students will be able-
(22 days)	Chapter-13 Magnets	 ? To make a list of magnetic and non-magnetic materials after observation. ? To show the strength of the bar magnet near the pole. ? To show the attractive, repulsive and directive properties with the help of two bar magnets. ? To make a temporary magnet and simple compass. 	To know applications of magnets in our daily life based on their properties.
	Mid- term examination	Revision work	
October (19 days)	Chapter-8 Structure and function of living organism (Plants)	 ? To identify the plants having tap root and fibrous root system. ? To locate the parts of a plant and paste them in a scrapbook. ? To collect different types of leaves to see the structure and venation. Paste them in a scrapbook. ? To observe the germination of seeds. ? To perform an experiment to show transportation through a stem. ? Paste different part of the flower 	 To know importance of each part of plant To understand the adaptations adopted by various plants. To appreciate the beauty of nature and processes.
November (19 days)	Chapter-9		The students will be able-

	Structure and function of living organism (Animal)	 ? To make charts on different human body systems. ? To compare heartbeat and pulse rate of different age groups doing different activities. ? Know and get aware: Read and collect five kinds of diseases which affect our body 	 To know the coordination of different organ systems in our body. To know the consequences of bad habits like smoking on our health
		system and note down your observation in the activity file/ scrapbook.	
	Chapter-10 Work and Energy	To perform different activities by the students to make the concept clear about work done. ? Make any five-flash card of different kind of work done you	 Students will be able- To know the relationship between work and energy To analyse different kinds of work done.
		observe, also write the form of energy required to do that work	
December (22 days)	Chapter-11 Electric Current and Circuit	 ? Group discussion: Imagine there is no electricity for the month. How would it affect the day to day activity of your family? ? Make a working electric circuit. ? To make a list of appliances/devices without switch, with one switch, or more than one switch. 	 The students will be able- To know how to decode symbols used in electrical appliances. To understand the importance of saving electricity for the future.

		 ? To demonstrate that light propagates along a straight line. ? Model making on pinhole camera. 	The students will be able – To understand the importance of light for continuing life on Earth.
	Chapter-12 Light and Shadow	 ? Observe and write about the formation of shadows at different times of the day. ? To write lateral inversion of alphabets A to Z, 1 to 10 and some other words. ? Role played by the students to clear the concept about eclipse. 	To understand the phenomenon of shadow formation. To overcome the myths about solar and lunar eclipse.
January	Chapter-14	? To perform activity to	The students will be able to-
(17 days)	Fabric from fibre	 obtain cotton yarn from cotton wool ? To collect information about wool yielding animal around the world ? To perform activity to identify burning pattern in two different fibres ? Project (in activity file): "History of clothing" 	 List the conditions required for growth of cotton and jute plants. Understand the process of obtaining fabric from fibre Distinguish between natural and synthetic fibres
February	Revision		

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Summer Holidays Homework

- 1. Make a collage/web chart in a creative way to list the uses of plants and animals in our life.
- 2. Frame any five riddles from chapter 7. (refer pg 122, Q3)
- 3. Collect information from different newspapers, magazines, journals and the internet, about different animals, their habitat and their features of adaptation. (in scrapbook)

Winter Holidays Homework:

- 1. Paste five pictures of electrical appliances used in household circuits and write the energy transformation involved. (in scrapbook)
- 2. Worksheets

SOCIAL STUDIES

<u>CLASS VI</u>

The Social Sciences curriculum draws its content mainly from History, Geography and Political Science.

They provide a comprehensive view of society over space and time, and in relation to each other.

Each subject's distinct methods of enquiry help the learners to understand and view a society from different angles and form a holistic opinion.

The main objectives are to

• Develop among learners an understanding of the process of change & 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 (18 DAYS)				
S.NO	CHAPTER	METHODOLOGY	LEARNING OUTCOMES	NO
				OF
4	• •			DAYS
1	Geography	*Flow chart and pictures of celestial	To enable the learners to:	6
		bodies will be drawn in class board.	1.Gain knowledge about the	
		*Smart board content.	universe, the planets, and the	
	EARTHAND		solar system.	
	SOLAR SYSTEM	ACTIVITIES: (10 bedone in	2.Analyze why life exists on the	
	(CHAPTER 1)	GeographyNotebook)	earth.	
		Diagrams:	3.Differentiate between the	
		a) The Eight Planets in the	celestial bodies and	
		order of their distance from the sun.	understand their formation.	
		b) Various phasesof Moon.		
			Skill Developed: Logical &	
		(Activity will be assessed for multiple	Rational Thinking.	
		Assessment)		
2	History	1. Explanation of the lesson using	1. Understand the importance	6
		notes and worksheets.	of studying history as a subject	
	STUDYING THE	2. Explanation of Archaeological &	and respect their past.	
	PAST	Literary sources.	2. Differentiate between the	
	(CHAPTER 8)	3. Explanation with the help of	different source materials and	
		examples and different pictures of	analyse the importance of	
		monuments, coins, inscriptions, the	each.	
		religious and non-religious literature.	3. Develop an idea of the rulers	
		* Smart board content.	of the ancient period.	
		ACTIVITY: Draw/paste pictures (3		
		Each) of Archaeological & Literary		
		Sources in History Notebook.	Skills Developed: Creative	
			Thinking & Self Awareness.	

		(Activity will be assessed for Art		
		integrated subject enrichment)		
3	Civics OUR COMMUNITY LIFE: UNITY IN DIVERSITY (CHAPTER 21)	 integrated subject enrichment) 1.Explanation of lesson. 2.Discussion on Diversity of India. * Smart board content. ACTIVITY: (To be done in Civics notebook) On an outline political map of India, locate & label the following: A) Any two North Indian States where Green Revolution took place. B) The State where Pongal is celebrated. C) The State to which Bihu dance is associated with. D) The State which is famous for Garba dance. (Activity will be assessed for multiple Assessment) <u>All PROJECT:</u>Name of the activity collage making Topic:Paste pictures of different attire of India to show diversity. 	 Learn about the culture – food, dances, religion etc. of the different states through communication with each other. They will understand the rule of the different units of a society and respect them. The students will dress up to observe and recognize the Indian dresses. Analysing the two communities will be clear to the students as to how the rural people live and the difficulties faced by them. Skills Developed: Problem Solving & Self Awareness 	6

MAY (15 DAYS)			
4	Geography Representation of the Earth (CHAPTER 2)	 Showing of virtual globe and map to differentiate between the two representations of the earth. Explaining the components of maps like Conventional symbols. ACTIVITY: (To be done in Geography Notebook) Draw conventional symbols of the following features: A)Metalled Road. Temple. B)Temple. B)Tring (Activity will be assessed for multiple Assessment) 	 To enable the students to: Differentiate between a globe and a map. Understand about different types of maps. Learn about different components of a map. Skills Developed: Creative and Logical Thinking. 	5
5	History	1. Explanation of the lesson	To enable the learners to:	5
	JANAPADAS & MAHAJANAPADAS (600-100 BCE) (CHAPTER 12)	 Highlighting the social, economic, religious conditions of the people. 2. Describing the caste system present during this period. (This chapter will be discussed and given as project for summer vacation and to be done in scrap book) (Activity will be assessed for Art integrated subject enrichment) 	 Define the terms like 'Janapadas'and 'Mahajanapadas'. Gain knowledge about the way in which these kings ruled the empire – the economic, social condition. Skills Developed: Critical Thinking and Logical Thinking. 	
6	Geography The Motions of the Earth (CHAPTER 4)	 Explanation of lesson. Description of the causes of occurrence of Day & Night as well as changes in seasons. Highlighting the importance of different position of the Earth on 21st June, 23rd September, 22nd December, and 21st March. ACTIVITY: (To be done 	To enable students to: (a) Learn and understand the formation of day and night as well as the seasons. (b) Analyse why there is a change in seasons in the two hemispheres – Northern and Southern Hemisphere. Skills Developed : Logical Thinking	5

in scrap book) Draw Diagram of 'Revolution of the Earth and the length of a day and night. (This chapter will be discussed and given as project for summer vacation. (Activity will be assessed for multiple Assessment)	

Ju	ily (24 DAYS)			
Ju 7	Ily (24 DAYS) History LIFE OF EARLY MAN (CHAPTER 9)	Description of the lesson by flow chart and story. 1.Activity based on comparison of tools of the Early Man in various phases of life. . Shown pictures of stone tools of Early Man. *Smart board content. ACTIVITY:	To enable students to: (a) Understand the making of tools with the help of stones and analyse the meanings of the words palaeo, meso, neo, and lithic. b) Analyse how the invention of fire took place and the importance of the fire and wheel for the men. Skills Developed: Creative and critical thinking.	6
		Discussion on tools used by man in Palaeolithic, Mesolithic & Neolithic Age.		

8	History DEVELOPMENT OF CIVILIZATION CHAPTER 10	 1.Map of World to show the development of four early civilizations. ACTIVITY: (To be done in History Notebook) On political map of India, locate And label the following places: a) A place where dockyard has been discovered b) A Harappan site in Rajasthan C) Rupar (Activity will be assessed for multiple Assessment) 	To enable students to: (a) Identify various civilizations, their location and the countries to which they belong. (b) Analyse the reasons for the growth of the civilizations around the water bodies. Skills Developed: Curiosity & imagination.	8
9	GEOGRAPHY LOCATING PLACES ON THE EARTH (CHAPTER 3)	 1.Showing Globe to Refers Axis and Poles. 2. Differentiating between Latitudes and Longitudes. ACTIVITY: (To be done in Geography Notebook). Diagram: Heat Zones (Activity will be assessed for Art integrated subject enrichment) 	Locate any place on map with the help of latitudes and longitudes Skills Developed: Critical & Logical Thinking and	8

AU	AUGUST (23 DAYS)						
10	CIVICS DEMOCARY AND GOVERNMENT (CHAPTER 22)	 1.Explanation of chapter by showing various pictures of important buildings like the President's House, Parliament, Secretariat. 2.Describing concepts of universal Adult Franchise, Representative democracy, Levels of Govt. etc. ACTIVITY: Discussion on topic "Why should we pay taxes honestly and regularly to our government"? Activity will be assessed for Art integrated subject enrichment) 	 Analyse the working system of Government at the three levels. Apply this knowledge to their lives and realize/ understand their role in society as citizens of the country. Analyse the importance of their vote in a democracy Skills Developed: Democratic temperament 	7			
11	HISTORY THE IRON AGE CIVILIZATION (CHAPTER 11)	 1.The uses of iron and advantages of Iron in comparison to bronze. 2.Explaining the importance of Vedas as a means of explaining 3.Describing the lesson with the help of self – made notes and flow chart. ACTIVITY: (This activity will be done in class through chits) To be done in History Notebook) (Activity will be assessed for Art integrated subject enrichment)	 List out the advantages of iron as compared to bronze. Understand that bronze was replaced by iron and how it led to the beginning of the Iron Age Civilizations. Compare four stages of Ashramas with their own life and analyse how it works in their daily lives. Skills Developed: Curiosity and critical thinking 	8			
12	History The Mauryan Dynasty (CHAPTER 13)	 Explanation of the lesson. Map of Mauryan Empire will be done. Highlighting the important Mauryan Rules and their Administration. ACTIVITY: Crossword Puzzle. Activity will be assessed for multiple assessment) 	Analyse the importance by co-relating to the emblem on the coins and currency of India to that in the Mauryan period. Skills Developed : Critical Thinking & Problem Solving.	8			

SEPTEMBER (22 DAYS -11 DAYS FOR TERM I EXAMS)

. Revision of syllabus of term 1 Exams to be held in September 2023

ОСТО	OCTOBER (19 DAYS)					
S.NO	CHAPTER	METHODOLOGY	LEARNING OUTCOMES	NO. OF DAYS		
13	GEOGRAPHY THE REALMS OF THE EARTH (CHAPTER 5)	 Explanation of Importance/significance of Four Spheres. Map work: showing continents of the world. ACTIVITY: (To be done in Geography Notebook) A) On an outline physical map of the world, locate & label Continents of the world. B) On an outline physical map of the world, locate & label Oceans of the world, locate & label Oceans of the world. (This activity will be assessed as Subject Enrichment) 	To enable the learners 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	5		
14	History The Gupta Empire (Chapter 16)	 1.Explanation of important Gupta Rulers. 2.Discussion of Administration, Social, and Economic conditions and their achievements. ACTIVITY: Make a mind map of Gupta empire rulers and their achievements. 	 (a) Respect the rich culture of the Gupta period and reasons that made it the Golden Age. Skill developed, critical and logical thinking 	5		
15.	Civics Our Rural Governance (Chapter 23)	 Describing the lesson by telling the Story of Panch Parmeshwar. Explaining the differences between Gram Sabha and Gram Panchayat. Describing the functions performed by Gram Sabha, Gram Panchayat, Block Samiti & Zila Parishad. <u>ACTIVITY</u>: Election of Gram Panchayat (Classroom activity). (This activity will be assessed as Subject Enrichment) 	To enable the students to: Learn the importance of 'Sarpanch' in the working of rural local bodies. Skill Developed Skill of leadership.	5		
16.	Geography India my motherland (Chapter 6)	 Explanation of lesson. Showing a virtual model of Earth to explain the position of India in the world. Depicting neighbouring countries of India on the map of 	 (a) Analyse the position of their motherland in relation to size by comparing with the other countries of the world. (b) Gain knowledge about the Physical features of country 	4		

		Asia.	and to analyse their	
			importance.	
		ACTIVITY (To be done in		
		geography notebook):		
		Locating and labeling		
		neighbouring countries of India		
		on political map of Asia.		
		(This activity will be assessed		
		as Subject Enrichment)		
NOVE	MBER (19 DAYS)			
17.	History	1.Explanation of the lesson.	1. Appreciate Harsha as	6
	The Era of Harsha	Pictures of Nalanda University, 2.	a benevolent king.	
	(Chapter 17)	HiuenTsang, and the Chinese		
		traveller pictures will be shown in	2. Understand the advent	
		class.	of Buddhism.	
		Activity: Make a map mind on the	Skills Developed:	
		achievements of the Harsha,s	Curiosity and	
		period.	imagination.	
		(This activity will be assessed as		
		Subject Enrichment)		
18.	Civics	1. Explanation of the lesson by	To enable the learners to:	7
		differentiating different	(a) Comprehend the	
	Our Urban	Municipal bodies and their	functioning of the local	
	Governance	sources of Income.	bodies and differentiate	
	(Chapter 24)		between them based on	
		2. Explanation of the	population.	
		functions of District Officer.	(b) Analyse the work of the	
			local body of their area and	
		ACTIVITY:	analyse also whether they	
		You are the Head boy/ Head girl	are functioning as per their	
		of your school and invite the	duties.	
		Municipal	(c)Understand the functions	
			of the District Officer and	
		Councillor of your area to your	his/her importance in the	
		school. Enlist five questions that	functioning of the district.	
		you would like to ask him/her for		
		the improvement of your	Skills Developed: Problem	
		area	Solving.	
		(This activity will be seesed		
		(This activity will be assessed		
		as Subject Enrichment)		
19	Geography	Fxplanation of the content by:	To enable the learners to:	
		1. Showing a man of India and	(a) Understand the different	
	India the land of	different vegetation found in India	seasons of India	6
	monsoon climate	2 Discussion based on different		6
	(Natural		(b) Analyse the features of each	
	vegetation and	seasons of the country and their	season as well as their	
	wildlife)	characteristic features.	importance.	

	(CHAPTER 7)	*Smart board content. <u>ACTIVITY</u> : (To be done in Geography Note book) (This activity will be assessed as Subject Enrichment)(This activity will be assessed as Subject Enrichment) <u>AIL PROJECT:</u> Name of the activity: Sketching from nature and surrounding.	(c) Analyse and conclude the reasons for different types of vegetation in India. Skill Developed : Logical and Critical Thinking	
DECEN	MBER (22 DAYS)			
20	History Deccan and South India (Chapter18)	 Explanation of the lesson. Discussion on administrative systems of different kingdoms in Deccan and South India. *Smart board content. Activity: Collect the pictures of temples built by Chalukyas and Pallavas and write details about them in a project file. Activity will be assessed for Art integrated subject enrichment) 	Understand the administrative and architectural aspects of Chalukya and Pallava Dynasties. Skills Developed Curiosity and Creativity.	8
21	History India and the outside world (Chapter 19)	 Explanation of lesson highlighting relation of India with countries like China, Cambodia, Sri Lanka, Vietnam, and Afghanistan. * Smart board content. MAP ACTIVITY Explanation of the lesson. Showing a map of India and highlighting different vegetation found in India. Discussion based on different seasons of the country and their characteristic features. (This activity will be assessed as Subject Enrichment 	 To enable students to: (a) Appreciate contact of India with China, Cambodia, Sri Lanka, Vietnam and Afghanistan. (b) Analyse India's trade relations with the Roman countries. (c) Understand and gain knowledge about the spread of Buddhism in various parts of the world. Skills Developed: Curiosity & imagination. 	8
22	History The Indian religion (Chapter 20)	 1.Explanation of the lesson. 2.Short introduction will be given of Buddhism, Jainism and Christianity. Activity: 1. Complete the table given on page no.171(Do this activity in scrap book) 2.Prepare a chart of the teachings of all religions with the pictures of 	To enable students to understand different regions with their teachings and founder. Skills Developed: Curiosity & imagination	6

their founders.	
This chapter will be discussed and given as project for winter	
vacation.	

JANUARY (17 DAYS)

Revision of syllabus of annual exams to be held in February 2024

SUMMER HOLIDAY HOMEWORK

- . Prepare project on (Roll no. wise)
- ♦ (1) THE MOTIONS OF THE EARTH (Roll no. 1-25)
- ♦ (2) JANAPADAS AND MAHAJANAPADAS (Roll no. 26-50)

WINTER HOLIDAY HOMEWORK

Prepare a project of the teaching of the Indian religion with picture of their founder (Ch.20 The Indian religion)

LIST OF MAPS (To be done in the entire session).

APRIL - AUGUST:

1. Chapter 02: States, Capitals, and Union Territories of India.

2.Chapter 05: Map Skill

3. Chapter 10: Map Skill

4. Chapter 13: Map Skill

SEPTEMBER – JANUARY:

1. Chapter 06 – Standard Meridian of India, Kanyakumari, and Neighbouring countries of India.

2.Chapter 07 – Wildlife Sanctuaries / National Park: Sanjay Gandhi, Rajaji, Dachigam, Sultanpur, Manas, and Simlipal.

3. Chapter 19: Map Skill (This map activity will be assessed as Subject Enrichment Activity)

पाठ्यक्रम - 2023-24

कक्षा-VI

विषयः - संस्कृतम्

अधिगम-उपागमा

- 1. संस्कृतभाषया कथितान् निर्देशान् अवगच्छेयुः।
- 2. संस्कृतेन लिखिताः लघुकथाः पद्यानि च श्रुत्वा पठित्वा वा अवगच्छेयुः।
- 3. संस्कृतभाषया लघुवाक्यानि वदेयुः |
- 4. श्लोकानां सस्वरवाचने समर्थाः भवेयुः |
- 5. सरलसंस्कृतवाक्यानि रचयेयुः|

कार्यदिवसा:	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
APRIL	1.पुरः पुर: प्रगच्छ रे उपसर्गा:	गीतगायनम् संयोजन-वियोजनम	सस्वरवाचनम् नवीनपदानां रचना
(18 DAYS)	अव्ययपदानि	वाक्येषु प्रयोग:	वाक्य-रचना

कार्यदिवसा:	उपविषया	शिक्षणविधि:	लक्षिताधिगमाः
MANY	2.मम प्रिय:विद्यालय:	अनुच्छेदवाचनम्	विषयावबोधनम्
IVIA Y	प्रत्यय: - क्त्वा		
(15 DAYS)	सङ्ख्या: - 1–20	संयोजन-वियोजनम्	नवीनपदानां रचना
		सचित्रलेखनम्	लिङ्गानुसारंप्रयोग:

कार्यदिवसा:	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
	3. चत्वारि मित्राणि	संवादवाचनम्	विषयावबोधनम्
JULY	4. मधुरा: श्लोका:	सस्वरवाचनम्	भावावबोधनम्
(22 DAYS)	कारकस्य परिचय:	वाक्येषु प्रयोग:	वा
	शब्दरूपाणि		

कार्यदिवसा:	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
	5. जले अपि	संवादवाचनम्	सम्भाषणम्
AUGUST (23 DAYS)	वसन्ति जीवा: 6. वीर बालिका गुञ्जनसक्सेना सन्धि: - दीर्घ धातुरूपाणि	कथावाचनम् शब्दयोजनम् वाक्येषु प्रयोग:	नवीनपदानां रचना वा

कार्यदिवसा:	उपविषया :	शिक्षणविधिः	लक्षिताधिगमाः
SEPTEMBER	संवाद-पूर्ति:	रिक्तस्थानपूर्तिः	भावाभिव्यक्ति:
(10 DAYS)	चित्रवर्णनम्	वाक्य- पूर्तिः	कल्पनाशक्ते: विकास:

कार्यदिवसा:	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
	7. प्रहेलिकाः	प्रश्नोत्तर	कथाबोधनम्
		माध्यमेन	नवीनपदानां
OCTOBER (19 DAYS)	गुणसन्धिः सड्ख्या-20–30	शब्दयोजनम् वाक्येषु प्रयोग:	रचना

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
NOVEMBER (19 DAYS)	 8. धन्या: मातुः महिमा 9. सिक्किमप्रदेशस्य सौन्दर्यम् तुमुन् प्रत्ययः लृट्लकार 	कथावाचनम् संवादवाचनम् संयोजन-वियोजनम् वाक्येषु प्रयोग:	सम्भाषणम् नवीनपदानां रचना वा

कार्यदिवसाः	उपविषयाः	शिक्षणविधिः	लक्षिताधिगमाः
DECEMBER (22 DAYS)	10.योग्य: शिष्य: उपसर्गा: अव्ययपदानि	कथावाचनम् संयोजन-वियोजनम् वाक्येषु प्रयोग:	कथावबोधनम् नवीनपदानां रचना वाक्य-रचना

कार्यदिवसाः	उपविषया :	शिक्षणविधिः	लक्षिताधिगमाः
JANUARY (17 DAYS)	11.मधुराणिवचनानि संवादपूर्तिः चित्रवर्णनम्	सस्वरवाचनम् रिक्तस्थानपूर्तिः वाक्य-संरचना	भावावबोधनम् पुनरभ्यास:

FEBRUARY

वार्षिक परीक्षायाः कृते अभ्यासः।

ग्रीष्मावकाश-गृहकार्यम् –

1.पंचपशु-पक्षि-फल-शाकानां चित्राणां चयनं कृत्वा संस्कृतशब्दानां लेखनं

कुर्वन्तु |

2.संख्यापदानां सचित्रलेखनंकृत्वा कण्ठस्थं कुर्वन्तु ।

3.प्रतिदिन सुलेखनाभ्यासं कुर्वन्तु।

शीतावकाश-गृहकार्यम् –

1.श्लोकानां सस्वरवाचनस्य अभ्यासं कुर्वन्तु।

2.वार्षिकपरीक्षायाः कृते सम्पूर्णपाठ्यक्रमस्य पुनरभ्यासं कुर्वन्तु।

Computer(ICT) CLASS 6

Learning Objective

The objective of Computer subject is to develop Vocational Futuristic ICT skills among students so that they can use their knowledge and skills for developing digital products and real life applications as well as can use them in their daily life for doing their work in an organized manner by increasing their efficiency.

Month/No. of	Chapter Name	Methodology	Learning Outcome
Days			
	Let us Explore		
April(18 days)		Demonstration and Illustration of concepts on smart	Students will be able to
	ComputerOperating	board with explanation	learn various types of
			operating systems,
	System, Application	Interactive Discussion	application software's
	, , , , ,		and their benefits.
	software	Discussion about Real life Applications of operating	
		system in daily life.	Students will be able to
	Utility software		use correct software as
	,		per requirements.
		Practical Activities	
		1.Book page Page 4, 8, 19, 20	
		2. MCQ/Fill up discussion on the concepts.	
	Designing In Impress	Discussion and Demonstration of different components	
		of Impress software and their tools on smart board with	Children will be able
May(15 days)	Themes	explanation.	understand about
,, ,,	Tools		different components of
	components of slides	Discussion about Real life Applications and ICT	Impress software and
	•	Integration of Impress	their usage
			5
		Practical Activities	
			Children will be able to
		1. Book Activity- page 22, 23, 31, 33, 35	make presentation their
			own.
		2. Presentation on Science Topic	

	JUNE				
	Summer Break Holidays Students will Do Holiday Homework Activities				
	Chapter	Methodology	Learning Outcome		
July(22 <mark>)</mark>	Modifying slides OO Impress Insertion of Images,	Explanation with the help of demonstration of software/Illustration combined with Hands on exercises and book activities given for experiential learning	Children will be able to insert images in presentations		
	modification of images	Real life application of Impress Activities	Children will be able to format presentations		
		 Book Activity- page 39, 42, 45, 51, 53 Presentation on Geometrical shapes of Mathematics 			
		-			

	CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
5	Creating professional	Explanation with the help of demonstrations/Illustrations	Children will be able to
August (23	presentations and	of software combined with Hands on exercises and book	insert various symbols
days)	presenting	activities/projects given for experiential learning .	to create their own
	presentations using		shapes
	OO Impress	Discussion about Real life Applications	
			Children will be able to
	Header Footer	Discussion about ICT Integration of Impress in real life,	insert Header/Footer
	Animations		/page number etc. in
	Protecting Slides by	Practical Activities	the presentation
	passwords		
	Inserting Fields	1.Book Activity- page 61, 63, 66, 68,71, 76, 79	
	Symbols		
		2. Presentation on Mathematics (Fractions)	
September	CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
(10 days)			
	Revision and Practical	Oral Questioning Answering	Revision/ Recalling of

A	ssessments for Mid	Book Exercise based practical	important concepts
Te	erm	assessments on computer	To enhance speed and
			technical skills of
			students.

October (19 Days)	CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
	Animation in Slides (Open office Impress) Real life applications of Impress software	 Explanation with the help of demonstration of software combined with Hands on exercises on computer. Discussion about Real life Applications Discussion about ICT Integration of Impress in real life, <u>Practical Activities</u> 1. Activity-page 99, 106 2. Activity of Advertisement Making using Impress. 	Children will be able to understand and learnt creation of professional presentations by inserting animations, transition effects etc
	CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
November (19 DAYS)	<u>Spreadsheet 1</u> (<u>Calc)</u> Cell, Row, column, worksheet , workbook, Formula bar	Explanation with the help of demonstration of software/Illustration of calc software combined with Hands on exercises and projects given for experiential learning . Discussion about Real life applications of spreadsheet , formulas <u>Practical Activities</u> Book activity-Page 109, 111, 116, 121, 122, 124. - Activity of Bill Making for Hira Sweet/Bikaner Bestaurant	Students will be able to do calculations in the spreadsheet software by making their own formulas. Students will be able to do simple formatting of their data sheet.

CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
Spreadsheet 2 – Open Office Calc Applying Formulas Functions Charts	Explanation with the help of demonstration of software/Illustration of calc software combined with Hands on exercises and projects given for experiential learning.	Students will be able to apply existing functions/formulas for doing long calculations for different purposes
Types of Charts	Practical Activities	Children will be able to do analysis of data
Real life applications of charts, formulas	1. Book activitypages:- 127, 129, 130, 135, 140, 141, 142	using charts,
	2. Make a dummy Resultsheet of Unit test.	
	3. Make charts to compare number of students of any 5 schools.	
CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
Projects on Impress and Calc Making of Digital	Discussion of tools used to compile projects of different softwares.	Children will be able to apply their knowledge for doing projects and develop self confidence
products	Presentation of projects by students	and presentation skills.
	Practical Activities	Children will be able to integrate all learning for
	1)Making of Birthday Invitation card Template	increasing their efficiency and use if for
	2)Making of Bill Generator software .	daily life applications.
	3) Making of Story Presentations	
CHAPTER NAME	METHODOLOGY	LEARNING OUTCOME
Revision and Assessments	Oral Questioning /Answering Exercise based practical on computer	Revision/ Recalling of important concepts
	CHAPTER NAME Spreadsheet 2 – Open Office Calc Applying Formulas Functions Charts Types of Charts Real life applications of charts, formulas CHAPTER NAME Projects on Impress and Calc Making of Digital products CHAPTER NAME CHAPTER NAME Revision and Assessments	CHAPTER NAMEMETHODOLOGYSpreadsheet 2 - Open Office CalcExplanation with the help of demonstration of software/Illustration of calc software combined with Hands on exercises and projects given for experiential learning .Applying Formulas Functions ChartsPractical ActivitiesReal life applications of charts, formulas1. Book activitypages:- 127, 129, 130, 135, 140, 141, 142 2. Make a dummy Resultsheet of Unit test. 3. Make charts to compare number of students of any 5 schools.CHAPTER NAMEMETHODOLOGYProjects on Impress and CalcDiscussion of tools used to compile projects of different softwares. Practical ActivitiesMaking of Digital productsPresentation of projects by studentsPractical Activities 1)Making of Birltday Invitation card Template 2)Making of Story PresentationsCHAPTER NAMEMETHODOLOGYCHAPTER NAMEMETHODOLOGYRevision and AssessmentsOral Questioning /Answering Exercise based practical on computer

Revision and Practical Assessments forFinal	To enhance speed and technical skills of
Term	students.

Holiday Homework SummerBreak Holiday Homework

Prepare Impress Presentation on the Topic "Child Labor and Its Impact on society" Use appropriate images
 Prepare one Sound based presentation on "My Contribution For Saving Water".
 Children will do actual activities of water saving and make presentation with real pictures and self recorded voice .

3) Prepare presentation on any moral story of self experienced real life incident which displays any moral value. (Example Kindness, Truthfulness, Honesty)

4)Complete Book activities/assignments exercises of book.

Winter Break Holiday Homework:

1. Make a bill by using CALC software for any 10 items purchased from Super Market . Add 15 % tax on the total amount and calculate bill amount

	Super Market					
S.NO	NAME OF ITEM PRICE QUANTITY TOTAL AMOUNT TAX (10%)				BILL AMOUNT	

2. Prepare one spreadsheet to sort name of 20 students alphabetically participated in the Football Tournament. Enter name of 20 participants with age and arrange them Alphabetically.

Book recommended:

HANDS ON - CLASS 6 BY DAV MANAGEMENT COMMITTEE

Additional Suggested Topics for Real life applications of ICT

- 1. Prepare book cover of Science Book(Any subjective Book)
- 2. Prepare book cover of "Champak" Magazine

- 3. Prepare "Winter sale advertisement " pamphlet
- 4. Prepare New Year Celebration Invitation card
- 5. Prepare one poster/advertisement for Online Sale(Flipkart/ Amazon / Snapdeal etc.)
- 6. Prepare Poster for Summer Camp
- 7. Prepare Bill of your Birthday Shopping .
- 8. Prepare grocery expenses sheet of any month of your house .
- 9. Prepare story presentation on the topic " My Success Story". Children will mention any success story for their desired goal. They will mention various challenges they faced and ways to overcome that for achieving success in their goal.
- 10. Make a presentation showing use of computer in 1) Medical 2) Education 3) Business 4) Offices .
- 11. Make any digital product using ICT skills like Poster/ Quiz/ Presentation/ Birthday card/ Story PDF etc.

MUSIC

CLASS-6

Devery class will begin with the chanting of (OM), 'Gayatri Mantra

MONTH	Theme/content	Methodology/Activity	Learning outcome
APRIL (18 DAYS)	Vandematram and new prayer.	Sing the seven notes individually	Develop "SWAR" sense
MAY (15 DAYS)	Alankar(basic 1-4)	Discuss about the origin of Tanpura.	To develop awareness towards the music and instruments.
	Draw the picture of TANPURA	Group singing	
JULY(22 DAYS) AUGUST(23 DAYS)	Patriotic song Community singing. Alankar.	Children will learn the song and sing indivisual. They will sing the community songs. They will sing different (SA REGAMA).	To develop singing skills To be able to appreciate when othersare singing. They will sing different (SA RE GA MA).
SEPTEMBER(22 DAYS OCTOBER(19 DAYS)	Discussions about different sounds of nature. Knowledge of differenttaals.	Children will listen to thesounds of each living organismand the teacher will tell them how it is actually a note by itself. The song will be taught.	To develop rhythm sense . To develop raag sense.
NOVEMBER(19 DAYS) DECEMBER(22 DAYS)	Preperations of various competitions and functions. Discussion about that system.	Children will learn specific song to be performed	Develop swar Raag sense. To develop interest to participate in school function. To develop innovation.
JANUARY(17 DAYS)	Discussions on famous musicians.	Children will bring picture of musicians and discuss abouttheir contribution towards music. Finally they will paste the pictures on the chart papers.	

DANCE CLASS-VI

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Learning Objectives :

- 1. Knowledge of the rich cultural heritage of India .
- 2. Knowledge of different dance forms and gharanas .
- 3. Develop the dancing skill , creativity , imagination / innovation .

Month	Chapter / Topic	Methodology	Learning Objectives
APRIL (18 DAYS)	 Bhumi Pranam Discussion of Indian Classical Dance 	1. Each step will be taught individually with the	1. Importance of dancing skills
		With the help of graceful steps and movements	
		2. Students will learn and try to perform	
MAY (15 DAYS)	 Classical Dance :- Hand Movements of classical dance 	 Children will be taught step by step individually . Students will be taught about the different Mudras . Activity - Students will PERFORM individually the same 	 Will improve awareness towards Dance
JULY (22 DAYS)	1. Patriotic Dance	 The meaning of the song will be explained by the teacher to improve the feel and enhance the quality of dance . Students will then try and perform the 	1. Feeling of Patriotism



		same .	
AUGUST (23 DAYS	1. Patriotic Dance	 Children will also be taught in group to develop coordination among themselves . Discussion of freedom fighters 	1. Feeling of Patriotism
SEPTEMBER(23 DAYS)	 Knowledge about Folk Dance 5 Basic steps of folk Dance 	 Students will be told about different styles Folk Dances of India and related costumes 5 basic steps will also be taught to the teacher Discussion of Folk Dance Activity – Students will be asked to speak / write about different states , costumes etc . 	1. Knowledge of the rich culture heritage of India .
OCTOBER(19 DAYS)	 Basic Folk Dance Steps Rhythm aspect of different folk dances of India . 	 Every student will be taught different Folk Dance Steps . Discussion on different Folk dance Movements of different states . Students will practice individually as well as in group . 	 Enhance the dancing skills develop the stage Presentation Skills .
NOVEMBER(19 DAYS)	 Shloka Dance Knowledge of Shloka Meaning 	 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. Teaching Usage of Different Shloka's Meaning 	 Students will learn to recite , explain the meaning and also dance with the Shloka .



DECEMBER (22 DAYS)	 Classical Dance 'Basic Tukra' Knowledge about Mudra 	 Teaching will be done using different Mudras Students will practice individually as well as in Group . 	 Enhance and develop dancing skills .
JANUARY (1 7 DAYS)	 Patriotic Dance Knowledge of famous freedom fighters name and work . 	 One by one steps will be taught with the meaningful movements according to the song. Discussion of freedom fighters 	 To develop the acting skills and expressions
FEBRUARY	1. Knowledge of Taal TeenTaal	 TeenTaal will be taught in proper Rhythm with Taali , Khaali and Matra etc . 	1. To build the Rhythm Sense



HEALTH AND PHYSICAL EDUCATION (503) SPORTS CLASS - VI (2023-2024)

General Objectives :

- To develop awareness regarding the importance of Physical Fitness in individual and social life including life skill.
- To develop interest in Exercise, Sports and Games for solf satisfaction and make it a part of life. -
- To inculcate values and skills in children in order to promote self control, concentration, peace and relaxation to avoid the ill effect of stress, strain and fatique of routine every day life.
- To develop more positive attitude towards challenges, winning and losing, thus preparing students for like and fun the work place. APRIL

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Test	hethodology / Activity	Learning Outcome
Any one Game	Explanation Method Introduction of specific Game. Demonstration Method : Learning of basic skill of the game.	Students will come to know the basic skill of the game.
Any Two Meditation Asanas	Demonstration and Explanation Method. Every student will do Sukhasana and Padma Asanas.	Improve concentration power/ ability.
BMI for specific Age and Gender	BMI is calculated from body mass (M) and height <u>Equipment</u> scales and stadiometer as for weight and height.	Know about their BMI level.
	Test Any one Game Any Two Meditation Asanas BMI for specific Age and Gender	TestMethodology / ActivityAny one GameExplanation Method Introduction of specific Game.Any one GameDemonstration Method : Learning of basic skill of the game.Any Two Meditation AsanasDemonstration and Explanation Method. Every student will do Sukhasana and Padma Asanas.BMI for specific Age and GenderBMI is calculated from body mass (M) and height Equipment scales and stadiometer as for weight and height.

WORKING DAVS-19

MAY

Contents	Test	Methodology / Activity	Learning Outcome
STRAND I Game and Sports		Demonstration and Explanation Method. Learning of 5 basic skills of your games.	Learning of Basic skills of the game.
<u>STRAND II</u> Yoga Any 5 Cultural Asanas		Tadasana, Trikonasana, Vajar Asana, Gomukh asanas, Akarandhanur Asana.	Come to know about Meditation Asanas and Cultural Asanas.
<u>STRAND IV</u> Muscular Strength Partial Curl up (Core)		The curl up test measures abdominal muscular strength and endurance.	Records the maximum number of sit ups in 30 sec.
Flexed/Bent Arms Hang (up per Body)	2	Muscular endurance/functional strength equipment: stopwatch, and elevated horizontal Bar	The total time in second is recorded.

CP / VI'

WORKING DAYS -16

WORKING DAYS- 22

JULY

Contents	Test	Methodology / Activity	Learning Outcome
STRAND I Games and Sports		Demonstration and Explanation Method. Practice of Basic skills and peform in match.	Students will play match for short period.
<u>STRAND II</u> Cultural Asanas STRAND IV		Starts with Meditation Asanas and do 5 Cultural Asanas	Improve Concentration and Flexibility, Strength and Endurance.
Flexibility Measurements of flexibility of lower back and hamstring muscles	Sit and Reach Test	Demonstration and Explanation Method. This test is conduct with set and reach box and score is recorded to the nearest centimeter as the distance reached by the hand. Equipment : Sit and Reach Box	Flexibility of lower back and upper leg muscle will improve.

WORKING DAYS - 24

AUGUST

Test	Methodology / Activity	Learning Outcome
Specific Game	Explanation and Demonstration Method. Practice of General and Specific Fitness Exercise and Skill.	Improve the performance of your game.
Cultural Asanas	Sarwang asanas, Pawanmuktasana, Bhujang asanas, Salabh asanas, Dhanura asana.	Increase the flexibility and accuracy.
600 yard mt. Race 50 mt.Dash	600 yard Run/walk in fastest possible pace. Objectives to cover 600 yard distance. 50 mt. dash (sprint) run with minimum time recorded	Time taken for completion Time taken for completion
	Test Specific Game Cultural Asanas 600 yard mt. Race 50 mt.Dash	TestMethodology / ActivitySpecific GameExplanation and Demonstration Method. Practice of General and Specific Fitness Exercise and Skill.Cultural AsanasSarwang asanas, Pawanmuktasana, Bhujang asanas, Salabh asanas, Dhanura asana.600yard mt. Race50 mt.Dash50 mt. dash (sprint) run with minimum time merul d

WORKIAIG DAYS - 22

SEPTEMBER

Contents	Test	Methodology / Activity	Learning Outcome
STRAND I Games and Sports	Match of specific game	Demonstration and Explanation Method. Organise match of specific game in your relative class.	Find out the strengthen a, weak skill of student.
STRAND II Yoga	Parnayam	Practice of Pranayam Purak, Rachek and Kumbak	Improve the efficiency Respiratory system and lun capacity.
STRAND IV Balance (Optional) (Flamingo Balance Tes.)	Static Balance Flamingo Balance Test	Ability to balance successfully on a single leg on the beam/line.	Total time till the student los balance.
Plate Tapping (Optional)	Co- Ordination	Test speed and co-ordination of limb movement by tapping on the adjustable height table on two discs with non preferred hand as quickly as possible (25 full cycle 50 taps)	Time taken to complete 25 cyc is recorded.

WORKING DAYS - 20

OCTOBER

rest	Methodology / Activity	Learning Outcome
	Explanation Method	
Any one	Introduction of specific Game.	Students will come to know th
Game	Demonstration Method : Learning of basic skill of the game.	basic skill of the game.
Any Two Meditation	Demonstration and Explanation	Improve concentration power
Asanas	Every student will do Sukhasana and Padma Asanas.	ability.
BMI for specific Age and Gender	BMI is calculated from body mass (M) and height Equipment scales and stadiometer as for weight and height.	Know about their BMI level.
	Any one Game Any Two Meditation Asanas BMI for specific Age and Gender	Any one GameExplanation Method Introduction of specific Game.Any one GameDemonstration Method : Itearning of basic skill of the game.Any Two Meditation AsanasDemonstration and Explanation Method. Every student will do Sukhasana and Padma Asanas.BMI for specific Age and GenderBMI is calculated from body mass (M) and height Equipment scales and stadiometer as for weight and height.

WORKING DAYS - 20 NOVEMBER

Contents	Test	Methodology / Activity	Learning Outcome
<u>STRAND I</u> Game and Sports		Demonstration and Explanation Method. Learning of 5 basic skills of your games.	Learning of Basic skills of the game.
<u>STRAND II</u> Yoga Any 5 Cultural Asanas	ж ж	Tadasana, Trikonasana, Vajar Asana, Gomukh asanas, Akarandhanur Asana.	Time to know about Meditation Asanas and same. Cultural Asanas.
<u>STRAND IV</u> Muscular Strength Partial Curl up (Core)	•	The curl up test measures abdominal muscular strength and endurance.	Records the maximum number of sit ups in 30 sec.
Flexed/Bent Arms Hang (up per Body)		Muscular endurance/functional strength <u>equipment</u> : stopwatch, and elevated horizontal Bar	The total time in second is recorded.

WORKING DAYS - 23 DECEMBER

	· · · · · · · · · · · · · · · · · · ·	Mathadalogy / Activity	Learning Outcome
Contents	Test	Methodology	a to the for short
STRAND I Games and Sports		Demonstration and Explanation Method. Practice of Basic skills and perform in match.	period.
STRAND II Cultural Asanas	21	Starts with Meditation Asanas and do 5 Cultural Asanas	Improve Concentration and Flexibility and Strength Endurance.
STRAND IV Flexibility Measurements of flexibility of lower back and hamstring muscles	Sit and Reach Test	Demonstration and Explanation Method. This test is conduct with set and reach box and score is recorded to the nearest centimeter as the distance reached by the hand.	Flexibility of lower back and upper leg muscle will improve.

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JANUARY

WORKING DAYS-17

Contents	Test	Methodology / Activity	Learning Outcome
STRAND I Games and Sports	Specific Game	Explanation and Demonstration Method. Practice of General and Specific Fitness Exercise and Skill.	Improve the performance of your game.
SIRAND II Yoga	Cultural Asanas	Sawang asanas, Pawanmuktasana, Bhujang asanas, Salabh asanas, Dhanurasasana.	Increase the flexibility and accuracy.
STRAND IV Endurance Cardiovascular Fitness	600 yard mt. Race	600 yard Run/walk in fastest possible pace. Objectives to cover 600 yard distance.	Time taken for completion
Co-ordination speed limbs movement	50 mt.Dash	50 mt. dash (sprint) run with minimum time recorded.	Time taken for completion

WORKIALY DAYS -23

FEBRUARY

Contents	Test	Methodology / Activity	Learning Outcome
STRAND I Games and Sports	Match of specific game	Demonstration and Explanation Method. Organise match of specific game in your relative class.	Find out the strengthen and weak skill of student.
STRAND II Yoga	Parnayam	Practice of Pranayam Purak, Rachek and Kumbak	Improve the efficiency of Respiratory system and lungs capacity.
STRAND IV Balance (Optional) (Flamingo Balance Test)	Static Balance Flamingo Balance Test	Ability to balance successfully on a single leg on the beam/line.	Total time till the student loses balance.
Plate Tapping	Co- Ordination	Test speed and co-ordination of limb movement by tapping on the adjustable height table on two discs with non preferred hand as quickly as possible (25 full cycle 50 taps)	Time taken to complete 25 cycle is recorded.