URSULINE CONVENT SR. SEC. SCHOOL, GREATER NOIDA ANNUAL SYLLABUS (2025-2026)

CLASS - VI

SUBJECT	<u>MONTH</u>	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
	APRIL	CH- 1 NUMBER SYSTEM (Excluding Ex. 1C Q 16 to Q 30 (Excluding Ex. 1G) CH- 2 FACTORS AND MULTIPLES (Excluding Ex. 2A Q14 to Q16) (Excluding Ex. 2B Q11 to Q15) (Excluding Ex. 2D Q19 to Q34) (Excluding Ex 2E Q21 to Q30)	 To show population statistics of Arunachal Pradesh and write in International numeration. To make a table of no. of wildlife parks and write factors and multiples.
MATHEMATICS	MAY	CH- 3 WHOLE NUMBERS CH- 11 LINE SEGMENT, RAY AND LINE CH-20 TWO-DIMENSIONAL REFLECTION SYMMETRY (ACTIVITY)	Measuring different objects using my ruler activity
	JULY	CH- 4 INTEGERS CH- 5 FRACTIONS (Excluding Ex 5E Q10 to Q15, Q18 to Q19) (Excluding Ex 5F Q13 to Q25)	Representation of integers on the number line My set of Fractions
		CH- 6 SIMPLIFICATION	My set of Fractions
	AUGUST	CH- 6 SIMPLIFICATION (cont.) CH- 7 DECIMALS (Excluding Ex 7B Q33 to Q36) (Excluding Ex 7D Q15 to Q21) CH-15 POLYGONS	 Task card Activity (Simplifying algebraic expressions) cont. Decimal Operations Task Card Activity
	SEPTEMBER	CH- 12 PARALLEL LINES CH- 24 BAR GRAPH	 To Test whether given lines are parallel using set squares To show the population of Arunachal Pradesh in

			CLA33 VI
			different census years using BAR GRAPH `
	OCTOBER	CH- 8 ALGEBRAIC EXPRESSIONS	Literals and basic operations on an A4
		(Excluding Ex 8C Q11 to Q17)	size sheet
		CH- 17 QUADRILATERALS	Making a Geome - tree using different kinds of
		CH- 18 CIRCLES	QuadrilateralsParts of circles through paper cutting
MATHEMATICS	NOVEMBER	CH- 9 LINEAR EQUATIONS IN ONE VARIABLE	• Equation Time: Students will be given
		(Excluding Ex 9C Q16-Q24)	equations based on situations and they will
		CH- 10 RATIO, PROPORTION AND UNITARY METHOD	solve on sheetUsing statistical research
		(Excluding Ex 10C Q12-Q19)	find- Gender ratio, literacy ratio of Arunachal Pradesh
	DECEMBER	CH- 13 ANGLES AND THEIR MEASUREMENT	Activity - To identify the number of angles formed
		CH-16 TRIANGLES CH- 22 DATA HANDLING	 Few Lines on mystery lake in Arunachal Pradesh and designing the border page with triangles. Tally Marks Activity
	JANUARY	CH- 19 THREE - DIMENSIONAL SHAPES	• Finding the Perimeter Activity
		(ACTIVITY) CH- 21 CONCEPT OF PERIMETER AND AREA	To draw a pictograph representing information through pictures of handicrafts of Arunachal
		(Excluding EX 21D Q11 to Q17)	Pradesh.
	EEDDIIA DV	CH- 23 PICTOGRAPH	
	FEBRUARY	CH- 14 CONSTRUCTIONS (using ruler and a pair of compasses)	To paste the pictures or to draw the different geometrical tools used
		FINAL TERM EXAMINATION	for construction
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	माह	साहित्य (मुग्धा)	रचनात्मक लेखन	रचनात्मक गतिविधि
SUBJECT				
HINDI	मई	1. जग जीवन जो चिर महान 2. साँप की मणि व्याकरण 1. भाषा, व्याकरण तथा लिपि 2. वर्ण विचार 3. शब्द भंडार - (क) पर्यायवाची (1 से 6) (ख) विलोम (1 से 8) (ग) अनेकार्थी (1 से 5) (घ) वाक्यांश (1 से 5) (घ) शुतिसम (1 से 4) (च) एकार्थक (1 से 3) (छ) मुहावरे (1 से 8) (झ) लोकोक्ति (1 से 3) 3. भिखारिन 4. शहनाई का जादूगर व्याकरण 3. शब्द विचार 4. शब्द रचना – उपसर्ग और प्रत्यय 7. शब्द भंडार (क) पर्यायवाची (9 से 16) (ख) विलोम (9 से 16) (ख) विलोम (6 से 10) (घ) वाक्यांश (6 से 10) (इ) शुतिसम (5 से 8) (च) एकार्थक (4 से 6) (छ) मुहावरे (9 से 16) (झ) लोकोक्ति (4 से 6)	1. पत्र लेखन (औप०) अवकाश के लिए प्रार्थना पत्र 2. अनुछेद – अनुशासन	 कविता वाचन हिंदी की पूरी वर्णमाला सुंदर ढंग से लिखवाना । कहानी रचना तत्सम अथवा तदभव शब्दों से शब्द लड़ी बनाना ।
	जुलाई	5. साँझ के बूढ़े 6. प्राणी वही प्राणी (कविता) व्याकरण 5. वर्तनी की अशुद्धियाँ 6. शब्द-रचना संधि और समास 7. शब्द भंडार (क) पर्यायवाची (17 से 24) (ख) विलोम (17 से 24) (ग) अनेकार्थी (11 से 15) (घ) वाक्यांश (11 से 15) (ड) श्रुतिसम (9 से 12) (च) एकार्थक (7 से 9) (छ) मुहावरे (17 से 24) (झ) लोकोक्ति (7 से 9)	अनुछेद – रेल्वे स्टेशन का द्रश्य । पत्र लेखन (औप०) आर्थिक सहायता हेतु प्रधानचार्य महोदय को आवेदन पत्र ।	कविता लेखन – सुंदर एवम साफ अक्षरों मे ।

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	अगस्त	7. हिन्द महासागर मे छोटा सा हिंदुस्तान 8. प्रायश्चित व्याकरण 8. संज्ञा 9. संज्ञा के विकारी तत्व- लिंग, वचन और कारक।	पत्र लेखन – (अनौप०) अपने सहपाठियों के साथ घूमने जाने के लिए रुपये मँगवाने हेतू अपने बड़े भाई को पत्र ।	1. 5 स्त्रीलिंग शब्द तथा 5 पुल्लिंग शब्द चित्र सहित A4 sheet मे चिपकाना । संज्ञा के भेद चित्र सहित A4 sheet मे चिपकाना ।
	सितम्बर	7. शब्द भंडार — (क) पर्यायवाची (25 से 32) (ख) विलोम (25 से 32) (ग) अनेकार्थी (19 से 21) (घ) वाक्यांश (16 से 20) (ड) श्रुतिसम (13 से 16) (च) एकार्थक (10 से 12) (छ) मुहावरे (25 से 32) (झ) लोकोक्ति (10 से 12) 9. गौरा 10. प्रणित व्याकरण 10. सर्वनाम 11. विशेषण 7. शब्द भंडार — (क) पर्यायवाची (33 से 40) (ख) विलोम (33 से 40) (ख) विलोम (33 से 40) (ग) अनेकार्थी (19 से 21) (घ) श्रुतिसम (17 से 20) (ड) वाक्यांश (21 से 24) (च) मुहावरे (33 से 35) (झ) लोकोक्ति (13 से 15)	पत्र लेखन - (औप०) अवकाश के लिए प्राथना पत्र ।	10. विशेषण - विशेष्य शब्द चित्र सहित A4 sheet में चिपकाना ।
	अक्टूबर	11. विक्रम सारमाई 12. धाय माँ पन्ना का त्याग	पत्र लेखन – (औप०)	समाचार पत्र से कोई चित्र काटकर वर्णित करे तथा क्रियापदों को
		। व्याकरण 10. क्रिया 11. काल 7. शब्द भंडार — (क) पर्यायवाची (41 से 48) (ख) विलोम (41 से 48) (ग) मुहावरे (36 से 40) (ड) अनेकार्थी (19 से 21)	मित्र को जन्मदिन पर बधाई देने के लिए पत्र।	रेखांकित करे । A4 sheet
	नवम्बर	13. दोहे 14. पारसमणि व्याकरण	अनुछेद लेखन – मेले का वर्णन	सुंदर व साफ तरीके से A4 sheet मे लिखना ।
		14. अविकारी शब्द 16. विराम चिन्ह 7. शब्द भंडार – (क) पर्यायवाची (49 से 54) (ख) विलोम (49 से 54) (ग) अनेकार्थी (22 से 25)	अपठित गद्यांश	दोहा वाचन

CLASS VI

	(घ) वाक्यांश (25 से 30) (ड) श्रुतिसम (21 से 25) (च) एकार्थक (13 से 15) (छ) मुहावरे (41 से 48) (झ) लोकोक्ति (16 से 21)		
दिसम्बर	15. ईदगाह 16. भीड़ मे खोया आदमी व्याकरण 15. वाक्य विचार 7. शब्द भंडार – (क) पर्यायवाची (55 से 59) (ख) विलोम (55 से 57) (ग) अनेकार्थी (26 से 28) (घ) वाक्यांश (31 से 34) (ड) श्रुतिसम (26 से 32)		चित्र सहित हामिद का चित्र चित्रण ।
जनवरी	17. मुरझाया फूल 18. कवि का चुनाव व्याकरण 14. अविकारी शब्द 22. अपठित पदयांश	कविता लेखन	चित्रों को देखकर पुष्प के हर रूप का वर्णन करना ।
फरवरी	20. मेरा नया बचपन व्याकरण पुनराव्रति	पत्र लेखन – अवकाश के लिए प्राथना पत्र । अनुछेद – बस दुर्घटना	कविता लेखन सुंदर तथा साफ अक्षरों मे A4 sheet मर लिखना ।

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
	अप्रैल	वन्दना 1. संस्कृत- वर्णमाला 2. संस्कृत- शब्द परिचय: 3. सर्वनामपरिचय: (प्रयोग)	1. शब्दरूप- लता, बालक, पुस्तक
	मई	4. धातुपरिचय: 5. प्रथमपुरूष: (तीनों वचनों एवं लिंगों)	धातुरूप- पठ् लिख् ,गम् (लट् ,लृट् एवं लङ्लकार)
	जुलाई	6. मध्यम पुरूष:(पुल्लिंग,स्त्नीलिंग,तीनोंवचनों) 7. उत्तम पुरूष:(पुल्लिंग,स्त्नीलिंग,तीनोंवचनों)	शब्दरूप- राम (पुल्लिंग)
	अगस्त	8. संवाद: (अव्यय-पदानि)9. कारक परिचय:	धातुरूप- दृश(पश्य) देखना (लट् ,लृट् एवं लङ्लकार)
	सितम्बर	10. कतृ कारकं संबोधनं च पुनरावर्ति- अर्धवार्षिक परीक्षा	•
GANGKANT	अक्टूबर	11. कर्मकारकम्- (द्वितीया विभक्ति:) 12. करणकारकम् - (तृतीया विभक्ति:)	शब्दरूप- युष्मद् धातुरूप- कृ (लट् ,लृट् एवं लङ्लकार)
SANSKRIT	नवम्बर	13. संप्रदानकारकम्- (चतुर्थी विभक्तिः) 14. अपादानकारकम् — (पंचमी विभक्तिः) 15. सम्बन्धकारकम् - (षष्ठी विभक्तिः)	दा- (देना) (लट् ,लृट् एवं लङ्लकार)
	दिसम्बर	16. अधिकरणकारकम्- (सप्तमी विभक्तिः) 17. संख्यावाची- शब्द 18. लृट्लकारः (भविष्यकालः)	शब्दरूप- किम् (तीनों लिंगों में)
	जनवरी	19. चतुर:शशक (लङ्लकार:) 20. सुभाषितानि	शब्दरूप- अष्मद्
	फरवरी	वार्षिकपरीक्षा के लिए पुनरावर्ति	

SUBJECT	<u>MONTH</u>	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
	April MAY	Ch-1 Locating Places on the Earth Workbook Exercise Pg-7 to 12 Ch-4 Timeline and Sources of History. Workbook Exercise Pg-26 to 30	 Draw a diagram of earth explaining latitudes and longitudes. Draw a timeline mentioning three events in BCE and CE. Make a poster of UNESCO
		Ch- 7 India's Cultural Roots Workbook Exercise Pg-42 to 46	recognized site in Arunachal Pradesh.
	JULY	Ch-2 Oceans and Continents Workbook Exercise Pg-14 to 18 Ch-9 Family and Community	 On an outline map of India, label all continents and oceans. Make your Family tree. Paste pictures of five major economic activities of Arunachal Pradesh.
		Workbook Exercise Pg-53 to 56 Ch-13 The Value of Work Workbook Exercise Pg-75 to 78	
SOCIAL SCIENCE	AUGUST	Ch- 5 India, That is Bharat Workbook Exercise Pg-32 to 35 Ch- 8 Unity in Diversity, or 'Many in the One'. Workbook Exercise Pg-48 to 51	 Mention different names of India in different languages. Make a collage on diverse clothes and festivals of Arunachal Pradesh.
	SEPTEMBER	* Revision (Term -1 Syllabus)	
	OCTOBER	Ch-3 Landforms and Life Workbook Exercise Pg-20 to 24	 Draw different landforms of India. Draw a diagram mentioning Separation of power and Levels of governance.
		Ch-10 Grassroots Democracy- Part 1: Governance Workbook Exercise Pg-58 to 62	
	NOVEMBER	Ch-6 The Beginnings of Indian Civilization Workbook Exercise Pg-37 to 40	 Mark all the States and Union Territories of India. Make a poster of Bal Panchayat and write about it.

	Ch- 11 Grassroots Democracy-Part 2: Local Government in Rural Areas. Workbook Exercise Pg-64 to 68	
DECEMBER	Ch- 12 Grassroots Democracy-Part 3: Local Government in Urban Areas. Workbook Exercise Pg-70 to 73	Paste pictures of District Collector/ District Magistrate and Mayor of your Municipal Corporation.
JANUARY	Ch-14 Economic Activities Around Us. Workbook Exercise Pg-80 to 84	Make a poster on Arunachal Pradesh's major Tertiary activities. E.g. Tourism, Cottage Industries, Banking, Hydel Energy, Handlooms etc.

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
SCIENCE	APRIL & MAY	Ch. 1. The wonderful world of science Ch. 2. Diversity in the living world Ch. 5. Measurement of length and motion	Activity: I. Write 3 ways in which science is good and bad, with examples. II. Observe your school campus and write 5 different trees found in the campus. III. ART-INTEGRATED Find 5 Aquatic and 5 terrestrial habitat animals found commonly in Arunachal Pradesh. Also, write about common species
			which are seen in Uttar Pradesh and Arunachal Pradesh. (Pictures to be pasted)
	JULY	Ch. 3. Mindful eating: A path to a healthy body Ch. 7. Temperature and its measurement	Eat a Balanced diet and paste the photograph of your plate, label the components of your balanced diet. Write down 3 differences between
	AUGUST	Ch. 4. Exploring magnets	Celsius, Fahrenheit and Kelvin scale.
	SEPTEMBER		s)/ Half Yearly Examination
	OCTOBER	Ch. 6. Materials around us	1. Grow a bean or a gram, and write the conditions required for proper growth of a sapling.

	Ch. 10. Living creatures: Exploring their characteristics Ch. 8. A journey through states of water	1. Observe an ice cube in a room and outside the room, preferably in the sun.
NOVEMBER	Ch. 11. Nature's Treasures Ch. 9. Methods of	Note down the change in the state, and time taken for the change in the state. Mention the reason, if
DECEMBER	separation in everyday life	a. Time taken more for the ice
JANUARY	Ch. 12. Beyond the earth	cube outside b. Time taken more for the ice cube inside.
		■ Write down the constellation seen in Arunachal Pradesh and make a string art of the constellation. (An image is given below for your reference) ■ MAKE YOUR OWN CONSTELLATION ART

SUBJECT	MONTH	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY	
	APRIL	Chapter 10- Intelligence and AI Approaches	Find about how to become a Good Digital Citizen. Download their pictures from	
COMPLETED	MAY	Chapter 5- Introduction to HTML 5 CSS (To assessed by Practical)	the internet and create a photo album. Add proper caption and information for	
COMPUTER	JULY	Chapter 1- PowerPoint 2019 (To assessed by Practical) Chapter 2- More on Excel 2019	each image.	
	AUGUST	Chapter 3- Charts, Formulas and Functions in Excel		
SEPTEMBE		MID TERM		
	OCTOBER	Chapter 6- Internet Services	Create a presentation on the	
	NOVEMBER	Chapter 8- Introduction to programming	topic 'Emerging Internet Technologies.' Add suitable	
	DECEMBER	Chapter 9- Python	Animation and Transition	
	JANUARY	Chapter 7- Algorithmic Intelligence Chapter-4 Digital drawing in Krita (To assessed by Practical)	effects to the presentation objects. Add sound (Applause) with the slide transitions effect.	
	FEBRUARY	Revision		

SUBJECT	<u>MONTH</u>	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
	Amil / Mary	Cuamman	INTEGRATED ACTIVITI
ENGLISH	April / May	Grammar Unit 1 The Sentence Unit 2 Subject and Predicate Unit 3 Naming Words Unit 4 The Noun: Number	Write a paragraph about your favourite author/poet from Arunachal Pradesh.
		Unit 5 The Noun: Gender Unit 6 The Noun: Case Unit 7 The Adjective Literature 1. The Violet 2. Peter Pan Writing Paragraph writing (Based on hints)	Collect and paste pictures of different flowers grown in the state of Arunachal Pradesh in A4 Sheet.
		Activity Book - Unit 1	
	JULY	Grammar Unit 8 Degrees of Comparison Unit 9 Articles Unit 12 The Verb Unit 13 Tenses Literature Ch 3 Foreign Lands Ch 4 The Treasure Seeker I Writing Letter Writing (Informal letters) Activity Book-Unit 2	Describe the life of the people in the state of Arunachal Pradesh, highlighting the customs and traditions of the people of Arunachal Pradesh (eg. Marriage ceremony, birth, first food tasting of a baby, death etc). (Word limit- 120-150 words) and identify the main verbs.
	AUGUST	Grammar Unit 15 Active and Passive Voice Unit 16 Subject Verb Agreement Unit 25 Commonly Confused Words Unit 26 Synonyms and Antonyms Literature Ch 5 The Treasure Seeker II Ch 6 The Painted Ceiling Writing Email writing	On any topic related to Arunachal Pradesh Unseen passage practice- Students will be given an article based after thoroughly reading. Ask relevant question related to passage like antonyms, synonyms, adjectives, question etc.
		Activity Book-Unit3	
	SEPTEMBER		ISION
	OCTOBER	Grammar Unit 10 Pronouns Unit 11 Personal Pronouns Unit 14 Modals Literature Ch- 7 Pollyanna – The game Ch- 8 The Ad- Dressing of Cats	Write a letter to tourism Head of Arunachal Pradesh appreciating the beauty of
	l	Ch- o The Au- Diessing of Cats	

	Writing: Formal Letter (Application) Activity Book Unit - 4	the state and suggest ways how he can attract more tourist in the state.
NOVEMBER	Grammar Unit 17 Adverbs Unit 18 Comparison of Adverbs Unit 23 Direct and Indirect Speech Literature Ch- 9 Uncle Podger Hangs a picture. Ch- 10 The gift of Magi Writing Advertisement Activity Book-Unit 5	Create an advertisement for Arunachal Pradesh promoting their handicraft business.
DECEMBER	Grammar Unit 19 Prepositions Unit 20 Conjunctions Unit 21 The Interjection Literature Ch- 11 Someone Writing Story Writing Activity Book- Unit 6	JAM (Just A Minute) session, students will speak on any topic related to Arunachal Pradesh for a minute.
JANUARY	Grammar Unit 22 Punctuation Unit 24 Comprehensive grammar practice Literature Ch-12 Huck saves the life of widow Douglas Writing Notice Writing Activity Book-Unit 7	Write a note on the beautiful places in Arunachal Pradesh on an A4 SIZE Sheet
FEBRUARY	Revision	

SUBJECT	<u>MONTH</u>	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
	APRIL	Introduction to	Key Identification/Scales and its
		Music/Mother's Day	types/Mother's Day song/ 7 musical
		Song/Music Theory	notes/Sharps & Flats
MUSIC	MAY		Lord, I need you/ Instrumental
			Playing on C major Scale
		Prayer song/ Song on C	
		major Scale	
	JULY		Formula to find Different Scales and
			Chords

		Scales and Chords	
AU	GUST	Patriotic Songs/ Tempo, Rhythm, and other Terminologies	Patriotic Songs/Learn different Terminology of Music and instruments
SEI	PTEMBER	Music Evaluation	Oral Evaluation of prayer songs and Music Theory
OC	TOBER	Mastering Time Signatures	Instrument playing on different rhythmic pattern and Time Signatures
NO	VEMBER	Minor Scales	Play Minor scales/how to find them? / Their use and feel
DE	CEMBER	Christmas Carols	Multiple Carols in Hindi and English / Along with Instrumental parts in it
JAN	NUARY	Chord Families	Learn about Chord Families and their Implementation

SUBJECT	<u>MONTH</u>	<u>CHAPTERS</u>	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
DANCE	APRIL	Basic dance stretching exercises and body postures, With some basics of Classical Dance and its choreography.	To make students to learn bharatnatyam postures, mudras and use of body. Stretching exercises and Classical Dance choreography.
	MAY	Starting with some basic western steps and Stunts.	Showing them some basic western dance steps and stunts. And teaching them step by step.
	JULY	Contemporary dance choreographies	Teaching the Contemporary dance in some soft music.
	AUGUST	Patriotic Dance Choreographies.	Selection of the students and making the group for Patriotic Dance
	SEPTEMBER	Revision and revaluation	Solo dance performance of each student and observing the improvement in them.
	OCTOBER	Folk Dance of Tamil Nadu and use of various props.	Teaching Tamil folk like Silambam, Tappattam and use of various props.
	NOVEMBER	Continuing with Tamil folk dance and itit's props	Teaching the students some interesting stunts with the props.

DECEMBER		Selection of the students and making a group for Christmas Dance.
	Christmas Dance choreographies.	
JANUARY	Revision and Revaluation	Solo Dance performance by every student and observing the improvement in all.

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	
	April	1. Where the mind is without fear.	
		Humility	
	May	Hope is the thing with feathers	
MORAL	July	2. Dr. APJ Abdul Kalam	
SCIENCE		Mia, Jia and Grandma order medicines online	
August 3. Ravi's flying mac		3. Ravi's flying machine	
		The road not taken.	
	October	4. Taste of India	
		What can we give our children.	
	November	5. The Flying Sikh	
Alex at the puppy store. December Dreams		Alex at the puppy store.	
		Dreams	
	January	The Voice	

SUBJECT	<u>MONTH</u>	<u>CHAPTERS</u>
	APRIL	Name Plate, Knowledge of Colours, Object Drawing and Paper bag
DRAWING	MAY	Anyone Fruit, Basket with Brown Paper
AND	JULY	Bird with 6B Pencil, Box with Pastel Sheet
	AUGUST	Nature Drawing, Pen Holder
CRAFT	SEPTEMBER	Tree, Cartoon, Birthday Mask
	OCTOBER	Design Square, Picture Collage

NOVEMBER	Landscape, Wall Hanging
DECEMBER	Parts of the Face, Card
JANUARY	Revision

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY
	APRIL	Football	Make a PPT presentation of various football stadiums of India.
GAMES &	MAY	Basketball	Draw a diagram of the Basketball court with all its measurements on a chart paper.
SPORTS	JULY	Badminton & Table- Tennis	Draw a diagram of the Badminton or Table Tennis court with all its measurements on a chart paper.
	AUGUST	Yoga	Make a PPT presentation of famous yoga personality of world.
	SEPTEMBER	Assessment	Week 1 and 2 - Assessment Test – SAI Khelo India Fitness Test
	OCTOBER	Physical Fitness	Physical Conditioning
			Endurance drills (sprints, shuttle runs).
			Agility drills (ladder drills, cone drills).
			Strength training (bodyweight exercises, core work).
	NOVEMBER	Marching Drills	Make a picture presentation of various regiments of Indian Army
	DECEMBER	Track -field	Draw a diagram of the Athletics (Track)with all its measurements on a chart paper.
	JANUARY	Cricket	Draw a diagram of the Cricket Ground with all its measurements on a chart paper.