

URSULINE CONVENT SR. SEC. SCHOOL, GREATER NOIDA

ANNUAL SYLLABUS (2024-2025)

CLASS-V

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>Activities/ Art Integrated Activity</u>
ENGLISH	April	MCB L-1 The mice that ate iron Poem-The Tree L- 2 The Friendship Activity Book – L-1 and L- 2 GRAMMAR Unit-Subject and Predicate Unit-Types of Sentences Unit- Nouns Cursive Writing Reading Comprehension	1.Make a cover page by drawing or pasting different characters of the story. 2. On a paper craft ,frame different kinds of sentences on the topic Arunachal Pradesh.
	May	MCB Poem- The Teacher’s Pest GRAMMAR Unit- Nouns: Possession Unit-Pronouns Letter Writing- Formal Letter - I {Sick Leave}	1.Make a wall hanging with bamboo sticks. 2. Make a tribal face book marker.
	July	MCB L-3 A Country Childhood L-4 Robots Don’t Lie Poem-The Owl L-The Balloon Seller Activity Book- L3 and L-4 GRAMMAR Unit- Adjectives Unit- Degrees of Comparison Unit-Many, Much , Some, Any ,A lot of, A few, A little Unit-Words often Confused Reading Comprehension Creative Writing	1.Make a poster on ‘land of dawn -lit mountains’-Arunachal Pradesh. 2 Pop corn activity on Adjectives.
	August	MCB L-6 A Robbery Poem-Thomas Alva Edison Activity Book – L6 GRAMMAR Unit-Articles Unit-Conjunctions Unit-Punctuations Unit- Synonyms and Antonyms	1.Paragraph writing on famous writers of Arunachal Pradesh. 2. Make a poster of Thomas Alva Edison. 3. Craft activity on antonyms.

		Comprehension Letter Writing – Formal Letter II {Leave Application}	
	September		Revision
	October	<p>MCB L-7 The Angry Dragon L-8 Our Wonderful Brain Poem-The World From a Railway Carriage</p> <p>GRAMMAR Unit-Verbs Unit-Simple Present Tense and Present Continuous Tense Unit-Past Tense and Past Continuous Tense Unit-Simple Past and Present Perfect Tense Unit-Simple Future Tense</p> <p>Cursive writing Reading Comprehension</p>	<p>1, Draw a beautiful scenery of Arunachal Pradesh and write a poem on ‘Land of rising sun’.</p> <p>2. Craft activity on verbs.</p> <p>3. Paste a picture of the first railway station of Arunachal Pradesh.</p>
	November	<p>MCB L-9 Tenali Paints a Horse L-10 Uncle Ken at the Wicket Poem- The First Tooth Activity Book- L-9, L-10 GRAMMAR Unit-Future Continuous Tense Unit-Modals</p> <p>Reading Comprehension Letter Writing- Informal Letter {Letter to a friend}</p>	<p>1. Make a 3D project on dance forms of Arunachal Pradesh.</p> <p>2. Explain modals with an activity.</p> <p>3. Make a sketch of the characters of the poem ‘The First Tooth’.</p>
	December	<p>MCB L-11 The Hornbill Festival Activity Book – L-11 GRAMMAR Unit-Adverbs Unit-Prepositions Unit-Prefixes and Suffixes</p> <p>Creative Writing Reading Comprehension</p>	<p>1. Describe about any one tribe of Arunachal Pradesh with pictures.</p> <p>2. Explain the kinds of Adverbs through an activity.</p>

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>ACTIVITY/PROJECT/ART INTEGRATED PROJECT</u>
MATHS	APRIL	<ul style="list-style-type: none"> ➤ Unit-1 Review (Holiday Homework) ➤ Unit-2 Roman Numerals 	1. Write the age of the family members in Roman and Hindu Arabic numeral on a pastel sheet or A4 size sheet. 2. State the population of the year 2024 of Arunachal Pradesh in Indian & International Place Value chart.
	MAY	<ul style="list-style-type: none"> ➤ Unit-3 Large Numbers ➤ Unit-4 Operation with Large Numbers 	3. State the population of consecutive 2 Years of Arunachal Pradesh and find out their sum & difference.
	JULY	<ul style="list-style-type: none"> ➤ Unit-5 Multiples and Factors ➤ Unit-6 H.C.F and L.C.M ➤ Unit-7 Fractions 	4. State the population over the last 5 years of Arunachal Pradesh and find out whether that number is divisible by 2, 3, 5 or 10.
	AUGUST	<ul style="list-style-type: none"> ➤ Unit-8 More on Fractions ➤ Unit-9 Decimals ➤ Unit-10 Operation with Decimals 	5. Take a square piece of a paper, divide it into 16 equal parts and colour $\frac{2}{8}$ th - Red and $\frac{3}{8}$ th – Green.
	SEPTEMBER	Revision (Term-I Syllabus)/ HALF YEARLY EXAMINATION	
	OCTOBER	<ul style="list-style-type: none"> ➤ Unit-11 Rounding numbers ➤ Unit-12 Percentage ➤ Unit 13- Patterns (Activity) ➤ Unit 14- Time 	6. State the population over the last 5 years of Arunachal Pradesh and round of to the nearest 10, nearest 100 & nearest 1000. 7. Find out the percentage of male & female population Arunachal Pradesh of the year 2024. 8. Make a clock in 12-hour clock format & 24-hour clock format. 9. State the Names & heights of 5 Mountains of Arunachal Pradesh.
	NOVEMBER	<ul style="list-style-type: none"> ➤ Unit-15 Measurements ➤ Unit-16 Lines, Angles and Shapes ➤ Unit-17 Perimeter and Area 	10. State the Area of Arunachal Pradesh. 11. Find the perimeter and Area of the Carpet of your room.
	DECEMBER	<ul style="list-style-type: none"> ➤ Unit-18 Solids, Boxes and Volume ➤ Unit-19 Data Handling ➤ Unit-20 Maths in real life activity 	12. Find out the volume of any cubical/cuboidal object. 13. State the population over the last 5 Years of Arunachal Pradesh and make the Bar Graph to represent the data. 14. Make a monthly bill with rate list of grocery items/stationaries
	JANUARY	Revision (Term-II Syllabus)	

SUBJECT	MONTH	CHAPTERS	ACTIVITY / PROJECT / ART-INTEGRATED PROJECTS
SCIENCE	APRIL	1. REPRODUCTION IN PLANTS 2. ANIMAL KINGDOM	1. Stages of Germination 2. Seeds and its parts 3. Germination of seeds will be shown in the class. 4. Classify various categories of animals found in Arunachal Pradesh by pasting their pictures and mentioning their names, class, food habits, breathing organs and their habitat.
	MAY	3. SKELETAL SYSTEM AND OUR MUSCLES	1. Structure of a bone
	JULY	4. NERVOUS SYSTEM AND SENSE ORGANS 5. GROWING HEALTHY AND FIT 6. BE SAFE	1. Parts of the brain 2. Parts of human eye 3. Balanced diet party at school. 4. Traffic signs 5. Making of First Aid box
	AUGUST	7. SOLID, LIQUID AND GASES. 8. CONSERVATION OF SOIL	1. Arrangement of molecules in Solids, Liquids and Gases 2. Layers of soil 3. Experiment to show that there is air inside the soil 4. Showing physical and chemical changes using candle and paper
	SEPTEMBER	REVISION FOR FIRST TERM EXAMINATION	
	OCTOBER	9. ROCKS AND MINERALS 10. FORCE AND ENERGY	1. Paste/Draw pictures of different kinds of rocks found in Arunachal Pradesh. 2. Making of paper weight using rocks. 3. Types of Lever 4. Make any lever (class I, II or III) with cardboard/newspaper.

	NOVEMBER	11. AIR AROUND US 12. PURIFYING WATER 13. SATELLITES AND SPACE TRAVEL	1. Layers of atmosphere 2. Composition of air 3. Following purification methods will be demonstrated in the class a. Filtration b. Sedimentation c. Decantation d. Distillation 4. Phases of Moon 5. Solar Eclipse and Lunar Eclipse 6. Make a fact file on five Astronauts
	DECEMBER	14. NATURAL DISASTERS 15. ENVIRONMENTAL CHANGES	1. Paste pictures of common Natural disasters which occur in Arunachal Pradesh and write five lines about them. 2. Greenhouse effect 3. Three R's of environment
	JANUARY	REVISION FOR FINAL ANNUAL EXAMINATION	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
SOCIAL STUDIES	APRIL	CHAPTER-1 Learning about the globe CHAPTER-2 Languages of Maps.	<ul style="list-style-type: none"> • Draw important parallels and meridians • Map work- World map showing continents and oceans
	MAY	CHAPTER-3 Weather And Climate CHAPTER-4 Major Landforms	<ul style="list-style-type: none"> • Draw Sea breeze and Land breeze • Draw Heat zones of the world • Map work- India states and union territories. • <i>Draw or paste the pictures of major landforms of Arunachal Pradesh</i>
	JULY	CHAPTER 5 The Equatorial Region: Congo Basin CHAPTER - 6 The Land Of Snow- Greenland CHAPTER – 7 The Land Of Sand- Saudi Arabia	<ul style="list-style-type: none"> • Map work- Hot deserts of the world <i>Draw or paste the pictures of plantation in Arunachal Pradesh and write 50 words about it.</i>
	AUGUST	CHAPTER – 8 The Grasslands: The Prairies CHAPTER-9 Environmental Pollution CHAPTER - 10 Natural Disaster	<ul style="list-style-type: none"> • Map Work – Major grasslands of the world. • <i>Draw or paste pictures of one natural disasters of Arunachal Pradesh and write few lines about it.</i>
	SEPTEMBER	REVISION	
	OCTOBER	CHAPTER -11 Age of Machines: Industrial Revolution CHAPTER-12 Travelling Around CHAPTER – 13 Staying Connected	<ul style="list-style-type: none"> • Draw or paste the various means of transport. Write the importance and use of these modes of transport. • Draw or paste various means of communication. • Draw or paste
	NOVEMBER	CHAPTER- 14 Knowledge is Power CHAPTER -15 Advancement in Science	<ul style="list-style-type: none"> • <i>Draw or paste the famous musician of Arunachal Pradesh.</i> <i>Draw or paste famous scientist's name in Arunachal Pradesh and write few lines about it.</i>
	DECEMBER	CHAPTER -16 Gems in Indian History CHAPTER-17 India's Freedom- Initial Gems In Indian History Struggle	<ul style="list-style-type: none"> • Map work neighboring countries of India • Map work- Seven Sisters • Prepare a collage of pictures of all the important leaders of the Revolt of 1857, and label it with their names.
	JANUARY	CHAPTER -18 Achieving Freedom CHAPTER – 19 Our Human Rights CHAPTER -20 The United Nations	<ul style="list-style-type: none"> • Draw the pictures of International Committee of the Red Cross. • Encouraging students to share their pleasant and unpleasant experiences in the class

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HINDI	APRIL/MAY	पाठ-1 प्रकृति की शोभा (कहानी) पाठ-2 पत्थर की कीमत(कहानी) पाठ-3 अन्याय का विरोध (विदेशी कहानी) व्याकरण:- <ul style="list-style-type: none"> भाषा और व्याकरण वर्ण विचार, लिंग शब्द विचार, पर्यायवाची शब्द 1-14 अपठित गद्यांश 	<ul style="list-style-type: none"> भारत में पाई जाने वाली छः ऋतुओं पर संक्षिप्त विवरण। छः कीमती रत्नों के नाम लिखिए। कहानी के दो मुख्य पात्रों का परिचय लिखिए। भारत की मुख्य भाषाओं का उनकी लिपि के साथ तालिका बनाए। अरुणाचल प्रदेश की पारम्परिक वेशभूषाओं का चित्र चिपकाकर उनके विषय में पंक्तियाँ लिखिए।
	JULY	पाठ-4 आचार्य विनोबा भावे(व्यक्तित्व) पाठ-5 फूलों की बातें (कविता) पाठ-6 तितली का संघर्ष (शिक्षाप्रद कहानी) व्याकरण:- <ul style="list-style-type: none"> संज्ञा, मुहावरे-1-15 विलोम शब्द- आज से पुण्य वाक्यांश 1-21 पत्र -अवकाश के लिए प्रधानाचार्य को पत्र 	<ul style="list-style-type: none"> नैतिक शिक्षा से संबंधित कथन लिखिए। संज्ञा और उसके भेदों को कहानी के माध्यम से समझाया जाएगा। तितली के जीवन चक्र को अवस्थाओं के नाम सहित कम में लगाइए।
	AUGUST	पाठ-7 स्वामी विवेकानंद का पत्र(पत्र) पाठ-8 ईमानदारी का पुरस्कार (शिक्षाप्रद कहानी) व्याकरण:- <ul style="list-style-type: none"> सर्वनाम, मुहावरे-16-30 अनेकार्थीशब्द- अंक से काल भिन्नार्थक 1से 10 अनुच्छेद-मेरा विद्यालय 	<ul style="list-style-type: none"> ईमानदारी विषय पर आधारित एक कविता लिखिए। सर्वनाम और उसके भेदों की तालिका बनाइए। <p>अरुणाचल प्रदेश की प्रसिद्ध लेखक का चित्र चिपकाकर कुछ पंक्तियाँ लिखिए।</p>
	SEPTEMBER		पुनरावृत्ति

	OCTOBER	<p>पाठ-9 नीति काव्य(दोहे) पाठ-10 मेरी शिखर यात्रा(यात्रा वृत्तांत) पाठ-11 जैसा करोगे, वैसा भरोगे (चित्रकथा) व्याकरण:-</p> <ul style="list-style-type: none"> • विशेषण • कारक • वचन • लिंग-1-30 • पर्यायवाची-15-27, • विलोम शब्द-प्राचीन-अस्वस्थ 	<ul style="list-style-type: none"> • मनपंसद दोहे को कॉपी में लिखकर उसका लय सहित उच्चारण करे। • एवरेस्ट पर पहुँचने वाले विश्व के सबसे पहले व्यक्ति कौन थे उनके राष्ट्रीयता सहित लिखिए। पात्रों के चरित्रों के विषय में पंक्तियाँ लिखिए।
	NOVEMBER	<p>पाठ-12 अब्राहम लिंकन (व्यक्तित्व) पाठ-13 कालका-शिमला रेलमार्ग(लेख) पाठ-14 छोटे भीम का हाथ (मनोरंजक कहानी) व्याकरण:-</p> <ul style="list-style-type: none"> • विराम चिह्न • वाक्य • अनेकार्थीशब्द-तात से हार • भिन्नार्थक-11-20 • पत्र-अपने पिताजी से रुपये मँगवाने के लिए पत्र। 	<ul style="list-style-type: none"> • सभी विराम चिह्नों का नाम सहित चार्ट बनाइए। • अरुणाचल प्रदेश की सुन्दरता पर एक कविता लिखिए। • मनपसंद कार्टून चरित्र का चित्र बनाकर कुछ पंक्तियाँ लिखिए।
	DECEMBER	<p>पाठ-15 बैसाखी का पवित्र पर्व पाठ-16 भोजन एवं स्वास्थ्य(ज्ञानवर्धक लेख) पाठ-17 मुल्ला नसीरुद्दीन की हाज़िर जबाबी (एकांकी) व्याकरण:-</p> <ul style="list-style-type: none"> • क्रिया और काल, • अनुच्छेद-बड़ा दिन (किसमस) • लोकोक्तियाँ-1-12 • वाक्यांश-22-43 • कहानी लेखन • अविकारी शब्द अपठित गद्यांश 	<ul style="list-style-type: none"> • अरुणाचल प्रदेश के प्रसिद्ध त्यौहारों का चित्र चिपकाकर उनके विषय में पंक्तियाँ लिखिए। • प्रतिदिन संतुलित भोजन में खाए जाने वाले आहारों की सूची बनाइए। • एकांकी का छात्रों द्वारा कक्षा में प्रस्तुतिकरण।
JANUARY	पुनरावृत्ति		

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
SANSKRIT	APRIL MAY	पाठ्य पुस्तक संस्कृत वल्गरी : वन्दना 1. संस्कृत- वर्णमाला 2. लिंग एवं वचन 3. स्त्रीलिंग 4. नपुंसकलिंग	क्रियाकलाप: 1. शरीरस्य अंगानि
	JULY	5. धातुपरिचय:(क्रिया ज्ञान) 6. सर्वनाम-परिचय 7. प्रथमपुरुषः एकवचन (तीनों लिंग तथा सर्वनाम प्रयोग)	क्रियाकलाप: 2. वर्णाः धातुरूप-(पठ्-लट्लकार)
	AUGUST	8.प्रथम पुरुष (द्विवचन) 9.प्रथम पुरुषः (बहुवचन) 10.मध्यम पुरुषः (एकवचन)	क्रियाकलाप: पुष्पाणि शाकाणी शब्दरूप- बालकः (पुल्लिंग)
	SEPTEMBER	पुनरावर्ति-अर्धवार्षिक परीक्षा	
	OCTOBER	11. मध्यमपुरुष (द्विवचन) 12. मध्यम पुरुषः(बहुवचन) 13. उत्तम पुरुषः (एकवचन)	क्रियाकलाप: शब्दरूप- बालकः
	NOVEMBER	14. उत्तम पुरुषः (द्विवचन) 15. उत्तम पुरुषः (बहुवचन) 16. संख्यावाची- शब्दाः	धातुरूप- पठ् ,गम् (लट्लकार में)
	DECEMBER	17. वार्तालाप	क्रियाकलाप: फलानि नामानि
	JANUARY FEBRUARY	वार्षिक परीक्षा के लिए (पुनरावर्ति-कार्य)	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
Computer	APRIL	Ch 7 Algorithm and Flowchart	Make a project and write an algorithm with drawing the flowchart for the following: 1. Finding the cube of a given number. 2. Print the smallest of two numbers.
	MAY	Ch 1 Evolution of Modern Computers	
	JULY	Ch 2 Types of Software	
	AUGUST	Ch 3 Advance Features of MS Word 2016	
	SEPTEMBER	Revision (Term-I Syllabus)/ HALF YEARLY EXAMINATION	
	OCTOBER	Ch 4 Microsoft PowerPoint 2016	Create a PowerPoint project to present on 'Cricket World Cup 2023'. To make your presentation more effective by using objects and animations to make it more attractive.
	NOVEMBER	Ch 5 Slide Organization in PowerPoint 2016	
	DECEMBER	Ch 9 Internet and Email	
	JANUARY	Ch 6 Formatting a presentation	
Ch 8 Learn Programming in Scratch (need to be assessed through practical)			


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GENERAL KNOWLEDGE	April	➤ Plants and Animals Unit 1 to 10	Current affairs
	May	➤ Mixed bag Unit 46 to 48 ➤ Life skills Unit 52	
	July	➤ Language and Literature Unit 11 to 18	
	August	➤ Amazing Science Unit 19 to 25	
	September	Revision (Term I syllabus)	
	October	➤ Incredible India Unit 26 to 32	Current affairs
	November	➤ World and its people Unit 33 to 37	
	December	➤ Spots and Entertainment Unit 38 to 45	
	January	➤ Mixed bag Unit 49 to 51 ➤ Life skills Unit 53	
	February	Revision (Term II syllabus)	


SUBJECT	MONTH	CHAPTERS
Moral Science	April	Ch -1 The Girl Who Flew Kites Ch - 2 Being Thrifty
	May	Ch - 3 Being Content and Happy
	July	Ch - 4 Taking Initiative Ch - 5 Being Grateful
	August	Ch - 6 Bread and Butter Ch - 7 Living in Harmony
	September	Term - 1 Exam (Questions based on values and real life situations)
	October	Ch - 8 Controlling the Tongue Ch - 9 Never be Jealous
	November	Ch - 10 Self Reliance Ch - 11 Knowing One's Own Worth
	December	Ch - 12 Leisure
	January	Term - II Exam (Questions based on values and real life situations)

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
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	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
Music	APRIL	Introduction of music, musical notes	Start with 7 shudh swars, Prayer song -sansar ke maali ne
	MAY	Mother's day song	Motivational song and mother's day song
	JULY	Introduction of Raagas	Importance of classical music and raagas. Racha hai shristi ko
	AUGUST	Patriotic song	Song related to our soldiers, freedom fighters.
	SEPTEMBER	English paper prayer Evaluation	Oral music exam.
	OCTOBER	Prayer song	Sargam geet
	NOVEMBER	Environmental song	The earth is my home.
	DECEMBER	Christmas songs	In Hindi and English
	JANUARY	Patriotic song Instrumental practice	Vatan ye hamara hai pyaara Hindustan

SUBJECT	MONTH	CHAPTERS
Drawing and Craft	APRIL	Name Plate, Knowledge of Colours, Cartton and Giraffe
	MAY	Rooster, Warly Art, Paper Collage
	JULY	Fruit with 6B Pencil, Strip work
	AUGUST	Animal drawing, Fish
	SEPTEMBER	Geometric Design, Snow Flakes
	OCTOBER	Tree with 6 B pencil, Landscape with 6B Pencil
	NOVEMBER	Vegetable Composition, Pen Stand
	DECEMBER	Madhubani Painting, Bookmark
	JANUARY	Cartoon, Card Making

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
GAMES	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	https://youtu.be/iVexQB5dDtY?feature=shared KHO-KHO (How to play)
	MAY	HEALTH EDUCATION Personal Hygiene MAJOR SPORTS STUDY OF YOGA HALASANA ARDHA MATSYASANA	https://youtu.be/UxnEuj1c0sw?feature=shared 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 Increase your stamina, fitness and strength Ward off viral illnesses Reduce your health risks Manage chronic conditions Strengthen your heart Keep your arteries clear Boost your mood	https://youtu.be/WzXIqNjnDV8?si=kzUJxLkGpKwg6jMo (Mass Drill) https://youtube.com/watch?v=6XFXyQbrfj4&feature=shared (Clap Clap Song for coordination)
	SEPTEMBER		How to hold the Baton in relay

	<p>ATHLETICS TRACK & FIELD EVENT</p> <p>RELAY RACE Improved cardiovascular health Increased physical fitness Promotes teamwork and communication Boosts self-confidence and motivation Provides a fun and social way to exercise</p> <p>TERM1</p>	<p>https://youtu.be/kYQ0AD5dUFg?si=1L7LOZKdsE_J_55Z</p> 
OCTOBER	<p>ATHLETICS TRACK & FIELD EVENT RUNNING Regular physical activity such as running can significantly improve mental health, self-confidence, healthy ageing, and quality of life.</p>	
NOVEMBER	<p>MAJOR SPORTS Throwball It helps students learn about dedication, organization, teamwork, and communication.</p>	General rules of Throwball
DECEMBER	<p>Callesthenics Burn Calories and Blast Away Fat Improve Your Coordination Work Out Your Whole Body Get Your Aerobics On Build Anaerobic Endurance</p>	
JANUARY	<p>CARROM Quick Thinking: Helps to Improve Analytical Thinking. Better Focus. Sharpens the Mind. Better Predictions.</p>	<p>https://www.zupee.com/blog/carrom-rules/</p>