

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

ANNUAL SYLLABUS (2024-2025)

## CLASS-VII

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</u>
ENGLISH	APRIL/MAY	<b>Literature-</b> Ch1 Tigers forever Ch2 The Magic bonbons <b>Grammar-</b> Ch1 The Sentence Ch2.Nouns Ch5. Pronouns <b>Writing-</b> Paragraph Writing <b>Activity Book</b> Unit1-Play the game	1. Write a biography of any poet/author of Arunachal Pradesh  2.find out the name of famous dessert of Meghalaya/ Arunachal Pradesh and write a about it and also paste picture
	JULY	<b>Literature-</b> Ch3 The Seven Cream jugs Ch4 A song from the Suds <b>Grammar-</b> Ch3 Adjectives Ch 6,7,8,9 -Verbs <b>Writing-</b> Story Writing <b>Activity Book-</b> Unit2- On The Move	Write 5 lines on your favourite place and underline the adjectives used.
	AUGUST	<b>Literature-</b> Ch5 Idgah Ch6 Mowgli,the Wolf- Child <b>Grammar-</b> Ch10 Modals Ch 4 Articles Ch12 Active Passive Voice <b>Writing-</b> Informal letter <b>Activity Book</b> - Unit3-A Laugh Riot	Write a letter to the tourism minister of Arunachal Pradesh and suggest him how he can attract more tourist to the state and appreciate the state.
	SEPTEMBER	Revision	
	OCTOBER	<b>Literature-</b> Ch7oft,in the stilly night Ch8 The Strange man's Arrival <b>Grammar-</b> Ch17 Phrases Ch 18 Clauses Ch11Non-finite Forms <b>Writing-</b> Advertisement <b>Activity Book-</b> Unit4 -One World Unit 5-Hullo,Mr.Ghost	On A4 sheet Write an advertisement for sale of health camp in your society and draw related pictures
	NOVEMBER	<b>Literature-</b> Ch9-Says Dogberry to the watch Ch10 The Morning After	write a Paragraph on beauty of Arunachal Pradesh and mention the names of places to visit.

<b>ENGLISH</b>		<p><b>Grammar-</b>                      Ch13 Adverbs                      Ch14Prepositions                      Ch21 Punctuation                      &amp;Capital Letters  <b>Writing-</b> Email writing  <b>Activity Book-</b> Unit6-Building                      Bridges</p>	
	<b>DECEMBER</b>	<p><b>Literature-</b> Ch11 leaving the                      Valley <b>Grammar-</b>                      Ch15-Conjunctions                      Ch16 Direct-Indirect Speech  <b>Writing-</b>Informal writing  <b>Activity Book-</b> Unit7-Pictures of                      the Past</p>	<p>Write a paragraph                      on the capital of                      Arunachal                      Pradesh</p>
	<b>JANUARY</b>	<p><b>Literature-</b> Ch8 The Battle of                      Blenheim  <b>Grammar-</b>. Ch19 Sentences-                      Simple,                      complex &amp;Compound Ch17-                      Phrases                      Ch 23,24 ,25,26 Words  <b>Writing-</b>Informal &amp; formal                      Letter</p>	
	<b>FEBRUARY</b>	Revision	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
HINDI	APRIL	विमल इंदु की वि गाल किरणों <ul style="list-style-type: none"> <li>● नादान दोस्त</li> <li>● भाशा लिपि और</li> <li>● व्याकरण</li> <li>● वर्ण विचार</li> <li>● पत्र</li> </ul>	<ul style="list-style-type: none"> <li>● ई वर द्वारा रचित कोई पाँच वस्तुओं का चित्र बनाइए तथा उनसे होने</li> <li>● वाले लाभों का वर्णन करते हुए ई वर को धन्यवाद देते हुए एक प्रार्थना लिखिए।</li> <li>● पाठ -2 नादान दोस्त – सामूहिक कार्य</li> <li>● विभिन्न पक्षियों के चित्र एकत्रित कर कक्षा में लाकर चार्ट पर चिपकाएंगे नाम भी लिखिए। प्रत्येक छात्र किसी एक पक्षी के बारे में जानकारी देगा। <ul style="list-style-type: none"> <li>● अरुणाचल प्रदेश एवं की वे ग-भूशा के बारे में संक्षिप्त में लिखिए चित्र के साथ।</li> </ul> </li> </ul>
	MAY	<ul style="list-style-type: none"> <li>● तीर्थयात्रा</li> <li>● अतिथि देवो भव</li> <li>● संज्ञा, लिंग</li> <li>● वचन, कारक</li> <li>● अनुच्छेद</li> </ul>	<ul style="list-style-type: none"> <li>● पाठ - 3 तीर्थ यात्रा – सामूहिक कार्य -5-5 छात्र विभिन्न धार्मिक तीर्थ स्थानों के चित्र एकत्रित कर कोलाज बनाइए</li> <li>● पाठ-4 अतिथि देवो भव</li> <li>● 'आओं अतिथि का सम्मान करें' भीर्षक से एक कविता लिखिए (व्यक्तिगत कार्य )</li> </ul>
	JULY	<ul style="list-style-type: none"> <li>● हींगवाला</li> <li>● अमर बराहीद आजाद</li> <li>● मेरी माँ</li> <li>● सर्वनाम</li> <li>● भाब्द विचार</li> <li>● विलोम</li> <li>● पर्यायवाची</li> <li>● अनुच्छेद</li> <li>● दे गभक्ति</li> <li>● राष्ट्रभाशा</li> </ul>	<ul style="list-style-type: none"> <li>● 'मेले की सैर' शीर्षक से एक अनुच्छेद चित्र सहित लिखिए।</li> <li>● अमर बराहीद आजाद पाठ पर आधारित नाटक करिए।</li> <li>● 'मेरी माँ' शीर्षक से एक कविता लिखिए।</li> </ul>
	AUGUST	<ul style="list-style-type: none"> <li>● वीरों की पूजा</li> <li>● अ गोक का भास्त्र त्याग</li> <li>● भाब्द-रचना</li> <li>● प्रत्यय समास</li> <li>● वि ोशण</li> <li>● वि ोशण वाले भाब्दों की रचना</li> </ul>	<ul style="list-style-type: none"> <li>● वीरों की पूजा – सामूहिक क्रियाकलाप</li> <li>● राजस्थान के लोकगीत तैयार करे तथा समूह गीत प्रस्तुत करिए।</li> <li>● अशोक का शस्त्र त्याग – सामूहिक क्रियाकलाप</li> <li>● छात्रों को तीन समूह में बाटा जाएगा।</li> <li>● पहला समूह पहला दृश्य नाटक में रूपांतरित करेगा दुसरा समूह दूसरा दृश्य तथा तीसरी समूह तीसरा दृश्य दिखाया।</li> </ul>

<b>SEPTEMBER</b>	<ul style="list-style-type: none"> <li>● बदला तो मैंने भी लिया</li> <li>● समश्रुत</li> <li>● मुहावरे</li> <li>● एकार्थी</li> <li>● विज्ञापन एवं <ul style="list-style-type: none"> <li>● अनुच्छेद</li> </ul> </li> </ul>	<p>हैकि खेल से सम्बन्धित साम्रागी उपलब्ध करवाने के लिए अपने प्रधानाचार्य को पत्र लिखों।</p>	
<b>OCTOBER</b>	<ul style="list-style-type: none"> <li>● गिल्लू</li> <li>● भाग्य की दस्तक केवल पठन हेतु</li> <li>● गिल्लू</li> <li>● भाग्य की दस्तक केवल पठन हेतु</li> <li>● अनुच्छेद</li> </ul>	<ul style="list-style-type: none"> <li>● गिल्लू क्रियाकलाप –</li> <li>● वन्य जीवों की रक्षा उचित या अनुचित) वाद विवाद प्रतियोगिता</li> </ul>	
<b>NOVEMBER</b>	<ul style="list-style-type: none"> <li>● ठाकुर का कुँआ</li> <li>● कोर्ता करने वालों की</li> <li>● अविकारी</li> <li>● भाब्द- क्रिया –विशेषण</li> <li>● संबंध बोधक</li> <li>● समुच्चबोधक</li> <li>● विस्मयादि बोधक</li> <li>● निपात</li> </ul>	<ul style="list-style-type: none"> <li>● ठाकुर का कुँआ</li> <li>● सामूहिक कार्य – चार समूह</li> <li>● जाति-पात, ऊँचनीच, अमीर गरीब आदि विषमताओं पर आधारित नुक्कड नाटक का आयोजन।</li> <li>● कोशिश करने वालों की क्रियाकलाप –व्यक्तिगत कार्य जीवन सफल बनाएं शीर्षक से एक कविता लिखिए।</li> </ul>	
<b>DECEMBER</b>	<ul style="list-style-type: none"> <li>● अकबरी लोटा केवल पाठन हेतु</li> <li>● सुनेली का कुँआ</li> <li>● दोहा दायक</li> <li>● वाक्य –विद्या</li> <li>● पत्र</li> </ul>	<ul style="list-style-type: none"> <li>● कबीर दास के दोहों को गाकर सुनाइए।</li> <li>● सुनेली का कुँआ सामूहिक कार्य (5-5 छात्र) राजस्थानी लोकगीत को या राजस्थानी लोक नृत्य प्रस्त करिए। <ul style="list-style-type: none"> <li>● अरुणाचल प्रदेश के नृत्य एवं कला के बारे में संक्षिप्त में लिखे चित्र के साथ।</li> </ul> </li> </ul>	
<b>JANUARY</b>	<ul style="list-style-type: none"> <li>● भारत के महान वैज्ञानिक</li> <li>● विराम चिह्न</li> <li>● वाक्य बोधन <ul style="list-style-type: none"> <li>● अनुच्छेद</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● भारत में किन-किन वैज्ञानिकों को नोबेल पुरस्कार मिला है? उनके नाम व कार्य स्थित्र लिखिए।</li> </ul>	
<b>FEBRUARY</b>	<ul style="list-style-type: none"> <li>● कुंडलिया <ul style="list-style-type: none"> <li>● पत्र</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● कोई एक कुंडलि कक्षा में गाकर सुनाइए</li> </ul>	
<b>MARCH</b>	<p>वार्षिक परीक्षा की तैयारी हेतु पुनरावृत्ति कार्य प्रारंभ।</p>		

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
Science	April/May	Ch1- Nutrition in plants Ch2-Nutrition in animals Ch3-Structure of Matter	*Write an activity on A4 sheet that sunlight is necessary for photosynthesis. *Collect or draw different types of pictures of fruits or vegetables that should be eaten to get vitamins. *Write the symbols of some common elements on A4 sheet.
	July	Ch4-Animal Fibres Ch7-Acid, Bases & Salts Ch8-Physical & Chemical Changes Ch9-Weather, climate and adaptations	*Collect pieces of different types of fabrics and paste on A4 sheet. *Collect Acid & bases available at home and discuss in class. *Show the chemical and physical changes with the help of activity at home. *Collect weather report of seven successive dates for July month of Arunachal Pradesh state and write down on A 4 sheet.
	August	Ch 10- Soil Ch13 -Reproduction in plants Ch14-Motion & Time	*To study the absorption of water by different types of soil surrounded by you. *To draw the reproductive parts of flower *To show Uniform and non-uniform motion with explanation.
	September	<b>Revision (Term I syllabus) / Half yearly Examination</b>	
	October	Ch5- Heat and its effects Ch6- Flow of heat Ch11- Respiration	*To study the difference between Clinical and Laboratory Thermometer. * Show that dark coloured objects absorb and lose radiant heat more quickly than the light-coloured object * Make respiratory
	November	Ch12-Transportation of materials in animals and plants Ch15-Wind, storm and cyclone Ch16-Light	*To make simple stethoscope. * Collect articles and photographs from newspapers and magazines about storms and cyclones and paste on A4 sheet.* Make a Newton disc to show that white light consists of seven colours.
	December	Ch17- Electric current and its effects Ch18- Water- A natural resource	*Collect information about different types of fuses and MCB and discuss in the class how they work. *Prepare a report on the various traditional ways of Rain water harvesting.
	January	Ch19- Our Forest Ch20- Waste water management	*Collect information with pictures of different types of Flora (Plants) and Fauna (Animals) found in the state of Arunachal Pradesh. • *Make Line Diagram of the sewage route.
	February	Annual examination	

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>	<b>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</b>
<b>MATHS</b>	<b>APRIL</b>	CH-1 INTEGERS CH-2 FRACTIONS (Excluding Ex-2C Q11-Q17) CH-3 DECIMALS (Excluding Ex-3D Q11-Q17) •	*Show number line & define the properties of integers on A-4 sheet *Design one colourful bird or peacock using colours of fractions. *To represent the following products of decimal numbers on a square by drawing horizontal vertical lines and shading. 0.2 x 0.5
	<b>MAY</b>	CH-13-LINES AND ANGLES  • CH-19 THREE DIMENSIONAL SHAPES (ACTIVITY)	*Show different lines & angles using tooth pick on A-4 sheet. *Make and two dimensional and three-dimensional shapes using colourful papers
	<b>JULY</b>	CH-4 RATIONAL NUMBERS CH-5 EXPONENTS • CH-22 BAR GRAPH	*To make a model to learn the properties of Rational no using Col A-4 sheet *Worksheet • *To compare the marks obtained in all the subjects by a student in the first and second term examination by drawing a bar graph using paper cutting and pasting
	<b>AUGUST</b>	CH-8 RATIO AND PROPORTION (Excluding Ex 8A Q3-Q6, Q15- Q22, Ex8B Q13-Q15) CH-10 PERCENTAGE (Excluding Ex- 10B Q14-Q27) • CH-23 PROBABILITY	*Two squares have sides of length 3 cm and 4 cm respectively. Find the area and perimeters of both squares. Write down the ratio of their (a)length, (b)areas and (c)perimeters. *Make a chart of formulae of percentage *To get familiar with the idea of probability by throwing a pair of dice.
	<b>SEPTEMBER</b>	• CH-12 SIMPLE INTEREST (Excluding Ex-12A Q16-Q25)	Make a poster of simple interest formulae
	<b>OCTOBER</b>	CH-6 ALGEBRAIC EXPRESSIONS (Excluding Ex- 6A Q3,Q4, Ex- 6B Q20-Q25, Ex- 6C Q13,Q14,Q20-Q26,Ex- 6D) • CH-7 LINEAR EQUATION IN ONE VARIABLES (Excluding Ex 7A Q27-Q30, Ex 7B Q21-35)	*Worksheet * To show linear equations using a see -saw on an A-4sheet.
	<b>NOVEMBER</b>	Ch 9-UNITARY METHOD (Excluding Ex 9B Q6- Q12) CH-11 PROFIT AND LOSS (Excluding Ex 11A Q11-Q22)	* Find the ratio of some fraction in paper cutting and pasting method * Make a poster of formulae in Profit & Loss
	<b>DECEMBER</b>	CH-21 COLLECTION AND ORGANISATION OF DATA CH-15 PROPERTIES OF TRIANGLES (Ex-15 C, Ex-15D Q11-Q18)	*Make a graph: Find the maximum and minimum temperature of Delhi for one week * To get a median of a triangle, from any vertex by paper folding. To verify that in a triangle, medians by through a common point by paper folding

<b>MATHS</b>		CH-20 MENSURATION (Excluding Ex 20A Q13-Q20, Ex - 20B Q8-Q16, EX-20C Q11-Q16, Ex - 20D Q11-Q24, Ex- 20E Q11-Q21, Ex- 20F Q11-Q16)	*Find the order of rotational symmetry of pentagon, hexagon, triangle
	<b>JANUARY</b>	CH-17 CONSTRUCTIONS	Construct angle of 120 degrees, 60 degree and 90 degrees
	<b>FEBRUARY</b>	CH-14 PROPERTIES OF PARALLEL LINES (Excluding Ex 14 Q9-Q15)	Properties of Parallel lines on A-4 sheet

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<b>COMPUTER</b>	<b>APRIL</b>	Chapter 11- Concept of Smart Living	Type a paragraph and add relevant pictures from Google on 'Natural vegetation' and wildlife in word.
	<b>MAY</b>	Chapter 6- App Development	
	<b>JULY</b>	Chapter 5- Google Apps Chapter 2- Advanced Features of Excel	
	<b>AUGUST</b>	Chapter 7- More on HTML5 Chapter 8- Lists and Tables in HTML5	
	<b>SEPTEMBER</b>	Revision (Term-I Syllabus)/ Half Yearly Examination	
	<b>OCTOBER</b>	Chapter 1- Number System Chapter 9- Algorithmic Intelligence	Open Google Map's satellite view and find your home, school and nearest hospital. Take screenshots and paste in word file.
	<b>NOVEMBER</b>	Chapter 10- Conditional Statements in Python	
	<b>DECEMBER</b>	Chapter 3- Layers in Krita	
	<b>JANUARY</b>	Chapter 4- Animations in Krita	

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTER</u>
G.K	APRIL	Unit-1 The Nature 1. Natural Beauties 2. Plants and trees 3. Ornamental Plants 4. Medicinal Plants 5. Animal Kingdom 6. Maine Invertebrate 7. Lobsters and Crabs 8. Interesting Facts
	MAY	Unit-2 Our Great India 9. Great Kings 10. Memorials of Great Leaders 11. Famous Nicknames 12. Tourism In India 13. The Indian Constitution 14. Union Territories 15. Neighbours of India 16. Noble Indians 17. Indian Defense Programs 18. Interesting Fact
	JULY	Unit-3 Lovely Language 19. Famous Authors and Their Books 20. Famous Poets 21. English Language 22. Kinds of Sentences 23. 'Watch out' for Words! 24. Fun with Words 25. Interesting Facts 26. Computer Class
	AUGUST	Unit-4 Entertainment Time 27. Dadasaheb Phalke Award 28. Film Stars 29. Famous TV Stars 30. Musical Instruments 31. International Cinema 32. Best Directors in Bollywood 33. Famous Entertainers
	SEPTEMBER	Half-Yearly Examination
	OCTOBER	Unit-5 Sports Time 34. World of Sports 35. Famous Sportspersons (India) 36. Sports Terms 37. Standard Measurement in Sports 38. National Sports Awards of India 39. Ball and balls 40. The Great Indian Cricket Captains 41. Yoga Asanas 42. Indian Boxer: MaryKom 43. Famous Sportspersons (International) 44. Interesting Facts
	NOVEMBER	Unit-6 Miscellaneous 45. Gods and Goddesses 46. Different Styles of Houses 47. Water Vehicles 48. Abbreviations



		49. Amazing Facts 50. The Royal Figures 51. Famous Birthplaces
	<b>DECEMBER</b>	Unit-7 The World 52. Great Leaders 53. Famous People 54. Women Empowerment 55. The Mysterious Grid 56. Around The World 57. Newspapers of the World 58. Worlds Famous Waterfalls 59. United Nations
	<b>JANUARY</b>	Unit-8 Science Mystery 60. Father of Science 61. Science World 62. Our Bones 63. Physics Lab 64. Medical Instruments 65. Our Environment 66. Great Scientists 67. Interesting Facts
	<b>FEBRUARY</b>	REVISION




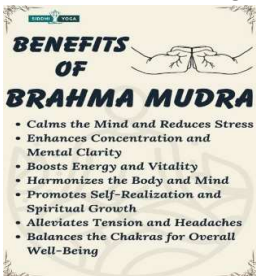
<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</u>
<b>SOCIAL SCIENCE</b>	April	1. Environment (Geography) 2. On Equality (Civics) Tracing Changes Through a Thousand Years (History)	Make a timeline of tracing changes through thousand years.
	May	1. Inside our Earth (Geography)	Find Out the traditions and customs of Arunachal Pradesh and make a comparative study with Uttar Pradesh.
	July	1. New Kings and Kingdom. (History) 2. Role of The Government in Health (Civics) Our Changing Earth (Geography)	Learn the preamble of our constitution,  On an outline map of India mark various Kingdoms during medieval period.  Write and draw the chart of causes of soil erosion.
	August	3. The Delhi Sultans (History) 4. Air (Geography) 5. How The State Government	Mark all the main cities of Mughal empire. Draw a pie diagram and show the composition of air and percentage of various gases  Make a poster on ‘SAVE GIRL CHILD ‘


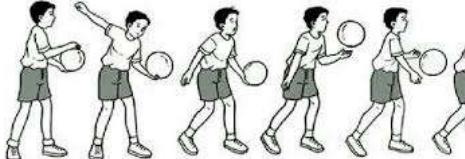
	Works (Civics) 4. Growing Up Boys and Girls (Civics)	
<b>SEPTEMBER</b>	Revision	
<b>OCTOBER</b>	1. Women Change the World (civics) 2. The Mughal Empire (History) Water (Geography)	Make a timeline of all Mughal rulers from Babur to Aurangzeb.  Draw the Hydrological cycle And write its importance on pastel sheet.
<b>NOVEMBER</b>	3. Tribes ,Nomads And Settled Communities ( History )  4. Understanding Media ( civics )  3.Human Environment Interactions. ( Geography)	Write about 2 Tribes of Arunachal Pradesh and paste picture of clothes and food they eat and wear.  Design a social advertisement to promote social awareness among people
<b>DECEMBER</b>	1. Markets Around Us ( Civics)  2. Devotional Paths to the Divine (History)	Conduct a survey of your nearby markets and paste pictures of different markets around
<b>JANUARY</b>	1. The Making of Regional Culture (History)  2. Life in the Desert (Geography)  A Shirt in the Market (Civics)	Draw the diagram of drip irrigation used by the people of Ladakh.
<b>FEBRUARY</b>	Eighteenth Century Political Formation (History) Revision	On map of India trace the boundaries of the new states that emerged after the fall of Mughal Empire

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संस्कृत	अप्रैल	1- वंदना 2- कृष्णजन्माष्टमी पर्व 3- लङ्. लकार (प्रथम पुरुष) 4.शब्द रूप – रमा, देव, धातु रूप भू (पाँचों लकार)	कृष्ण जन्माष्टमी पर्व पर एक कोलाज तैयार करें।
	मई	1 लङ्. लकार (मध्यम पुरुष)	
	जुलाई	1. लङ्. लकार (उत्तम पुरुष) 2. मुख्याः राजकुमाराः 3 शब्द रूप –नदी, धातु रूप गम्	
	अगस्त	1. सुभाषितानि 2. प्रत्ययाः (कत्वा, तुमुन, ल्यप्) 3 विलोम शब्द, पर्यायवाची शब्द पुस्तक में दिये सभी नाम जैसे अनाज, समय, वस्तु, इत्यादि	भलोक वाचन
	सितम्बर	1. गो सेवा (अर्धवार्षिक परीक्षा)	
	अक्टूबर	1. भूपतिः मायादासः 2. सिद्धार्थस्य विरक्तिः 3 शब्द रूप – राम	महात्मा बुद्ध के उपदे गो की सुंदर तथा साफ भावों में ए-4 भीट पर लिखे
	नवम्बर	1. अस्माकं देशः 2. धातु रूप – पा (पाँचों लकार)	भारत के मानचित्र पर विविधता में एकता को दर्शाते हुए पाठ के भलोक को लिखना।
	दिसम्बर	1. पुनः मुषकः भवः 2. महाकविः कालिदास, 3. शब्द रूप इदम् (स्त्री लि०)	

	जनवरी	1. विद्या महिमा 2. ईद पर्व 2. धातु रूप – अस् उपसर्ग (पाँचों लकार)	भलोक वाचन
	फरवरी	1. महात्मा गाँधी 2. पुस्तक में दिये सभी नाम जैसे अनाज, समय, वस्तु, इत्यादि (पाँचों लकार)	'महात्मा गाँधी' की जीवनी चित्र सहित वर्णित करना
	मार्च	वार्षिक परीक्षा	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
DANCE	APRIL	<ul style="list-style-type: none"> <li>Basic dance stretching exercises and body postures, With some basics of Classical Dance and its choreography.</li> </ul>	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
SPORTS	April	<p>UNIT-1-HEALTH RELATED PHYSICAL FITNESS</p> <p>I) Exercise to develop muscular Strength                      II) Exercise to develop muscles                      III) Cardio Vascular endurance                      IV) To increase flexibility of the body</p> <p>UNIT-6MAJOR SPORTS                      UNIT-3STUDY OF YOGA</p> <ul style="list-style-type: none"> <li>MATSYASANA</li> </ul>	<p><a href="https://www.youtube.com/watch?v=hLZ44KBWEbo">https://www.youtube.com/watch?v=hLZ44KBWEbo</a></p> <p>Volleyball (How to play)</p> <p>MATSYASANA THE FISH POSE</p>  <p>yogicwayoflife.com</p>
	May	<p>Unit-2-HEALTH EDUCATION</p> <p>I) diet                      ii) obesity                      iii) rest and sleep                      iv) use and maintance of equipment                      v) dos and don'ts to be followed in the playground</p> <p>Unit-6-MAJOR SPORTS</p> <p>Unit-3STUDY OF YOGA</p> <ul style="list-style-type: none"> <li>HALASANA</li> <li>ARDHA MATSYASANA</li> </ul>	<p><a href="https://www.youtube.com/watch?v=i65xqdrnPBA">https://www.youtube.com/watch?v=i65xqdrnPBA</a></p> <p>Football (Foul during the play)</p> <p>PLOW POSE HALASANA</p> 
	July	<p>Unit2-FIRST AID</p> <p>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.</p>	
		<p>Unit3-STUDY OF YOGA</p> <p>MUDRAS</p> <ul style="list-style-type: none"> <li>YOGA MUDRA</li> <li>BRAHMA MUDRA</li> </ul> 	<p><b>Brahma Mudra</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Inhale slowly (over 4-6 seconds) as you slowly turn your head to the right.</li> <li>3. Exhale slowly (over 4-6 seconds) and make the sound "ah" as you slowly turn your head to center.</li> <li>4. On your next slow inhalation, slowly turn your head to the left.</li> <li>5. On your slow exhalation, make the sound "uuu" as you slowly turn your head to the center.</li> <li>6. On your next slow inhalation, slowly tip your head back, keeping the back of your neck long.</li> <li>7. On your slow exhalation, make the sound "eee" as you slowly tip your head back to the center.</li> </ol>

		<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>
<b>August</b>	<p>Unit5-DRILL</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/WzXlqNjnDV8?si=kzUJxLkGpKwg6jMo">https://youtu.be/WzXlqNjnDV8?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>
<b>September</b>	<p>Unit4-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>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>Unit4-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 VOLLEYBALL</p> <p>It helps students learn about dedication, organization, teamwork, and communication.</p> <p>Unit-11 Aerobics</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> <li>• Boost Your Confidence.</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>  <p><a href="https://youtu.be/9WLZHTHWwil?si=wq6z492LlfkmiG0J">https://youtu.be/9WLZHTHWwil?si=wq6z492LlfkmiG0J</a></p>

	<b>December</b>	<p>Unit8-CHESS</p> <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> <p>Unit5-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> </ul> <p>Better Predictions.</p>	<p>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></p> <p><a href="https://www.zupee.com/blog/carrom-rules/">https://www.zupee.com/blog/carrom-rules/</a></p>
	<b>January</b>	<p>Aerobics</p> <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> </ul> <p>Makes you happy</p>	<p><a href="https://youtu.be/9WLZHTHWwil?si=wq6z492LlfkmlG0J">https://youtu.be/9WLZHTHWwil?si=wq6z492LlfkmlG0J</a></p>
	<b>February</b>	<b>INTERNAL ASSEMENT AND TERM 2</b>	

<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 shristi 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>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>
<b>ART AND CRAFT</b>	<b>APRIL</b>	Name Plate, Knowledge of Colours, Still Life Flower with Tissue Paper
	<b>MAY</b>	Design a Rectangle, Wall hanging
	<b>JULY</b>	Nature Drawing, Butterfly With Pastel Sheet
	<b>AUGUST</b>	Animal Drawing, Flower Vase
	<b>SEPTEMBER</b>	Landscape, Cards
	<b>OCTOBER</b>	Bird Nest with Plastic Bottle
	<b>NOVEMBER</b>	Life Study, Christmas Decoration
	<b>DECEMBER</b>	Poster for Save Forest, Bookmark
	<b>JANUARY</b>	Revision

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>	<b>ACTIVITY/PROJECT/ART INTEGRATED PROJECT</b>
<b>MORAL SCIENCE</b>	<b>APRIL</b>	Chapter- 1 Song of a dream Chapter - 2 Peepal Baba	Back to school writing prompt (Page No. 70)
	<b>MAY</b>	Chapter - 3 IF	Consciousness Bingo (Page No. 72)
	<b>JULY</b>	Chapter - 4 Madiba-Nelson Mandela Chapter - 5 The Caged bird	Mindful or Unmindful (Page No. 73)
	<b>AUGUST</b>	Chapter - 6 The Cracked pot Chapter - 7 Do It Anyway	Gratitude Flower (Page No. 75)
	<b>SEPTEMBER</b>	Revision	
	<b>OCTOBER</b>	Chapter -8 Ananya’s Audition Chapter -9 Gender Equality Pledge	Mindfulness Exercise - The Present Moment (Page No. 76-77)
	<b>NOVEMBER</b>	Chapter - 10 The Oak Tree Chapter -11 Be Good, Do Good	Mindfulness Exercise - The Present Moment (Page No. 78)
	<b>DECEMBER</b>	Chapter -12 One Chapter-13 Diya and the Magic Seeds	Step-by-Step Word Puzzle Personal Core Values Word Search (Page No. 79-80)
	<b>JANUARY</b>	Revision	