



# DELHI PUBLIC SCHOOL GAYA

## SPLIT-UP SYLLABI OF CLASS – II FOR THE SESSION 2018–2019

**Subject : English**

**Text Books :** 1. Raintree English – Coursebook 2 – Orient Blackswan  
2. Enjoying Grammar – 2 Orient Blackswan  
3. Rhythm in writing – 2 V.P. Singh and Abha Malik Pasricha

Month	Book	Unit/Chapter	Proposed Activities
April	Raintree English	CH-1. Goodnight, Tinku!	<ul style="list-style-type: none"> <li>• Scavenger hunt – Consonant blend sound practice!</li> <li>• Myself</li> <li>• Animal Sound Mimicry</li> </ul>
	Enjoying Grammar	CH-1. Common and Proper Nouns CH-2. Singular and Plural Nouns	
May	Raintree English	How Creatures Move (Poem)	<ul style="list-style-type: none"> <li>• Strategies for speaking longer words – Spot dot divide</li> <li>• My pet</li> <li>• How Creatures Move to the tune of Twinkle, Twinkle</li> </ul>
	Enjoying Grammar	CH-3. Pronouns CH-4. More Pronouns	
June	Raintree English	CH-2. How the Firefly Got Its Light	<ul style="list-style-type: none"> <li>• When two vowels go walking, the first one does the talking</li> <li>• My Best friend.</li> <li>• Activity on Pg. 22 of Raintree English</li> </ul>
	Enjoying Grammar	CH-5. Articles CH-6. I am / she is / He is / You are / They are	
July	Raintree English	CH-3. That's What Friends are for Over in the Meadow (Poem)	<ul style="list-style-type: none"> <li>• Long and short vowel sound / silent sounds</li> <li>• My Parents.</li> <li>• Activity Pg. 31 of Raintree English</li> </ul>
	Enjoying Grammar	CH-7. Was/Were CH-8. Has/Have <b>Revision for Evaluation Cycle – 1</b>	
August	Raintree English	CH-4. Avani and the Pea Plant My Garden (Poem)	<ul style="list-style-type: none"> <li>• R-controlled vowels or, ir, er, ar</li> <li>• My country</li> <li>• Picture Game – The Garden</li> </ul>
	Enjoying Grammar	CH-9. Adjectives CH-10. Adjectives of quality CH-11. This / That / These / Those CH-12. Adverbs <b>Revision for Evaluation Cycle – 2</b>	
September	Raintree English	CH-5. The Good Seed CH-6. The Wolf and the Little Goats	<ul style="list-style-type: none"> <li>• Vowel Digraphs – oa, ow, ou, ui, ue</li> <li>• Our Prime Minister</li> <li>• Activity on pg. 54 of Raintree English</li> </ul>
	Enjoying Grammar	CH-13. The Simple Present Tense + Revision CH-14. The Present Continuous Tense	
October	Raintree English	CH-7. The Elves and the Shoemaker How Many? (Poem)	<ul style="list-style-type: none"> <li>• Contractions</li> <li>• My sweet Home</li> <li>• Activity on Pg. 75 of Raintree English</li> </ul>
	Enjoying Grammar	CH-15 The Simple Past Tense (Regular Verbs) CH-16. The Simple Past Tense (Irregular Verbs)	

<b>November</b>	Raintree English Enjoying Grammar	CH-8. Kites, Kites Everywhere CH-9. A gift of crayons CH-17. Capital Letters, Full Stops and Question marks  CH-18. Question words CH-19. Short Forms	<ul style="list-style-type: none"> <li>Compound words – Basket ball / butter fly</li> <li>My School Bag</li> <li>Activity on pg. 85 of Raintree English</li> </ul>
<b>December</b>	Raintree English Enjoying Grammar	With a Friend (Poem) CH-10. Ammu's Kitten  CH-20. Possessives CH-21. Prepositions CH-22. Conjunctions <b>Revision for Evaluation Cycle – 3</b>	<ul style="list-style-type: none"> <li>Diphthongs – oi, oy, au</li> <li>Our Teachers</li> <li>Activity on pg. 104 of Raintree English</li> <li>Silent words – Knife / Gnome</li> <li>Our Grandparents</li> </ul>
<b>January</b>	Raintree English Enjoying Grammar	Contd....  Contd....	
<b>February</b>	<b>Revision for Evaluation Cycle – 4</b>		

**Subject : Hindi**

**निर्धारित पुस्तकें –**

- सुनहरी धूप हिंदी पाठ्यपुस्तक
- मृदुल हिन्दी व्याकरण
- रंगोली सुलेखा

माह	पुस्तक	पाठ्यक्रम	प्रस्तावित कार्यकलाप
<b>अप्रैल</b>	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> <li>सुलेख</li> </ul>	पाठ-1 सूरज आया (कविता) पाठ-2 अपना घर है सबको प्यारा  पाठ-1 भाषा पाठ-2 वर्ण एवं वर्णमाला  पेज – 5 से 10 तक	<ul style="list-style-type: none"> <li>किन्हीं पाँच जानवरों एवं उनके घरों के चित्र स्क्रेप बुक में चिपकाइए और उनके नाम लिखिए।</li> </ul>
<b>मई</b>	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>सुलेख</li> </ul>	पाठ-3 आसमान गिरा  पेज – 11 से 20 तक	<ul style="list-style-type: none"> <li>रुई की सहायता से बादल बनाएँ और स्क्रेप बुक में चिपकायें।</li> </ul>
<b>जून</b>	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> <li>सुलेख</li> </ul>	पाठ-4 स्वच्छ भारत  पाठ-3 मात्राएँ पाठ-5 आओ शब्द बनाएँ  पेज – 21 से 25 तक	<ul style="list-style-type: none"> <li>विभिन्न मात्राओं से तीन-तीन शब्द चार्ट पेपर पर लिखें।</li> </ul>
<b>जुलाई</b>	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> </ul>	पाठ-5 मेरी उड़ान-मेरी पहचान पाठ-6 बूनो मिल गया	<ul style="list-style-type: none"> <li>टंग द्विस्टर</li> </ul>

	<ul style="list-style-type: none"> <li>व्याकरण</li> <li>सुलेख</li> </ul>	पाठ-5 संज्ञा पाठ-6 लिंग पेज - 26 से 35 तक	<ul style="list-style-type: none"> <li>जल की उपयोगिता पर पाँच वाक्य लिखिए।</li> </ul>
<b>पुनरावृत्ति रचनात्मक मूल्यांकन - I</b>			
अगस्त	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> <li>सुलेख</li> </ul>	पाठ-7 तीन मूर्ख पाठ-8 हमारे त्योहार पाठ-7 वचन पाठ-8 सर्वनाम पेज - 36 से 45 तक	<ul style="list-style-type: none"> <li>इस साल के कुछ त्योहारों की तिथियाँ कैलेंडर से देखकर लिखिए एवं उनसे संबंधित चित्र चिपकाइए।</li> </ul>
<b>पुनरावृत्ति रचनात्मक मूल्यांकन - II</b>			
सितंबर	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> </ul>	पाठ-9 पहले मैं-पहले मैं पाठ-10 अध्यापिका की सीख पाठ-5 विशेषण पाठ-10 क्रिया	<ul style="list-style-type: none"> <li>विद्यार्थी जीवन में शिक्षकों के महत्त्व पर पाँच वाक्य लिखिए।</li> <li>अपने मनपसंद खिलाड़ी के चित्र चिपकाकर उनसे संबंधित पाँच वाक्य लिखिए।</li> </ul>
अक्टूबर	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> <li>सुलेख</li> </ul>	पाठ-11 मुझे सोने दो पाठ-11 संख्या पेज - 46 से 52 तक	<ul style="list-style-type: none"> <li>एक से पचास तक हिन्दी में गिनती स्क्रैप बुक में लिखिए।</li> </ul>
नवम्बर	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>सुलेख</li> </ul>	पाठ-12 सतरंगी परियाँ पाठ-13 चिड़िया ने सबको जगाया पेज - 53 से 58 तक	<ul style="list-style-type: none"> <li>अपनी पसंद के पशु पक्षियों का मुखौटा बनाकर लगाइए और शिक्षक के समक्ष बोली निकालिए और जंगल-जंगल खेलें।</li> </ul>
दिसंबर	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> </ul>	पाठ-14 चलो, केक बनाएँ पाठ-15 कहाँ है भूत? पाठ-12 समानार्थी शब्द पाठ-13 अनेक शब्दों के लिए एक शब्द	<ul style="list-style-type: none"> <li>शब्द-सीढ़ी</li> <li>परिवार के सदस्यों के चित्र चिपकाकर व नाम लिखकर परिवार वृक्ष पूरा करें।</li> </ul>
<b>पुनरावृत्ति रचनात्मक मूल्यांकन - III</b>			
जनवरी	<ul style="list-style-type: none"> <li>सुनहरी धूप</li> <li>व्याकरण</li> <li>सुलेख</li> </ul>	पाठ-16 चंदा मामा पाठ-14 विलोम शब्द पाठ-15 रचनात्मक कार्य पेज - 59 से 64 तक	<ul style="list-style-type: none"> <li>पलेश कार्ड द्वारा समानार्थी शब्द, विलोम शब्द लिंग और वचन पहचानना।</li> </ul>
फरवरी	<b>पुनरावृत्ति</b>		
<b>पुनरावृत्ति रचनात्मक मूल्यांकन - IV</b>			

**Subject : Mathematics**

Prescribed book – Math Sight, Britannica Encyclopedia

Month	Unit/Chapters	Lab. Activity
<b>April</b>	CH-1. NUMBERS <ul style="list-style-type: none"> <li>• Using Vocabulary of symbol related to basic operations.</li> <li>• Numerals (1-99)</li> <li>• Forward counting (0-99)</li> <li>• Backward counting (99-0)</li> <li>• Place value &amp; Face value</li> <li>• Writing numbers in words</li> <li>• Before , After &amp; between up to 99</li> <li>• Roman numerals(I To V)</li> <li>• Expanded form of numbers</li> <li>• Ordinal numbers</li> <li>• Ascending and Descending order</li> <li>• Comparison of numbers (&lt;, &gt; or =)</li> <li>• Even and Odd numbers</li> <li>• Formation of the greatest and smallest numbers using given digits</li> </ul> CH-2. ADDITION <ul style="list-style-type: none"> <li>• Properties of addition</li> <li>• Addend and sum</li> </ul>	<ul style="list-style-type: none"> <li>• Making pairs with pebbles and marbles.</li> <li>• Make abacus of 2 digit numbers and use it for showing place value</li> </ul>
<b>May</b>	CH-2. ADDITION (Continued) <ul style="list-style-type: none"> <li>• Addition of 2 digit numbers without regrouping; with regrouping</li> <li>• Grouping of objects into groups of 2,3,4,5 or 10</li> <li>• Word problems</li> <li>• Place holders</li> </ul>	<ul style="list-style-type: none"> <li>• Find out the age of your family members and mark the difference. Make a family tree and write the same. (Theme based)</li> </ul>
<b>June</b>	CH-3. SUBTRACTION <ul style="list-style-type: none"> <li>• Properties of subtraction without regrouping; with regrouping</li> <li>• Word problems</li> <li>• Place holders</li> <li>• Addition on the number grid</li> <li>• Checking subtraction using addition</li> </ul>	<ul style="list-style-type: none"> <li>• Subtracting 3 digit numbers using the abacus.</li> <li>• Collect information regarding distance from your house to school with the help of bus-drivers. (Theme based)</li> </ul>
<b>July</b>	CH-4. SHAPES, DIRECTION AND POSITION <ul style="list-style-type: none"> <li>• Develop and use vocabulary of special relationships like Top- Bottom, On- Under, Inside- Outside, Above- Below, Far- Near, Before- After, Left- Right</li> <li>• Lines-Straight and curved, vertical, horizontal, slanting, zigzag, free hand and straight lines drawn using ruler</li> <li>• Identification and formation of 2D shapes</li> <li>• Identification of 3D shapes (cube, cuboid, cone, cylinder, sphere)</li> </ul> <b>Revision for Evaluation Cycle – 1</b> CH-5. NUMBERS BEYOND 100 <ul style="list-style-type: none"> <li>• Concept of biggest and smallest numbers up to 999</li> <li>• Using vocabulary and symbols related to the basic operations (100 to 999)</li> <li>• Numerals (100 to 999)</li> </ul>	<ul style="list-style-type: none"> <li>• Making a collage with different shapes</li> <li>• Making models of different solid shapes.</li> <li>• Use of abacus, place value rod</li> <li>• Making abacus for 3 digit numbers for showing place value</li> <li>• Number Grid</li> <li>• Flash cards</li> </ul>

	<ul style="list-style-type: none"> <li>• Forward Counting (100-999)</li> <li>• Backward Counting (999-100)</li> <li>• Place Value and Face Value</li> <li>• Writing numbers in words</li> <li>• Roman numbers (V TO X)</li> <li>• Ordinal Numbers</li> <li>• Even and Odd numbers</li> <li>• Before, after, between numbers up to 999</li> <li>• Ascending and Descending</li> <li>• Comparison of numbers (&lt;, &gt; or =)</li> <li>• Sort, classify and describe objects on the basis of shape, colour and number of objects</li> </ul>	
<b>August</b>	<p>CH-6. ADDITION/SUBTRACTION</p> <ul style="list-style-type: none"> <li>• Addition and subtraction</li> <li>• Creating and solving problems in context that involves addition and subtraction</li> <li>• Addition and Subtraction of 3 digit numbers with and without regrouping</li> <li>• Word problem</li> </ul> <p>CH-7. MULTIPLICATION</p> <ul style="list-style-type: none"> <li>• Properties of multiplication</li> <li>• Skip Counting of 2, 3, 4, 5 and 10</li> <li>• Building Tables (2- 10)</li> </ul> <p><b>Revision for Evaluation Cycle – 2</b></p>	<ul style="list-style-type: none"> <li>• Matching numbers in the chart</li> </ul>
<b>September</b>	<p>CH-7. MULTIPLICATION (contd.)</p> <ul style="list-style-type: none"> <li>• Multiplication as repeated addition</li> <li>• Multiplication of 2 and 3 digit numbers with 1 digit number (with and without regrouping)</li> <li>• Multiplication facts</li> <li>• Word Problems</li> </ul>	<ul style="list-style-type: none"> <li>• Building of tables by counting groups</li> </ul>
<b>October</b>	<p>CH-8. DIVISION</p> <ul style="list-style-type: none"> <li>• Introduction of Division as equal distribution or equal grouping</li> <li>• Division as repeated subtraction</li> <li>• Multiplication and division facts</li> <li>• Long Division Method</li> <li>• Word problems</li> </ul>	<ul style="list-style-type: none"> <li>• Making equal groups of ice- cream sticks.</li> </ul>
<b>November</b>	<p>CH-9. FRACTION</p> <p>CH-10. MEASUREMENT</p> <ul style="list-style-type: none"> <li>• Estimate, measure, weigh, and compare objects by using appropriate non- standard units and measuring instruments</li> <li>• Size; concept of big and small</li> </ul>	<ul style="list-style-type: none"> <li>• Make a record of height weight of your family members.</li> </ul>
<b>December</b>	<p>CH-11. MONEY</p> <ul style="list-style-type: none"> <li>• Identification of Indian currency (Rupees And Coins)</li> <li>• Addition and subtraction of Money</li> </ul> <p><b>Revision for Evaluation Cycle – 3</b></p> <p>CH-12. TIME</p> <ul style="list-style-type: none"> <li>• Reading and showing time on the face of a clock (o' clock and half past)</li> <li>• am, pm</li> <li>• Sequence of seasons</li> </ul>	<ul style="list-style-type: none"> <li>• Create a market scene inside the classroom making different children to act out the role of vendors and grocers. Those visiting the market will make their expenditure list and those selling things will make their profit list.(Theme based)</li> <li>• Paste the pictures of objects with different values and paste the duplicate currencies according to their values</li> </ul>

<b>January</b>	CH-12. TIME (Contd...) <ul style="list-style-type: none"> <li>Yesterday, Today, Tomorrow</li> <li>Looking at the calendar</li> </ul> CH-13. PATTERN <ul style="list-style-type: none"> <li>Complete a given sequence of simple pattern</li> <li>Create patterns of shapes, colours, numbers, letters</li> </ul>	<ul style="list-style-type: none"> <li>Make pattern using glaze papers</li> <li>Mapping of my school</li> <li>Make a calendar using your own innovative ideas. (Theme based)</li> </ul>
<b>February</b>	<b>Revision for Evaluation – 4</b>	

**Subject : Environmental Studies**

**Prescribed Book :-** 1. EMPOWERING Environmental Studies

<b>Month</b>	<b>Unit/Chapter</b>	<b>Proposed Activities</b>
<b>April</b>	CH-1. It Is Me! CH-2. Inside My Body CH-3. Health Is Wealth	<ul style="list-style-type: none"> <li>Activity- I Love Myself.</li> <li>Listen to the heartbeats using stethoscope.</li> <li>Activity – Germs Are Not For Sharing.</li> </ul>
<b>May</b>	CH-4. I Love My Family	<ul style="list-style-type: none"> <li>Activity – Family Crest</li> <li>Make beautiful puppets of your family members using Ice cream sticks.</li> <li>Make your Time line by pasting the pictures of your past and present.</li> </ul>
<b>June</b>	CH-5. Food For Health CH-6. Types Of Clothes	<ul style="list-style-type: none"> <li>Flash cards for healthy and junk foods.</li> <li>Salad making</li> <li>Paste the fibres according to the texture.</li> </ul>
<b>July</b>	CH-7. Home Sweet Home CH-8. Let Us Be Safe <b>Revision for Evaluation Cycle – 1</b>	<ul style="list-style-type: none"> <li>Make a hut using straw and waste materials.</li> <li>Workshop on Safety Rules.</li> <li>Show all sources of water on a chart paper.</li> </ul>
<b>August</b>	CH-9. Directions And Time CH-10. Our Neighbours <b>Revision for Evaluation Cycle – 2</b>	<ul style="list-style-type: none"> <li>On a map of India locate your state and its capital.</li> <li>Design a map of your neighbourhood.</li> <li>Identify different types of plants in your school garden</li> </ul>
<b>September</b>	CH-12. Festive Time CH-13. National Festivals and Symbols.	<ul style="list-style-type: none"> <li>Design &amp; decorate various items according to the various festivals.</li> <li>Showing flash cards and identifying our national leaders.</li> <li>Place the animals in their habitat- a fun game</li> </ul>
<b>October</b>	CH-11. Our Occupations	<ul style="list-style-type: none"> <li>World of gadgets- Group discussion</li> <li>Paste pictures of different community helpers in your scrap book.</li> <li>Playing Doctor</li> <li>Fishing for good foods</li> <li>Make a clutter bag.</li> <li>Put biodegradable waste in the green bin and other in the blue bin.</li> </ul>
<b>November</b>	CH-14. Going Place CH-15. Let us Communicate	<ul style="list-style-type: none"> <li>Make a model of Air/ Water/ Land transport using eco-friendly materials.</li> <li>Draw three means of communication.</li> <li>Make an occupation Wheel</li> <li>Make a “Thank you” Card for a soldier who protects the nation’s border.</li> <li>Make a birthday card for your friend.</li> </ul>

<b>December</b>	CH-16. Air, Water and Weather CH-17. My Green World <b>Revision for Evaluation Cycle – 3</b>	<ul style="list-style-type: none"> <li>• Make a paper wind- mill.</li> <li>• Nature Walk</li> <li>• Collect samples of plants products and paste them in your scrapbook.</li> <li>• Make a beautiful food art with fruits</li> </ul>
<b>January</b>	CH-18. Our Animal Friends CH-19. The Earth and the Sky	<ul style="list-style-type: none"> <li>• Make a nest using straw.</li> <li>• Poster Making: “Our Mother Earth”</li> <li>• Make a craft-tree showing four different seasons in fractions.</li> </ul>
<b>February</b>	<b>Revision for Evaluation Cycle – 4</b>	

**Subject : Computer**

**Text Books :** 1. New Trends in Computers (Candid) ‘

Month	Chapter	Proposed Activities
<b>April</b>	CH-1. Parts of a Computer CH-2. Hardware and Software	Make a colorful collage on-Parts of Computer and label them
<b>May</b>	CH-2. Hardware and Software	Draw any four hardware devices and label them
<b>June</b>	CH-3. Tux paint	Create a scene on the theme, Save Nature in Tux Paint
<b>July</b>	CH-4. Understanding Windows	Make an informative chart displaying all the Versions of Windows and their features.
<b>August</b>	CH-5. Working with Paint	Make an attractive Birthday Card for your mother in Paint.
<b>September</b>	CH-6. The Keyboard	Draw picture of Keyboard.
<b>October</b>	CH-6. The Keyboard CH-7. Microsoft Word 2010	In MS-Word, type your favourite Poem.
<b>November</b>	CH-7. Microsoft Word 2010 CH-8. Log on to Logo	Write LOGO commands to draw square, Rectangle.
<b>December</b>	CH-9. Using Primitives	Write LOGO commands to write your name.
<b>Jan+Feb</b>	<b>Revision</b>	

**Subject : Art & Craft**

**Text Books :** 1. Be An Artist – 2

Months	April	May	June	July	August	September	October	November	December	January	February
<b>Unit Chapter</b>	1. Aeroplane 2. Ladybird 3. Boat 4. Colourful Leaves 5. Mangoes	6. Shoe	7. Boat 8. Tree 9. Flying Bird	10. Reindeer 11. Fairy 12. Butterfly 13. Bug 14. Girl and boy 15. Patterned Design	16. 3D Blocks 17. Decorative Letters 18. Join The Dots 19. Lion’s Face 20. Penguin	21. Night Scene 22. Dancing Peacock 23. Cat’s Mask 24. Photo Frame	25. Mushroom 26. Turtle 27. Buildings	28. Scenery 29. Still Objects 30. Tree 31. Jellyfishes 32. Thanku Card	33. Garden 34. Sheep 35. Floral Design 36. Frog	37. Beautiful Butterfly 38. Landscape 39. Sailing Boat	Parrot

**Subject : Dance**

Months	April	May	June	July	August	September	October	November	December	January	February
<b>Unit Chapter</b>	Pranam, Introduction of Dance.	Conti nue	Foot work (Routine-1)	Hand moves with dipping	Patriotic, Dance, free style.	Asamyuta hand gesture	Continue....	Folk dance Gujrat	Prop's work (Routine 1 & 2)	Folk dance.	<b>Revision</b>

**Subject : Vocal Music**

Months	April	May	June	July	August	September	October	November	December	January	February
<b>Unit Chapter</b>	Make me a channel of your peace (Prayer song)	3 Alankar in Bilawal Thaata. Country Roads.	Baishnava Janat, My Bonnie lies over.	EK Tuhi Bharosa, Sunday Morning.	Patriotic songs, You Raise me up	Deep Deep Deep. Manasasatam. (Prayer song)	On my Honour, Sargams	Jamaica Farewell, Bada natkhat hai re.	But you love me Daddy. Christmas Day song.	Patriotic Medly	Voice Traing & Revision

**Subject : Physical Education**

Month	Games and Sports
<b>April</b>	Revision of all drill exercises. Practice of the games and its importance. Specific warming-up exercises related to the game. <u>Yoga</u> : Concept of breathing exercise, Practice of breathing exercise
<b>May</b>	Revision of all drill exercises. Practice of the games and its importance. Specific warming-up exercises related to the game. <u>Yoga</u> : Continuation of breathing exercise , Micro exercise related to various body parts.
<b>June</b>	Recreational games <u>Yoga</u> : Micro exercise, Tadasana, Vajrasana.
<b>July</b>	Dodge Ball, Kabaddi, Team Relay, Tunnel Ball, Throw ball, Exercise No. 5 to 10. Introduction of new set of exercises, Basketball. <u>Yoga</u> : Fun with asanas No. 283, Concept of various mudra.
<b>August</b>	Ex. No. 1 to 6, Height + weight, practice of basic skills of Basketball & Kho-Kho. <u>Yoga</u> : Practice of gyan mudra, Practice of the asanas which has been taught in the previous class.
<b>September</b>	Field display and drill practice. Knowledge of handball and throw ball. <u>Yoga</u> : Breathing exercise, Practice of Bhastrika pranayama, Tiryaktadasana.
<b>October</b>	Moderated game practice & drill practices. <u>Yoga</u> : Practice of mudra , Practice of previous asanas, Shavasan.
<b>November</b>	Different types of Races, Long-Jump, Relay practice, Heats of different races, Event practice on track <u>Yoga</u> : Continuation of Asanas, Trikonasana, Padahasthasana, Recreation activities
<b>December</b>	Sports Day. <u>Yoga</u> : Padmasana, Fun with the asanas
<b>January</b>	Revision of the moderated games. <u>Yoga</u> : Parsvottanasana, Bhujangasana
<b>February</b>	Free game. <u>Yoga</u> : Revision