

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

ANNUAL SYLLABUS (2024-2025)

## CLASS-VI

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</u>
ENGLISH	APRIL/MAY	Grammar <b>Unit 1 The Sentence</b> <b>Unit 2 Subject and Predicate</b> <b>Unit 3 Naming Words</b> <b>Unit 4 The Noun: Number</b> <b>Unit 5 The Noun: Gender</b> <b>Unit 6 The Noun: Case</b> <b>Unit 7 The Adjective</b>  Literature 1. The Violet 2. Peter Pan  Writing <b>Paragraph writing</b> <b>(Based on hints)</b> Activity Book-Unit1	<b>Write a paragraph about your favourite author/poet from Arunachal Pradesh.</b>  <b>Collect pictures of different flowers grown in the state of Arunachal Pradesh in A4 Sheet.</b>
	JULY	Grammar <b>Unit 8 Degrees of Comparison</b> <b>Unit 9 Articles</b> <b>Unit 12 The Verb</b> <b>Unit 13 Tenses</b> Literature <b>Ch 3 Foreign Lands</b> <b>Ch 4 &amp; Treasure Seeker 1</b> <b>Unit 1, 2 and 3</b> Writing <b>Letter Writing (Informal letters)</b> Activity Book-Unit2	<b>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.</b>
	AUGUST	Grammar <b>Unit 15 Active and Passive Voice</b> <b>Unit 16 Subject Verb Agreement</b> <b>Unit 25 Commonly Confused Words</b> <b>Unit 26 Synonyms and Antonyms</b>  Literature <b>Ch 5 The Treasure 2</b> <b>Ch 6 The painted ceiling</b>  Writing <b>Email writing</b> Activity Book-Unit3	<b>on any topic related to Arunachal Pradesh Unseen passage practice-students will after thoroughly reading ask relevant question related to passage like antonyms, synonyms, adjectives, question etc.</b>
	SEPTEMBER	Revision	

ENGLISH	OCTOBER	<u>Grammar</u> <b>Unit 10 Pronouns</b> <b>Unit 11 Personal Pronouns</b> <b>Unit 14 Modals</b>  Literature <b>Ch- 7 Pollyanna – The game</b> <b>Ch- 8 The Ad- dressing of cats</b>  Writing <b>Formal Letter ( Application)</b>  Activity Book-Unit4	<b>Write a letter to tourism</b> <b>Head of Arunachal</b> <b>Pradesh appreciating the</b> <b>beauty of</b> <b>the state and suggest ways how he</b> <b>can attract more tourist in the state</b>
	NOVEMBER	<u>Grammar</u>  <b>Unit 17 Adverbs</b> <b>Unit 18 Comparison of</b> <b>Adverbs</b> <b>Unit 23 Direct and Indirect</b> <b>Speech</b>  Literature <b>Ch- 9 Uncle Podger hangs a</b> <b>painting .</b> <b>Ch- 10 The gift of Magi</b>  Writing <b>Advertisement</b> Activity Book-Unit5	<b>Unit 5</b>  <b>Create an advertisement for</b> <b>Arunachal Pradesh promoting their</b> <b>handicraft business.</b>
	DECEMBER	<u>Grammar</u> <b>Unit 19 Prepositions</b> <b>Unit 20 Conjunctions</b> <b>Unit 21 The Interjection</b> Literature <b>Ch- 11 Someone</b> <b>Ch-12 Huck saves the life of</b> <b>Mrs. Douglas</b> Writing <b>Story Writing</b> Activity Book-Unit6	<b>Unit 6</b>  <b>JAM (Just A Minute) session,</b> <b>students will speak on any topic</b> <b>related to</b> <b>Arunachal Pradesh for a minute.</b>
	JANUARY	<b>Unit 6</b> <b>Write a note on the</b> <b>beautiful places in</b> <b>Arunachal Pradesh on an</b> <b>A4 SIZE Sheet.</b>	<b>Write a note on the beautiful places</b> <b>in Arunachal Pradesh on an A4</b> <b>SIZE Sheet.</b>
	FEBRUARY	<u>Revision</u>	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
HINDI	APRIL	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) (ङ) श्रुतिसम (1 से 4) (च) एकार्थक (1 से 3) (छ) मुहावरे (1 से 8) (झ) लोकोक्ति (1 से 3)	1. कविता वाचन  2. हिंदी की पूरी वर्णमाला सुंदर ढंग से लिखवाना ।
	MAY	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) (ग) अनेकार्थी (6 से 10) (घ) वाक्यांश (6 से 10) (ङ) श्रुतिसम (5 से 8) (च) एकार्थक (4 से 6) (छ) मुहावरे (9 से 16) (झ) लोकोक्ति (4 से 6)	अरुणाचल प्रदेश मे पाए जाने वाले किन्ही पाँच पशु-पक्षियों का सचित्र वर्णन कीजिए
	JULY	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)	कविता लेखन - • सुंदर एवम साफ अक्षरों मे ।

	<p>(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)</p>	
<b>AUGUST</b>	<p>7. हिन्द महासागर मे छोटा सा हिंदुस्तान  8. प्रायश्चित  व्याकरण  8. संज्ञा  9. संज्ञा के विकारी तत्व-लिंग , वचन और कारक ।  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)</p>	<p>1. 5 स्त्रीलिंग शब्द तथा 5 पुल्लिंग शब्द चित्र सहित A4 sheet मे चिपकाना ।  संज्ञा के भेद चित्र सहित A4 sheet मे चिपकाना ।</p>
<b>SEPTEMBER</b>	<p>9. गौरा  10. प्रणति  व्याकरण  10. सर्वनाम  11. विशेषण  7. शब्द भंडार -  (क) पर्यायवाची (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)</p>	<p>10. विशेषण - विशेष्य शब्द चित्र सहित A4 sheet मे चिपकाना ।</p>
<b>OCTOBER</b>	<p>11. विक्रम सारमाई  12. धाय माँ पन्ना का त्याग ।  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)</p>	<p>समाचार पत्र से कोई चित्र काटकर वर्णित करे तथा क्रियापदों को रेखांकित करे । A4 sheet</p>

<b>NOVEMBER</b>	13. दोहे 14. पारसमणि व्याकरण 14. अविकारी शब्द 16. विराम चिन्ह 7. शब्द भंडार - (क) पर्यायवाची (49 से 54) (ख) विलोम (49 से 54) (ग) अनेकार्थी (22 से 25) (घ) वाक्यांश (25 से 30) (ङ) श्रुतिसम (21 से 25) (च) एकार्थक (13 से 15) (छ) मुहावरे (41 से 48) (झ) लोकोक्ति (16 से 21)	सुंदर व साफ तरीके से A4 sheet में लिखना ।  दोहा वाचन
<b>DECEMBER</b>	15. ईदगाह 16. भीड़ में 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) (ङ) श्रुतिसम (26 से 32) (च) मुहावरे (49 से 57)	चित्र सहित हमिद का चरित्र - चित्रण ।
<b>JANUARY</b>	17. मुरझाया फूल 18. कवि का चुनाव व्याकरण 14. अविकारी शब्द • 22. अपठित पदयांश	चित्रों को देखकर पुष्प के हर रूप का वर्णन करना ।

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
Science	April	1. SOURCES OF FOOD 2. COMPONENTS OF FOOD	<ul style="list-style-type: none"> <li>Name the plants and plant products found in the region of <b>Arunachal Pradesh</b>.</li> <li>Prepare a list of food items eaten by people of <b>Arunachal Pradesh</b>.</li> <li>Classify various categories of animals found in <b>Arunachal Pradesh</b> by pasting their pictures and mentioning their names, and eating habits.</li> </ul>
	May	3. FIBRE TO FABRIC	<ul style="list-style-type: none"> <li>Make a presentation on your findings of different fabrics used in <b>Arunachal Pradesh</b>.</li> </ul>
	July	4. SORTING MATERIALS INTO GROUPS 5. SEPARATION OF SUBSTANCES 6. CHANGES AROUND US	<ul style="list-style-type: none"> <li>Find out various methods used to clean water for domestic use in <b>Arunachal Pradesh</b>.</li> <li>Write some activities related to physical and chemical changes in our everyday life.</li> <li>Arrangement of molecules in Solids, Liquids and Gases, in a tabular column.</li> </ul>
	August	7. LIVING AND NON-LIVING 8. GETTING TO KNOW PLANTS 9. THE BODY AND ITS MOVEMENTS	<ol style="list-style-type: none"> <li>Draw a concept map showing the characteristics of living things.</li> <li>To compare different types of plants found in <b>Arunachal Pradesh</b>.</li> <li>Write the movement of any five animals found in <b>Arunachal Pradesh</b> school</li> </ol>
	September	<b>Revision (Term I syllabus) / Half yearly Examination</b>	
	October	10. LIVING ORGANISMS AND THEIR SURROUNDINGS 11. MEASUREMENT AND MOTION	<ul style="list-style-type: none"> <li>List of Plants and animals adapted to <b>Arunachal Pradesh</b>, and write their habitat.</li> <li>Different modes of transport used in <b>Arunachal Pradesh</b>.</li> </ul>
	November	12. LIGHT, SHADOWS AND REFLECTIONS 13. ELECTRICITY AND CIRCUITS	<ul style="list-style-type: none"> <li>Draw different shadows formed by your hands.</li> <li>Show solar eclipse and lunar with the help of playing balls.</li> </ul>

		14. FUN WITH MAGNETS	<ul style="list-style-type: none"> <li>• Experiential learning about Electricity using a cell in the class.</li> <li>•</li> </ul>
	<b>December</b>	15. WATER 16. AIR AROUND US 17. GARBAGE IN, GARBAGE OUT.	<ul style="list-style-type: none"> <li>• Different traditional ways of Rain water harvesting in <b>Arunachal Pradesh</b> .</li> <li>• Paste pictures of common Natural disasters related to water which occur in <b>Arunachal Pradesh</b> and write five lines about them.</li> <li>• Write about "Global warming" and mention its causes and harmful effects.</li> <li>• Make a useful thing with a waste material.</li> </ul>
	<b>January</b>	<b>REVISION FOR FINAL ANNUAL EXAMINATION</b>	

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>
<b>MORAL SCIENCE</b>	<b>APRIL</b>	Chapter- 1 Where the Mind is Without fear Chapter - 2 Humility
	<b>MAY</b>	Chapter - 3 Hope is the Thing with Feathers. Chapter- 4 Dr. A.P.J. Abdul Kalam
	<b>JULY</b>	Chapter - 5 Mia, Jia and Grandma Order Medicine Online Chapter - 6 Ravi’s Flying Machine
	<b>AUGUST</b>	Chapter - 7 The Road Not Taken
	<b>SEPTEMBER</b>	Revision
	<b>OCTOBER</b>	Chapter -8 Taste Of India Chapter -9 What Can We Give Our Children
	<b>NOVEMBER</b>	Chapter - 10 The Flying Sikh Chapter -11 Alex at the Puppy store
	<b>DECEMBER</b>	Chapter -12 Dreams
	<b>JANUARY</b>	Chapter- 13 The Voice
	<b>FEBRUARY</b>	Revision

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>	<b>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</b>
<b>MATHEMATICS</b>	<b>APRIL</b>	CH- 1 NUMBER SYSTEM (Excluding Ex. 1C Q 16 to Q 30 Ex. 1G NOT INCLUDED)  CH- 2 FACTORS AND MULTIPLES (Ex. 2A Q14 to Q16) (Ex. 2B Q11 to Q15) (Ex. 2D Q19 to Q34) (Ex 2E Q21 to Q30)	<ul style="list-style-type: none"> <li>To show population statistics of Arunachal Pradesh and writing in International numeration.</li> <li>To make a table of no. of wildlife parks or tourists places and forming factors and multiples.</li> </ul> <p>Let us know about Arunachal Pradesh</p>
	<b>MAY</b>	CH- 3 WHOLE NUMBERS  CH- 11 LINE SEGMENT, RAY AND LINE CH-20 TWO-DIMENSIONAL REFLECTION SYMMETRY (ACTIVITY)	<ul style="list-style-type: none"> <li>Measuring using my ruler activity</li> <li>Unit Test- 1</li> </ul>
	<b>JULY</b>	CH- 4 INTEGERS CH- 5 FRACTIONS (Ex 5E Q10 to Q15, Q18 to Q19) (Ex 5F Q13 to Q25) CH- 6 SIMPLIFICATION	<ul style="list-style-type: none"> <li>Representation of integers on the number line</li> <li>My set of Fractions</li> <li>Task card Activity (Simplifying algebraic expressions)</li> </ul>
	<b>AUGUST</b>	CH- 6 SIMPLIFICATION (cont.) CH- 7 DECIMALS (Ex 7B Q33 to Q36) (Ex 7D Q15 to Q21) CH-15 POLYGONS	<ul style="list-style-type: none"> <li>Task card Activity (Simplifying algebraic expressions) cont.</li> <li>Decimal Operations Task Card Activity</li> <li>Designing the traditional outfit of Arunachal Pradesh using different polygons</li> </ul>
	<b>SEPTEMBER</b>	CH- 12 PARALLEL LINES CH- 24 BAR GRAPH  <b>Half-Yearly Examination</b>	<ul style="list-style-type: none"> <li>Designing the traditional outfit of Arunachal Pradesh using different polygons</li> <li>To Test whether given lines are parallel using set squares</li> <li>To show the population of Arunachal Pradesh in different census years using BAR GRAPH</li> </ul>
	<b>OCTOBER</b>	CH- 8 ALGEBRAIC EXPRESSIONS <ul style="list-style-type: none"> <li>(Ex 8C Q11 to Q17)</li> </ul> <ul style="list-style-type: none"> <li>CH- 17 QUADRILATERALS</li> <li>CH- 18 CIRCLES</li> </ul>	<ul style="list-style-type: none"> <li>Literals and basic operations on an A4 size sheet</li> <li>Making a Geome - tree using different kinds of Quadrilaterals</li> <li>Parts of circles through paper cutting</li> </ul>
	<b>NOVEMBER</b>	CH- 9 LINEAR EQUATIONS IN ONE VARIABLE <ul style="list-style-type: none"> <li>(Ex 9C Q16-Q24)</li> </ul> CH- 10 RATIO, PROPORTION AND UNITARY METHOD <ul style="list-style-type: none"> <li>(Ex 10C Q12-Q19)</li> </ul>	<ul style="list-style-type: none"> <li>Equation Time: Students will be given equations based on situations and they will solve on sheet</li> <li>Using statistical research find- Gender ratio, literacy ratio of Arunachal Pradesh</li> </ul>
	<b>DECEMBER</b>	CH- 13 ANGLES AND THEIR MEASUREMENT CH-16 TRIANGLES CH- 22 DATA HANDLING	<ul style="list-style-type: none"> <li>Activity - To identify the number of angles formed</li> <li>Few Lines on mystery lake in Arunachal Pradesh and designing the border page with triangles.</li> <li>Tally Marks Activity</li> </ul>






SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
Computer	APRIL	Chapter 10- Intelligence and AI Approaches	Find out five famous Indian musical instruments. Download their pictures from the internet and create a photo album. Add proper caption for each image.
	MAY	Chapter 7- Algorithmic Intelligence Chapter 1- PowerPoint 2019	
	JULY	Chapter 2- More on Excel 2019 Chapter 3- Charts, Formulas and Functions in Excel	
	AUGUST	Chapter 5- Introduction to HTML5 & CSS	
	SEPTEMBER	MID TERM	Create an Excel worksheet of difficult words you find out from daily newspaper and write their meanings Apply different formatting features. Also rename the sheet as 'Word Meaning'
	OCTOBER	Chapter 6- Internet Services	
	NOVEMBER	Chapter 8- Introduction to programming	
	DECEMBER	Chapter 9- Python	
	JANUARY	Chapter 4- Digital Drawing in Krita	To paste the pictures or to draw the different geometrical tools used for construction
	FEBRUARY	CH- 19 THREE - DIMENSIONAL SHAPES (ACTIVITY) CH- 21 CONCEPT OF PERIMETER AND AREA (EX 21D Q11 to Q17) CH- 23 PICTOGRAPH	
	CH- 14 CONSTRUCTIONS (using ruler and a pair of compasses)		
	FINAL TERM EXAMINATIONS		

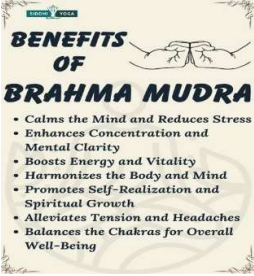


	माह	पाठ्य पुस्तक संस्कृत वल्लरी	व्याकरण
SANSKRIT	अप्रैल	वन्दना 1. संस्कृत- वर्णमाला 2. संस्कृत- शब्द परिचय: 3. सर्वनामपरिचय: (प्रयोग)	1. शब्दरूप- लता, बालक, पुस्तक
	मई	4. धातुपरिचय: 5. प्रथमपुरुष: (तीनों वचनों एवं लिंगों)	धातुरूप- पठ् लिख् ,गम् (लट् ,लृट् एवं लङ्लकार)
	जुलाई	6. मध्यम पुरुष:(पुल्लिंग,स्त्रीलिंग,तीनोंवचनों) 7. उत्तम पुरुष:(पुल्लिंग,स्त्रीलिंग,तीनोंवचनों)	शब्दरूप- राम (पुल्लिंग)
	अगस्त	8. संवाद: (अव्यय-पदानि) 9. कारक परिचय:	धातुरूप- दृश(पश्य) देखना (लट् ,लृट् एवं लङ्लकार)
	सितम्बर	10. कर्तृ कारकं संबोधनं च	<b>पुनरावर्ति- अर्धवार्षिक परीक्षा</b>
	अक्टूबर	11. कर्मकारकम्- (द्वितीया विभक्तिः) 12. करणकारकम् - (तृतीया विभक्तिः)	शब्दरूप- युष्मद् धातुरूप- कृ (लट् ,लृट् एवं लङ्लकार)
	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. लृट्लकार: (भविष्यकालः)	शब्दरूप- किम् (तीनों लिंगों में)
	जनवरी	19. चतुरःशशक (लङ्लकारः) 20. सुभाषितानि	शब्दरूप- अष्मद्
	फरवरी	वार्षिकपरीक्षा के लिए पुनरावर्ति	

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTER</b>
<b>GENERAL KNOWLEDGE</b>	<b>APRIL</b>	Unit-1: Knowledge Zone 1. Save The Earth 2. Terms of Environment 3. Movement 4. Meat Eaters (Carnivorous) 5. Life in a Pond 6. Life in Desert 7. Special Feature of Some Animals 8. Interesting Questions
	<b>MAY</b>	Unit-2: Our Great India 9. Indian History 10. Renamed Indian Cities 11. National Parks and Sanctuaries 12. India: Kaleidoscope 13. Ports of India 14. Famous People 15. Woman Participation in Politics 16. States and Cities of India 17. Indian Defence Forces 18. Interesting Facts
	<b>JULY</b>	Unit-3: Lovely Language 19. Literary Prize 20. Great Indian Writers 21. Confused Words 22. Greatest Fictional Characters 23. Greek Mythology 24. Define The Words 25. Famous Quotes 26. Interesting Facts 27. Musical Instruments
	<b>AUGUST</b>	Unit-4: Entertainment Time 28. Indian Artists 29. Movie Buff 30. Honours and Awards 31. Channels and Newspapers
	<b>SEPTEMBER</b>	Practice Time-1 Practice Time-2
	<b>OCTOBER</b>	Unit-5: Sports Time 32. Traditional Sports in India 33. Indian Sportspersons 34. World Sportspersons 35. Sports Terminology 36. Bowlers of India 37. Indian Boxer: Vijender Singh 38. Cue Sports-Billiards 39. Interesting Facts
	<b>NOVEMBER</b>	• Unit-6: Science Mystery 40. Space Objects 41. Glossary of Scientific Terms 42. Branches of Science 43. Famous Scientists of India 44. Chemical Elements 45. Our Body 46. The World Clock 47. Interesting Facts

	<b>DECEMBER</b>	Unit-7: The World 48. Famous Historical People 49. Independence Day 50. National Names of Some Countries 51. Highest Peaks of The World 52. The World's Tallest Buildings 53. The World's Billionaires 54. Nicknames of Places 55. Rulers in History 56. Interesting Facts
	<b>JANUARY</b>	Unit-8: Miscellaneous 57. Seven Wonders of The World 58. Airlines 59. Bright Future 60. Phobias 61. IQ Test -1 62. IQ Test -2
	<b>FEBRUARY</b>	Practice Time-3 Practice Time-4

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>
<b>Drawing and Craft</b>	<b>APRIL</b>	Name Plate, Knowledge of Colours, Object Drawing and Paper bag
	<b>MAY</b>	Anyone Fruit, Basket with Brown Paper
	<b>JULY</b>	Bird with 6B Pencil, Box with Pastel Sheet
	<b>AUGUST</b>	Nature Drawing, Pen Holder
	<b>SEPTEMBER</b>	Tree, Cartoon, Birthday Mask
	<b>OCTOBER</b>	Design Square, Picture Collage
	<b>NOVEMBER</b>	Landscape, Wall Hanging
	<b>DECEMBER</b>	Parts of the Face, Card
	<b>JANUARY</b>	Revision

Subject	Month	Unit	Topic	Activity
GAMES	April	1	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	<a href="https://youtu.be/iVexQB5dDtY?feature=shared">https://youtu.be/iVexQB5dDtY?feature=shared</a>  Badminton (How to play)
		6	MAJOR SPORTS	
		3	STUDY OF YOGA <ul style="list-style-type: none"> <li>Mudrasana: This pose increases the health and flexibility of the backbone and strengthens the abdominal muscles.</li> </ul>	
	May	2	HEALTH EDUCATION I) diet ii) obesity iii) rest and sleep iv) use and maintenance of equipment v) dos and don'ts to be followed in the playground	<a href="https://youtu.be/UxnEuj1c0sw?feature=shared">https://youtu.be/UxnEuj1c0sw?feature=shared</a>  Football (Foul during the play)
	6	MAJOR SPORTS	<b>PLOW POSE HALASANA</b>	
	3	STUDY OF YOGA <ul style="list-style-type: none"> <li>HALASANA</li> <li>ARDHA MATSYASANA</li> </ul>		
	June	<b>SUMMER VACATIONS</b>		
	July	2	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.	
		3	STUDY OF YOGA  MUDRAS <ul style="list-style-type: none"> <li>YOGA MUDRA</li> <li>BRAHMA MUDRA</li> </ul>	<b>Brahma Mudra</b> 1. Take a comfortable seat, either on the floor or on a chair. Sit with good posture and your face forward, and close your eyes. 2. Inhale slowly (over 4-6 seconds) as you slowly turn your head to the right. 3. Exhale slowly (over 4-6 seconds) and make the sound "ah" as you slowly turn your head to center. 4. On your next slow inhalation, slowly turn your head to the left. 5. On your slow exhalation, make the sound "uuu" as you slowly turn your head to the center.

		 <ul style="list-style-type: none"> <li>• Calms the Mind and Reduces Stress</li> <li>• Enhances Concentration and Mental Clarity</li> <li>• Boosts Energy and Vitality</li> <li>• Harmonizes the Body and Mind</li> <li>• Promotes Self-Realization and Spiritual Growth</li> <li>• Alleviates Tension and Headaches</li> <li>• Balances the Chakras for Overall Well-Being</li> </ul>	<p>6. On your next slow inhalation, slowly tip your head back, keeping the back of your neck long.</p> <p>7. On your slow exhalation, make the sound “eee” as you slowly tip your head back to the center.</p> <p>8. On your next slow inhalation, slowly tip your head down, bringing your chin toward your chest.</p> <p>9. On your slow exhalation, make the sound “mmm” as you slowly bring your head back to the center.</p> <p>Repeat the <b>Brahma Mudra</b> for 3-12 rounds.</p>
August	5	<p><b>DRILL AND AEROBICS</b></p> <ul style="list-style-type: none"> <li>• Keep excess pounds at bay</li> <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>	<p><a href="https://youtu.be/WzXIqNjnDV8?si=kzUJxLkGpKwg6jMo">https://youtu.be/WzXIqNjnDV8?si=kzUJxLkGpKwg6jMo</a> (Mass Drill)</p> <p><a href="https://youtube.com/watch?v=6XFXyQbrfj4&amp;feature=shared">https://youtube.com/watch?v=6XFXyQbrfj4&amp;feature=shared</a> (Clap Clap Song for coordination)</p>
September	4	<p><b>ATHLETICS TRACK &amp; FIELD EVENT</b></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>TERMI</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> 
October	4	<p><b>ATHLETICS TRACK &amp; FIELD EVENT</b></p> <ul style="list-style-type: none"> <li>• <b>RUNNING</b> Regular physical activity such as running can significantly improve <b>mental health</b>, self-confidence, healthy ageing, and quality of life.</li> </ul>	
November	6	<p><b>MAJOR SPORTS</b></p> <ul style="list-style-type: none"> <li>• <b>VOLLEYBALL</b> It helps students learn about dedication, organization, teamwork, and communication.</li> </ul>	<p>How to do Service <a href="https://www.youtube.com/watch?v=hLZ44KBWEbo">https://www.youtube.com/watch?v=hLZ44KBWEbo</a></p> 
November	11	<p><b>AEROBICS</b></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</li> <li>• Build Anaerobic Endurance</li> <li>• Get Addicted to Exercise</li> <li>• Zumba Is Appropriate for All Ages</li> </ul>	<p><a href="https://youtu.be/9WLZHTHWwil?si=wq6z492LfkmlG0J">https://youtu.be/9WLZHTHWwil?si=wq6z492LfkmlG0J</a></p>

		<ul style="list-style-type: none"> <li>• Boost Your Confidence.</li> </ul>	
		<b>UT2</b>	
December	8	<b>CHESS</b> <ul style="list-style-type: none"> <li>• Brings People Together.</li> <li>• Teaches You How to Win and Lose.</li> <li>• Helps Children Realize the Consequences Of Their Actions.</li> <li>• Can Help You Focus.</li> <li>• Chess Is an Educational Tool.</li> <li>• Develops Creativity.</li> <li>• Builds Confidence.</li> <li>• Develops Problem-Solving Skills.</li> </ul>	In Chess, White moves first, then players alternate moves. <a href="https://www.youtube.com/watch?v=CtLfUSaVhUM">https://www.youtube.com/watch?v=CtLfUSaVhUM</a>
	5	<b>CARROM</b> <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/carrom-rules/">https://www.zupee.com/blog/carrom-rules/</a>
January	10	<b>AEROBICS</b> <ul style="list-style-type: none"> <li>• It's fun</li> <li>• Great for weight loss</li> <li>• Tones your entire body</li> <li>• Boosts your heart health</li> <li>• Helps you de-stress</li> <li>• Improves coordination</li> <li>• Makes you happy</li> </ul>	<a href="https://youtu.be/9WLZHTHWwil?si=wq6z492LJfkmIG0J">https://youtu.be/9WLZHTHWwil?si=wq6z492LJfkmIG0J</a>
February		<b>INTERNAL ASSESMENT ANDTREM 2</b>	
March		<b>TERM2</b>	

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>	<b>ACTIVITY/PROJECT/ART INTEGRATED PROJECT</b>
<b>DANCE</b>	<b>APRIL</b>	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.
	<b>MAY</b>	Starting with some basic western steps and Stunts.	Showing them some basic western dance steps and stunts. And teaching them step by step.
	<b>JULY</b>	Contemporary dance choreographies	Teaching the Contemporary dance in some soft music.
	<b>AUGUST</b>	Patriotic Dance Choreographies.	Selection of the students and making the group for Patriotic Dance
	<b>SEPTEMBER</b>	Revision and revaluation	Solo dance performance of each student and observing the improvement in them.
	<b>OCTOBER</b>	Folk Dance of Tamil Nadu and use of various props.	Teaching Tamil folk like Silambam, Tappattam and use of various props.
	<b>NOVEMBER</b>	Continuing with Tamil folk dance and itit's props	Teaching the students some interesting stunts with the props.
	<b>DECEMBER</b>	Christmas Dance choreographies.	Selection of the students and making a group for Christmas Dance.
	<b>JANUARY</b>	Revision and Revaluation	Solo Dance performance by every student and observing the improvement in all.

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