

## URSULINE CONVENT SR. SEC. SCHOOL, GREATER NOIDA

## ANNUAL SYLLABUS (2025-2026)

## CLASS IV

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
ENGLISH	April	<p>MCB</p> <p>L- 1 A Pillar for the Palace Activity Book - L-1</p> <p>GRAMMAR Unit-1 Sentences Unit-2 Subject and predicate Unit-27 Listen and speak (Activity Based Learning)</p> <p>COMPOSITION Cursive Writing Reading Comprehension Picture Composition</p>	Paste any article about Arunachal Pradesh from newspaper and circle nouns.
	May	<p>MCB</p> <p>Poem- Laughing Song</p> <p>GRAMMAR Unit-3 Types of nouns Unit-4 Number and gender Unit-25 Story writing (Activity Based Learning)</p> <p>COMPOSITION Letter Writing: Formal Letter (Sick Leave) Picture Composition</p>	<p>Draw a tree and make four branches to explain gender nouns.</p> <p>Make a tribal head gear of Arunachal Pradesh.</p>
	July	<p>MCB</p> <p>L-2 They Need Our Help! L- 3 Sailing Home Activity Book- L-2 and 3</p> <p>GRAMMAR Unit-5 Pronouns Unit-6 Types of adjectives Unit-7 Adjectives- Degrees of Comparison</p> <p>COMPOSITION Reading Comprehension Creative writing (Paragraph)</p>	<p>1. Pizza activity with Pronouns</p> <p>2. Draw a cupcake and describe it with different adjectives.</p> <p>3. Paste few endangered animals of Arunachal Pradesh and write their names.</p>
	August	<p>MCB</p> <p>L- 4 The Magic Pot Poem- The Tree</p>	Write five sentences about your friend using degrees of comparison.

		<p>Activity Book- L- 4</p> <p>GRAMMAR Unit-8 Articles Unit-19 Punctuation Unit -22 Dialogue writing (Activity Based Learning)</p> <p>COMPOSITION Reading Comprehension Creative Writing</p>	<p>Dialogue Writing</p> <p>Draw your own picture and your friend's and write dialogues about exam preparation.</p>
	September	Revision	
	October	<p>MCB L- 5 The Tiger Gets a Fright! L- 6 Hickory, Dickory, Dock Activity Book L- 5, 6</p> <p>GRAMMAR Unit- 9 Verbs Unit- 10 The Present Unit- 11 The Past Unit- 13 Subject-verb agreement Unit- 21 Poster Making COMPOSITION Letter Writing: Informal Letter (Letter to your friend)</p> <p>Cursive writing Reading Comprehension</p>	<p>1.Paste some popular adventure activities in Arunachal Pradesh.</p> <p>2.Project work on Tenses.</p> <p>Make a Poster on “Land of rising sun Arunachal Pradesh.”</p>
	November	<p>MCB L- 7 Skipping Shoes Poem- Make a Room for Elephants Activity Book L- 7 GRAMMAR Unit- 12 Modals Unit- 14 Adverbs Unit- 15 Prepositions Unit – 23 Paragraph writing COMPOSITION</p> <p>Reading Comprehension Paragraph writing</p>	<p>Activity- Show different Preposition words with the help of pictures.</p> <p>Make an adverb tree.</p>
	December	<p>MCB L-8 Up the Moonbeam Poem- Dragon Feast Activity Book L- 8</p> <p>GRAMMAR Unit- 16 Conjunctions Unit- 17 Interjections Unit- 18 Parts of Speech</p> <p>COMPOSITION Reading Comprehension Picture Composition</p>	<p>Draw a beautiful Christmas card for your best friend.</p> <p>Write five sentences about the famous festival of Arunachal Pradesh and circle the different parts of speech in it.</p>
	JANUARY	REVISION	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
HINDI	अप्रैल  मई	<b>साहित्य सुरभि</b> पाठ 1-हिमालय (कविता) पाठ 2-संगति का असर पाठ 3-कस्बे की खुशहाली <b>व्याकरण:</b> <ul style="list-style-type: none"> <li>भाषा और व्याकरण</li> <li>वर्ण विचार</li> <li>शब्द विचार</li> <li>लिंग</li> </ul>	<ul style="list-style-type: none"> <li>हिमालय पर्वत का चित्र बनाकर उसके लिए कोई चार विशेषण शब्द लिखें।</li> <li>अरुणाचल प्रदेश में बोली जाने वाली भाषाओं की सूची बनाओ।</li> <li>अपने मित्र के गुणों का वर्णन कक्षा में साझा करेंगे।</li> <li>अरुणाचल प्रदेश को भारत के मानचित्र में दिखाते हुए किन्हीं पाँच जिलों के नाम लिखिए।</li> </ul>
	जुलाई	<b>साहित्य सुरभि</b> पाठ 4-पेन्सिल के गुण पाठ 5-उठो धरा के अमर सपूतों <b>पठन हेतु / रचनात्मक कार्य</b> पाठ 6-चोरी और प्रायश्चित्त <b>व्याकरण:</b> <ul style="list-style-type: none"> <li>वाक्य विचार</li> <li>संज्ञा</li> <li>पर्यायवाची शब्द अग्नि-देवता</li> <li>अनेकार्थी शब्द- आम – ना ना</li> <li>अनुच्छेद – मेरी प्रिय अध्यापिका</li> <li>मुहावरे 1-10</li> </ul>	<ul style="list-style-type: none"> <li>पेन्सिल का चित्र बना कर उसके गुण लिखेंगे।</li> <li>संज्ञा के भेदों का चित्र सहित चार्ट बनाओ।</li> <li>एक सफल जीवन के लिए आवश्यक गुणों का वर्णन करेंगे तथा अपने सहपाठियों के साथ कक्षा में साझा करेंगे।</li> <li>चोरी की गलत आदत के कारण होने वाली हानियों के बारे में लिखें।</li> </ul>
	अगस्त		

		<p><b>साहित्य सुरभि</b></p> <p>पाठ 7-लाल बहादुर शास्त्री (व्यक्तित्व)</p> <p><b>पठन हेतु / रचनात्मक कार्य</b></p> <p>पाठ 8-अपशगुन ( कहानी )</p> <p><b>व्याकरण:</b></p> <ul style="list-style-type: none"> <li>• सर्वनाम</li> <li>• पत्र - अवकाश के लिए प्रधानाचार्या को पत्र</li> <li>• चित्र वर्णन</li> <li>• अपठित गद्यांश</li> <li>• विलोम शब्द: अँधेरा- पक्ष</li> <li>• अनेक शब्दों के लिए एक शब्द 1-20</li> </ul>	<ul style="list-style-type: none"> <li>• लाल बहादुर शास्त्री जी के जीवन से जुड़ी जानकारी तथा भारत को स्वतन्त्र कराने में उनके योगदान के बारे में चर्चा करेंगे ।</li> </ul>
<b>सितंबर</b>		पुनरावृत्ति कार्य अर्द्धवार्षिक परीक्षा हेतु	
<b>अक्टूबर</b>		<p><b>साहित्य सुरभि</b></p> <p>पाठ 9-कठिन दौर (पर्यावरण कविता)</p> <p>पाठ 10-छोटी सी रोटी (प्रेरक कहानी)</p> <p>पाठ 11-बीरबल की खिचड़ी (कहानी)</p> <p><b>व्याकरण:</b></p> <ul style="list-style-type: none"> <li>• विशेषण</li> <li>• वचन</li> <li>• विलोम शब्द: पाप-हानि</li> <li>• पर्यायवाची शब्द: धरती - शरीर</li> </ul>	<ul style="list-style-type: none"> <li>• पर्यावरण संरक्षण के उपाय लिखेंगे।</li> <li>• भोजन के महत्व पर कुछ पंक्तियाँ लिखें।</li> <li>• अकबर और बीरबल की कहानी कक्षा में सुनाएंगे ।</li> </ul>

	नवंबर	<p><b>साहित्य सुरभि</b></p> <p>पाठ 12-जगदीश चन्द्र बसु (व्यक्तित्व)</p> <p><b>पठन हेतु / रचनात्मक कार्य</b></p> <p>पाठ 13-हम जब होंगे बड़े (कविता)</p> <p>पाठ 14-वृक्षारोपण (पर्यावरण ज्ञान)</p> <p><b>व्याकरण:</b></p> <ul style="list-style-type: none"> <li>क्रिया और काल</li> <li>अपने जन्मदिन पर मित्र को आमंत्रित करने के लिये पत्र</li> </ul>	<ul style="list-style-type: none"> <li>भारत के किन्हीं दो प्रमुख वैज्ञानिकों के चित्र चिपकाकर उनके द्वारा किए गए आविष्कार लिखेंगे।</li> <li>नागरिकों के देश के प्रति पाँच कर्तव्य लिखें।</li> <li>अरुणाचल प्रदेश के किसी एक प्रमुख पेड़ का चित्र चिपकाकर उस पर पंक्तियाँ लिखिए।</li> </ul>
	दिसंबर	<p><b>साहित्य सुरभि</b></p> <p>पाठ 15-अंधेर नगरी चौपट राजा (हास्य नाटक)</p> <p>पाठ 16-भारत का गणतंत्र दिवस</p> <p><b>पठन हेतु / रचनात्मक कार्य</b></p> <p>पाठ 17-नई दिल्ली : भारत की राजधानी (पत्र )</p> <p><b>व्याकरण:</b></p> <ul style="list-style-type: none"> <li>विराम चिह्न</li> <li>अनुच्छेद- हमारे पेड़</li> <li>अनेक शब्दों के लिए एक शब्द, 21 -39</li> <li>अनेकार्थी शब्द, - पट - हार</li> <li>मुहावरे 11 -20</li> <li>चित्र वर्णन</li> <li>अपठित गद्यांश</li> </ul>	<ul style="list-style-type: none"> <li>गुरु जी का चरित्र चित्रण लिखेंगे।</li> <li>देश की राजधानी दिल्ली के किन्हीं चार पर्यटन स्थलों के चित्र नाम सहित चिपकाए।</li> <li>अरुणाचल प्रदेश के पर्यटन स्थल को बढ़ावा देने वाला एक विज्ञापन बनाये।</li> </ul>
	जनवरी फरवरी	पुनरावृत्ति कार्य वार्षिक परीक्षा हेतु	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
MATHS	April – May	<ul style="list-style-type: none"> <li>➤ Unit-1 Review (<b>Holiday Homework</b>)</li> <li>➤ Unit-2 Roman Numerals (<b>Learning based Activity</b>)</li> <li>➤ Unit-3 Large Numbers</li> <li>➤ Unit-4 Addition</li> <li>➤ Unit-5 Subtraction</li> </ul>	<ul style="list-style-type: none"> <li>• State the population of year 2024 of Arunachal Pradesh in an Indian place value chart.</li> </ul>
	July - August	<ul style="list-style-type: none"> <li>➤ Unit-6 Multiplication</li> <li>➤ Unit-7 Division</li> <li>➤ Unit-8 Multiples and Factors</li> <li>➤ Unit-9 Fractions</li> <li>Unit-10 More on Fraction</li> </ul>	<ul style="list-style-type: none"> <li>• Find the number of districts in Arunachal Pradesh and divide the total population by it.</li> </ul> <p>State the population of Arunachal Pradesh for 5 consecutive years and find whether it is divisible by 2 and 3.</p>
	September	<p align="center"><b>Revision (Term I syllabus)</b></p> <p align="center"><b>Art Integrated Activity</b></p> <ul style="list-style-type: none"> <li>• State the population of year 2024 of Arunachal Pradesh in an Indian place value chart.</li> <li>• State the population of Arunachal Pradesh for 5 consecutive years and find whether it is divisible by 2 and 3</li> <li>• Practice of Olympiad questions</li> <li>• Mental Maths</li> </ul> <p align="center">Emphasize on tables</p>	
	October – November	<ul style="list-style-type: none"> <li>➤ Unit 11 Decimal fraction ( Learning based Activity)</li> <li>➤ Unit-12 Unitary Method (pg.no.108)</li> <li>➤ Unit-13 Pattern (Learning based Activity)</li> <li>➤ Unit-14 Time</li> <li>➤ Unit-15 Units of Measurement</li> <li>➤ Unit-16 Operations with measurements</li> <li>➤ Unit-17 Lines and Shapes</li> </ul>	<ul style="list-style-type: none"> <li>• State the names and height of four mountains of Arunachal Pradesh.</li> <li>• Make a rangoli pattern using different geometrical shapes.</li> <li>• State the length of two dams of Arunachal Pradesh and find out their sum.</li> </ul>
	December	<ul style="list-style-type: none"> <li>➤ Unit-18 Shapes and Designs (Learning based Activity)</li> <li>➤ Unit-19 Perimeter and Area</li> <li>➤ Unit-20 Data handling</li> </ul>	<ul style="list-style-type: none"> <li>• State the area of Arunachal Pradesh and divide it by the number of districts.</li> </ul> <p>Represent that number of number of male and female in Arunachal Pradesh on a pictograph</p>
	January - February	<p align="center"><b>Revision (Term II syllabus)</b></p> <p align="center"><b>Art Integrated Activity</b></p> <ul style="list-style-type: none"> <li>➤ State the length of two dams of Arunachal Pradesh and find out their sum.</li> <li>➤ State the area of Arunachal Pradesh and divide it by the number of districts.</li> <li>➤ Mental Maths</li> <li>➤ Practice of tables</li> </ul>	

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SUBJECT	MONTH	CHAPTERS
Drawing and Craft	APRIL	Cartoon /Leafy Branches
	MAY	Flowers/Fish
	JULY	Fruits / Quilling /Still life
	AUGUST	Land Scape /Purse Final.
	SEPTEMBER	Gesture drawing / wall Decoration
	OCTOBER	Rangoli /Mood/ Mask With pastel sheet
	NOVEMBER	Land Scape / Finger puppet
	DECEMBER	Madhubani painting Caterpillar.
	JANUARY	Name plate, Knowledge of Colours.

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
SOCIAL STUDIES	April - May	Ch- 1 Discovering India Ch- 2 The Northern Mountains Ch- 3 The Northern Plains Ch- 4 The Western Desert	<b>Art Integrated Activity</b> Collect and Write information about language, area, location, population and festivals of Arunachal Pradesh.  Page No : 8 - (Map) Continents (for exam)  Page No: 10 Fun zone Page No : 12 - (Map) States and Union territory. Page No : 26 – Crossword Map work- States in India.
	July	Ch- 5 The Southern Plateaus <b>(INTERNAL ASSESSMENT)</b> Ch- 6 The Coastal Plains and the Islands <b>(INTERNAL ASSESSMENT)</b> Ch- 7 Soils of India	Page No : 33 - Map (States of Northern plains) Page No : 35 - (Map) Desert area in India. Page No : 58 – Crossword  Make a collage on different seasons in India.
	August	Ch- 8 Water Resources Ch- 9 Climate and Seasons in India Ch- 10 Our Precious Resources: Forests and Wildlife	<b>Art Integrated Activity</b> Find about the endangered animals and birds of Arunachal Pradesh, Collect their photos and prepare a collage. Page No : 89 – Cross word Map work: National parks and wildlife sanctuaries  Page No : 58 – Cross word Map work-Seven sisters - States in Coastal Plains
	SEPTEMBER	<b>Revision</b>	
	October	Ch- 11 Agriculture and Livestock <b>(INTERNAL ASSESSMENT)</b>  Ch- 12 Minerals and Energy Resources Ch- 13 Our Industries	<b>Art Integrated Activity</b> ● Write interesting facts about the largest hydropower project (Dibang Multipurpose Hydropower project) of Arunachal Pradesh.  Page No : 99 – Fun zone Project – Page 116 Write a paragraph on Sugar industry.
	November	Ch- 14 Our Human Resources Ch- 15 Our Rich Heritage	<b>Art Integrated Activity</b> Collect and paste cultural pictures of Arunachal Pradesh to show its great heritage.



		Ch- 16 Our Government	Project pg : 129 ● Page No : 137 – Fun Zone
	December	Ch- 17 Municipal Committees Ch- 18 Our Rights and Duties	<b>Art Integrated Activity</b> Write any five most popular place to visit in Arunachal Pradesh and paste their pictures.  Page : 143 – Fun Zone Page No : 149 Paste the pictures of National Symbols.
	January	Ch-19 Famous Reformers, Kings, and Religion <b>(INTERNAL ASSESSMENT)</b> Ch- 20 Our National Symbols	Map work - Neighbouring Countries of India -States of India - Union Territories of India Page-155 Paste the picture and write few lines of any social reformers Page 163
	February	Revision	
SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
Computer	APRIL	Ch 2 The Internet Adventure	Create a poster in MS word on ' Eat healthy, Stay healthy.'
	MAY	Ch 1 Managing files and folders	
	JULY	Ch 3 Document layout in Word	
	AUGUST	Ch 4 Visual design in word <b>(Activity)</b>	
	SEPTEMBER	Revision (Term-I Syllabus)/ Half Yearly Examination	
	OCTOBER	Ch 5 The PowerPoint Trail Ch 6 The Slide Makeover <b>(Activity)</b>	Create a poster on 'Smart home devices' in MS word
	NOVEMBER	Ch 7 Smart Homes: AI- IoT Integration Ch 8 The next level of Paint <b>(Activity)</b>	
	DECEMBER	Ch 9 Animation in Scratch	
	JANUARY	Revision (Term-II Syllabus)/ FINAL EXAMINATION	

SUBJECT	MONTH	CHAPTERS
MORAL SCIENCE	APRIL	Chapter 1: Respect Your Elders Chapter 2: Knowledge is Power
	MAY	Chapter 3: Dignity of Labour
	JULY	Chapter 4: Work with Concentration Chapter 5: Bond of Friendship
	AUGUST	Chapter 6: Forgiving Others Chapter 7: Observing Patience
	SEPTEMBER	REVISION FOR FIRST TERM EXAMINATION
	OCTOBER	Chapter 8: Hard Work Helps to Achieve Chapter 9: Sympathy for Others
	NOVEMBER	Chapter 10: Being Tactful Chapter 11: Having Courage
	DECEMBER	Chapter 12: Good Touch , Bad Touch
	JANUARY	VISION FOR ANNUAL EXAMINATION


SUBJECT	MONTH	CHAPTERS
GENERAL KNOWLEDGE	APRIL-MAY	Ch-1 Patterns
	JULY	Ch-2 Coding -Decoding
	AUGUST	Ch-3 Mirror Images
	SEPTEMBER	Revision
	OCTOBER	Ch-4 Alphabet Test
	NOVEMBER	Ch-5 Embedded Figures
	DECEMBER	Ch-6 Direction Sense Test
	JANUARY	Ch-7 Analogy and Classification

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
SCIENCE	APRIL	<ul style="list-style-type: none"> <li>➤ Chapter-1 Food and Digestion</li> <li>➤ Chapter-2 Teeth and Microbes</li> </ul>	<ul style="list-style-type: none"> <li>• Draw a nutrition bowl of balanced diet</li> <li>• Balanced diet party</li> <li>• Poster on Digestive system</li> <li>• Structure of a tooth</li> </ul>
	MAY	<ul style="list-style-type: none"> <li>➤ Chapter-3 Safety first</li> </ul>	<ul style="list-style-type: none"> <li>• Make a collage of road signs</li> <li>• Making of First Aid kit</li> </ul>
	JULY	<ul style="list-style-type: none"> <li>➤ Chapter-4 Clothes</li> <li>➤ Chapter-5 Leaf: The Food Factory</li> </ul>	<ul style="list-style-type: none"> <li>• Pasting pictures of traditional dresses of Arunachal Pradesh and defining unity in diversity</li> <li>• Parts of a leaf</li> <li>• Draw and label parts of a leaf in notebook</li> <li>• Process map on Photosynthesis</li> <li>• Make herbarium using leaves</li> </ul>
	AUGUST	<ul style="list-style-type: none"> <li>➤ Chapter-6 Adaptation in Plants <b>(ACTIVITY BASED LEARNING)</b></li> <li>➤ Chapter-7 Life of Animals</li> </ul>	Paste / draw pictures of terrestrial and aquatic plants <ul style="list-style-type: none"> <li>• Life cycle of butterfly</li> <li>• Life cycle of frog</li> <li>• Word grid</li> <li>• Structure of an egg</li> <li>• Paste the pictures of different types of plants of Arunachal Pradesh and how they are adapted to that environment</li> </ul>
	SEPTEMBER	Revision (Term I Syllabus)	
	OCTOBER	<ul style="list-style-type: none"> <li>➤ Chapter-8 Adaptation in Animals</li> <li>Chapter-9 Solids, Liquids and Gases</li> </ul>	<ul style="list-style-type: none"> <li>• Flow chart on animal adaptation</li> <li>• Diagrammatic representation of states of water</li> <li>• Matter model</li> </ul> Paste the picture of different types of animals in Arunachal Pradesh and speak few lines about them
		<ul style="list-style-type: none"> <li>➤ Chapter-10 Force, Work</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Structure of Earth</li> </ul>

	<b>NOVEMBER</b>	and Energy <i>(ACTIVITY BASED LEARNING)</i>  Chapter-11 The Earth and its neighbours	<ul style="list-style-type: none"> <li>• Solar system</li> </ul> Phases of moon
	<b>DECEMBER</b>	<ul style="list-style-type: none"> <li>➤ Chapter-12 Air, Water and Weather</li> </ul> Chapter-13 Environment	<ul style="list-style-type: none"> <li>• Creating mini–Water Cycle</li> <li>• Scheme chart of Sea breeze</li> <li>• Scheme chart of Land breeze</li> <li>• Logo of reduce, reuse, recycle</li> </ul> Demonstration of purification of water in class
	<b>JANUARY</b>	<b>Revision (Term II Syllabus)</b>	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
MUSIC	APRIL	Introduction to Music/Prayer Song	7 Musical Notes and their Sharps/Prayer Song – Sansaar ke Maali
	MAY	Mother's Day Song/Music Theory	Mother's Day Song / Scales Definition & Their Types
	JULY	Introduction of Ragas	Importance of classical music and ragas.
	AUGUST	Patriotic Songs/ Raga Yaman	Patriotic Songs/Raag Parichaya of Raag Yaman
	SEPTEMBER	Music Evaluation	Oral Evaluation of prayer songs and Music Theory
	OCTOBER	Prayer Song/ C major Scale	Lord I Need You/ C Major Scale Practical
	NOVEMBER	Environmental Song/Alankaar	The Earth is my home/Alankaar on C Major Scale
	DECEMBER	Christmas Carols	Multiple Carols in Hindi and English
	JANUARY	Song on C Major	Play Happy B'day and prayer song on C Major
SUBJECT			
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 it's props	Teaching the students some interesting stunts with the props.
	DECEMBER	Christmas Dance choreographies.	Selection of the students and making a group for Christmas Dance.
	JANUARY	Revision and Revaluation	Solo Dance performance by every student and observing the improvement in all.

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
SPORTS	APRIL	HEALTH RELATED PHYSICAL FITNESS I) Exercise to develop muscular Strength II) Exercise to develop muscles III) Cardio Vascular endurance IV) To increase flexibility of the body  MAJOR SPORTS KHO-KHO STUDY OF YOGA SURYANAMASKAR	<a href="https://youtu.be/iVexQB5dDtY?feature=shared">https://youtu.be/iVexQB5dDtY?feature=shared</a>  KHO-KHO (How to play)
	MAY	HEALTH EDUCATION Personal Hygiene MAJOR SPORTS STUDY OF YOGA  · HALASANA · ARDHA MATSYASANA	<a href="https://youtu.be/UxnEuj1c0sw?feature=shared">https://youtu.be/UxnEuj1c0sw?feature=shared</a>  KHO-KHO (Foul during the play)
	JULY	FIRST AID The ultimate objective of giving someone first aid is to save their life. However, besides this, if someone is given first aid in time, it helps reduce the chances of getting an infection, needing longer medical care, or getting the situation worse.  STUDY OF YOGA MUDRAS YOGA MUDRA	
	AUGUST	AEROBICS · Keep excess pounds at bay	<a href="https://youtu.be/WzXIqNjnDV8?si=kzUJxLkGpKwg6jMo">https://youtu.be/WzXIqNjnDV8?si=kzUJxLkGpKwg6jMo</a> (Mass Drill)

		<ul style="list-style-type: none"> <li>· Increase your stamina, fitness and strength</li> <li>· Ward off viral illnesses</li> <li>· Reduce your health risks</li> <li>· Manage chronic conditions</li> <li>· Strengthen your heart</li> <li>· Keep your arteries clear</li> <li>· Boost your mood</li> </ul>	(Clap Clap Song for coordination)
	<b>SEPTEMBER</b>	<p>ATHLETICS TRACK &amp; FIELD EVENT</p> <ul style="list-style-type: none"> <li>· RELAY RACE</li> <li>· Improved cardiovascular health</li> <li>· Increased physical fitness</li> <li>· Promotes teamwork and communication</li> <li>· Boosts self- confidence and motivation</li> <li>· Provides a fun and social way to exercise</li> </ul> <p><b>TERM1</b></p>	<p>How to hold the Baton in relay  <a href="https://youtu.be/kYQ0AD5dUFg?si=1L7LOZKdsE_J_55Z">https://youtu.be/kYQ0AD5dUFg?si=1L7LOZKdsE_J_55Z</a></p> 
	<b>OCTOBER</b>	<p>ATHLETICS TRACK &amp; FIELD EVENT</p> <ul style="list-style-type: none"> <li>· RUNNING</li> </ul> <p>Regular physical activity such as running can significantly improve <b>mental health</b>, self-confidence, healthy ageing, and quality of life.</p>	
	<b>NOVEMBER</b>	<p>MAJOR SPORTS</p> <p>Throwball</p> <p>It helps students learn about dedication, organization, teamwork, and communication.</p>	General rules of Throwball
	<b>DECEMBER</b>	<p>Callesthenics</p> <ul style="list-style-type: none"> <li>· Burn Calories and Blast Away Fat</li> <li>· Improve Your Coordination</li> <li>· Work Out Your Whole Body</li> <li>· Get Your Aerobics On Build Anaerobic Endurance</li> </ul>	
	<b>JANUARY</b>	<p>CARROM</p> <ul style="list-style-type: none"> <li>· Quick Thinking:</li> <li>· Helps to Improve Analytical Thinking.</li> <li>· Better Focus.</li> <li>· Sharpens the Mind.</li> <li>· Better Predictions.</li> </ul>	<a href="https://www.zupee.com/blog/carr-om-rules/">https://www.zupee.com/blog/carr-om-rules/</a>