



**S.C DAV PUBLIC SCHOOL ,NOIDA**

**CLASS – II CURRICULUM PLAN  
(2026-2027)**



## Class II

### English Curriculum 2026-2027

Text Books: My English Reader, English Practice Book

Objectives:

- 1) To listen to different words and distinguish between their meanings.
- 2) To pronounce the words correctly.
- 3) To enable the students to read simple connected sentences.
- 4) Enable students to recite poems with proper intonation, pronunciation and stress.
- 5) To enhance their speaking ability.
- 6) To use grammatically correct language.
- 7) To inculcate the habit of reading more books apart from the text books.
- 8) Recall and recognize about 2500 spoken words.
- 9) To enable the students to achieve desired level of physical fitness as per the guidelines given by CBSE. Note: Keeping in mind the physical fitness of the children, the subject has been integrated with some physical activities like hopping, jumping, bending , stretching etc.

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April		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) Sheetal	The learner will be able to : - Read fluently	<ul style="list-style-type: none"><li>• Reading &amp; explanation.</li><li>• Story narration on good habits.</li></ul>

	<p>Comprehend the subject matter. Emphasize on values in daily routine. Value :</p> <p>Getting up on time</p> <ul style="list-style-type: none"> <li>Cleanliness</li> <li>Being helpful</li> </ul>	<p>-worksheets</p> <ul style="list-style-type: none"> <li>Activity: Let's talk</li> <li>Video on Good habits</li> <li>Activity: 'Can you remember' (memory game)</li> </ul> <p>Role play on helping others</p>
2) Riddle Time	<p>-The students apply his / her knowledge in solving riddles To promote thinking skills</p>	<p>Explanation of meaning of riddle- Interesting riddles Guess the object game Picture clue activity -Suggested Reading: Rani too ( NBT)</p>
3) Puss and the Parrot	<p>Students will be able to:</p> <p>-Read and comprehend</p> <p>-Appreciate the main idea of the lesson -Frame simple sentences</p> <p>- Deliver dialogues -Use is/ am/ are correctly</p>	<p>-Reading and explanation</p> <p>-Vocabulary enhancement by telling the meaning of the new words. -Eliciting responses from students by asking questions.</p> <p>- Activity: Finger puppet making (cat &amp; parrot ). -Colour the characters Matching words with pictures</p>

Practice book Page 1- 8	Learner will be able to apply his / her knowledge & give answers.	-Exercise to be done through interactions with students.
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May		
Topic	Learning Objectives	Teaching Methodology/ Aids
<ul style="list-style-type: none"> <li>The helpful friends</li> <li>Little Pussy</li> </ul>	<p>Students will be able to :</p> <p>Read fluently -Understand the meaning of new words -Respond to questions asked, Formulate their ideas into sentences.</p>	<p>-Story narration by the teacher -Vocabulary enrichment: flashcards -Discussion of questions in the lesson. Friendship tree Helping hands badge making -Word Antakshari - Suggested Reading: NBT books</p> <ul style="list-style-type: none"> <li>Munmun and Munna</li> <li>The Parrot</li> </ul>
	<p>-enjoy the rhythm of the poem. -recite the poem rhythmically</p>	<p>Draw the cat Sound clapping game</p>
3) Preposition- in, on , at, under, above, near, into,	<p>-use preposition correctly</p> <p>-understand the correct usage of prepositions</p>	<p>- worksheets</p> <p>-(physical fitness)games like- stand up and jump on the floor; move</p>

behind		behind your chair
Practice book-	- To be able to give answers to the	- Exercise of the book to be done through interaction
Pg.9-11	questions	

July		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) 'ar' sound words	The students will be able: -to learn new words. -recognize the picture and name the sound words	<ul style="list-style-type: none"> <li>Flashcards</li> <li>Activity: 'Be quick' game</li> <li>Bingo game</li> </ul>
2) A spark in the dark	-To develop reading, listening and speaking skills -To enhance vocabulary and usage of 'ar' sound words	<ul style="list-style-type: none"> <li>Reading and explanation of the chapter</li> <li>Worksheets ( smart board)</li> <li>' My personal dictionary'</li> </ul>
3) 'ai' sound words	- To learn new words	Sound Hunt - Bingo game
4) The sailing trip	To be able to read To find the answers to questions	- Reading and explanation of the chapter Boat craft Sequencing events

Grammar-naming words	To identify the naming words -Underline naming words in the given sentences	<ul style="list-style-type: none"> <li>Activity: ' Mystery bag'</li> <li>Object sorting game</li> <li>Suggested reading- NBT books- Golgappe, Rice</li> </ul>
Practice book Pg.12 to 16	-To be able to give answers to the questions	-Exercise of the book to be done through interaction

August		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) 'ou' sound words	To learn new words	- 'ou' sound words with song. Word chain
2) A mouse in the house	- To develop language skills like reading, writing and speaking.	Reading of the lesson Mouse mask making Draw the house
3) Poem- The Rainbow	Appreciates the beauty of the poem.	-Recitation and explanation of the meaning of the poem. Rainbow drawing

4)'tch' sound words	To learn new words	-Picture cards. Word hunt Sound race
5) The magic match box	-To be able to read and comprehend the sentences.	-Reading and explanation of the lesson.
Grammar-		
Replacing words	To use replacing words correctly.	<ul style="list-style-type: none"> <li>• Suggested reading-</li> <li>• 1. Tosiya's dream</li> <li>• 2. Mausi's socks</li> </ul>
Action words	-To understand the meaning of action words.	-Eliciting answers from students <del>-worksheets</del> <ul style="list-style-type: none"> <li>• Activity on Action words – 'Mime time'</li> <li>• Brain gym</li> </ul>
Practice book Pg. 17-24	- To identify the action word in the given sentences.	-Activity: 'Word Lotto'

September		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) 'wh' sound words	To learn the sound and spellings of 'wh' sound words	- Activity: song on 'wh' sound words. Sound song Spell the word
2) Where is the pink whale?	To be able to read fluently & independently. To write answers to questions asked.	Reading and comprehension <ul style="list-style-type: none"> <li>• Worksheets</li> <li>• Smart board videos</li> </ul> Question basket Draw the whale Pair reading
3) 'ow' sound words		- flashcards with pictures Sound train
	To learn new words.	- Suggested reading: NBT books 1. Tea
		2. What do I get for Mimi
<ul style="list-style-type: none"> <li>• The crow's nest</li> <li>• Describing words</li> </ul> Practice book Pg 25-30	To be able to read fluently. To comprehend and find answers to questions asked.  -To be able to pick out describing words from sentences.	-Reading and comprehension. -Elicit answers from students -Activity: Pictorial timeline.  -Activity on describing words (integrated with physical activities). e.g. 1. Hop 5 times and touch the nearest object, now jump back

		and describe it. Pictorial timeline
		2. Bend your waist and touch the longest toe of your feet.

October		
Topic	Learning Objectives	Teaching Methodology/ Aids
1)'oa' sound words	-To learn new words.	- video on 'oa' sound words Word chain
2)The foamy soap	-To read and comprehend.	- Worksheet
3)Poem-Let's draw	- To understand and do as directed.	-Activity: 'Role a Picaso' Colour talk
4) Pawan – The special monkey	- To be able to read and comprehend. - To find answers to questions.	<ul style="list-style-type: none"> <li>• Open ended question" Monkey mask making Story retelling</li> <li>• Suggested reading: NBT books- Our Kite, Tea</li> </ul>
Grammar - Practice of describing words	- To be able to identify describing words in the given sentences	- Activity: 'Describe your name' -worksheet
Practice book: Pg.31 to 37	- To answer questions given in the exercises	- English Practice book

November		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) When I was a baby	-To be able to go down the memory lane of their infancy.	-Sharing of one's memory of infancy. Baby photo talk Draw yourself as a baby
2) The silver tray	- To be able to read and comprehend.	-Story building through story stones Tray decoration
3) An inch of gold	-To develop language skills like reading, writing and speaking. -To be able to formulate their ideas into meaningful sentences.	-Reading of the lesson <ul style="list-style-type: none"> <li>• - Activity: Wonderland puzzle</li> <li>Suggested reading: NBT books</li> <li>• Hopping socks</li> </ul> Mili's bicycle

Grammar: Past tense	-To be able to differentiate between present and past tense.	-Explanation and practice through exercises -Activity: ' Find your partner' Verb cards
Practice book: Pg-34, 38 to 40	-To understand the questions and give answers.	-English Practice Book.

December		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) When did Sheetal ?	- To understand the importance of doing work on time	-Discuss the routine followed by pupils every day.
2) The Sparrow	-To develop ability to understand the lesson To understand the main idea of the story.	-Reading and explanation from English reader • Activity: 'Add a tail'( Story building activity)
3) Two Shops	-To understand the importance of expression and gesture	-Through enactment teacher would show facial expression of a frown & smile • Video on smart board -Activity: ' Emoticon making' -Recitation of the poem Sorting game
4)Poem: Wonder	To understand the central idea of the poem	-Interaction with students One many basket
Grammar: Singular and plural	-To be able to form plurals of the word given	• Suggested reading: NBT books • Chunni and Munni • Babli's dholak
Practice book: Pg :41-47	To be able to give the answers	

January		
Topic	Learning Objectives	Teaching Methodology/ Aids
• The school in the jungle  • Whose is it?	-To be able to listen, comprehend and recall. To be able to frame questions.  -To be able to use the replacing words correctly.	English reader book -Activity (physical fitness): Jump like rabbit, move on four limbs like a cat, move on your toes -Activity: 'Dialogue delivery'. -worksheets Jungle collage - Suggested reading: NBT books

		1. Nani's glasses
3) That is your bag, not mine	To be able to comprehend and recall. To frame meaningful sentences.	Reading from English reader -Discussion of question from the lesson. Pronoun cards Pair conversation
Practice Book: Pg-48-50	To find answers to the questions.	-Activity - Memory Games

February		
Topic	Learning Objectives	Teaching Methodology/ Aids
1) Poem: Theswing	- To be able to speak confidently and appreciate the beauty of the poem	- Recitation of the poem with actions. Swing drawing Picture talk
2) Tomorrow will be holiday	- To speak clearly, fluently	-Activity: ' Let's talk'. -Discussion of questions and answers  Suggested reading; NBT books
3) Raghu The Dreamer	- To inculcate the value of obtaining things with hard work rather than building castles	Reading from English reader -Discussion of questions and answer - Worksheet
Practice book Pg. 51-55	- To understand the use of 'will'	-Explanation by the teacher

# Mathematics

## Book - Primary mathematics 2

### Objectives ---

- Know the sequence of numbers from 0 to 999.
- Understand the face value and place value of the whole number 0 to 999.
- Apply/ use numbers 0 - 999 in different ways.
- Write numbers up to 999.
- Perform three basic operations (addition, subtraction, multiplication) with whole numbers.
- Comprehend the statement problems and solve them.
- Be able to apply the knowledge of money in real life situations.
- Read the time from a clock in a half hour and in one hour.
- Read the calendar correctly.
- Be familiar with ordinal numbers 1st to 10th.
- Understand basic shapes-
- Recognise some standard units of weight and measuring capacity.
- Develop the concept of length and measurement.
- Recognise and classify various solids in the environment on the basis of their shapes.
- To enable the children to achieve a desired level of understanding the concept of mathematics through fun activities

## April and May

Topic	Learning Objectives	Teaching aids / Methodology
<b>1. Numbers 100 to 500</b> <ul style="list-style-type: none"><li>• Missing number</li><li>• Place value</li><li>• Number name</li><li>• Before, After, Between</li><li>• &lt;, &gt; or =</li><li>• Ascending and Descending order</li><li>• Ordinal numbers</li></ul>	<b>The students will be able</b> <ul style="list-style-type: none"><li>• to read and write the numbers.</li><li>• to identify the place value of 2-digit numbers on abacus.</li><li>• to write number names for the numbers.</li><li>• to differentiate and identify the numbers.</li><li>• to read and write the ordinal numbers from 1 to 10.</li></ul>	<b>The concept will be explained through—</b> <ul style="list-style-type: none"><li>• Number cards</li><li>• Abacus</li><li>• Verbal counting</li><li>• worksheets</li><li>• Activities – 1) Number ordering-card game 2) Digit Dash</li></ul>

July

Topic	Learning Objectives	Teaching aids / Methodology
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<ul style="list-style-type: none"> <li>• <b>Numbers up to 999</b></li> <li>• Number names</li> <li>• Missing numbers</li> <li>• Before, After, Between</li> <li>• <math>&lt;</math>, <math>&gt;</math> or <math>=</math></li> <li>• Ascending and Descending order</li> </ul>	<p><b>The students will be able</b></p> <ul style="list-style-type: none"> <li>• to read and write the numbers.</li> <li>• to write number names for the numbers.</li> <li>• to apply the concept of numbers in day to day life situations.</li> </ul>	<p><b>The concept will be explained through—</b></p> <ul style="list-style-type: none"> <li>• Number cards</li> <li>• Abacus</li> <li>• worksheets</li> <li>• Activities – <ul style="list-style-type: none"> <li>• Number story,</li> <li>• Place value game</li> </ul> </li> </ul>
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## August

Topic	Learning Objectives	Teaching aids / Methodology
<ul style="list-style-type: none"> <li>• <b>Addition</b></li> <li>• Changing ones into tens</li> <li>• Changing tens into hundreds</li> <li>• Word problems</li> </ul>	<p><b>The students will be able</b></p> <ul style="list-style-type: none"> <li>• to know the properties of addition</li> <li>• to apply the concept of addition in day to day life situations.</li> </ul>	<p><b>The concept will be explained through—</b></p> <ul style="list-style-type: none"> <li>• Number cards</li> <li>• Worksheets</li> <li>• Addition story on smart board</li> <li>• Activities – <ul style="list-style-type: none"> <li>• Number chain</li> <li>• Fact flower making</li> </ul> </li> </ul>

## September

Topic	Learning Objectives	Teaching aids / Methodology
<p><b>Subtraction</b></p> <ul style="list-style-type: none"> <li>• Changing tens into ones</li> <li>• Word problems</li> <li>• Subtract 3digit number</li> <li>• Changing tens and hundreds</li> <li>• Word problems</li> <li>• Brain teasers</li> </ul>	<p><b>The students will be able</b></p> <ul style="list-style-type: none"> <li>• to know the properties of subtraction</li> <li>• to apply the concept of subtraction in day-to-day life situations.</li> </ul>	<p><b>The concept will be explained through—</b></p> <ul style="list-style-type: none"> <li>• Abacus</li> <li>• worksheets</li> <li>• Activity – <ul style="list-style-type: none"> <li>• 1) Bingo game</li> <li>• Subtraction story</li> </ul> </li> </ul>

## October

Topic	Learning Objectives	Teaching aids / Methodology
<ul style="list-style-type: none"> <li>• <b>Money</b></li> <li>• Coins and currency notes.</li> <li>• Adding rupees.</li> <li>• Exchanging 100 rupee note.</li> </ul>	<p><b>The students will be able</b></p> <ul style="list-style-type: none"> <li>• to understand the importance of money</li> <li>• to calculate the money spent</li> <li>• to apply the concept of add and subtract in day to day life situation</li> </ul>	<p><b>The concept will be explained through—</b></p> <ul style="list-style-type: none"> <li>• Flash cards of currency.</li> <li>• worksheet</li> <li>• Activity- <ul style="list-style-type: none"> <li>• Role play(market scene).</li> <li>• Money maze</li> </ul> </li> </ul>

<ul style="list-style-type: none"> <li>• Addition and subtraction.</li> <li>• Word problems (money).</li> <li>• <b>Shapes</b> <ul style="list-style-type: none"> <li>• Shapes- plane shapes, 3D shapes.</li> <li>• Faces/edges/vertices.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• to enhance the power of reasoning</li> <li>• to identify and describe plane figures and solid figures</li> </ul>	<p><b>Activities</b></p> <ul style="list-style-type: none"> <li>• Shape hunt</li> <li>• Build 3D ShapeShape sorting</li> <li>• Worksheets</li> </ul>
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**November**

Topic	Learning Objectives	Teaching aids / Methodology
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<p><b>Weight</b></p> <ul style="list-style-type: none"> <li>• Introduction of kilogram and gram</li> <li>• Adding weights</li> <li>• Subtracting weights</li> <li>• Word problems</li> </ul> <p><b>Capacity</b></p> <ul style="list-style-type: none"> <li>• Introduction of litre and ml</li> </ul>	<p><b>The students will be able</b></p> <ul style="list-style-type: none"> <li>• to know the standard unit of weight in day to day life.</li> <li>• to measure the weight of different objects</li> <li>• to apply the knowledge</li> <li>• to know the standard unit of weight</li> <li>• to measure the weight of different objects</li> <li>• to apply the knowledge in day to day life</li> <li>• to know about the standard unit of capacity</li> </ul>	<p><b>The concept will be explained through—</b></p> <ul style="list-style-type: none"> <li>• Weighing objects (beads and pencil, eraser and sharpener, etc) to compare the weight. Worksheets</li> <li>• Worksheet</li> <li>• Activity- 1) Weigh it up</li> <li>• Live demonstration using things (cup, jug, glass)</li> <li>• Worksheets</li> <li>• Activity</li> <li>• Guess the capacity</li> </ul>
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<ul style="list-style-type: none"> <li>• Adding and subtracting capacity</li> <li>• Word problems</li> </ul>	<ul style="list-style-type: none"> <li>• to measure the capacity of different objects</li> <li>• to apply the knowledge of capacity in day to day life</li> </ul>	
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Topic	Learning Objectives	Teaching aids / Methodology
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<ul style="list-style-type: none"> <li>• <b>length</b></li> <li>• Introduction of meter and centimeter</li> <li>• Draw line in centimeter using ruler</li> <li>• Adding and subtracting lengths</li> <li>• Word problems</li>   <li>• <b>Fractions</b></li> <li>• Equal and unequal parts</li> <li>• Cutting into half and quarters</li> </ul>	<p style="text-align: center;"><b>The students will be able</b></p> <ul style="list-style-type: none"> <li>• to measure the length of different objects</li> <li>• to know about the standard unit of length</li> <li>• to apply the knowledge of length in day to day life</li>   <li>• to differentiate and recognise the figures</li> <li>• to distribute a whole into halves and quarters</li> </ul>	<p style="text-align: center;"><b>The concept will be explained through—</b></p> <ul style="list-style-type: none"> <li>• Ruler, inch tape</li> <li>• Activity- <ul style="list-style-type: none"> <li>• Measure the objects (table, pencil, book) with ruler</li> <li>• Scavenger hunt</li> </ul> </li>   <li>• Real objects (paper, toffee, biscuits)</li> <li>• Worksheets</li> <li>• Activity- <ul style="list-style-type: none"> <li>• Make your own fraction flag</li> <li>• Quarter circle fun</li> </ul> </li> </ul>
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# हिंदी

सत्र - 2026– 2027

कक्षा - 2

## पुस्तकें

- भाषा माधुरी
- भाषा अभ्यास

## मुख्य उद्देश्य :

- 1- भाषा अध्ययन रुचिकर लगे और बच्चे भाषा की उपयोगिता को अनुभव करें।
- 2- अनावश्यक जटिलता से बचा जाए और पाठ्यक्रम मानसिक स्तर के अनुरूप हो ।
- 3- बच्चों का उच्चारण शुद्ध और वर्तनी ठीक हो ।
- 4- बच्चों को अपनी बात पूरी करने के लिए हमेशा प्रोत्साहित किया जाए ।
- 5- बच्चों के मन में स्वयं पढ़ने एवं लिखने की जिज्ञासा उत्पन्न हो । बच्चों की कल्पना शक्ति का विकास हो ।
- 6- पाठ का आदर्श वाचन ,व्यक्तिगत वाचन सभी प्रकार के प्रश्न/उत्तर वाक्य प्रयोग तथा चरित्र निर्माण संबंधी क्रियात्मक कार्य करवाया जाए ।

## अप्रैल

प्राक्कथन	उद्देश्य	सिखाने का ढंग
भाषा माधुरी पाठ-1 सीखो (कविता)	<ul style="list-style-type: none"><li>विद्यार्थियों की रचनात्मक अभिव्यक्ति एवं कल्पना शक्ति का विकास करना।</li></ul>	<ul style="list-style-type: none"><li>कविता द्वारा लय ताल एवं स्मरण शक्ति का विकास करना।</li></ul>
पाठ- 2 ठीक काम करें। कठिन शब्द एवं पाठ का अभ्यास कार्य।	<ul style="list-style-type: none"><li>विद्यार्थियों के मन में अच्छा कार्य करने की इच्छा जागृत करना।</li></ul>	<ul style="list-style-type: none"><li>प्रकृति की वस्तुओं से बच्चों को अच्छी बातें सिखाना।</li></ul>
भाषा अभ्यास - पृष्ठ 1 से 12 वचन बदलो लिंग बदलो, विपरीत शब्द, चित्र देखकर नाम लिखो।		<ul style="list-style-type: none"><li>विद्यार्थियों को वस्तुओं द्वारा वचन बदलो का ज्ञान देना।</li><li>क्रियात्मक कार्य -सबसे अच्छा बच्चा कौन? फ़्लैश कार्ड के द्वारा कराया जायेगा।</li><li>वर्कशीट।</li></ul>

		<ul style="list-style-type: none"> <li>● कहानी ( एनबीटी) ईमानदार लकड़हारा</li> </ul>
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## मई

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<p>भाषा माधुरी</p> <ul style="list-style-type: none"> <li>● पाठ -3 दादी का गाँव कठिन शब्द एवं पाठ का अभ्यास कार्य।</li> <li>● भाषा अभ्यास पृष्ठ 13 से 17 तक</li> </ul>	<ul style="list-style-type: none"> <li>● विद्यार्थियों के मन में गाँव की शुद्ध वातावरण की जानकारी को विकसित करना।</li> <li>● पर्यावरण व गाँव के लोगों से परस्पर मिलजुल कर रहने की आदत का विकास करना।</li> </ul>	<ul style="list-style-type: none"> <li>● गाँव के विषय में बच्चों को जानकारी देना बच्चों को गाँव के विकास से संबंधित जानकारी देना।</li> <li>● क्रियात्मक कार्य - कविता अपना गाँव के द्वारा बच्चों को गाँव से सम्बंधित जानकारी देना।</li> <li>● वर्कशीट।</li> <li>● कहानी (एनबीटी) चतुर बकरी</li> </ul>

## जुलाई

प्राक्कथन	उद्देश्य	सिखाने का ढंग
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<p><b>भाषा माधुरी</b></p> <ul style="list-style-type: none"> <li>● पाठ - 4 मेहनत का फल</li> <li>● कठिन शब्द पाठ का अभ्यास कार्य</li> <li>● पाठ 5 जन्मदिन कठिन शब्द पाठ का अभ्यास कार्य</li> <li>● भाषा अभ्यास पृष्ठ 18 से 24 तक</li> </ul>	<ul style="list-style-type: none"> <li>● मेहनत का फल और सफाई के साथ जुड़े विषयों की जानकारी देना।</li> <li>● जन्मदिन मनाने से संबंधित विषय की जानकारी देना एवं क्रियात्मक शक्ति का विकास करना।</li> <li>● शब्द भंडार में वृद्धि एवं अभिव्यक्ति की क्षमता का विकास करना।</li> </ul>	<ul style="list-style-type: none"> <li>● मेहनत के फल की उपयोगिता से अवगत कराना।</li> <li>● बच्चों को जन्मदिन के विषय में बताना।</li> <li>● विपरीत शब्दों की पहचान सिखाना शुद्ध अशुद्ध का बोध कराना</li> <li>● क्रियात्मक कार्य - बच्चों को क्राफ्ट द्वारा कागज का कूड़ेदान बनवाना।</li> <li>● जन्मदिन का कार्ड बनवाना।</li> <li>● वर्कशीट।</li> <li>● कहानी (एनबीटी) माली और बंदर</li> </ul>
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## अगस्त

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<p>भाषा माधुरी</p> <ul style="list-style-type: none"> <li>● पाठ- 6 दाँत का</li> </ul>	<ul style="list-style-type: none"> <li>● दाँतों की सफाई के महत्व एवं दाँत साफ</li> </ul>	<ul style="list-style-type: none"> <li>● बच्चों को दाँतों की सफाई की उपयोगिता से</li> </ul>

<p>दर्द कठिन शब्द एवं पाठ का अभ्यास कार्य</p>	<p>करने के लिए प्रेरित करना। नित्य दो बार ब्रश करने की आदत का विकास करना।</p>	<p>परिचित कराना दाँतों को साफ रखने के उपाय बताना</p> <ul style="list-style-type: none"> <li>क्रियात्मक कार्य - दाँतों को आप किस प्रकार साफ रख सकते हैं उस पर कविता द्वारा चर्चा की जाएगी।</li> </ul>
<ul style="list-style-type: none"> <li>पाठ- 7 बाल दिवस कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>आदर्श वाचन के द्वारा ज्ञान वृद्धि और बाल दिवस मनाने एवं आनंद प्राप्त करने में समर्थ बनाना</li> </ul>	<ul style="list-style-type: none"> <li>बच्चों को बाल दिवस मनाने के विषय में जानकारी देना।</li> <li>वाक्य बनाने की प्रक्रिया सिखाना तथा नए शब्दों का ज्ञान देना।</li> <li>क्रियात्मक कार्य -बाल दिवस पर सवाल जवाब के द्वारा बच्चों को गेम- शो करवाया जायेगा।</li> </ul>

<ul style="list-style-type: none"> <li>● भाषा अभ्यास - पृष्ठ 25 से 31 तक वाक्य बनाइए, नए शब्द बनाइए, समान अर्थ वाले शब्द ।</li> </ul>	<ul style="list-style-type: none"> <li>● वाक्य बनाने व समान अर्थ वाले शब्दों को पहचानने की योग्यता का विकास करना ।</li> </ul>	<ul style="list-style-type: none"> <li>● समान अर्थ वाले शब्दों को पहचानने की शक्ति का विकास करना ।</li> <li>● वर्कशीट ।</li> <li>● कहानी (एनबीटी ) तीन मित्र</li> </ul>
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## सितंबर

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<ul style="list-style-type: none"> <li>● भाषा माधुरी</li> <li>● पाठ- 8 - प्यारे पेड़</li> <li>● कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>● पेड़ों का महत्व बताना वह वृक्ष लगाने के लिए प्रेरित करना पेड़ों के प्रति प्रेम एवं बच्चों की क्रियात्मक शक्ति का विकास करना ।</li> </ul>	<ul style="list-style-type: none"> <li>● पेड़ के विभिन्न भागों एवं उनकी उपयोगिता से परिचित कराना</li> <li>● क्रियात्मक कार्य -बच्चों को प्रकृति भ्रमण के लिए ले जाना एवं पेड़ -पौधों के विषय में जानकारी देना ।</li> </ul>
<ul style="list-style-type: none"> <li>● पाठ-9 बादल {कविता }</li> </ul>	<ul style="list-style-type: none"> <li>● बादलों द्वारा वर्षा होने के महत्व के विषय में बताना</li> </ul>	<ul style="list-style-type: none"> <li>● कविता द्वारा लय ,ताल एवं स्मरण शक्ति का विकास एवं बादलों की उपयोगिता के विषय से</li> </ul>

		<p>अवगत कराना ।</p> <ul style="list-style-type: none"> <li>क्रियात्मक कार्य - बच्चों को कागज की नाव बनवाना सिखाना और उसे पानी में तैराना ।</li> </ul>
<ul style="list-style-type: none"> <li>पाठ - 10 दो तोते कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>अच्छे कार्य करने की सीख देना</li> </ul>	<ul style="list-style-type: none"> <li>बच्चों को कहानी के पात्रों के माध्यम से अच्छी और बुरी संगति के परिणामों से अवगत कराना ।</li> </ul>
<ul style="list-style-type: none"> <li>भाषा अभ्यास पृष्ठ 32 से 41 तक ।</li> <li>अधूरे शब्दों को पूरा करो</li> <li>वचन बदलो 'रू' वर्ण वाले शब्द ।</li> </ul>	<ul style="list-style-type: none"> <li>शब्द ज्ञान कोष का विकास कराना । शब्द ज्ञान में वृद्धि कराना</li> </ul>	<ul style="list-style-type: none"> <li>शब्द पहचान कर अधूरे शब्दों को पूरा करना एवं व्याकरण के नियमों से अवगत कराना ।</li> <li>वर्कशीट ।</li> <li>कहानी (एनबीटी) भेड़िया आया</li> </ul>

## अक्टूबर

<b>प्राक्कथन</b>	<b>उद्देश्य</b>	<b>सिखाने का ढंग</b>
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<ul style="list-style-type: none"> <li>● भाषा माधुरी पाठ-11 चतुर चीकू</li> <li>● कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>● परिस्थिति के अनुसार खुद को बचाने और अच्छे कार्य करने की प्रेरणा देना ।</li> </ul>	<ul style="list-style-type: none"> <li>● बच्चों को चतुर चीकू की चतुराई से अवगत कराना ।</li> </ul>
<ul style="list-style-type: none"> <li>● पाठ -12 सीख {कविता}</li> </ul>	<ul style="list-style-type: none"> <li>● देशभक्तों के प्रति प्रेम उजागर करना शहीदों के प्रति सम्मान वह प्रेम की भावना का विकास करना</li> </ul>	<ul style="list-style-type: none"> <li>● कविता द्वारा लय ताल एवं स्मरण शक्ति का विकास करना एवं देशभक्ति की भावना को जागृत करना</li> <li>● क्रियात्मक कार्य -बच्चों को देश भक्ति की कविता सिखाना ।</li> <li>● क्रियात्मक कार्य -देशभक्तों की तस्वीरों से कोलाज़ बनवाना ।</li> </ul>
<ul style="list-style-type: none"> <li>● भाषा अभ्यास पृष्ठ 42 से 48 समान लय वाले शब्द वाक्य पूरे करना ।</li> </ul>	<ul style="list-style-type: none"> <li>● शब्द भंडार में वृद्धि</li> </ul>	<ul style="list-style-type: none"> <li>● समान लय वाले शब्दों की पहचान सिखाना एवं वाक्य पूरे करने की शक्ति का विकास करना ।</li> <li>● वर्कशीट</li> <li>● कहानी (एनबीटी ) चतुर खरगोश</li> </ul>

## नवंबर

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<ul style="list-style-type: none"><li>• भाषा माधुरी</li><li>• पाठ -13 मेला</li><li>• ( कविता )</li></ul>	<ul style="list-style-type: none"><li>• मेला घूमने जाने के प्रति उत्सुकता पैदा करना ।</li></ul>	<ul style="list-style-type: none"><li>• कविता द्वारा ताल एवं स्मरण शक्ति का विकास करना लिए</li><li>• क्रियात्मक कार्य -बच्चों द्वारा मेले में देखे गए खेलों एवं वहाँ उन्होंने जो कुछ देखा उसका चित्रण करना ।</li></ul>

<ul style="list-style-type: none"> <li>● पाठ -14 रोट्टी कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>● बच्चों में समानता की भावना पैदा करना आर्य समाज एवं स्वामी दयानंद सरस्वती जी की शिक्षा की जीवन में उपयोगिता समझाना</li> </ul>	<ul style="list-style-type: none"> <li>● स्वामी दयानंद सरस्वती जी के अच्छे कार्यों से अवगत कराना ।</li> <li>● आर्य समाज के संस्थापक स्वामी दयानंद सरस्वती जी के विषय में जानकारी देना ।</li> <li>● क्रियात्मक कार्य -फ़्लैश कार्ड और अभिनय की सहायता से आर्य समाज के संस्थापक स्वामी दयानंद सरस्वती जी एवं समाज के नियमों के विषय में जानकारी दी जाएगी लिए</li> <li>● स्वामी दयानन्द सरस्वती जी के जीवन का वर्णन कविता द्वारा सिखाना ।</li> </ul>
<ul style="list-style-type: none"> <li>● भाषा अभ्यास</li> <li>● पृष्ठ 49 से 55 तक प्र से शुरू होने वाले शब्द । सही जगह पर मात्रा लगाना</li> </ul>	<ul style="list-style-type: none"> <li>● शब्द भंडार में वृद्धि एवं वर्तनी की शुद्धता का बोध कराना</li> </ul>	<ul style="list-style-type: none"> <li>● कल्पना शक्ति का विकास कराना एवं सही मात्रा पहचान कर लगाना ।</li> <li>● वर्कशीट</li> <li>● कहानी (एनबीटी) बाज़ के मित्र</li> </ul>

## दिसंबर

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<ul style="list-style-type: none"><li>भाषा माधुरी पाठ -15</li><li>राजू का सपना कठिन शब्द एवं पाठ का अभ्यास कार्य</li></ul>	<ul style="list-style-type: none"><li>अच्छी आदतों के अच्छे परिणामों की उपयोगिता समझाना।</li></ul>	<ul style="list-style-type: none"><li>बच्चों के मन में अच्छी आदतों को अपनाने की भावना जागृत कराना।</li></ul>
<ul style="list-style-type: none"><li>पाठ- 16 अभ्यास</li></ul>	<ul style="list-style-type: none"><li>बार-बार अभ्यास के महत्व को समझाना विलोम शब्दों का परिचय एवं शब्द ज्ञान भंडार में वृद्धि कराना।</li></ul>	<ul style="list-style-type: none"><li>अभ्यास के विषय में बताना।</li><li>क्रियात्मक कार्य -1-अच्छी आदतों के फ़्लैश कार्ड बनवाना।</li><li>2- कागज़ की जादू की छड़ी बनवाकर अभिनय द्वारा कार्य करवाना।</li></ul>
<ul style="list-style-type: none"><li>भाषा अभ्यास</li><li>56 से 61 वचन बदलिए, विलोम शब्द लिखिए सही</li></ul>	<ul style="list-style-type: none"><li>वचन परिवर्तन के विभिन्न उपायों से परिचित कराना शब्द भंडार में वृद्धि</li></ul>	<ul style="list-style-type: none"><li>क्रियात्मक कार्य- बच्चों को कक्षा में दो ग्रुप बनाकर शब्द माला बनवाई जाएगी और शब्द</li></ul>

<p>शब्द एवं गुण वाले शब्दों पर गोला लगाइए।</p>		<p>माला से विलोम शब्द लिखवाए जाएंगे।</p> <ul style="list-style-type: none"> <li>● कल्पना शक्ति का विकास कराना वचन के अभ्यास द्वारा ज्ञान बढ़ाना विलोम शब्दों की पहचान व सही शब्द और सही गुण वाले शब्दों से अवगत कराना।</li> <li>● वर्कशीट</li> <li>● कहानी ( एनबीटी ) महाजन का झूठ</li> </ul>
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## जनवरी

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<ul style="list-style-type: none"> <li>● भाषा माधुरी</li> <li>● पाठ 17 रेल (कविता )</li> </ul>	<ul style="list-style-type: none"> <li>● बच्चों को हमारे देश की विभिन्न राजधानियां से होकर जाने वाली रेलों के विषय में बताना।</li> </ul>	<ul style="list-style-type: none"> <li>● कविता द्वारा लय,ताल एवं स्मरण शक्ति का विकास कराना।</li> <li>● क्रियात्मक कार्य -माचिस के खाली डिब्बे से रेलगाड़ी बनवाना एवं</li> </ul>

		रेलगाड़ी से जुड़े शब्दों को लिखवाना ।
<ul style="list-style-type: none"> <li>● पाठ -18 रोबोट कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>● दैनिक जीवन में होने वाले कार्यों को रोबोट किस प्रकार सरलता से करता है उसके विषय में बताना ।</li> </ul>	<ul style="list-style-type: none"> <li>● रोबोट के विषय में बतलाना बच्चों की कल्पना शक्ति का विकास कराना स्वयं उत्तर देने की क्षमता का विकास कराना ।</li> <li>● क्रियात्मक कार्य - बच्चों द्वारा नाट्यरूपान्तरण करके रोबोट के विषय में बतलाना ।</li> </ul>
<ul style="list-style-type: none"> <li>● भाषा अभ्यास पृष्ठ 62 से 68</li> <li>● समान लय वाले शब्द</li> </ul>	<ul style="list-style-type: none"> <li>● दैनिक जीवन में समान लय वाले शब्दों का प्रयोग सिखाना ।</li> <li>● शब्द भंडार में वृद्धि</li> </ul>	<ul style="list-style-type: none"> <li>● क्रियात्मक कार्य -समान लय वाले शब्दों को कार्ड में लिखकर क्रियात्मक कार्य करवाया जाएगा ।</li> <li>● कल्पना शक्ति का विकास कराना ।</li> <li>● वर्कशीट</li> <li>● कहानी (एनबीटी ) टोपीवाला और बंदर</li> </ul>

**फरवरी**

प्राक्कथन	उद्देश्य	सिखाने का ढंग
<ul style="list-style-type: none"> <li>● भाषा माधुरी पाठ -19 टेलीफोन की घंटी</li> <li>● कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>● दैनिक जीवन में टेलीफोन की उपयोगिता के विषय में जानकारी देना।</li> </ul>	<ul style="list-style-type: none"> <li>● टेलीफोन द्वारा की जाने वाली बातचीत की प्रक्रिया से अवगत कराना</li> <li>● क्रियात्मक कार्य -टेलीफोन का उपयोग करके डॉक्टर को बुलाने की बातचीत करवाना।</li> </ul>
<ul style="list-style-type: none"> <li>● पाठ-20</li> <li>● यह दिल्ली है</li> <li>● कठिन शब्द एवं पाठ का अभ्यास कार्य</li> </ul>	<ul style="list-style-type: none"> <li>● पाठ पढ़कर प्रश्नों के उत्तर देने की योग्यता का विकास करना दिल्ली के साथ जुड़े अन्य ऐतिहासिक स्थलों के महत्व के विषय में बताना।</li> </ul>	<ul style="list-style-type: none"> <li>● दिल्ली के महत्वपूर्ण स्थानों के विषय में जानकारी देना बच्चों की कल्पना शक्ति व रचनात्मक अभिव्यक्ति का विकास कराना।</li> <li>● क्रियात्मक कार्य- बच्चों को दिल्ली की पुरानी इमारतों एवं ऐतिहासिक स्थलों के विषय में बताना एवं उनका पोस्टर बनवाना।</li> </ul>

<ul style="list-style-type: none"><li>● भाषा अभ्यास पृष्ठ 69 से 74 तक वाक्य बनाइए एवं शब्दों को सही क्रम में लगाना ।</li></ul>	<ul style="list-style-type: none"><li>● वाक्य बनाने की विधि एवं उपायों से परिचित कराना ।</li><li>● शब्द भंडार में वृद्धि ।</li></ul>	<ul style="list-style-type: none"><li>● वाक्य बनाने की क्षमता बढ़ाना ।</li><li>● सही क्रम में लिखने की क्षमता बढ़ाना ।</li><li>● वर्कशीट</li><li>● कहानी ( एनबीटी ) आलसी गधा</li></ul>
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**मार्च** - पुनरावृत्ति संपूर्ण पाठ्यक्रम

## Class II

### E.V.S Curriculum 2026-2027

#### Textbook: My Living World

#### Objectives

1. Enhance his/her ability to think.
2. Stimulate the child's power of observation.
3. Develop detailed awareness about the human body, its working and its cleanliness.
4. To know about the three basic needs of life: Food, Clothes and Shelter.
5. Explore the meaning and importance of "Neighbourhood" and comprehend its working.
6. Understand the meaning and importance of environmental sanitation and how to beautify the environment.
7. Describe different means of transport and their need for living beings.
8. Be aware of the days of national importance.
9. To know about the great men of Arya Samaj.
10. To inculcate values through value based pedagogy.

APRIL AND MAY		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
1. More about me	To be able to <ul style="list-style-type: none"><li>• Introduce oneself</li><li>• Identify various body parts and its uses.</li></ul>	<ul style="list-style-type: none"><li>• Motivate the children to speak about themselves.</li><li>• Activity: My Intro Card - Jennie Says</li><li>• Smart board videos on body parts</li></ul>
2. Mahatma Hans Raj	<ul style="list-style-type: none"><li>• Students should be aware of the principles of Mahatma Hans Raj</li></ul>	<ul style="list-style-type: none"><li>• Through a short story teacher will explain about the life of Mahatma Hans Raj.</li></ul>

<p>3. More on personal cleanliness and Good Habits</p>	<ul style="list-style-type: none"> <li>• To develop the habit of keeping oneself and surroundings clean.</li> <li>• To be able to identify the body parts and its use.</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion and explanation on hygiene</li> <li>• Activities: Hygiene Kit [Show and Tell]</li> </ul>
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JULY		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
<p>4. OUR FOOD</p>	<ul style="list-style-type: none"> <li>• To know about the importance of food.</li> <li>• Develop good eating habits.</li> <li>• To enhance their knowledge about the sources of food.</li> </ul>	<ul style="list-style-type: none"> <li>• Reading and explanation of the topic depicting its importance.</li> <li>• Discussion about the two major sources of food and their types. (Plants and Animals)</li> <li>• Discussion on various types of food items, explaining the category under which they come: a) Healthy; b) Unhealthy; c) Vegetarian; d) Non-Vegetarian.</li> <li>• Activity: <ul style="list-style-type: none"> <li>- Healthy Heroes V/S Junk Villain [sorting food cards]</li> </ul> </li> <li>• Worksheets</li> <li>• Smart Board videos</li> </ul>
<p>5. OUR CLOTHES</p>	<ul style="list-style-type: none"> <li>• To be able to develop the understanding of the need for clothing</li> <li>• To be able to differentiate between the type of clothes worn in different seasons.</li> </ul>	<ul style="list-style-type: none"> <li>• Explanation through discussion on the need or importance of clothing.</li> <li>• Discuss the different types of clothes worn in different seasons.</li> <li>• Activity-Collage of different fabrics.</li> <li>• Smart board videos</li> <li>• Worksheets</li> </ul>

## AUGUST

TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
<p>6. A HOUSE TO LIVE IN</p> <p>a. Types of houses (kuchcha house or pucca house; temporary and permanent houses)</p> <p>b. Different rooms in a house</p>	<ul style="list-style-type: none"> <li>• To understand the need and importance of a house.</li> <li>• To be able to differentiate among the types of houses.</li> <li>• To identify the house and materials used for building it.</li> <li>• To be able to explain the use of each room.</li> </ul>	<ul style="list-style-type: none"> <li>• Reading and explanation of the topic depicting the importance of house in one's life.</li> <li>• Discussion about the different kinds of houses and the materials used for building it.</li> <li>• Discussion on various rooms of a house: a) Living room; b) Bedroom; c) Kitchen; d) bathroom; etc.</li> <li>• Activity:               <ul style="list-style-type: none"> <li>- Draw "My Dream House"</li> </ul> </li> <li>• Smart board videos</li> <li>• Worksheets</li> </ul>
<p>7. INDEPENDENCE DAY</p>	<ul style="list-style-type: none"> <li>• To be able to understand the importance of the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Through a short story the teacher will explain the importance of the day.</li> <li>• To inculcate the feeling of patriotism, the students will sing a patriotic poem or song.</li> </ul>

## SEPTEMBER

TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
<p>8. NEIGHBOURHOOD</p> <p>a. Post Office</p> <p>b. School</p> <p>c. Hospital</p> <p>d. Police Station</p>	<ul style="list-style-type: none"> <li>• To educate the students about the importance of the post office and police station in our society.</li> </ul>	<ul style="list-style-type: none"> <li>• Explanation of the services provided by the Post office and things we can buy from there.</li> </ul>

<p>e. Market</p>	<ul style="list-style-type: none"> <li>• To know about the different rooms of a school.</li> <li>• To know about the duties of people working in a hospital.</li> <li>• To know about the various shops of a market. E.g. Bakery shop, grocery shop, barber shop, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Explanation through examples depicting the advantage of a school in our neighbourhood.</li> <li>• Discussion and explanation on the need of a hospital.</li> <li>• Discussion and reading of the role of the Police Station in our neighbourhood.</li> <li>• Taking examples from the real life situations the students will be explained about the need of a market in our neighbourhood.</li> <li>• The students will also be told about the different shops a market has.</li> <li>• Activity: Quiz Quiz Buzz !</li> <li>• Smart Board videos</li> <li>• Worksheets</li> </ul>
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OCTOBER		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
<p>9. PLANTS AROUND US</p>	<ul style="list-style-type: none"> <li>• To be able to identify the plant and describe its parts.</li> <li>• To inculcate the value of teamwork.</li> </ul>	<ul style="list-style-type: none"> <li>• Through discussion and reading from the book, the children will be explained about the parts of a plant and their importance.</li> <li>• The children will be taken on a nature walk and will be made acquainted with various plants like trees, shrubs, herbs, climbers, creepers.</li> <li>• Activity: Nature Walk</li> <li>• Smart Board videos</li> <li>• Worksheets</li> </ul>

10. GANDHI JAYANTI	<ul style="list-style-type: none"> <li>To be able to learn and memorize information about the life of Gandhi ji.</li> </ul>	<ul style="list-style-type: none"> <li>Through a short story and video, the students will be told about Mahatma Gandhi and his contribution in attaining independence.</li> <li>Activity : Three Monkeys Craft</li> </ul>
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NOVEMBER		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
11. ANIMAL WORLD	<ul style="list-style-type: none"> <li>To inculcate the value of love and care.</li> <li>To differentiate animals according to their habitat.</li> <li>To know the names of the young ones of different animals</li> </ul>	<ul style="list-style-type: none"> <li>The topic will be introduced through discussion and conversation about the animals we see around us and how they are divided into different categories.</li> <li>Explanation with examples would be given about pets, domestic animals and wild animals.</li> <li>A discussion would be held on their food habits and living habitats.</li> <li>Activity: <ul style="list-style-type: none"> <li>-Who Am I?</li> <li>- Animal Mask Craft.</li> </ul> </li> </ul>

DECEMBER		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
12. LIVING THINGS AND NON-LIVING THINGS	<ul style="list-style-type: none"> <li>To differentiate between living and nonliving things.</li> <li>To classify objects as living or non-living on the basis of their characteristics.</li> </ul>	<ul style="list-style-type: none"> <li>Through reading from the book as well as demonstration using some objects like table, bag, pencil and even plants, the students will be explained about the difference between the characteristics of living and non-living things.</li> <li>Activity- Curious corners</li> <li>Activity- Jump in the pond.</li> </ul>

13. SWAMI SHRADDHANAND	<ul style="list-style-type: none"> <li>The students will be able to speak about this bright star of Arya Samaj.</li> </ul>	<ul style="list-style-type: none"> <li>Story narration by the teacher, explaining the life and the teachings of Swami Shraddhanand.</li> </ul>
14. WATER	<ul style="list-style-type: none"> <li>To be able to understand the importance of the natural resources and learn how to conserve them</li> </ul>	<ul style="list-style-type: none"> <li>With the help of examples and discussion the teacher will explain the various sources of water as well as the importance of water in our daily life.</li> <li>Methods of purification of water will also be discussed.</li> <li>Activity: Scientific Experiment - What floats and what sinks?</li> </ul>

JANUARY		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
15. WEATHER AND SEASONS	<ul style="list-style-type: none"> <li>To be able to differentiate between weather and seasons.</li> <li>To be able to name the type of clothes we wear or the food we eat in various seasons.</li> </ul>	<ul style="list-style-type: none"> <li>Through discussion and explanation the students will be explained the difference between weather and seasons.</li> <li>Discussion would be held on the different clothing and food habits in each season.</li> <li>Activity: -Collage of food items and clothing as per the seasons. - Speak about Your favourite Season.</li> <li>Smart Board videos</li> <li>Worksheets</li> </ul>

16. REPUBLIC DAY	<ul style="list-style-type: none"> <li>To know about the celebrations of this day</li> </ul>	The students will be told about the importance of this day and how it is celebrated.
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FEBRUARY		
TOPIC	LEARNING OBJECTIVES	TEACHING AID/METHODOLOGY
17. MEANS OF TRANSPORT	<ul style="list-style-type: none"> <li>The students would be able to differentiate the various means of transport.</li> </ul>	<ul style="list-style-type: none"> <li>Through discussion and suitable examples, the students will be explained about the various means of Transport.</li> <li>Discussion will be held on the categories of means of transport on the basis of where they run.</li> <li>Activity - memory games and crossword puzzles. -Paper plane craft.</li> </ul>
18. SWAMI DAYANAND SARASWATI	<ul style="list-style-type: none"> <li>The students would be able to speak about the great man and the founder of Arya Samaj.</li> </ul>	<ul style="list-style-type: none"> <li>Through a short story and video, the teacher will tell the students about the life and teachings of Swami DayanandSaraswati.</li> </ul>
19. TRAFFIC RULES	<ul style="list-style-type: none"> <li>The students would be able to understand the importance of the traffic rules</li> <li>The students would be able to implement the safety rules.</li> </ul>	<ul style="list-style-type: none"> <li>The students will be explained about the need and importance of the traffic rules.</li> <li>Activity: Traffic Light Craft.</li> </ul>

**MARCH**

**Revision of the Selected Topics**



**2026 – 2027**

**APRIL – MAY**

<b>TOPIC</b>	<b>Methodology</b>	<b>Learning Outcomes</b>
Blending oil pastels  3-Dimensional object drawing	Art file, Oil Pastel Colours, Black Sketch Pen  Demonstration to be given in the class.	Students will learn the concept of background and foreground

**JULY- AUGUST**

<b>TOPIC</b>	<b>Methodology</b>	<b>Learning Outcomes</b>
Cylindrical and Conical shaped objects drawing	Step by Step book, Oil Pastel Colours  Demonstration to be given in the class.	Students will learn to use movement of lines to create artwork.

**SEPTEMBER – OCTOBER**

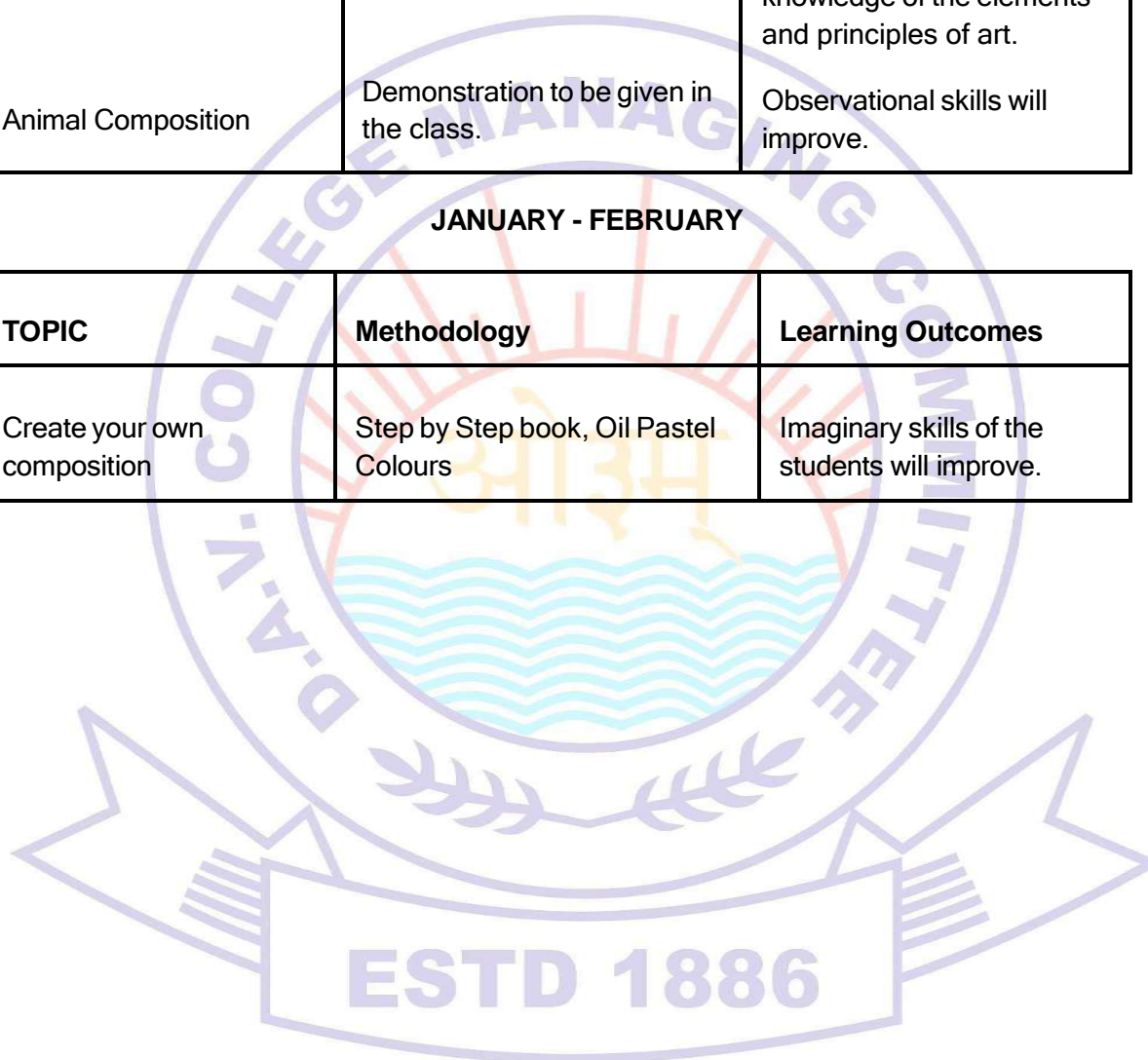
<b>TOPIC</b>	<b>Methodology</b>	<b>Learning Outcomes</b>
Flower Composition	Step by Step book, Oil Pastel Colours  Demonstration to be given in the class.  References to nature will be shown.	Students will learn to observe nature, and apply it to create artwork.

### NOVEMBER - DECEMBER

TOPIC	Methodology	Learning Outcomes
Bird Composition	Step by Step book, Oil Pastel Colours	Students will be able to analyze and apply the knowledge of the elements and principles of art.
Animal Composition	Demonstration to be given in the class.	Observational skills will improve.

### JANUARY - FEBRUARY

TOPIC	Methodology	Learning Outcomes
Create your own composition	Step by Step book, Oil Pastel Colours	Imaginary skills of the students will improve.



## DANCE 2026 – 2027

### OBJECTIVES

- Learn to process, analyze and respond to sensory information through the language and skills unique to dance.
- Demonstrate increased movement skills, concentration and physical control in performing movement for artistic expression.
- Perform and appreciate the dance forms as they engage with dance practice in their own and others' cultures and communities
- Use levels, directions, dimensions and pathways.
- Respond to changes in rhythms.

MONTH	METHODOLOGY/ ACTIVITY	LEARNING OUTCOME
APRIL	Basic dance knowledge zumba  Basic knowledge of classical dance and folk dance	<ul style="list-style-type: none"> <li>● Increasing flexibility</li> <li>● Improving coordination</li> <li>● Making children aware of their body</li> </ul>
MAY	Bollywood dance style	<ul style="list-style-type: none"> <li>● Boosting self-confidence and self-esteem</li> <li>● Perfect fun activity for children</li> <li>● Increasing endurance</li> </ul>
JULY	Revision of previous dances	<ul style="list-style-type: none"> <li>● Dance is a form of full body workout</li> <li>● Developing gross and fine motor skills</li> </ul>
AUGUST	Dancing on patriotic songs to inculcate spirit of patriotism (dance integration)	<ul style="list-style-type: none"> <li>● Making children aware about rich cultural heritage</li> <li>● Acquaint them</li> </ul>

		with different patriotic songs
SEPTEMBER	Dancing on songs related to festivals (cultural integration)	<ul style="list-style-type: none"> <li>● Encouraging teamwork</li> <li>● Improving metabolism</li> </ul>
OCTOBER	Dancing on songs related to specific cultures	Social and fun activity to make child relaxed and have fun
NOVEMBER	Dancing on party songs for developing rhythmic sense	<ul style="list-style-type: none"> <li>● Encouraging psychomotor skill development</li> <li>● Improving motor nerve coordination</li> <li>● Enhancing Mobility</li> </ul>
DECEMBER	Dancing on party songs that are child-specific with specific flow movement pattern	<ul style="list-style-type: none"> <li>● Encouraging psychomotor skill development</li> <li>● Improving motor nerve coordination</li> <li>● Enhancing Mobility</li> </ul>
JANUARY	Dancing on patriotic songs that develop a sense of nationalism	<ul style="list-style-type: none"> <li>● Making children aware about rich cultural heritage</li> <li>● Acquaint them with different patriotic songs</li> </ul>

FEBRUARY	Dancing on party songs for developing rhythmic sense	<ul style="list-style-type: none"> <li>● Easy to follow moves</li> <li>● Integrating with developmental milestones</li> </ul>
MARCH	Recapitulation of dances according to personal preference of children	<ul style="list-style-type: none"> <li>● Identify and interpret dance vocabulary.</li> <li>● Demonstrate non-locomotor and locomotor movements.</li> <li>● Explore personal space and space of others.</li> </ul>

## CLASS – II

### VOCAL MUSIC

2026- 2027

#### OBJECTIVES

- ♦ Participate as a member of group
- ♦ Sing simple songs in English and Hindi
- ♦ Move body parts in response to action songs/rhymes
- ♦ Be a good audience, coordinate thinking with action

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

<b>THEME CONTENT</b>	<b>TEACHING AID</b>	<b>METHODOLOGY/ ACTIVITY</b>	<b>LEARNING OUTCOME</b>
<b><u>APRIL;</u></b> Gayatri Mantra, Practice Of Prayer (Itni Shakti Humein Dena Data)	Harmonium	Memorizing And Singing The Song	Developing Singing Skills
<b><u>MAY;</u></b> Seven Notes (Sa, Re, Ga, Ma, Pa, Dha, Ni) & 3 Alankars	Harmonium	Sing The Notes Individually	Honing The Singing Skills
<b><u>JULY;</u></b> Saare Jahan Se Achha & Humko Mann Ki Shakti Dena	Harmonium	Get To Know The Community Songs Through Videos And By Singing In Class	Developing Rhythmic Sense & The Feeling Of Patriotism
<b><u>AUGUST;</u></b> Kadam Kadam pe naksh hai, vijay humara lakshya hai	Harmonium	They Will Learn The Song And Sing  Individually In Class	Developing The Sense Of Sur And  Taal & feeling of Patriotism

<b><u>SEPTEMBER;</u></b> Vande Mataram	Harmonium	Pronunciation Of New Words In Class And Playing Of Audio	Enjoy The Variety
<b><u>OCTOBER;</u></b> Asto Ma Sadgamaya - Mantras	Harmonium	Enunciate The Lyrics In Class	Indian Culture
<b><u>NOVEMBER;</u></b> We Shall Overcome/Hum Honge Kaamyaab	Harmonium	Differentiate Between The Two Languages In Class	Make Them Understand The Feeling Of Unity
<b><u>DECEMBER;</u></b> Shanti Path Pa,dha, Pa,ma, Ga,ma,Pa,MA,Ga,Re, Ga,Ma,Ga,Re,Sa,Re, Pa,Ni,Sa,Ga,Re,Sa Le Pratigya hum Chale	Harmonium Tabla	Heavy Terminologies Will Be Taught Using Audio In Class	How To Get Calm Patriotism feeling
<b><u>JANUARY;</u></b> Dav Gaan & National Anthem	Harmonium	Learn The Song And Sing Individually In Class	School And National Song
<b><u>FEBRUARY;</u></b> Ishwar Allah He Daata - Revision Of All Songs	Harmonium	New Notes And Pitch Will Be Taught Using Audio	Versatility In Songs

ESTD 1886

# FITNESS AND YOGA SYLLABUS CLASS-2 (2024-25)

FITNESS AND SPORTS

SYLLABUS

**CLASS-2 (2026-27)**

**APRIL**

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• Agility, Balance coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Carry out the action of running, jumping and hopping on command.</li> <li>• Move forwards, backwards and sideways, to the right and left.</li> </ul>	<ul style="list-style-type: none"> <li>• To improve running, jumping, and hopping skills.</li> <li>• To increase muscle strength.</li> <li>• Move in different directions.</li> </ul>
<ul style="list-style-type: none"> <li>• INTRODUCTION OF FOOTBALL</li> </ul>	<ul style="list-style-type: none"> <li>• Cone drills in straight and zig – zag.</li> <li>• Short distance passing drills.</li> <li>• Practice in circles.</li> </ul>	<ul style="list-style-type: none"> <li>• It helps students develop balance and coordination.</li> <li>• It helps to understand basic movement with ball.</li> <li>• It build interest in football.</li> </ul>
<p><b>YOGA</b></p> <ul style="list-style-type: none"> <li>• Sukshma vyayama</li> </ul>	<ul style="list-style-type: none"> <li>• Griva shakti vikasana.</li> <li>• Shoulder rotation.</li> <li>• Bhuja shakti vikasana.</li> <li>• Kara shakti vikasana.</li> </ul>	<ul style="list-style-type: none"> <li>• To improve Flexibility, neck, shoulder, arms, hand.</li> <li>• Joints are toned up.</li> </ul>

<ul style="list-style-type: none"> <li>• Yoga and mantra</li> </ul>	<ul style="list-style-type: none"> <li>• Mantra chanting.</li> </ul>	<ul style="list-style-type: none"> <li>• It purifies the environment.</li> <li>• Creates positive vibration.</li> <li>• Removes toxins from the body.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 1</b></li> </ul>	<ul style="list-style-type: none"> <li>• Clap and jump.</li> </ul>	<ul style="list-style-type: none"> <li>• It improves coordination.</li> </ul>

MAY

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• GENERAL WARM UP EXERCISES</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping and Hoping.</li> </ul>	<ul style="list-style-type: none"> <li>• To learn, jump in different ways and improve muscle power.</li> </ul>
<ul style="list-style-type: none"> <li>• PRACTICE OF FOOTBALL SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>• Short drills by running with the ball.</li> <li>• Passing in pairs.</li> <li>• Making the student kick the target.</li> </ul>	<ul style="list-style-type: none"> <li>• It helps in skill development.</li> <li>• It helps in physical development.</li> <li>• It helps in cognitive development.</li> </ul>
<ul style="list-style-type: none"> <li>• BEAN BAG RELAY</li> </ul>	<ul style="list-style-type: none"> <li>• Place bean bag onto a cone rather than in a hoop.</li> <li>• Reduce/increase the distance between the hoops.</li> <li>• Once both bean bags have been collected throw them to the next player.</li> </ul>	<ul style="list-style-type: none"> <li>• To improve speed over short distance.</li> <li>• To change direction while moving.</li> <li>• To improve the bending skills needed to play games like kho – kho.</li> </ul>
<ul style="list-style-type: none"> <li>• YOGA</li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Surya namaskar</li> </ul>	<ul style="list-style-type: none"> <li>• Better digestive system.</li> <li>• It can help lose weight</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 2</b></li> </ul>	<ul style="list-style-type: none"> <li>• Jumping Jacks.</li> </ul>	<ul style="list-style-type: none"> <li>• It improves coordination.</li> </ul>

## JULY

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>General warm up exercises/Rhythmic exercises</li> </ul>	<ul style="list-style-type: none"> <li>Jogging, jumping, running and stretching.</li> <li>Recapitulations of the activities done in April &amp; May.</li> </ul>	<ul style="list-style-type: none"> <li>To increase the body temperature.</li> <li>To conduct free movements with body control.</li> <li>To build power and speed.</li> </ul>
<ul style="list-style-type: none"> <li>CHALLENGE RACES AND RELAYS/SIMPLE RACES</li> <li>INTRODUCTION OF BASKETBALL</li> </ul>	<ul style="list-style-type: none"> <li>Jump, hop and run on the spot and in the space to the count 1,2,3,4 and repeat the sequence.</li> <li>Increase the distance.</li> <li>Combine more actions run forward, run – backwards , run – sideways.</li> <li>Rolling the ball.</li> <li>Bouncing ball in one place.</li> <li>Throwing into a low basket.</li> </ul>	<ul style="list-style-type: none"> <li>To improve running, jumping and hopping skills.</li> <li>To increase muscle strength.</li> <li>Move in different directions.</li> <li>It helps in physical development.</li> <li>It helps in skill development.</li> <li>It helps in cognitive development.</li> </ul>
<ul style="list-style-type: none"> <li><b>YOGA</b></li> </ul>		

<ul style="list-style-type: none"> <li>Asana</li> </ul>	<ul style="list-style-type: none"> <li>Padmasana.</li> <li>Sheetali pranayama.</li> </ul>	<ul style="list-style-type: none"> <li>To bring calmness and peace.</li> <li>It is good for concentration and memory.</li> <li>It controls the body temperature.</li> <li>To cool the body and mind.</li> </ul>
<ul style="list-style-type: none"> <li><b>MASS PT - 3</b></li> </ul>	<ul style="list-style-type: none"> <li>Clapping under legs</li> </ul>	<ul style="list-style-type: none"> <li>It enhances timing and coordination.</li> </ul>

AUGUST

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>THROW AND CATCH GAMES WITH BASKETBALL</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch to self.</li> <li>Drop a ball and catch it.</li> <li>Throw a ball up, clap and catch the ball.</li> </ul>	<ul style="list-style-type: none"> <li>To improve throwing and catching skills.</li> <li>To work with others safely.</li> <li>To use throwing and catching skills in simple games.</li> </ul>
<ul style="list-style-type: none"> <li>CIRCLE BALL</li> </ul>	<ul style="list-style-type: none"> <li>One player stands in the middle of circle.</li> <li>Ball is passed from central player to outside player in order around the circle</li> </ul>	<ul style="list-style-type: none"> <li>To be ready to catch the ball.</li> <li>To watch and track the ball through the air.</li> </ul>
<ul style="list-style-type: none"> <li>MONKEY IN THE CENTRE</li> </ul>	<ul style="list-style-type: none"> <li>Ball is passed across the circle.</li> <li>The player in the middle tries to stop the ball being caught.</li> <li>If the player in the middle succeeds he/she changes places with the child who threw the ball.</li> </ul>	<ul style="list-style-type: none"> <li>To hold different static positions and dynamic movements.</li> </ul>

<ul style="list-style-type: none"> <li>• <b>YOGA</b></li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Tadasana</li> </ul>	<ul style="list-style-type: none"> <li>• To give vertical stretch to whole body.</li> <li>• Helps in increasing height of the children.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 4</b></li> </ul>	<ul style="list-style-type: none"> <li>• Frog jump.</li> </ul>	<ul style="list-style-type: none"> <li>• It helps strengthen leg muscles.</li> </ul>

SEPTEMBER

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• General warm up</li> </ul>	<ul style="list-style-type: none"> <li>• It includes stretching of muscles specifically used in freehand exercises such as arm rotation and leg stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• To prepare the body gradually and safely for an activity.</li> </ul>
<ul style="list-style-type: none"> <li>• Movement with ball</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble/tap a ball with the hand.</li> </ul>	<ul style="list-style-type: none"> <li>• To dribble a ball in different ways.</li> <li>• To use different implements to dribble a ball.</li> <li>• To improve neuro muscular coordination.</li> </ul>
<ul style="list-style-type: none"> <li>• ZIG – ZAG PATHWAYS</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge the children: how many circuits can your team complete in two minutes?</li> <li>• Reduce the distance between the cores.</li> </ul>	<ul style="list-style-type: none"> <li>• To dribble a ball in and out of comes.</li> <li>• To keep a ball under control.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>YOGA</b></li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Anulom vilom</li> </ul>	<ul style="list-style-type: none"> <li>• Helps in blood purification.</li> <li>• Beneficial for respiratory system.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 5</b></li> </ul>	<ul style="list-style-type: none"> <li>• Side bending</li> </ul>	<ul style="list-style-type: none"> <li>• It improves body balance.</li> </ul>

OCTOBER

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• LOCO MOTOR SKILLS/ NON – MOTOR SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>• Walking, jumping, running, sliding, hopping, skipping, stretching, pushing, bending, twisting, pulling and turning.</li> <li>• Forward roll and stand.</li> <li>• Backward roll.</li> <li>• Simple pyramids.</li> </ul>	<ul style="list-style-type: none"> <li>• To build power and speed.</li> <li>• To develop their excellent agility, balance and coordination.</li> <li>• Develop self - confidence.</li> <li>• To buildup stamina through these exercise.</li> </ul>
<ul style="list-style-type: none"> <li>• Introduction to volleyball</li> </ul>	<ul style="list-style-type: none"> <li>• Concepts and basic rules of game.</li> <li>• Drills for body posture high, medium and low.</li> <li>• Drills for forearm pass on your arm and overhead pass.</li> <li>• Drills for serves, attack, block and digging.</li> </ul>	<ul style="list-style-type: none"> <li>• Examine according to basic of volleyball.</li> <li>• To develop basic skills as body, posture, serve, pass, attack, block and digging.</li> <li>• To work together as a team.</li> <li>• To understand the role of attackers and defenders.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>YOGA</b></li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Vajrasana</li> <li>• Ushtrasana</li> </ul>	<ul style="list-style-type: none"> <li>• To improve our digestive system.</li> <li>• To improve concentration level.</li> <li>• Ushtrasana stretches the anterior muscles of the body.</li> <li>• To improve flexibility of spine and strengthens it.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 6</b></li> </ul>	<ul style="list-style-type: none"> <li>• Toe touching.</li> </ul>	<ul style="list-style-type: none"> <li>• It improves flexibility.</li> </ul>

NOVEMBER

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• GROUP ACTIVITY/MUSCULAR DEVELOPMENT ACTIVITY</li> </ul>	<ul style="list-style-type: none"> <li>• Practice running, throwing and moving in different ways. Stay in the defined space and stop on command.</li> </ul>	<ul style="list-style-type: none"> <li>• To build up stamina through running and throwing.</li> </ul>
<ul style="list-style-type: none"> <li>• PRACTICE OF VOLLEYBALL SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>• Underhand pass.</li> <li>• Catching and throwing.</li> <li>• Practice in pairs.</li> </ul>	<ul style="list-style-type: none"> <li>• It helps in physical development.</li> <li>• It helps in cognitive development.</li> <li>• It helps in skill development.</li> </ul>
<ul style="list-style-type: none"> <li>• THROWING AT TARGETS</li> </ul>	<ul style="list-style-type: none"> <li>• Throw a ball to land in, or on different targets.</li> </ul>	<ul style="list-style-type: none"> <li>• To improve accuracy of throwing.</li> <li>• To throw under – arm and over – arm.</li> <li>• To roll and throw objects accurately.</li> </ul>
<ul style="list-style-type: none"> <li>• YOGA</li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Janushirshasana</li> </ul>	<ul style="list-style-type: none"> <li>• To strengthen the rib bones.</li> <li>• To make the spinal cord flexible.</li> </ul>
<ul style="list-style-type: none"> <li>• MASS PT - 7</li> </ul>	<ul style="list-style-type: none"> <li>• March past(simple marching).</li> </ul>	<ul style="list-style-type: none"> <li>• It improves discipline and rhythm.</li> </ul>

DECEMBER

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• CLASS ACTIVITY</li> </ul>	<ul style="list-style-type: none"> <li>• Move anywhere in the space on command, touch different parts of the foot(heels, toes) etc.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop imagination and imitation.</li> </ul>

<ul style="list-style-type: none"> <li>• INTRODUCTION OF BADMINTON</li> </ul>	<ul style="list-style-type: none"> <li>• Hit and drop shuttle.</li> <li>• Keep the shuttle in the air.</li> <li>• Practicing balance and coordination</li> </ul>	<ul style="list-style-type: none"> <li>• It helps in skill development.</li> <li>• It helps in cognitive development.</li> <li>• It helps in physical development.</li> </ul>
<ul style="list-style-type: none"> <li>• TAG GAMES/ ROLL TAG</li> </ul>	<ul style="list-style-type: none"> <li>• One player has a ball. The rest of the group run around, keeping in a defined area. The player with the ball tries to hit the other players by rolling the ball at their feet. If hit this player becomes the hitter.</li> </ul>	<ul style="list-style-type: none"> <li>• To run, swerve, dodge and flee.</li> <li>• To move and change directions quickly.</li> <li>• To know and play to the basic rules of simple games.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>YOGA</b></li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Naukasana</li> </ul>	<ul style="list-style-type: none"> <li>• To stimulate digestive system.</li> <li>• To strengthen the back and abdominal muscles.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 8</b></li> </ul>	<ul style="list-style-type: none"> <li>• Deep breathing exercise</li> </ul>	<ul style="list-style-type: none"> <li>• It improves lung capacity.</li> </ul>

JANUARY

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
<ul style="list-style-type: none"> <li>• OUT DOOR ACTIVITIES</li> <li>• KHO KHO</li> </ul>	<ul style="list-style-type: none"> <li>• Mark the playing area.</li> <li>• Divide two equal teams.</li> <li>• The chasing team lines up on the middle line facing in alternate directions.</li> <li>• The defenders enter the field in group of three.</li> </ul>	<ul style="list-style-type: none"> <li>• To encourage running and Positive reinforcements.</li> <li>• To improve physical fitness, coordination and development of team work and social skills.</li> </ul>

	<ul style="list-style-type: none"> <li>The chaser at the pole starts.</li> </ul>	
<ul style="list-style-type: none"> <li>PRACTICE OF BADMINTON SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>Hitting shuttle upwards.</li> <li>Target hitting in an area/ circle.</li> <li>Shuttle control(tap up).</li> </ul>	<ul style="list-style-type: none"> <li>It helps in physical development.</li> <li>It helps in cognitive development.</li> <li>It helps in skill development.</li> </ul>
<ul style="list-style-type: none"> <li>YOGA</li> <li>Asana</li> </ul>	<ul style="list-style-type: none"> <li>Bhujangasana</li> <li>Bhramari Pranayama</li> </ul>	<ul style="list-style-type: none"> <li>This asana gives rest to the body and keeps the spine and neck healthy.</li> <li>It is the best cure for stress.</li> <li>It soothes the nerves.</li> </ul>
<ul style="list-style-type: none"> <li>MASS PT - 9</li> </ul>	<ul style="list-style-type: none"> <li>Student stand in rows and lines.</li> </ul>	<ul style="list-style-type: none"> <li>It improves teamwork.</li> </ul>

FEBRUARY

ESTD 1886

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
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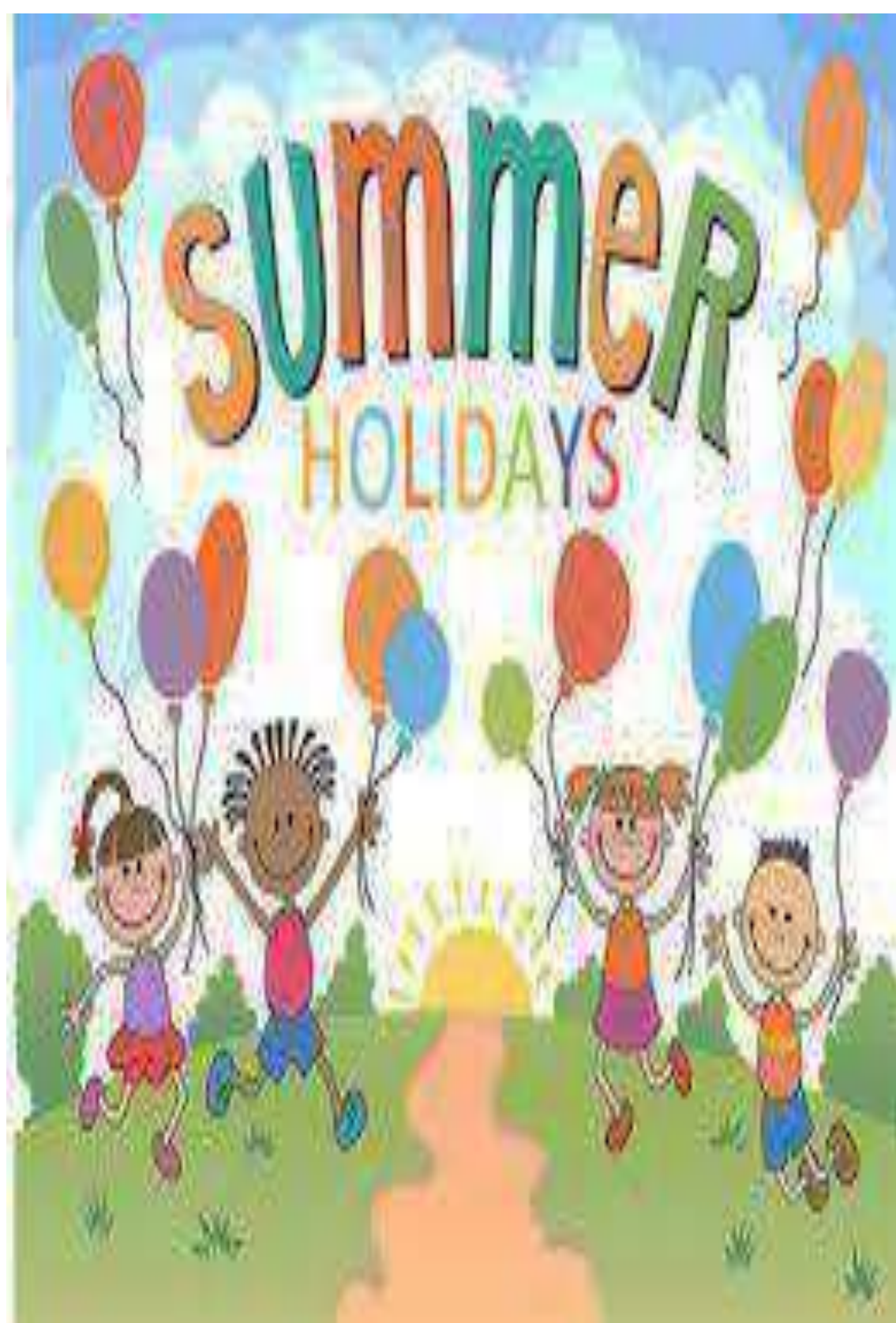
<ul style="list-style-type: none"> <li>• DODGEBALL</li> </ul>	<ul style="list-style-type: none"> <li>• Dodgeball is a team game in which players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way.</li> </ul>	<ul style="list-style-type: none"> <li>• To enhance motor skills like throwing and dodging and promotes teamwork and social skills.</li> <li>• To improve eye hand coordination.</li> </ul>
<ul style="list-style-type: none"> <li>• THROWING ACTIVITIES</li> </ul>	<ul style="list-style-type: none"> <li>• Learn basic freebie skills</li> <li>1.Backhand throw.</li> <li>2.Forehand throw.</li> <li>• Curving the flight</li> <li>1.Right to left</li> <li>2.left to right</li> <li>• Catching</li> </ul>	<ul style="list-style-type: none"> <li>• To develop motor skills Running and agility, improve muscle strength.</li> <li>• To improve social and emotional development.</li> </ul>
<ul style="list-style-type: none"> <li>• CARROM BOARD</li> </ul>	<ul style="list-style-type: none"> <li>• Aiming at nearby coins.</li> <li>• Flicking striker straight.</li> <li>• Hitting coins towards pockets.</li> </ul>	<ul style="list-style-type: none"> <li>• It helps in physical/motor development.</li> <li>• It helps in skill development.</li> <li>• It helps in cognitive development.</li> </ul>
<ul style="list-style-type: none"> <li>• YOGA</li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Pavanmuktasana</li> </ul>	<ul style="list-style-type: none"> <li>• To help increase digestive power.</li> <li>• To stimulate the abdominal region.</li> </ul>
<ul style="list-style-type: none"> <li>• MASS PT – 10</li> </ul>	<ul style="list-style-type: none"> <li>• Spot jogging</li> </ul>	<ul style="list-style-type: none"> <li>• It improves coordination and rhythm.</li> </ul>

MARCH

TOPIC	TEACHING METHODOLOGY / ACTIVITIES	LEARNING OBJECTIVES
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<ul style="list-style-type: none"> <li>• Indoor activities/ Hop scotch</li> </ul>	<ul style="list-style-type: none"> <li>• One by one a child tosses the soft toy/ small stone. Trying to land in one of the hop scotch squares.</li> </ul>	<ul style="list-style-type: none"> <li>• To learn counting, balancing and coordination.</li> <li>• It helps develop their motor skills and number recognition.</li> </ul>
<ul style="list-style-type: none"> <li>• Skipping/hopping</li> </ul>	<ul style="list-style-type: none"> <li>• Look forward and keep your back straight.</li> <li>• Swing the rope by wrist action.</li> <li>• Keep your feet close together.</li> </ul>	<ul style="list-style-type: none"> <li>• To improve cardiovascular health, balance and increased bone density.</li> </ul>
<ul style="list-style-type: none"> <li>• CHESS</li> </ul>	<ul style="list-style-type: none"> <li>• Moving a simple piece on board.</li> <li>• “Find the square” game.</li> <li>• Simple capture practice.</li> </ul>	<ul style="list-style-type: none"> <li>• It helps in cognitive development.</li> <li>• It helps in skill development.</li> <li>• It helps in decision development.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>YOGA</b></li> <li>• Asana</li> </ul>	<ul style="list-style-type: none"> <li>• Makarasana</li> </ul>	<ul style="list-style-type: none"> <li>• To relax the body and mind.</li> <li>• It is beneficial for respiratory organs as well as for digestive organs.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>MASS PT - 11</b></li> </ul>	<ul style="list-style-type: none"> <li>• Recapitulation of all previous exercises.</li> </ul>	

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# Holiday Homework

## Class II

### Important points to be noted for the homework

1. Kindly use thick and good quality chart paper for the homework.
2. The homework has to be done according to the roll numbers.
3. The roll numbers will be allotted by the class teacher before the summer vacations.
4. All the written work on charts and A3 sheets has to be done using Bold Markers. The written work should be visible from a distance.
5. The charts should be nicely decorated with proper border.
6. Please refer to the school textbooks for the appropriate content while doing the homework.

## Maths Holiday Homework



Engaging Maths activities designed to make learning fun and practical.

### 1. **Math Shopping Game**

- Make a pretend shop with toy items.
- Assign prices and let your child “buy” things using play money.
- Practice simple **addition and subtraction**.

### 2. **Number Hunt**

- Find and write 10 different numbers around your home (on clocks, appliances, etc.).

### 3. **Shape Walk**

- Take a walk around your home or park.
- Spot and draw objects shaped like **circles, squares, triangles, and rectangles**.



## 4. Calendar Challenge

- Find out:
  - How many Mondays are in this month?
  - What date is your birthday?
- Practice reading a calendar and understanding dates.

Make charts on the following topics according to your roll numbers. Use bright coloured charts or A3 sheets and the font size of any letter/number must not be less than 200. See reference images below.

Roll numbers	Topics
1-5	Addition/Subtraction
6-10	Odd/Even
11-15	Shapes
16-20	Length
21-25	Time
26-30	Fractions
31-35	Capacity
36-40	Multiplication



# English Holiday Homework

Following are simple and engaging tasks for your child, designed to encourage both reading and communication at home. The aim is to keep the learning light, joyful, and interactive during the break.



## Here's what we encourage:

- **Daily Reading:** Let your child read a book of their choice for 15–20 minutes.
- **Talk About Stories:** Have short conversations about what they read.
- **Journaling & Storytelling:** Help them reflect and share stories in their own words.
- **Explore Vocabulary:** Add new words and use them creatively.

Here are some **free websites** that offer engaging reading resources for children aged **5–7 years**.

- [epathshala.nic.in](http://epathshala.nic.in)
- [bookosmia.com](http://bookosmia.com)
- <https://storyweaver.org.in/>



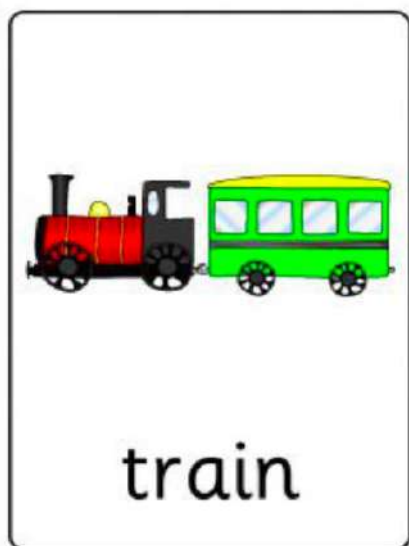
Create flashcards on A4-sized sheets. Each flashcard should be colourful, with big, bold print that is easily readable. These flashcards will help children revise important concepts in a fun and engaging way.

Roll numbers	Topics
1-4	ai sound words
5-8	ou sound words
9-12	ar sound words
13-16	ow sound words
17-20	oa sound words
21-24	Prepositions
25-28	Naming words
29-32	Action words

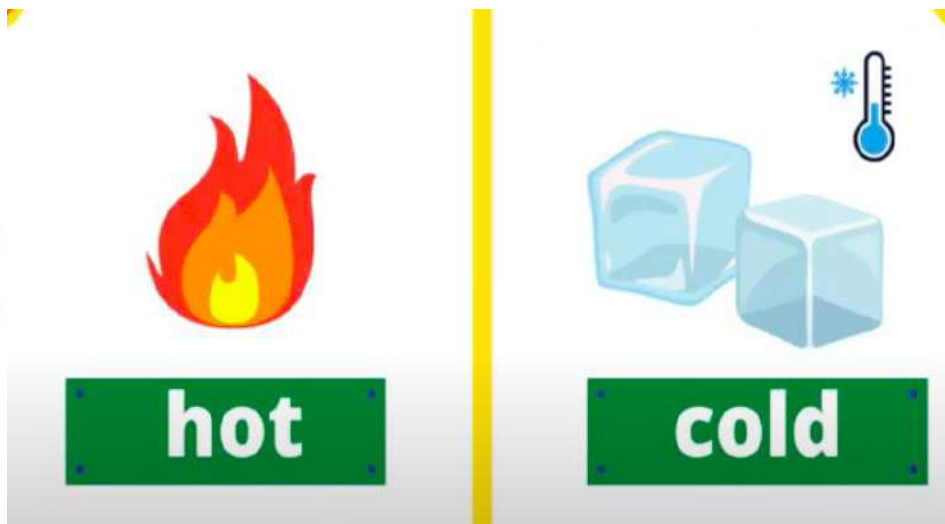
33-36	Describing words
37-41	Opposites

Please use pictures, bright colours, and neat handwriting. One topic per A4 sheet. These flashcards will be displayed and used for classroom activities after the holidays.

Examples:



ai sound word



opposites

# ENVIRONMENTAL STUDIES

Make 5 flashcards and 1 poster each on the following topics as per your roll numbers:

Roll number	Flash cards to be made on A4 sheets	<u>Poster to be made on A3 sheet</u>	
1-5	Clothes	Van Mahotsav	
6-10	Plants	National Festival	
11-15	Sources of Water	Ek Bharat Shreshtha Bharat	
16-20	Seasons	Swachhta Abhiyan	
21-25	Means of Land, water and air transport	Pollution	
26-30	Food	Christmas	
31-35	Land and Water animals	Festivals Of India	
36-42	Birds	Spring Season	

## Samples for Flash cards



