



ARWACHIN BHARTI BHAWAN SR. SEC. SCHOOL

C-BLOCK, VIVEK VIHAR, DELHI-110095

SYLLABUS (CLASS - I)

SESSION 2021-22

SUBJECT- ENGLISH

<u>S. NO.</u>	<u>MONTH</u>	<u>TOPIC</u>	<u>TEACHING AID</u>	<u>COMPETENCY BASED ACTIVITY</u>	<u>LEARNING OUTCOMES</u>	<u>ART INTEGRATED ACTIVITY</u>	<u>S.No. OF AIL</u>
1	<u>APRIL- MAY</u>	<p>MCB - (L-1 Neel and his family) Grammar - Vowels and Consonants. Vocabulary - Sound words (ch,sh) Cursive Writing - Pgeno.(1 to 20)</p>	Textbook, Worksheets, PPT, Smart class	Vowels and Consonants: Pictures Sort activity	<ul style="list-style-type: none"> Students will be able to associate words with pictures. Students will be able to recognize letters and their sounds. Students will be able to differentiate between Vowels and Consonants. 	<p>MCB (L-1) 'Climbing the family tree' Chart</p> <p>Vowels and consonants - (A to Z) Picture dictation/Coloring activity</p>	<p>4.1.1.1.8</p> <p>4.1.1.1.3</p>
2.	<u>JULY</u>	<p>MCB - L -3 (Ahana goes to school) Grammar - Articles (A, An) , Naming Words. Vocabulary - Sound</p>	Textbook, Worksheets, PPT, Smart class, Video	Naming Words - 'Noun Hunt' activity	<ul style="list-style-type: none"> Students will be able to Produce words with 'oo ,ee' like foot, feet etc. Students will be able to name familiar objects seen in the 	Make sun shapes (Depicting oo and ee sound words)	4.1.1.1.8

		Words (oo ,ee) Cursive Writing - Pg no. (21 to 26)			pictures.		
3.	<u>AUG-UST</u>	MCB - L-5 (Meera's Friends) L-6 (Our special Earth - Poem Recitation) Grammar - This / That	Textbook, Worksheets, PPT, Smart class, video	MCB- (Meera's friends) Activity - Pg no. 47 (Being a good friend)	<ul style="list-style-type: none"> • Students will be able to recite poem/rhyme with actions. • Students will be able to understand good friend values. • Students will be able to use This/That in correct manner. 	Write a slogan on 'SAVE EARTH' On A-4 size sheet.	4.1.1.1.9
4.	<u>SEPTEMBER</u>	Grammar - Singular/Plural, Animals - homes, sounds. Vocabulary - Sound Words - er , or Cursive Writing -(pg no. 27 to	Textbook, Worksheets, PPT, Smart class, video	(Act as animals) "Silly animal" We pull out the pictures of each animal and practiced making its sound.	<ul style="list-style-type: none"> • Students will be able to match animals with their sounds. • Students will be able to identify the animals' sounds. 	Singular - Plural (Flash cards/Chart)	4.1.1.1.8

		35)					
5.	<u>OCTO- BER</u>	<p>MCB - L-7 (A visit to the Farm) Grammar - These/Those, e, is/am/are, opposite words. Vocabulary - Sound Words (th,pl) Cursive Writing - (Pg no.36 to 40)</p>	Textbook, Worksheets, PPT, Smart class, video, chart paper, markers, Pre made pictures to represent opposite words.	Young ones of animals. Activity - (pg no. 58)	<ul style="list-style-type: none"> • Students will be able to differentiate This/That and These/Those. • Students will be able to identify the words that are opposites. • Students will be able to demonstrate understanding of word relationships and the differences in word - meanings. 	Draw a picture of your favorite pet and write few lines on it.	4.1.1.1
6.	<u>NOVEM- BER</u>	<p>MCB - L -9 (Party Time) Grammar - Genders, rhyming words, Punctuation, use of Has/Have.</p>	Textbook, Worksheets, PPT, Smart class, video, chart paper	Rhyming Words - 'Get out of the wagon' (Activity)	<ul style="list-style-type: none"> • Students will be able to identify when each punctuation mark is needed. • Students will be able to recognize the correct usage for the 	Draw Birthday cake.	4.1.1.1

					words has and have.		
7.	<u>DECEMBER</u>	<p>MCB - L -8 (Beera's Day with Nature) - Poem Recitation Vocabulary - Sound words -(ck ,br) Cursive Writing - Pg no.41 to 58</p>	Textbook, Worksheets, PPT, Smart class, video, chart paper	Sound words - "Missing letters with non - rhyming words".	<ul style="list-style-type: none"> • Students will be able to develop sensibility towards rhythm. • Students will be able to develop phonetic awareness. 	Craft Making Activity (Umbrella)	4.1.1.1.8
8.	<u>JANUARY</u>	<p>MCB - L-11 (The chocolate Box) Grammar - Action words , Prepositions , Punctuation</p>	Textbook, Worksheets, PPT, Smart class, video, chart paper	L-11'Stay healthy' Activity - Pg no.95 of MCB	<ul style="list-style-type: none"> • Students will be able to identify the action words in sentences. • They will be able to use the correct action word in fill in the blank form. 	Collage Making (Action Words)	4.1.3.1
9.	<u>FEBRUARY</u>	<p>MCB - L-10 (The kites) - Poem Recitation Vocabulary</p>	Textbook, Worksheets, PPT, Smart class, video, chart paper	Composition - 'My Best Friend' (Through picture description	<ul style="list-style-type: none"> • Students will be able to make the sentences. • Students will learn to write 	Preposition - Picture dictation/Drawing	4.1.1.1.3

		- Sound Words (cl,st) Composition - 'My Best Friend'. 'My pet animal'.		activity)	and speak logically with clarity and originality.		
--	--	--	--	-----------	---	--	--

UT -1 (APRIL - MAY 2021)

MCB - L - 1 (Neel and his family)

VOCABULARY- Sound Words - (ch, sh)

GRAMMAR - Vowels and Consonants

CURSIVE WRITING - Pg 1 - 20

UT - 2 (JULY 2021)

MCB - L - 3 (Ahana goes to school)

VOCABULARY- Sound Words - (oo, ee)

GRAMMAR - Naming Words, Articles (A,An)

CURSIVE WRITING- Pg21 - 26

TERM - I (AUGUST - SEPTEMBER 2021)

MCB - L - 5 (Meera's Friends)

L - 6 (Our Special Earth) Poem - Recitation

VOCABULARY- Sound Words - (er, or)

GRAMMAR - This/That, Singular/Plural, Animals - (Homes and Sounds).

CURSIVE WRITING - Pg 27 - 35

UT 3 (OCTOBER - 2021)

MCB - L - 7 (A visit to the Farm)

VOCABULARY- Sound Words - (th, pl)

GRAMMAR - These/Those, Is/am/are, opposite words

CURSIVE WRITING - Pg 36 - 40

TERM 2 (NOVEMBER - DECEMBER 2021)

MCB - L - 9 (Party Time)

L - 8 (Beera's Day with Nature) Poem - Recitation

VOCABULARY- Sound Words - (ck, br)

GRAMMAR - Genders, Rhyming Words, Punctuation, Use of has/have

CURSIVE WRITING - Pg 41 - 58

ANNUAL EXAM (JANUARY - FEBRUARY 2022)

MCB - L - 11 (The chocolate Box)

L - 10 (The Kites) Poem - Recitation

VOCABULARY- Sound Words - (cl, st)

GRAMMAR - Action Words, Prepositions, Punctuation

COMPOSITION - 'My Best Friend', 'My Pet animal'

SUBJECT - HINDI

माह	पुस्तक /विषय	शिक्षण सामग्री	रचनात्मक अभिव्यक्ति	अधिगम प्रतिक्रिया	कला गतिविधि	गतिविधि का क्रमांक संख्या
अप्रैल -मई	1. पाठ-2 तीन, चार अक्षर वाले शब्द 2. पाठ-3 'आ' की मात्रा	1.पुस्तक, चित्र, फ्लैशकार्ड, अभ्यास पत्र	1.पृष्ठ -10 बिंदु मिलाकर चित्र में रंग भरो, 2.पृष्ठ -13 बिंदु चित्र में रंग भरो, 3.पृष्ठ -18 बिंदु मिलाकर रंग भरो	1.तीन, चार अक्षर समझ पाएंगे। 2.सभी व्यंजन वर्णों के साथ आ की मात्रा लगा पाएंगे	1. आम बनाकर उसमें ईयरबड से बिंदु बनायें।	<u>4.1.1.1.8</u>
जुलाई - अगस्त	1. पाठ-4 इ, ई' की मात्रा <u>लिंग बदलो।</u>	1.पुस्तक, चित्र, फ्लैशकार्ड, अभ्यास पत्र	1.पृष्ठ -22 अपनी मनपसंद मिठाईओं में रंग भरो, 2.लाल मछली कविता याद करो।	1.उच्चारण के माध्यम से 'इ' और 'ई' की मात्रा के शब्दों का अंतर बता पाएंगे	1. तितली बनाकर रंग भरो। राष्ट्रध्वज बनाकर रंग भरो।	<u>4.1.1.1.3</u> <u>4.1.1.1.8</u>
सितम्बर	1. पाठ-5 उ , ऊ' की मात्रा	1.पुस्तक, चित्र, फ्लैशकार्ड, अभ्यास पत्र	1. नटखट भालू कविता याद करो	1. उ , ऊ की मात्रा के शब्द लिख	1. सूरज का चित्र बनाकर रंग भरो	<u>4.1.1.1.8</u>

				पाएंगे		
<u>अक्टूबर</u>	1. पाठ-7 ए, ऐ की मात्रा 2. वचन बदलो।	1.पुस्तक, चित्र, फ्लैशकार्ड, अभ्यास पत्र	1.पृष्ठ-44 गुब्बारों में रंग भरो।	1.छोटे छोटे वाक्य लिख पाएंगे।	1.सिक्के के निशान बनाओ।	<u>4.1.3.1</u>
<u>नवंबर- दिसंबर</u>	1. पाठ- 8 ओ , औ की मात्रा	1.पुस्तक, चित्र, फ्लैशकार्ड, वीडियो।	1. मौसी आई कविता याद करो।	1.वाक्य बना पाएंगे और कविता स्वयं पढ़ पाएंगे ।	1. ओ , औ की मात्रा के चित्र चिपकाएंगे जैसे :- टोपी, मोर, समोसा आदि ।	<u>4.1.2.1.2</u>
<u>जनवरी</u>	1. पाठ- 11 सयुक्त अक्षर, विलोम शब्द, संज्ञा। 2. अनुस्वार, चन्द्रबिन्दु	1.पुस्तक, चित्र, फ्लैशकार्ड, अभ्यास पत्र	1. उड़ी पतंग कविता याद करो। 2. पृष्ठ - 25 , कविता गुब्बारे वाला पढ़ो ।	1. कविता पाठ करते करते अनुस्वार अनुनासिक और सयुक्त अक्षर सिख जाएंगे ।	1 पतंगे बनाकर रंग भरो।	<u>4.1.3.1</u>
<u>फरवरी</u>	1. पाठ- 12 र के रूप , पाठ -13 चिक्की और चाँद, विलोम शब्द, अनुच्छेद - मेरी माँ	1.पुस्तक, चित्र, फ्लैशकार्ड, अभ्यास पत्र	1.वर्षा ऋतु का चित्र बनाकर रंग भरो । . माँ का चित्र कॉपी	1. पाठ पढ़ना सीख जाएंगे।	1. सरस्वती वंदना हाव भाव सहित प्रस्तुत करेंगे।	<u>4.1.2.1.3</u>

			मे लगाओ।			
--	--	--	----------	--	--	--

SUBJECT- MATHS

<u>S. NO.</u>	<u>MONTH</u>	<u>TOPIC</u>	<u>TEACHING AID</u>	<u>COMPETENCY BASED ACTIVITY</u>	<u>LEARNING OUTCOMES</u>	<u>ART INTEGRATED ACTIVITY</u>	<u>S.NO OF AIL</u>
1	<u>APRIL- MAY</u>	<ul style="list-style-type: none"> Counting -(1 - 100) (Largest and smallest number, Before, After and between, Comparison) Number names (1-10) Table of '2' 	Textbook, video, smart class, worksheet, PPT	ROLL ON! (Roll 2 dice. Write the number and count on.)	<ul style="list-style-type: none"> Students will be able to count and match objects to the correct number. Students will be able to compare objects or things and describe their sizes. 	<ul style="list-style-type: none"> Counting - Beads and Buttons Table - Flower making Activity 	4.1.2.1.2 4.1.2.1.1
2.	<u>JULY</u>	<ul style="list-style-type: none"> COUNTING - (101- 200) (LARGEST AND SMALLEST NUMBER, BEFORE, AFTER AND BETWEEN, COMPARISON) NUMBER NAMES 	TEXTBOOK, VIDEO, SMART CLASS, WORKSHEET, PPT	NUMBER NAMES WORD PUZZLES	<ul style="list-style-type: none"> STUDENTS WILL BE ABLE TO UNDERSTAND THE CONCEPT OF LARGEST AND SMALLEST NUMBER. 	<ul style="list-style-type: none"> NUMBER NAMES - NUMBER WORDS CLIP CARDS 	4.1.2.1.1

		(11-30) • TABLE OF '3'			<ul style="list-style-type: none"> STUDENTS WILL BE ABLE TO WRITE NUMBERS IN WORDS. 		
3.	<u>AUG-UST</u>	<ul style="list-style-type: none"> Counting -(201-300) <p>(Largest and smallest number, Before, After and Between, Comparison)</p> <ul style="list-style-type: none"> Number names(31-50) 	Textbook, video, smart class, worksheet, PPT	Color the largest and smallest number.	<ul style="list-style-type: none"> Students will be able to read and write the numbers upto 300. Students will be able to understand the concept of After, Before and Between. 	<ul style="list-style-type: none"> Comparison -Play with clay 	4.1.2.1.1
4.	<u>SEPTE-MBER</u>	<ul style="list-style-type: none"> Ascending Order (1-100) Tables of '4' and '5' Addition (Single digit) 	Textbook, video, smart class, worksheet, PPT	Real object activity for addition	<ul style="list-style-type: none"> Students will be able to understand the concept of before after and between. Students will be able to understand 	<ul style="list-style-type: none"> Ascending Order-Pasting Bindi activity 	4.1.2.1.3

					how to write the numbers vertically in order to do addition.		
5.	<u>OCTO- BER</u>	<ul style="list-style-type: none"> • Counting -(301-400) <p>(Largest and smallest number, Before, After and Between, Comparison)</p> <ul style="list-style-type: none"> • Number names (51-60) • Tables - 2 to 5 • Days in a week • Back Counting (50-1) 	Textbook, video, smart class, worksheet, PPT	Sing tables up to 5	<ul style="list-style-type: none"> • Students will be able to read and write the numbers up to 400. • Students will be able to recite tables of 2 to 5 • Students will be able to understand the numbers in reverse order. 	<ul style="list-style-type: none"> • Draw caterpillar for backward counting. 	4.1.1.1.1

6.	<u>NOVEM- BER</u>	<ul style="list-style-type: none"> Counting -(401-500) (Largest and smallest number, Before, After and Between, Comparison) Number names(61-80) Tables of '6' and '7' 	Textbook, video, smart class, worksheet, PPT	Compare and Contrast cards.	<ul style="list-style-type: none"> Students will be able to read and write the numbers up to 500. Students will be able to compare the numbers, objects and things. 	<ul style="list-style-type: none"> Hopscotch 	4.1.1.1.1
7.	<u>DECEM- BER</u>	<ul style="list-style-type: none"> Descending Order (1-100) Subtraction Calendar - (Yesterday, Today, Tomorrow) 	Textbook, video, smart class, worksheet, PPT	Real object activity for Subtraction.	<ul style="list-style-type: none"> Students will be able to compare numbers upto500. Students will be able to subtract the numbers. 	<ul style="list-style-type: none"> Make a calendar of December month. 	4.1.2.1.1
8.	<u>JANU- ARY</u>	<ul style="list-style-type: none"> Counting - (1 - 500) (Largest and smallest number, Before, After and 	Textbook, video, smart class, worksheet, PPT	'School of Fish' (Comparing numbers) Compare the sets of fish. Color the fish that is	<ul style="list-style-type: none"> Students will be able to recite table from 2 -9. Students will 	<ul style="list-style-type: none"> Descending Order - Pasting Matchsticks activity 	4.1.2.1.3

		<p>Between, Ascending and Descending order)</p> <ul style="list-style-type: none"> • Number names (81-100) • Tables of '8' and '9' 		greater.	<p>be able to understand the concept of Time.</p> <ul style="list-style-type: none"> • Students will be able to write the numbers in words. 		
9.	<u>FEBRU-ARY</u>	<ul style="list-style-type: none"> • Addition with Carryover • Time • Multiplication 	Textbook, video, smart class, worksheet, PPT	Draw a clock on A-4 Size sheet.	<ul style="list-style-type: none"> • Students will be able to read the time. • Students will be able to do addition with carryover. • Students will be able to learn that repeated addition is Multiplication. 	<ul style="list-style-type: none"> • Multiplication - Fun with arrays 	4.1.1.1.8

SUBJECT - MATHS

UT - I (APRIL - MAY 2021)

Counting - (1 - 100)

(Largest and smallest number, Comparison, Before, After and Between)

Table of '2'

Number Names (1 - 10)

UT - II (JULY 2021)

Counting - (101 - 200)

(Largest and smallest number, Comparison, Before, After and Between)

Table of '3'

Number Names (11 - 30)

TERM - I (AUGUST - SEPTEMBER 2021)

Counting (201 - 300)

(Largest and smallest number, Comparison, Before, After and Between)

Ascending Order (1 - 100)

Tables of '4' and '5'

Number Names (31 - 50)

Addition (Single digit)

UT - III (OCTOBER 2021)

Counting (301 - 400)

(Largest and smallest number, Comparison, Before, After and Between)

Days in a week.

Number Names (51 - 60)

Tables- 2 to 5

Back counting (50 - 1)

TERM II (NOVEMBER - DECEMBER 2021)

Counting (401 - 500)

(Largest and smallest number, Comparison, After, Before and Between)

Descending Order (1 - 100)

Tables of '6' and '7'

Number Names (61 - 80)

Subtraction

Calendar - (Yesterday, Today, Tomorrow)

ANNUAL EXAM (JANUARY - FEBRUARY 2022)

Counting (1 - 500)

(Largest and smallest number, Comparison, Before, After and Between)

Ascending and Descending order

Tables of '8' and '9'

Number Names (81 - 100)

Addition with Carryover

Time, Multiplication

SUBJECT - EVS

<u>S. NO.</u>	<u>MONTH</u>	<u>TOPIC</u>	<u>TEACHING AID</u>	<u>COMPETENCY BASED ACTIVITY</u>	<u>LEARNING OUTCOMES</u>	<u>ART INTEGRATED ACTIVITY</u>	<u>S. NO. OF AIL</u>
1.	<u>APRIL- MAY</u>	L - 1 My body L-2 (My body helps me.)	Textbook, video, smart class, worksheet, PPT	1. Taste, touch, feel and tell Activity 2. Make a collage of sense organs	1. Understand the senses organs 2. Identify different types of sense organs. 3. Able to explain the uses of sense organs. 4.They can understand their body.	1. Draw 5 Sense Organs and write how they help us.	4.1.1.1.2
2.	<u>JULY</u>	L -3(Home sweet home) L-4(Clothes)	Textbook, video, smart class, worksheet, PPT, Pieces of different clothes	1. Touch and say activity. 2 Find and write the different shapes objects at your house. 3. Paste the	1. Students can differentiate between types of houses. 2. Able to classify clothes on different bases. 3. They can name different types of	1. Draw a picture of house and write how house protect us. 2. Model of house. (kutcha or pucca) 3.Draw2-2typesof Clothes(dre	4.1.1.1.2 4.1.3.1 4.1.1.1

				different kinds of clothes we wear.	clothes. 4. They can draw pictures of clothes.	ss)which you wear according to different seasons	
3.	<u>AUG- UST- SEPTEMBER</u>	L-5 (Be safe) L-6 (Road safety) L-7 (Food)	Textbook, video, smart class, worksheet, PPT	1. Make first aid box. 2. Color the scene of traffic signal.	1. Students can draw traffic signal and color it. 2. Understand the importance of traffic signal. 3. Able to differentiate between animal food and plant food. 4 They can make a first aid box.	1. Draw Traffic Light and mention which color indicates What. 2. Draw 5 things we get from Plants and Animals.	4.1.1.12 4.1.1.1
5.	<u>OCTOBER- NOVEMBER</u>	L-8 (My family) L-11 (Places around us) L-12 (Our helpers)	Textbook, video, smart class, flash card, worksheet, PPT	1. Visit to some nearby places. 2. Make 5 hands cutout and paste it on thermacol plate, paste different helpers' pictures on hands and in center of the plate write	1. Identify different helpers in neighbourhood. 2. Learn about the different places around us. 3. Understand the importance of family.	1. A secret emoji fun game with family. 2. Make a collage of nearby places. 3. Make a puppet of your	4.1.1.1 4.1.1.1.2 4.1.1.1.7

				OUR HELPERS.	4. Able to make family tree.	favorite helper.	
6.	<u>DECEMBER</u>	L- 14 (Festivals) L-15 (Plants)	Textbook, video, smart class, worksheet, PPT	1. Visit school garden. 2. Make a list of the things of your house which comes from plants	1. Understand different types of plants and their uses. 2. Able to sing and dance on any folk song of India. 3. Identify the different objects which we get from plants. 4. Able to recall and recognize the names of different festivals with pictures.	1, Make a collage of different festivals. 2. As we all know India is filled with folk music and dance. Prepare any Folk song or dance of your choice. 3. Draw a picture of plant and label its parts.	4.1.3.1 4.2.1.3 4.1.1.1.2
7.	<u>JANUARY - FEBRUARY</u>	L-17 (Our Animals friends) L-18 (Animal's shelter) L- 20 (Seasons)	Textbook, video, smart class, worksheet, PPT	1. Perform animal exercise. 2. Draw or paste different types of seasons in notebook. 3. Color the picture of book's page no- 112	1. Understand different types of animals and their uses. 2. Able to perform some jumps or walk of different animals. 3. Understand the	1. Make a flow chart of different types of animal i.e. Herbivores, Carnivores and omnivores. Paste the pictures of	4.1.3.1

					<p>difference between different seasons. 4. Able to color the picture.</p>	<p>animals and food they it under each category.</p> <p>2.Make a colorful scene of your favorite season and tell why you like that</p>	4.1.1.1.8
--	--	--	--	--	--	--	-----------

SUBJECT - EVS

- Unit Test I : Lesson 1 and 2
- Unit Test II : Lesson 3 and 4
- Term I : Lesson 5 to 7
- Unit Test III : Lesson 8,11and 12
- Term II : Lesson 14 and 15
- Annual Exam : Lesson 17 ,18 and 20

SUBJECT - MORAL VALUE

Name of the Book : Vision (A course on values and life skills)
Publisher : Collins

UT I (APRIL - MAY 2021)

L - 1 (Riko's Day Out)
L - 2 (Bholu's Honey Bowl)

UT - II (JULY 2021)

L - 3 (I want to Be Clean)
L - 4 (Buddy the Pup)

TERM - I (AUGUST - SEPTEMBER 2021)

L - 5 (Babu and the Mango Tree)
Happiness Activity (pg no.37)

UT -III (OCTOBER 2021)

L - 6 (Kuki Learns the Rules)
L - 7 (Lola's Drawings)

TERM II (NOVEMBER - DECEMBER 2021)

L - 8 (The Little Blue Engine)
Project I Respect Nature

ANNUAL EXAM (JANUARY - FEBRUARY 2022)

L - 9 (A Good Deed)
L - 10 (Minnie at School)
Project II Look Out!

SUBJECT - DRAWING

Name of the books

Mirror Image
My Amazing book of art and activity

Publisher

Pravaah Books
Navdeep Books

FIRST TERM :(APRIL - AUGUST)

Drawing : Sun, Boat, Flowers
(Craft) : Art and Craft-PgNO-1-15

SECOND TERM :(SEPTEMBER - DECEMBER)

Drawing :
(Craft) :

Tree, Candles, Hut, Birthday Cake
Art and Craft -pgno-16-25

THIRD TERM :(JANUARY - MARCH)

Drawing :
(Craft) :

Apple , Butterfly, Letter Box, Scenery.
Art and Craft -pgno-26-34

SUBJECT - MUSIC

MIDDLE TERM (APRIL TO SEPTEMBER)

- National Anthem - Jan Gan Man
- National Song
- Spiritual Song

(Theory and Practical)

ANNUAL TERM (OCTOBER TO MARCH)

- Exercise of Prayers and Shalokas
- Sargam and Swachh Bharat song
- Action Song

(Theory and Practical)

SUBJECT - HPE**FIRST TERM**

S.NO.	<u>GAMES (PEC ABILITY) IN PLAY GROUND</u>	<u>PHYSICAL FITNESS EVALUATION</u>	<u>SCHOOL HEALTH MANUAL IN CLASS (IN PRACTICAL FILE)</u>	<u>MASS ACTIVITY IN ASSEMBLY</u>
1.	Walking on toes and heels	Flamingo Balance Test	(A)Knowing Your Body	Basic warming up exercise of full body
2.	Body awareness (1)	Plate Tapping Test	Awareness Kit	
3.	Body awareness (2)	Speed 20mtr	Small Wander	
4.	Running and jumping			
5.	Jumping and hopping			
6.	Bean bag relay		(B)Pasting of photo graphs (One Game)	
7.	Animal walk		Players and Equipment	
8.	Introducing ball handling			
9.	Rolling a ball			

SECOND TERM

S.no	Games (PEC ability) in Play Ground	Physical Fitness Evaluation	School Health Manual in Class	MASS ACTIVITY in Assembly
10.	Dribbling a ball	Shuttle Run Test	(A)Knowing Your Body	Basic warming up exercise of full
11.	Rolling at large target	Vertical Jump Test	Having Fun	

12.	Throwing and catching	Sit& Reach Test	(B)Food And Nutrition	body
13.	Body shape		My personal diet	
14.	Static balance			
15.	Responding to commands and signals (1)			
16.	Responding to commands and signals (2)			
17.	Kicking a ball		(C)Pasting of photo graphs (Second Game)	
18.	Ringmaster		Players and Equipment	
19.	Introducing skipping			
20.	Treasure hunt			

EVALUATION: - (A) ADVANCE (B) PROFICIENCY (C) LEARNING

SUBJECT-COMPUTER

Name of the book

Integrated Computer world

Publisher

Uberty Learning

TERM I: (APRIL TO AUGUST)

Lesson -1 to 2

Lesson - 1 The computer and its Parts

Lesson- 2 Helping Parts of a computer

TERM II : (SEPTEMBER TO DECEMBER)

Lesson -3 to 4

Lesson-3 Let us Work on the Computer

Lesson -4 Uses of Computers

TERM III: (JANUARY TO MARCH)

Lesson -5

Lesson -5 Let us Paint

Final Term (March)