



St. Patrick's Sr. Sec. School

Jaunpur

YEARLY SYLLABUS
2026-27

CLASS - VII



ST. PATRICK'S SR. SEC. SCHOOL | JAUNPUR

Academic Year 2026-27

ENGLISH

Months	Name of the Chapters	Art Integrated Activities	Learning Outcomes
April & May	Literature 1. Anchored in Love Excluded: (Think Discuss and then Answer and Grammar pg no.14 to 19) 2. All the World's a stage. Excluded: (Think Discuss and then Answer) Grammar:- 1. The Sentence: Kinds of Sentences Subject and Predicate. Noun : Kinds of Nouns Writing:- 1.Diary writing	1. Sentence Garland: Students write different types of sentences on colorful strips (declarative, interrogative, etc.) and link them to form a garland to display in class. 2. Take keywords from 'Anchored in Love' and form a story or poem.	1. Understand and form complete sentence, identify and use kinds of sentences and can recognize subject and predicate in sentence. 2. Identify and use naming words for people, animal and things. 3. Recognize the bond of parent and child. 4.To form correct sentence
July	Literature:-1.The story of Mulan (Think Discuss and then Answer and Grammar Page no.26 to 28) 2. The Open Window Excluded: (Think Discuss and then Answer and Page no.41 to 44) Grammar:- 1. Preposition: types of Preposition 2. Simple Present Tense Writing:- 1.Notice Writing	1.Preposition Maze: Create a maze on the floor with obstacles. One student is blindfolded, and the other gives directions using prepositions: "Go around the cone," "Walk between the boxes." 2. Verb Wheel: Make a spinning wheel with action verbs. Spin, pick a verb, and form a sentence in simple present tense. Example: Verb = "run" → "He runs fast."	1. Understand how Prepositions shows relationships of place, time and direction. 2. use the tense to describe daily routines, facts, an general truths 3. Learn to stay strong in difficult times and understand the theme of perseverance. 4. Reflect on the moral values like kindness, responsibility or honesty.
August	Literature:- 1.. The Happy Prince Excluded: (Think Discuss and then Answer and Grammar Page no.52 to 56) 2.Where the Mind is Without Fear Excluded: (Think Discuss and then Answer) Grammar:- 1. Simple Past Tense	Story Building – "The Missing Backpack" 1. Write the beginning of a story on the board: "Yesterday, Ravi went to school. He carried his backpack, but something strange happened..." Each student adds one	1. Identify and use the simple past tense to describe completed action. 2.Importance of giving. 3. Explore the theme of identity, social expectations and honesty.(Story) 3. Recognize the themes of friendship, adventure, and childhood.



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	2..Simple Future Tense Writing:- Paragraph Writing Unseen Passage	sentence to continue the story using the simple past tense. "He kept it near his desk." "When he returned, it was gone....." 3. "What will you do next?" Students will predict future events in their sentences using future tense (will + verb) 4. Mock Interview: Two students: one as a guest another as reporter. Ask and answer questions in future tense.	4. Students will be able to identify and know the usage of future tense.
September	Revision and Half yearly Exam		
October	Literature:- 1. The Little Match Girl Excluded: (Think Discuss and then Answer and Grammar Page no.66 to 70) 2. This is Going to Hurt Just a Little Bit Grammar: 1. Conjunctions: Kinds of Conjunctions 2. Agreement of Verb with Subject Writing:- Informal letter	Conjunction Chain Game: 1. One student starts a sentence using a time Conjunction. The next student must use a different time conjunction and create a connected sentences Example: Student 1: I brushed my teeth before I went to bed. Student 2: I went to bed after reading a book. Student 3: I read a book while my brother Played video games. Continue the chain till all students have participated.	1. To understand the importance of Kindness and Problem solving skills. 2. To identify and use time-related conjunctions in sentences. 3. Understand the importance of living in the present moment and helping others.
November	Literature:- 1. Letter to God Excluded: (Think Discuss and then Answer and Grammar Page no.76 to 80) 2. The Adventure of Tom Sawyer Excluded: (Think Discuss and then Answer and	1. Freeze and Tell: Students move freely to music, when the music stops the Teacher calls out a question like "Name a character from Letter	1. To understand the theme of destiny and free will 2. Develop better writing and speaking skills 3. Recall facts or story events. 4. Visualize sentence



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	Grammar Page no.120 to 124) Grammar:- 1. The Present ,Past And Future Continuous Tense 2. Active And Passive Voice Writing:- Descriptive And Narrative Essays	to God!" Students freeze and answer one by one. 2. Graffiti Wall: On a large chart or wall area, students contribute one active voice sentence and its passive voice version, illustrate with sketches or doodles. Decorate it like a "Grammar Wall of Fame".	transformation with peer learning.
December	Literature:- 1.Travel 2.The Last Leaf Excluded: (Think Discuss and then Answer, Word web and Grammar Page no.130 to 134) Grammar:- 1. Punctuation And Capital Letters 2. Words Often Confused Writing:- Formal Letter Unseen Passage	1. Moral message poster (vale Ed+ Art) Activity: Create a poster showing the moral/ message of either story such as empathy, sacrifice or honesty 2.Word wise challenge : use both the word in separate sentences to show their correct usage (e.g. 1.Affect : The news will affect everyone. 2. Effect: The medicine had a quick effect.	1.To appreciate poet's playful and imaginative style 2.To understand the theme of compassion and forgiveness 3.Enriching Vocabulary and expression 4.Avoid common errors 5. Interpret themes through creative expression 6. Understand the meaning and correct usage of commonly confused words in context.
January and February	Revision and Yearly Exam		



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HINDI

माह	साहित्य (मृदुला)	व्याकरण (रचना-प्रसून)	पाठ का उद्देश्य	रचनात्मक क्रियाकलाप
TERM -I (PERIODIC ASSESSMENT- UNIT I)				
अप्रैल - मई		● भाषा व्याकरण तथा लिपि ● -वर्ण विचार ● -शब्द विचार ● पर्यायवाची -1-10 ● विलोम- 1-10 ● वाक्यांशों के लिए एक शब्द-1-7) ● अनुच्छेद - अनुशासन	1-छात्र विश्व बंधुत्व की भावना से प्रेरित हो सकेंगे।। 2- छात्र अन्धविश्वास को त्याग कर सही जानकारी हासिल कर सकेंगे। 3-व्याकरण का ज्ञान अर्जित कर सकेंगे। 4- छात्र शब्द भंडार का महत्व समझकर जीवन में प्रयोग कर सकेंगे। 5-छात्र वर्ण की सही जानकारी प्राप्त कर सकेंगे।	1-श्रुतलेख 2-नवजीवन का बिहान कविता को कंठस्थ कर अपनी कॉपी में सचित्र लिखिए। 3-कृषि यंत्रों के बारे में जानकारी एकत्र करके उनका चित्र के साथ नाम लिखिए। 4- व्याकरण से शब्द भंडार एवं अनुच्छेद का लिखित अभ्यास कीजिए।
HALF YEARLY EXAMINATION				
जुलाई - सितम्बर	3-सरफरोशी की तमन्ना 4-अन्याय का विरोध 7-आत्मा की शिक्षा 9-मातृभूमि 10 -पृथ्वी गोल है।	● शब्द-रचना -उपसर्ग और प्रत्यय ● वर्तनी की अशुद्धियाँ ● संज्ञा ● सर्वनाम ■ पर्यायवाची - II-28 ■ विलोम शब्द -II-28 ■ वाक्यांश के लिए एक शब्द- 8-17 - अनेकार्थी -I-14 - श्रुतिसमभिन्नार्थक शब्द- 1-16 - एकार्थक प्रतीत होने वाले शब्द- 1-7 - मुहावरे-1-10 ● लोकोक्तियाँ- I-10 ● अपठित गद्यांश पत्र- ■ आपके मोहल्ले में आए दिन चोरी हो रही है उनकी रोकथाम के लिए थानाध्यक्ष को पत्र। ● पुस्तकें खरीदने के लिए रुपए मंगवाने के लिए	1-छात्र अपनी मां और अपने देश के प्रति अपने कर्तव्यों को जान सकेंगे। 2- छात्र अपनी कर्तव्य के साथ अधिकारों के प्रति जागरूक होकर के अन्याय के खिलाफ आवाज उठा सकेंगे। 3- छात्र गांधी जी की बुनियादी शिक्षा से परिचित हो सकेंगे। 4- छात्र अपनी मातृभूमि कविता के माध्यम से भारत की भौगोलिक विशेषताओं के बारे में जान सकेंगे। 5- पृथ्वी गोल है पाठ के आधार पर भारत के प्रसिद्ध खगोल शास्त्रियों के बारे में छात्र जान सकेंगे।	1-श्रुतलेख 2- सरफरोशी की तमन्ना अब हमारे दिल में है इस गीत का कक्षा में वाचन कीजिए। 3 -मातृभूमि कविता की कुछ पंक्तियों को अपनी कॉपी में लिखकर सचित्र प्रस्तुत कीजिए। 4-भारत के प्रसिद्ध खगोल शास्त्रियों आर्यभट्ट, वराह मिहिर, ब्रह्मगुप्त, भास्कराचार्य आदि का चित्र बनाकर उनके द्वारा लिखित ग्रंथों के नाम लिखिए।



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		पिताजी को पत्र। • अनुच्छेद- ▪ रेलवे स्टेशन का दृश्य • खेलों का महत्त्व ।		
TERM II (PERIODIC ASSESSMENT- UNIT 2)				
अक्टूबर	12- मजदूरी और प्रेम 13 -कबीर के दोहे 14 हींग वाला	• क्रिया • वाक्य विचार पर्यायवाची- 29-38 विलोम-29-38 वाक्यांशों के लिए एक शब्द -18-24 पत्र- आपके विद्यालय में होने वाले वार्षिक उत्सव में आपको पुरस्कृत किया जायेगा आप चाहते हैं कि आपकी माताजी भी इस समारोह में उपस्थित रहें माता जी को बुलाने के लिए पत्र। अनुच्छेद - मेले का वर्णन	1-बच्चे पाठ में लेखक सरदार पूर्ण सिंह को जगत का अन्नदाता और समाज की पुष्प उद्यान का माली कहकर संबोधित किया गया है ,उनके विषय में अवगत हो सकेंगे । 2-बच्चों को कबीर के दोहे के द्वारा शिक्षाप्रद ज्ञान से अवगत कराना । 3- छात्र यह जान सकेंगे कि किसी पर जाति या धर्म के आधार पर संदेह करना ठीक नहीं होता।	1-श्रुतलेख 2 गांव एवं शहरी जीवन यापन पर चर्चा कीजिए इस चर्चा के आधार पर गांव एवं शहरी जीवन की अच्छाइयों तथा बुराइयों पर एक अनुच्छेद लिखिए। 3- कबीर के दोहे को कंठस्थ करके कक्षा में अंताक्षरी प्रतियोगिता का आयोजन कीजिए। 4-भारत की सेवा में अपना पूरा जीवन लगा देने वाले महापुरुष एपीजे अब्दुल कलाम एवं वीर अब्दुल हमीद का चित्र बनाकर उनके नाम लिखिए।
ANNUAL EXAMINATION				
नवंबर - दिसंबर	15-साहसी पुत्र 16 श्रीनिवास रामानुजन 17 सुनेली का कुआँ 18-बारहमासा (कविता)	• विशेषण • काल के • संज्ञा विकारी तत्व। • विराम चिह्न • पर्यायवाची 39-53 • विलोम शब्द- 39-53 • अनेकार्थी -15-28 • श्रुति समभिन्नार्थक -17-31 • वाक्यांशों के लिए एक शब्द -25- 34 • एकार्थक प्रतीत होने वाले शब्द -8-15 • मुहावरे- 11-20 • लोकोक्तियाँ- 11-20 • अपठित गद्यांश पद्यांश अनुच्छेद -	1. छात्र यह जान सकेंगे कि हमें सदैव पीड़ित एवं मुसीबत में घिरे लोगों की मदद करना चाहिए। 2-छात्र श्रीनिवास रामानुजन एक महान भारतीय गणितज्ञ थे एवं उनका भारत में अतुलनीय योगदान गौरवपूर्ण रहा है, यह जान सकेंगे। 3- छात्र सुनेली का कुआँ पाठ के माध्यम से यह जान सकेंगे कि दृढ़ इच्छा शक्ति एवं अदम्य साहस से असंभव भी संभव हो जाता है। 4- छात्र बारहमासा कविता के माध्यम से हिंदी में 12 महीनो	1-श्रुतलेख 2-छात्र व्याकरण से शब्द भंडार, पत्र एवं अनुच्छेद को कंठस्थ कर पुनः लिखकर अभ्यास करेंगे। 3-भारत में आज भी कई बच्चे अद्वितीय जन्मजात प्रतिभा की धनी है।कुछ ऐसे बच्चों के नाम चुनकर उनके बारे में कक्षा में परिचर्चा कीजिए। 4- दृढ़ संकल्पी दशरथ मांझी का चित्र बनाकर,



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		• बस दुर्घटना • पुस्तकें हमारे सच्ची मित्र पत्र- • मित्र को जन्मदिन की बधाई देने के लिए पत्र । • आर्थिक सहायता हेतु प्रधानाचार्य महोदय को पत्र ।	के नाम तथा ऋतुओं की जानकारी प्राप्त कर सकेंगे।	उनके द्वारा किए गए असंभव कार्य को संभव कर दिखाने की कहानी पर अपनी कक्षा में चर्चा कीजिए। 5-हिंदी में 12 महीना के नाम लिखिए तथा छह ऋतुओं के नाम भी कॉपी में लिखिए।
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MATHEMATICS

Months	Chapter No.	Chapter Name	Activities	Learning Outcome
April	1	Patterns in Mathematics	Make different types of number patterns and pictorial patterns	Understanding and creation of pattern
May	2	Lines and Angles	Fold and unfold paper in different shapes and measure angles	Enable the understanding of angles
July	3,4	Number Play Data Handling and Presentation	Make some collateral sequences starting with your favourite whole number	Enhance the understanding of numbers and their patterns
August	5	Prime Time	Prepare a chart on Eratosthenes method of finding Prime Numbers	Understanding of divisibility test and Prime numbers
September	Revision & Examination			
October	6,7	Perimeter and Area, Fractions	Find the perimeter and Area of different objects Add and Subtract fraction using Brahmagupta's method	Enable the understanding of Perimeter and Area ,Fractions also
November	8,9	Playing with Construction Symmetry	Create A person, wavy wave, and eyes using ideas involved in the House construction Draw some symmetrical shapes	Understanding and creation of different geometrical shapes and symmetrical shapes
December	10	The Other Side of Zero	Integers : Snake and Ladder	Enable the understanding of Integers
January & February	Revision & Examination			



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SCIENCE

Months	Chapters	Art Integrated Activities	Learning Outcomes
April & May	(Unit Test- I) Chapter 1- The Wonderful World Of Science Chapter 3- Mindful Eating: A Path To A Healthy Body	3.Tabulate The Deficiency Diseases Caused By Vitamins And Minerals.	1.Concepts Of Science 3. Identifying The Nutrients In Different Food Items.
July	Chapter - 2 Diversity In The Living World Chapter- 4 Exploring Magnets	2. Identify The Types Of Roots And Leaf Venation. 4.Make Your Own Magnet And Compass.	2.Differentiation Of Plants And Animals On The Basis Of Specific Features And Habitats. 4.Separating The Magnetic And Non- Magnetic Objects.
August	Chapter 5- Measurement Of Length And Motion Chapter - 6 Materials Around Us	5.Classify Different Types Of Motion. 6. Mixing Different Materials In Water	5.Applications Of Measuring Objects Using Standard And Non-Standard Units. 6.Understanding And Exploring The Concept Of Transparent, Translucent And Opaque Objects.
September	Revision And Half Yearly Exam		
October	Chapter 7- Temperature And Its Measurement Chapter 8- A Journey Through States Of Water (Unit Test - I)	7. Record Your Body Temperature Two Or Three Times During A Day And Compare It. 8. Draw A Diagram Of Water Cycle. Activity - A Pot - In - Pot Cooler.	7 Calculating And Comparing Temperature. 8. Demonstrating The Transition Of States Of Water.
November	Chapter- 9 Methods Of Separation In Everyday Life Chapter- 10 Living Creatures: Exploring Their Characteristics	9.Separating Substances From Its Mixture By Different Methods. 10. Draw Life Cycle Of A Plant And A Frog.	9. Application Of Methods Of Separation. 10. Exploring Life Cycle Of Plants And Animal.
December	Chapter- 11 Nature's Treasures Chapter- 12 Beyond Earth	11. Prepare A List Of Names And Uses Of Important Minerals And Rocks. 12. Depict Constellations Using Art And Craft Ideas.	11. Investigate The Effects Of Air Pollution. 12. Identifying Different Constellations
January & February	Revision And Yearly Exam		



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SOCIAL SCIENCE

MONTHS	NAME OF THE CHAPTERS	ACTIVITIES	LEARNING OUTCOME
APRIL & MAY	1. Locating Places on the Earth	Map Making/Quiz: (Using direction, symbol, coordinates etc.)	Understand the concept of map
	4. Timeline and Sources of History	(i) Conducting Interview: Different family members (Pg. 66) (ii) Pasting Pictures: Few sources of history (Pg. 67)	(i) Compare past conditions with present life. (ii) Distinguish between different sources of history.
	REVISION & UNIT TEST –I		
JULY	2. Oceans and Continents	Drawing: (i) Emblem of the Indian Navy (Pg. 28) (ii) Freehand drawing of the continents (Pg. 39, Q2)	(i) Significance of the Indian Navy's motto. (ii) Learn the general shapes, locations and relative positions of the seven continents.
	6. The Beginnings of Indian Civilisation	Quiz: Indian Civilisation	Evaluate the immediate knowledge on topics like the Indus Valley Civilisation etc.
AUGUST	9. Family and Community	Project: Pros and Cons of nuclear and joint families. (Pg. 143, Q3)	Understand how family structure affects lifestyle, career and academic performance etc.
	13. The Value of Work	Role Play: Types of work (Economic & Non-Economic activities)	Differentiate between Economic & Non- Economic activities.
SEPTEMBER	REVISION & HALF – YEARLY EXAM		



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G.K.

Months	Chapters & Pg.No.
Unit-1	
April & may	1 to 8 (Pg. no. 7 to 15)
Half Yearly Exam	
July	9 to 19 (Pg no. 16 to 29)
August	20 to 26 (Pg.no.30 to41)
September	Test Paper 1 and 2 Half yearly exam
Unit- 2	
October	27 to 34 (Pg. no.42 to 52)
Yearly Exam	
November	35 to 40 (Pg no. 53 to 59)
December	41 to 52 (Pg.no.60 to 81) Test Paper 3, 4 and 5
January & February	Revision
	Yearly Exam



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COMPUTER

Months	Topics	Art Integrated Activity	Learning Outcome
April & May	Safeguarding your Computer	Make a collage on the topic "Types of Malware & write their features."	Knowledge about Cyber-crime, protecting your computer from illegal access & Computer malware.
	Formulas & functions in Excel	Create a Excel sheet to make a report card.	Understanding about different ways to enter formulas with their functions.
July	More on Excel	Create an Excel Worksheet given on page no. 47. (Q.no. A)	Understanding about Excel & its specific features like creating & sorting data.
	Advanced features of PowerPoint 2016	Create a Presentation given on Page no. 65 Q.no. A & C	Knowledge about advanced feature of 2016 like Slide views, transition, animation, uses of media clips & importing data from other application
August	Algorithmic intelligence	Code Task Page no. 74.q. no. A & B	Knowledge about Algorithm & solving problems using algorithms & flowcharts.
September	Revision & Half Yearly Exam		
October	Introduction to Python	Code Task Page no. 114	Brief Knowledge about Features of Python, programming, variables, installing & input & output in python.
November	Human VS Machine Intelligence	Make a chart showing a difference between AI & HI (use appropriate drawing)	Knowledge about human & artificial intelligence with their similarities & differences.
	AI Technologies	List out any two AI Technologies for recognition with their specific features & paste the pictures respectively.	Knowledge about uses of optical character, speech & face recognition.
December	Types of Robot	Make a collage of AI Gadgets.	Knowledge about AI & its unique features, categories of robots, advantages & disadvantages.
January & February	Revision & Yearly Exam		



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SANSKRIT

माह	संस्कृत (वर्ल्ड)	व्याकरण	पाठ का उद्देश्य	रचनात्मक या कलाप
TERM-I (PERIODIC ASSESSMENT-I)				
अप्रैल-मई	1-संस्कृत वणमाला 4 धातुरूप रचय 17-संख्यावाची	बालक शब्दरूप पठ धातुरूप (तीनों लकार)	1-छात्र वण माला का सही जानकारी प्राप्त कर सकेंगे। 2-छात्र संस्कृत के शब्द और सवनाम से प रचित हो सकेंगे।	1-स्त्रीलिंग, पुल्लिंग एवम् नपुसंकलिंग के तीन-तीन शब्द लिखकर उनके चित्र भी चिपकाएँ। 2- संस्कृत वणमाला को अपनी कॉपी में लिखिए। 3- स्त्रीलिंग एवं पुल्लिंग शब्दों पर कक्षा में सामूहिक या कलाप।
HALF-YEARLY EXAMINATION				
जुलाई - सितम्बर	5- प्रथमपुरुषः (तीनों वचनों एवम् लिंगों में) 6- मध्यमपुरुषः (पुल्लिंग, स्त्रीलिंग एवम् तीनों वचन) 7- उत्तमपुरुषः (पुल्लिंग, स्त्रीलिंग एवं तीनों वचन) 9-कारकपरचयः 10-कतृकारकम् सम्बोधनं च	शब्दरूप- राम लता धातुरूप- • अस् (होना) तीनों लकार • गम् (जाना) (तीनों लकार	1-छात्र धातुरूप से प रचित हो सकेंगे । 2-धातुरूप के तीन पुरुष, वचन एवम् लिंग के विषय से अवगत हो सकेंगे। 3-छात्र कारक तथा कारक के भेदों को जान सकेंगे।	• दैनिक व्यवहार में जो याएँ प्रयोग में आती हैं उनसे संबंधित पाँच याएँ सचित्र लिखिए। • अपना प रचय देते हुए अपने विषय में उदाहरण के अनुसार पाँच वाक्य लिखिए। • एकवचन द्विवचन और बहुवचन शब्दों को अलग अलग करके अपने कॉपी में लिखिए। • सभी कारक चिन्हों को अपनी संस्कृत पुस्तिका में लिखिए।
TERM II (UNIT TEST-II)				
अक्टूबर	11- कमकारकम्- द्वितीया विभक्तिः। 12- करणकारकम्- तृतीया विभक्तिः 13- सुभाषितानि	शब्दरूप- अस्मद् (मैं) धातुरूप- लिख् (तीनों लकार)	1-छात्र कम कारक के विषय में जानकारी हासिल कर सकेंगे। 2-छात्र करण कारक एवम् सम्प्रदान कारक के विषय में जान सकेंगे।	• हम यातायात के लिए कौन कौन से साधन उपयोग में लाते हैं, संस्कृत में उनके नाम लिखकर चित्र सहित चिपकाएँ। • सम्प्रदान कारक एवं अपादान कारक चिन्हों का प्रयोग करके एक-एक वाक्य संस्कृत में लिखिए।
ANNUAL EXAMINATION				



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नवंबर - दिसंबर	14 अपादानकारकम् - पञ्चमी - विभक्ति: 15 - सम्बन्धकारकम् - षष्ठी विभक्ति: 16- आधकरणकारकम् - सेप्तमी- विभक्ति: - शब्दाः 18- चतुरः शशकः (लङ् लकार)	• तद् (वह) (सव नाम पुल्लिंग) धातुरूप- • दश (पश्य) • दा (देना)	छात्र विभक्ति चिन्हों को जान सकेंगे । 2- छात्र संस्कृत में संख्याओं को सीख सकेंगे । 3- चतुर शशकः कहानी के माध्यम से बुद्धिमत्ता से अवगत हो सकेंगे तथा अपने जीवन में प्रयोग कर सकेंगे । 4- छात्र सुक्तियों को सीख सकेंगे ।	• एक से तीस तक संख्याएँ कॉपी पर लिखें एवम् उनको चित्रों से दशाएँ । • कबूतर और शिकारी की कहानी पढ़कर कक्षा में सुनाएँ । • सभी कारकों में अंतर पर सामूहिक परचचा ।
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YOGA + GAMES

Month	Sports activities	Sports integrated descriptions
April to may	Yoga Fundamental skill of badminton	Normal exercises, trataka, padmasana, vagrasna, suksana.. Rules and regulation ➡ Racket gripe ➡ Rules of the badminton courts ➡ High service long service and short service ➡ Smash and drop short ➡ Cooling downs exercises ➡ Indor games
July to September	Yoga Fundamental skill of kabaddi game Exercise Physical training (p.t)	Practice of halasana Practice of vajarasana Sukhasana/ easy pose Rules and regulation ➡ Foot touch ➡ Toe touch ➡ Thrust ➡ Squat leg ➡ Kicks Zig zag running Fast running Slow running Stretching and sports trainings Free hand exercise and aerobics
October to November	Yoga Fundamental skills of kho-kho game Sports training Physical training (p.t)	Ustrasana /camel pose Bhujangasana Turning round the pole Fake kho Late kho Zig zag running One leg running Jumping events exercise Free hand exercise and aerobics (p.t)
December to February	Yoga Physical training (p.t) Revision and exam	Paschimottanasana/ bend pose Vriksasana/tree pose Trikonasana/triangle pose Free hand exercise and aerobics (p.t) Yoga test & pt test



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VALUE EDUCATION

Month	Chapter
April	1. God at the door 2. Puppies for sale
May	3. Right and Wrong 4. The Blind Boy
July	5. The Seventh Try 6. The Missing Toe
August	7. The Fish Basket. 8. Feathered Welcome
September	Half Yearly Exam and Revision
October	9. The tail of two pebbles 10. Rise after fall
November	11. The jar of life 12. Knowing Thyself
December	13. The window seat. 14. Flame and Fire
January To February	Revision and Yearly Exam



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Dance

TERM-I

- Basic dance position/posture.
- Introduction to facial expression (Navarasa).
- Basic folk dance steps.
- Balance and flexibility exercises.
- Expression practice through songs.
- Hand gestures / mudras (basic).
- Basic steps of Bharatnatyam.
- Basic head, eye and neck movements.
- Class IV will perform teachers' day on 5th September

TERM-II

- Understanding rhythm and beats (tool basics).
- Introduction to dance forms of India.
- Warm up and stretching exercises.
- Understanding adaru, talam, namaskaram.
- Combination of mudras and expression.
- Basic semi-classical steps exercises.
- Class III students will perform Guru Nanak Jayanti on 24th November.
- Class V will perform republic day on 26th January

Music

TERM-I

- School prayers (memorizing and singing with music)
- Introduction to musical instruments
- Identifying sounds of different musical instruments
- Individual song performance by students
- Class 4th will participate in Teachers' Day celebration

TERM-II

- Introduction to swaras (notes)
- Singing swaras in ascending and descending order
- Practice of sargam (alankar)
- Introduction to rhythm (beats)
- Expression and body language in singing
- Class 3rd will participate in Guru Nanak Jayanti celebration
- Class 5th will participate in Republic Day celebration