DELHI PUBLIC SCHOOL GAYA

SPLIT-UP SYLLABI OF CLASS - VII FOR THE SESSION 2018-2019

Subject : English

Prescribed Book :- 1. Pearson Course Book

2. Cornerstone Gr	ammar and Co	mposition Skills
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3. Cursive Writing

Book/Area	Unit/Chapter	Proposed Activities	
Course Book Grammar Pearson	CH-1.I Am Here to SpeakCH-2.The BrookCH-1.The SentencesCH-2.NounsCH-3.Pronouns	 Impromptu speech Travelogue Character sketch 	
Course Book Grammar Pearson	CH-3.The AntlionCH-4.AdjectivesCH-5.Adverbs	Dictionary work	
Course Book Grammar Pearson	CH-4.MotherCH-5.Mirakle CouriersCH-6.ArticlesCH-7.Simple Tenses	 Diary Entry Role play 	
Course Book Grammar Pearson	 CH-6. This is Going to Hurt Just a Little Bit CH-7. All By Electricity CH-8. Continuous Tenses CH-9. The Perfect and Perfect Continuous Tense CH-10. Modals and Auxiliaries 	 Describing people Syllable stress Sentence stress 	
Course Book Grammar Pearson	CH-8.Archimedes' PrincipleCH-9.The Fall of IcarusCH-11.Non Finite VerbsCH-12.Transitive and Intransitive VerbCH-13.Active and Passive Voice	 Vocabulary related to compound adjectives, words of movements, homophones listening and answering Describing appearance anincident 	
Revision Term – I			
Course Book Grammar Pearson	CH-10.The Story CollectorCH-11.PeaceCH-12.A Robot in the HouseCH-14.Subject Verb AgreementCH-15.PrepositionCH-16.Conjunctions	 Preparing a questionnaire Listening and describing 	
	Course Book Grammar Pearson Course Book Grammar Pearson Course Book Grammar Pearson Course Book Grammar Pearson Course Book Grammar Pearson Course Book	Book/Area Unit/Chapter Course Book CH-1. I Am Here to Speak CH-2. The Brook Grammar Pearson CH-1. The Sentences CH-2. Nouns CH-3. Course Book CH-3. The Antlion Grammar Pearson CH-4. Adjectives CH-5. Course Book CH-4. Adjectives CH-5. Course Book CH-4. Mother CH-5. Course Book CH-4. Mother CH-5. Grammar Pearson CH-6. Articles CH-7. Grammar Pearson CH-6. This is Going to Hurt Just a Little Bit CH-7. Grammar Pearson CH-8. Continuous Tenses CH-9. Course Book CH-8. Continuous Tenses CH-10. Grammar Pearson CH-8. Archimedes' Principle CH-10. Course Book CH-8. Archimedes' Principle CH-9. CH-9. The Fall of learus Grammar Pearson CH-11. Non Finite Verbs CH-13. Grammar Pearson CH-10. The Story Collector CH-13. Curse Book CH-10. The Story Collector CH-12. CH-12.	



November	Course Book Grammar Pearson	 CH-13. Thank You Ma'am CH-14. The Last Bargain CH-18. Punctuations CH-19. Direct and Indirect CH-20. Transformation of Sentences 	 Vocabulary Role play Describing steps/ processes
December	Course Book Grammar Pearson	 CH-15. Vitamin M CH-16. Raja Ravi Varma CH-21. Kinds of Clauses CH-22. Clauses CH-23. Kinds of Clauses 	 Developing schedules and plans Describing work processes Diary entry
January	Course Book Grammar Pearson	 CH-17. Oliver Twist CH-18. The Importance of Being Earnest CH-24. Simple, Compound and Complex sentences CH-25. Synthesis of Sentences 	 Biography Role play
February		Revision Ter	m – II

<u>Subject : Hindi</u> निर्धारित पुस्तकें –

1. नई रंगोली (पाठ्य पुस्तक) 2. व्याकरण लतिका

3. महाभारत

माह		निर्धारित पाठ्यक्रम	कार्यकलाप (प्रस्तावित)
अप्रैल	नई रंगोली व्याकरण लतिका महाभारत	पाठ–1 ऐ मेरे वतन के लोगों पाठ–2 जीव दया के मसीहा पाठ–3 आत्मनिर्भरता पाठ–1 भाषा, बोली, व्याकरण पाठ–2 वर्ण एवं वर्णमाला पाठ–3 संधि पाठ–4 शब्द विचार पाठ–1 महाभारत कथा पाठ–2 देवव्रत	 वसंत ऋतु में प्रकृति में होने वाले परिवर्तन को लिखना स्माचार पत्र स्वपरिचय देना
मई	नई रंगोली व्याकरण लतिका महाभारत	पाठ–4 वह तोड़ती पत्थर पाठ–5 शब्द रचना (उपसर्ग ⁄ प्रत्यय) पत्र–लेखन भीष्म प्रतिज्ञा, अंबा और भीष्म, विदुर	• सस्वर कविता / दोहा पाठ
जून	नई रंगोली व्याकरण लतिका महाभारत	पाठ—5 काश, मैं मोटर साइकिल होता! पाठ—6 एक था राम पाठ—5 शब्द रचना (समास) पाठ—6 संज्ञा अपठित बोध कुंती, भीम, कर्ण, द्रोणाचार्य	 आपको प्रेरित करने वाले व्यक्तित्व की विशेषताएँ हमारे प्रधानमंत्री

जुलाई	नई रंगोली व्याकरण लतिका	पाठ–7 दो पंछी पाठ–8 रिश्वत फंड पाठ–6 सर्वनाम	 आपके घर के आस–पास नगरपालिका द्वारा कौन–कार्य हुए है? लिखिए। मोबाइल : जीवन में उपयोगिता इंटरनेट – बढ़ती निर्भरता – उचित / अनुचित
		पाठ—7 विशेषण पाठ—8 क्रिया (वाच्य, काल)	• इटरनट – बढ्ता निगरता – जवत / जनुवित
	महाभारत	लाख का घर, पांडवों की रक्षा, द्रौपदी स्वयंवर	
अगस्त	नई रंगोली	पाठ–9 पुरस्कार पाठ–10 कबीर के दोहे	 पशु—पक्षी संरक्षण हेतु किए जाने वाले कार्य—नैतिक मूल्यों की जीवन में आवश्यकता परिवार में सौहार्द्र की महत्ता
	व्याकरण लतिका	अव्यय – क्रियाविशेषण, संबंधबोधक, समुच्चयबोधक एवं विस्मयादिबोधक, अनुच्छेद लेखन	• माता—पिता के प्रति आपका दायित्व
	महाभारत	इन्द्रप्रस्थ, जरासंघ, शकुनि का प्रवेश, चौसर का खेल व द्रौपदी का व्यवस्था	
सितम्बर	महाभारत	घृतराष्ट्र की चितां, भीम और हनुमान, यक्ष प्रश्न	
		पुनरात	वृत्ति टर्म — 1
अक्टूबर	नई रंगोली	पाठ—11 बीस साल बाद पाठ— 12 चार्ल्स डार्विन	 स्वच्छता अभियान में आपकी भूमिका / बढ़ते हुए प्रदूषण के आधार पर दस वर्ष बाद आपके शहर की स्थिति का वर्णन
	व्याकरण लतिका	पाठ—11 वाक्य विचार पाठ—12 विराम चिहन	
	महाभारत	द्वेष करने वालों का जी नहीं भरता, मायावी सरोवर	
नवम्बर	नई रंगोली	पाठ—13 बहुत दिनों के बाद पाठ—14 एक कहानी इनकी भी	• प्रदूषण मुक्त दिवाली कैसी हो? अपना विचार
	व्याकरण लतिका	पाठ—13 वाक्य शोधन, कहानी लेखन	
	महाभारत	अज्ञातवास, प्रतिज्ञा—पूर्ति, विराट का भ्रम, मंत्रणा	
दिसम्बर	नई रंगोली	पाठ–15 कर्मवीर पाठ–16 संगठन में शक्ति पाठ–17 कैकेयी का अनुताप	 आपकी अविस्मरणीय यात्रा आपको प्रेरित करने वाला चलचित्र (मूवी) भ्रष्टाचार मुक्त समाज के निर्माण में आपका योगदान
	व्याकरण लतिका	पाठ–14 मुहावरे और लोकोक्तियाँ, निबंध लेखन	
	महाभारत	राजदूत संजय, शांतिदूत श्री कृष्ण, पांडवों और कौरवों के सेनापति, पहला, दूसरा और तीसरा दिन, चौथा, पाँचवाँ और छठा दिन	
जनवरी	नई रंगोली	पाठ—18 स्वामी विवेकानंद	 कैशलेस प्रणाली से अर्थव्यवस्था में लाभ
	व्याकरण लतिका	शेष पाठों का अभ्यास प्रश्न, मौखिक अभिव्यक्ति	• यदि आप जिलाधिकारी होते
	महाभारत	सतवाँ, आठवाँ और नवाँ दिन, भीम शर शयापर, बारहवाँ दिन, अभिमन्यु, युधिष्ठिर, भूरिश्रवा, जयद्रथ, और आचार्य द्रोणाचार्य का अंत, कर्ण और दुर्योधन, अश्वत्थामा युधिष्ठिर की वेदना इत्यादि।	
फरवरी		पुन	नरावृत्ति टर्म – 2

<u>Subject : Sanskrit</u>

पाठ्यपुस्तकम् – १. पाठ्य पुस्तक – नव संस्कृतम् **२. व्याकरण –** मणिका संस्कृत व्याकरण

माह	2	रण — माणका संस्कृत व्याकरण निर्धारित पाठ्यक्रम	विभिन्न गतिविधियाँ
भारु अप्रैल	चन गोरस्वर	पाठ १ – संस्कृतदिनम्	
সমল	नव संस्कृतम्	पाठ १ — संस्कृतादनम् पाठ २ — भारतीयाः वीराङ्गना	पाट्यक्रमानुसार सामान्य ज्ञान परिक्षण
		पाठ ३ – जयतु राष्ट्रम्	
	मणिका संस्कृत	पाठ 3 — जयतु राष्ट्रम् पाठ 1 — उच्चारणस्थानानि	
	माणका संस्कृत व्याकरण	पाठ १ – उच्चारणस्थानानि पाठ १ – सन्धिः	
मई	नव संस्कृतम्	पाठ ४ – धन्याः भारतीयाः	पाट्यक्रमानुसार
			सामान्य ज्ञान परिक्षण
	मणिका संस्कृत	पाठ ३ – शब्दरूप प्रकरणम्	
	व्याकरण		
जून	नव संस्कृतम्	पाठ 5 – संस्कृत क्रीडा	पाट्यक्रमानुसार
		पाठ 6 – दिनचर्या	सामान्य ज्ञान परिक्षण
	मणिका संस्कृत	पाठ ४ – धातुरूप प्रकरणम्	
C	व्याकरण	पाठ ५ – वर्णविन्यासाः संयोगाः च	
जुलाई	नव संस्कृतम्	पाठ 7 — सुभाषितानि पाठ 8 — केरलराज्यम्	1. संख्या क्रीडा, वाक्य निर्माण प्रतियोगिता
	मणिका संस्कृत	पाठ ८ – करलराज्यम् पाठ ६ – पर्यायाः एवम्, विपर्ययाः	
	व्याकरण	पाठ ७ — संयायाः ९४म्, गिपपर्ययाः पाठ ७ — समय लेखनम्	
अगस्त	नव संस्कृतम्	पाठ 9 – पुत्रं प्रति पत्रम्	पाट्यक्रमानुसार
		पाठ 10 – बाल कलामः	सामान्य ज्ञान परिक्षण
	मणिका संस्कृत	पाठ ८ – संख्या	
	व्याकरण	पाठ 9 – कारकाः उपपदविभक्तयः च	
सितम्बर		पुरावृत्ति टर्म – १	
अक्टूबर	नव संस्कृतम्	पाठ 11 – कूपमण्डूकता	पाट्यक्रमानुसार
		पाठ 12 – साइना नेहवालः	सामान्य ज्ञान परिक्षण
		पाठ 13 — वनमहोत्सवः	
	मणिका संस्कृत व्याकरण	पाठ १० – प्रत्ययाः पाठ ११ – अशुद्धिशोधनम्	
	wiy) (*)	पाठ 12 – प्रत्रलेखनम्	
नवम्बर	नव संस्कृतम्	पाठ 14 – श्रद्धावान् लभते ज्ञानम्	2. संस्वर श्लोक उच्चारण प्रतियोगिता
		पाठ 15 – चरणस्पर्शस्य महत्वम्	
	मणिका संस्कृत	पाठ 13 — वार्त्तालापः	
	व्याकरण	पाठ 14 — चित्रवर्णनम्	
दिसम्बर	नव संस्कृतम्	पाठ 16 – योजकस्तत्र दुर्लभः	3. परियोजना कार्य – सूक्ति संकलन
	मणिका संस्कृत	पाठ 15 – गद्यांशाः अभ्यास प्रश्न पत्रम्	
	व्याकरण		
जनवरी +		पुरावृत्ति टर्म – 2	2
फरवरी			

Subject : Mathematics Prescribed book : MathSight – Britannica Learning (No. of chapters – 16)

Month		Unit/Chapters	Lab. Activity
April	CH-1. CH-2.	Knowing Our Numbers Fractions	To multiply two fractions by the activity method.
May	СН-3.	Rational Numbers	To multiply two rational numbers by paper folding.
June	CH-4.	Decimals	To multiply decimals by paper folding method.
July	CH-5. CH-6.	Exponents(Powers) Algebraic Expressions	To express exponents by folding paper.
August	CH-7. CH-12.	Simple Linear Equations Representing 3D in 2D	To make a necktie from a square by the paper folding method.
September			TERM – I
October	CH-8. CH-11.	Commercial Mathematics Symmetry	To make designs with rotating shapes.
November	CH-9. CH-10.	Understanding Shapes Properties of Triangles.	To verify exterior angle in a triangle is equal to the sum of opposite interior angles.
December	CH-13. CH-14.	Congruence Constructions	To verify the congruency of triangles by using the activity method.
January	CH-15. CH-16.	Perimeter and area Data Handling	To determine the area of the closed figures by using dotted paper.
February			TERM – II

Subject : Science and Technology Prescribed Book :- 1. Lakhmir Singh's Science (No. of chapters Phy-5, Ch-6, Bio-7)

Month	Book/Area		Unit/Chapter	Proposed Activities
April	Physics	CH-4.	Heat (up to transfer of heat)	• To show conduction and convection of heat.
	Chemistry	CH-3.	Fibre to Fabric (up to production of silk)	• To prepare carbon dioxide in laboratory
	Biology	CH-1.	Nutrition in plants (upto nutrients in the soil)	• To see plant and animal cell under microscope.
May	Physics	CH-4.	Heat (from conduction)	To show liquids conduct heat
	Chemistry	CH-3.	Fibre to Fabric (from varities of silk)	
	Biology	CH-1.	Nutrition in plants (from cell)	
June	Physics	CH-8.	Wind, Storms and Cyclone (up to air expands on heating)	To prove that air exerts pressure
	Chemistry	CH-5.	Acid, Bases and Salts. (up to uses of different acids and bases)	• To prepare sulphuric acid.
	Biology	CH-2.	Nutrition in Animals (upto uses of different acids and bases)	• To study the digestive system of human beings.

July	Physics	CH-8.	Wind, Storms and Cyclone (from generation of wind current)	•	To prove that air exerts pressure
	Chemistry	CH-5.	Acid, Bases and Salts. (from Salt)	•	To prepare Magnesium hydroxide.
	Biology	CH-7.	Weather, Climate and Adaptation		
August	Physics	CH-13.	Motion and time	•	To measure the diameter of a ball.
	Chemistry	CH-16.	Water – A Precious Resource		
	Biology	CH-10.	Respiration in Organisms	•	To show carbon dioxide is produced during respiration.
September			TERM	I – I	
October	Physics	CH-14.	Electric Current and its Effect	•	To measure the area of irregular surface
	Chemistry	СН-6.	Physical and Chemical Change	•	To show neutralization reaction.
	Biology	CH-11.	Transport in Animals and Plants		
November	Physics	CH-14.	Electric Current and its Effect (from resistance to electric bell)	•	To show that electricity flows in a closed loop and stops in opened loop.
	Chemistry	СН-6.	Physical and Chemical Change (from Crystallization)	•	To show the presence of salt in water.
	Biology	CH-11.	Transport in Animals and Plants (from excretion in animals)	•	To study human heart.
December	Physics	CH-15.	Light (up to plane mirror)	•	To show light travel in straight line
	Chemistry	CH-18.	Water Waste Story.	•	To prepare a salt solution in laboratory.
	Biology	CH-12.	Reproduction in plants.	•	To see different parts of a flower under simple microscope.
January	Physics	CH-4.	Light (from spherical mirror to dispersion of light)	•	To prove laws of reflection by plane mirror
	Chemistry	СН-9.	Soil		
	Biology	CH-17.	Forest our Lifeline.	•	To study exhalation and inhalation.
February	TERM – II				

Subject : Social Science Prescribed Book :- 1. Integrated Social Science by Ratna Sagar

Month	Subject	Unit/Chapter	Proposed Activities
April	History	CH-1. The Medieval World	Project- Sources of Mediaeval Indian History.
	Civics	CH-1. Democracy	• Draw the interior structure of the Earth on the Chart Paper.
	Geography	CH-1.Our EnvironmentCH-2.Inside Our EarthCH-3.The Changing Earth	
May	History	CH-2. The Regional Kingdom - 1	Map Work.
June	Civics	CH-2. Pillars of Democracy	Debate Rights vs Duties
	Geography	CH-4. Major LandformsCH-5. Composition and Structure of the Atmosphere	

July	History Civics Geography	CH-3. CH-4. CH-3. CH-6. CH-7.	The Sultanate Period The Regional Kingdom – 2 Democracy in Action Weather and Climate Water		• Sample collection of different rocks
August	Geography	CH-7. CH-8. CH-9.	Natural Vegetation and Wildlife Human Environment		Finalling of now chart on the chart puper on the Mugnut factors and then a concentration
September				TERM -	- I
October	History Civics	СН-5.	The Great Mughals State Government	•	Skit. Mock Drill Project on the potentiality aquatic life.
		CH-5. CH-6. CH-7.	Media and Democracy Advertising Markets Around Us		
November	History	CH-6. CH-7. CH-8.	Monumental Architecture Towns, Traders and Craftsmen Tribal Communities		information of the common on regional plants and animals.
	Geography	CH-10. CH-11.	Life in the Tropical and Subtropical Regions. Life in the Temperate Grasslands.		
December	History	CH-9. CH-10. CH-11.	Religious Beliefs The Flowering of Regional Cultures. Political Formations in the Eighteenth Century		• Symposium Religion or Humanity
January	Geography	CH-12.	Life in the deserts	•	Project on Indian regional culture along with food, cloths, dances, music, languages etc
	Civics	СН-8. СН-9.	Role of Gender India and Democracy		
February	TERM – II				

Subject : Computer

1. PIXEL Month **Proposed Activities** Unit/Chapter CH-1. Computer System April • Make a list of five systems and application software each. Convert: (a) $10110011.11_2 = ()_{10}$ (b) $1111.01_2 = ()_{10}$ (c) $546.15_{10} = ()_2$ (d) $987.16_{10} = ()_2$ • The mathematics teacher has asked Ankit to create a worksheet that will calculate the area and circumference of a circle for radii ranging from 3 cm to 8 cm, taking the value of Pi as 3.14. Can you help Ankit with the steps? May CH-2. Formulas and functions in Excel 2103 •

June	СН-3.	Chart in Excel 2013	 Mudit wants to create a chart for the data given alongside. What option should he click in the Charts group on the INSERT tab to create suitable chart? Enlist the steps to create and format the chart. Year Pass Percentage Year1 98.7 Year2 99.3 Year3 97.6 		
July	СН-4.	Advanced features of Excel 2013	 Create a worksheet containing the names of students in various sections of classes VI, VII, and VIII in your school. Then, sort the list in ascending order of names in each section and each class. Write the steps to do this. Worksheet 1 		
August	CH-5.	Graphics in QBasic	Draw five lines in different colors using the LINE statement.		
September	TERM – I				
October	CH-6. CH-7.	Control statement in QBasic Introduction to HTML	 Create a program to display the tables of 2 to 20 up to 10. Create this program using nested loops. Create a webpage on the topic 'Internet'. Set the text color and background color of the webpage to purple and yellow, respectively. Set a suitable font style, size, and color for the text. Worksheet 2 		
November	CH-7. CH-8.	Introduction to HTML (contd) Working with Flash CS6	 Use shape tweening to create an animation in which a circle changes to a cat. Create an animation in Flash to bounce a ball. 		
December	CH-8. CH-9.	Working with Flash CS6 (contd) Introduction to Photoshop CS6	 Insert a picture of a bouquet on a blank document in Photoshop. Then, select only the portion showing flowers and copy it to another document. Using various tools available in Photoshop, create a New Year greeting card. 		
January	CH-9. CH-9.	Introduction to Photoshop CS6 (contd) More on Photoshop CS6	• Create a card for your friend containing the message for wishing luck for his exams. Apply effects to the text.		
February	CH-10.	Internet Telephony	Worksheet 3		
			TERM – II		

Subject : Art & Craft Text Books : 1. Articulate Level – 7

Months	April	May	June	July	August	September	October	November	December	January	February
Unit Chapter	 Line Drawing Shapes Tessellation is Fun 	Textures	 Doodling is Fun Reduce- Reuse- Recycle 	 Positive & Negative Space Paper Collage Perspective Drawing 10. 10. Complementary Colours 	 Still Life Study Folk Painting of India- Mandana From Egypt with Love Let's Go Monochromatic 	 Picture Compos ition Water Colour Painting 	 Body Parts Postage Stamp 	 Western Artist- Claude Monet Indian Artist- Jamini Roy Picture Composition 	 22. Onomatopoei a 23. Picture Composit ion 24. 24. Toon Characters 	25. Line Sketch	Revision

Subject : General Knowledge Text Books : 1. Know and Grow with Derek

Months	April	May	June	July	August	September	October	November	December	January	February
Unit	Chapter No.	Chapter No.	Chapter No.	Chapter No. 23 to 30	Chapter No.	Revision For					
Chapter	1 to 7	8 to 12	13 to 22		31 to 37	38 to 41	42 to 44	45 to 45	46 to 47	48 to 49	SA – II

Subject : Dance

Months	April	May	June	July	August	September	October	November	December	January	February
Unit Chapter	Bhumipranam and Samayut & Asamayut meaning of them and use	Continue	Greebha Bheda ,isolation and arm wave	Bhramari (circling) & Jazz Turn	Folk dance of Kerala	Satvika abhinaya (abhinaya)	Alaripu & poping	Continue	Expend contemporary with tillana	Work project & theory rasa	Revision

Subject : Music

Month/W.D.	Unit/Chapter	Proposed Activities				
April + May	Five Alankars in Kaafi Thaat. Definition of Taal, Thaat, Laya, Theka. Melody on 1 st to 12 th Feat Board.	Making of Alankars. Practice of Ruapk Taal. Finger Practice from 1 st to 12 th Fretboard of a Spanish guitar.				
June	Bhajan-Mohe Lagi Lagan. How to clap the different taal. Knowing notes placed from 1 st to 12 th fretboards.	Singing Bhajan in choir group. Practice of playing different taal on tabla. Finger Practice from 1 st to 12 th fretboard of a Spanish guitar.				
July	Taal –Jhaptaal & Teental with dugun chaugun. How to play Qaida,Palta,Tukda. Knowing notes placed from 1 st to 12 th fretboards.	Showing taal Jhaptaal by hand. Practice of playing different taal on tabla Finger Practice from 1 st to 12 th fretboard of a Spanish guitar.				
August	Guru Vandana Preparation for 15 th August. Revision with Beat tapings.	Group Practice. Group Practice. Finger practice from 12 th to 1 st Fret Boards.				
September	Definition of Vadi,Samvadi,Vivadi swar. How to do the accompaniment by the tabla. Identify Notes on different Fret Boards.	To compose Vaadi Swar . Practice of tritaal theka . Peer Practice.				
October	Patriotic Song . How to do the accompaniment by the tabla. Identify Notes on different Fret Boards.	Group Practice . Practice of tritaal theka . Peer Practice.				
November	Introduction of Raga Malkaulns. Lom Vilome and Fraction in taal . Rest and Play.	Group Practice . Showing Lom Vilome with the help of fraction . Beat Value for Rest.				
December	Introduction of Raga Malkaulns. Lom Vilome and Fraction in taal.	Group Practice . Showing Lom Vilome with the help of fraction				

	Rest and Play	Beat Value for Rest.	
January	Welcome song What is sangeet ; detailed description of sangeet . Revision of Progression.	Practice in group choir. Discussion on the topic "sangeet". Revision	
February	Welcome song . What is sangeet ; detailed description of sangeet . Revision of Beat Taping and Rest.	Practice in group choir Discussion on the topic "sangeet". Revision.	

Subject : Physical Education

Month		Games and Sports
April + May + June	<u>Kabaddi and Volleyball :</u> General & Specific warming up knowledge of different sports and rules of the games. An awareness of rules of safety, Practice matches. Yoga: Micro Exercise, Yogic –Jogging, Pranayama, etc	Basketball: Basic concept of basketball match, Spot dribbling and running dribbling. <u>Taekwondo</u> : White Belt, Yellow Belt Training and all Kick, Punch, Block skill Training. Inter house tournament.
July + Aug + Sept	Basket Ball & Football : General & Specific warming up Meaning and concept of correct posture : standing and sitting. Practice matches. Yoga: Suryanamaskar, Pranayama, Mudra, Bandha, and another Asanas.	Basketball : Basketball passing practice 4types and revision previous classes. Taekwondo: Green Belt ,Fighting skill with Opponents
Oct to Nov	Kho:Kho & T.T. : Revision of the previous class. Inter House, Match practice and Tournament Follow: up Programmer. Punctuality and regularity for practice etc. Yoga: Seating and Sleeping Posture (asanas), Pranayama, Mudra and Bandha etc.	Basketball : Practice of dribbling, passing, board shot, ring shot, free throw and standing lay-up shot. Taekwondo: Preparation For Belt Grading Exam, Championship Preparation, Green One Belt, Blue Belt ,fundamental skill Training for jumping kicks sparing
Dec.	<u>Athletics & Badminton :</u> Advanced skills of the game. March past and exercises Sports day rehearsal and practice. <u>Yoga</u> : Standing posture, Pranayama, Mudra etc. Inter House Yoga Competition	Basketball: Running lay-up shot with both hand and use of both leg. 1:0:1 and 3:0n3 game. Defiance practice (man on man and zone defiance). Taekwondo: Blue One Belt, Belt Grading Exam, Red Belt Training and different type of kick & Sparing Technique.
Jan	Matches, Game play & Revision for Annual examination Revision of the previous class <u>Yoga:</u> Another Asanas, Pranayamamudra, Mudra etc.	Basketball: Practice of 5on 5 game and 3:0:3 game with all rules and previous classes. Taekwondo : Black Belt Training and Different Types of Kicks ,Punch ,Blocks special Sparing Technique practice of privies with belt to red one Belt training
Feb	Matches, Game play and Revision for Annual examination Revision of the previous class. <u>Yoga</u> : Revision	Basketball: Basketball game and Inter house basketball match. Taekwondo: Preparation for Belt Grading Exam.