



DELHI PUBLIC SCHOOL GAYA

(Under the aegis of the Delhi Public School Society, New Delhi)

Affiliated to C.B.S.E., New Delhi Affiliation No.330530, School Code - 65572

SPLIT-UP SYLLABUS FOR CLASS-XI FOR THE ACADEMIC SESSION: 2025-26

Subject : English Core (301)

Prescribed Book :-
1. Hornbill
2. Snapshots

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		- Figures of speech (simile, metaphor, transferred epithet, allusion, antithesis, oxymoron, personification, apostrophe, hyperbole, irony, euphemism, pun, onomatopoeia, alliteration, imagery, symbolism, anaphora, refrain, enjambment, repetition) - The Portrait of A Lady (Hornbill) - Grammar- Re-ordering & Transformation Of Sentences - End of the Topic Test	4 4 2 1	Diary Entry - Students will write a diary entry from the perspective of the grandmother, describing her feelings about the changes in her relationship with the narrator.
May	12		- Poem 1- A Photograph (Hornbill) - Creative Writing Skills- Poster Writing - Creative Writing Skills- Classified Advertisement - End of the Topic Test	3 2 2 1	Letter writing - Students will write an imaginary letter to a person they have lost, expressing their feelings and memories.
June	13	Periodic Test-I	- The Summer of The Beautiful White Horse (Snapshots) - Unseen Passage- Note Making - End of the Topic Test	7 5 1	Story telling - Students will tell a story about a time when they had to face a moral dilemma and how they eventually resolved it.
July	25		- We Are Not Afraid to Die... If We All Can Be Together (Hornbill) - Poem 2- The Laburnum Top (Hornbill) - End of the Topic Test	5 3 2	Group Discussion - Students will engage in a group discussion on themes of courage, teamwork, leadership, survival instincts, and human vs. nature, analyzing the chapter's events and their real-life relevance.
August	23		- Grammar-Tenses - Discovering Tut: The Saga Continues (Hornbill) - The Address (Snapshots) - Creative Writing Skills-	5 5 4 3	Debate - Students will debate on whether scientific discoveries should override ancient beliefs and superstitions.

			SpeechWriting • End of the Topic Test •	2	
September	21	Mid-Term Examination	• Poem-3 The Voice of The Rain (Hornbill) • Mother's Day (Snapshots) Grammar- Clauses • Poem 4- Childhood (Hornbill) • End of the Topic Test	2 5 3 2 2	• Role Play • Students will enact scenes from Mother's Day to explore character dynamics, emotions, and themes like gender roles and self-respect.
TERM-II					
October	13		• Creative Writing Skills- Debate Writing • Birth (Snapshots) • End of the Topic Test	3 4 2	• Poster making • Design a poster on the importance of keeping first aid box and an emergency care kit.
November	23		• Tale Of Melon City (Snapshots) • Poem 5- Father To Son (Hornbill) • End of the Topic Test	3 3 4	• Speech Writing • Students will write a speech the importance of communication and mutual understanding between parents and children. •
December	22	Periodic Test-II	• Adventure (Hornbill) • SilkRoad (Hornbill) • End of the Topic Test	5 5 2	• Travelogue • Students will share their personal experiences as if they are travellers on the Silk Road.
January	22	Term End Examination	• Revision		• ASL
February	22		• Revision		• ASL
March	20		•		•

विषय : हिंदी

निर्धारित पुस्तकें – 1. आरोह भाग –1 (NCERT)
2. वितान भाग –1 (NCERT)
3. अभिव्यक्ति और माध्यम (NCERT)

माह	प्राप्त कालांश के संख्या	कार्य दिवसों की संख्या	परीक्षा का नाम (स्कूल नीति के अनुसार)	अध्याय/इकाई	अनुमानित आवश्यक कालांश (पीरियड)	विषय संवर्धन गतिविधियाँ (एस०ई०ए०)
टर्म-I						
अप्रैल	11	13		• आरोह (गद्य खंड) • पाठ-1 नमक का दारोगा • आरोह (काव्य खंड) • पाठ-9 हम तौ एक एक करि जानां(कबीर) • कक्षा-जाँच	06 04 01	

मई	10	12		• आरोह (गद्य खंड) • पाठ-2 मियाँ नसीरुद्दीन • आरोह (काव्य खंड) • पाठ-10 मेरे तो गिरधर गोपाल (मीरा) • कक्षा-जाँच	06 03 01	• अपने आस-पास मियाँ नसीरुद्दीन की ही तरह के किसी कलाकार का शब्द-चित्र खींचिए।
जून	11	13	आवधिक परीक्षा-1	• आरोह (गद्य खंड) • पाठ-3 अपू के साथ ढाई साल • कक्षा-जाँच	10 01	
जुलाई	21	25		• वितान • पाठ-1 भारतीय गायिकाओं में बेजोड़: लता मंगेशकर • आरोह (गद्य खंड) • पाठ-4 विदाई सम्भाषण • पाठ-5 गलता लोहा • कक्षा-जाँच	08 06 06 01	• एक विदाई सम्भाषण तैयार करके कक्षा में वाचन करना।
अगस्त	19	23		• आरोह (काव्य खंड) • पाठ-11 घर की याद • पाठ-12 चंपा काले-काले अच्छर नहीं चीन्हती • पाठ-13 गज़ल • अभिव्यक्ति और माध्यम • पाठ-1 जनसंचार माध्यम • पाठ-2 पत्रकारिता के विविध आयाम • कक्षा-जाँच	03 03 03 05 04 01	• अपने पसंदीदा जनसंचार माध्यम पर आधारित एक परियोजना बनाना।
सितम्बर	18	21	मध्यावधि परीक्षा	• आरोह (गद्य खंड) • पाठ-7 रजनी • पाठ-8 जामुन का पेड़ • पाठ-9 भारत माता • कक्षा-जाँच	06 06 05 01	• एक हास्य नाटक तैयार कर कक्षा में प्रस्तुत करना।
टर्म-II						
अक्टूबर	11	13		• आरोह (काव्य खंड) • पाठ-14 (क) हे भूख! मत मचल (ख) हे मेरे जूही के फूल जैसे ईश्वर • वितान	03 03	• राजस्थान के किसी पर्यटन स्थल का विवरण तैयार करना।

				- पाठ-2 राजस्थान की रजत बूँदें - कक्षा-जाँच	04 01	
नवम्बर	20	23		- आरोह (काव्य खंड) - पाठ-15 सबसे खतरनाक - पाठ-16 आओ, मिलकर बचाएँ - अभिव्यक्ति और माध्यम - पाठ-9 डायरी लिखने की कला - पाठ-10 कथा पटकथा - कक्षा-जाँच	04 04 05 05 02	- कक्षा में दिए गए विषय पर डायरी लिखना। - अपनी स्थानीय संस्कृति पर आधारित एक परियोजना तैयार करना।
दिसम्बर	19	22	आवधिक परीक्षा-2	- अभिव्यक्ति और माध्यम - पाठ-14 कार्यालयी लेखन व प्रक्रिया - पाठ-15 स्ववृत्त लेखन और रोजगार सम्बन्धी आवेदन पत्र - पाठ-16 शब्दकोश, संदर्भ ग्रन्थों की उपयोगी विधि और परिचय - वितान - पाठ-3 आलो आँधारि - कक्षा-जाँच	05 04 03 05 02	- कक्षा में दिए गए रोजगार के विषय पर स्ववृत्त तैयार करना। - कक्षा में दिए गए शब्दों को शब्दकोश में ढूँढ़कर लिखना।
जनवरी	19	22		पुनरावृत्ति		
फरवरी	19	22				
मार्च	17	20	सत्रांत परीक्षा			

Subject : Mathematics (041)

Prescribed Book :- 1. Mathematics Textbook For Class XI (NCERT)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		- Basic Mathematics - Sets - Sets and their representations. Empty set. Finite and Infinite sets. Equal sets. Subsets. Subsets of the set of real numbers especially intervals (with notations). Power set. Universal set. Venn diagrams. Union and intersection of sets. Difference of sets. Complement of a set,	05 08	

			Properties of Complement sets.		
May	12		• Relations & Functions • Ordered pairs, Cartesian product of sets. Number of elements in the Cartesian product of two finite sets. Cartesian product of the reals with itself (upto $R \times R \times R$). Definition of relation, pictorial diagrams, domain, co-domain and range of a relation. Function as a special kind of relation from one set to another. Pictorial representation of a function, domain, co-domain and range of a function. Real valued function of the real variable, domain and range of these functions, constant, identity, polynomial, rational, modulus, signum and greatest integer functions with their graphs. Sum, difference, product and quotients of functions.	12	• To identify a relation and a function.
June	13		• Trigonometric Functions • Positive and negative angles. Measuring angles in radians and in degrees and conversion from one measure to another. Definition of trigonometric functions with the help of unit circle. Truth of the identity $\sin^2 x + \cos^2 x = 1$, for all x. Signs of trigonometric functions and sketch of their graphs. Expressing $\sin(x \pm y)$ and $\cos(x \pm y)$ in terms of $\sin x$, $\sin y$, $\cos x$ and $\cos y$. Deducing the identities like following: • End of the Topic Test	12	• To prepare a model to illustrate the values of sine function and cosine function for different angles which are multiples of π and $\pi/2$.
July	25	Periodic Test-I	• Trigonometric Functions (Cont...) • Complex Numbers and Quadratic Equations • Need for complex numbers, especially -1, to be motivated by inability to solve every quadratic equation. Brief description of algebraic properties of complex numbers. Argand plane and polar representation of complex numbers. Statement of Fundamental Theorem of Algebra, solution of quadratic equations in the complex number system, Square-root of a Complex number. • Linear Inequalities • Linear inequalities, Algebraic solutions of linear inequalities in one variable and their representation on the number line. Graphical solution of linear inequalities in two variables. Solution of system of linear inequalities in two	01 07 08 06	• To obtain a quadratic function with the help of linear functions graphically.

			- variables - graphically. Permutations and Combinations - Fundamental principle of counting. Factorial n. Permutations and combinations derivation of formulae and their connections, simple applications. End of the Topic Test-3	03 01	
August	23		Permutations and Combinations (Cont...) Straight Lines - Slope of a line and angle between two lines. Various forms of equations of a line: parallel to axes, point-slope form, slope-intercept form, two-point form, intercepts form and normal form. General equation of a line. Equation of family of lines passing through the point of intersection of two lines. Distance of a point from a line. End of the Topic Test-2	10 12 01	
September	21	Mid-Term Examination	Probability - Random experiments: outcomes, sample spaces (set representation). Events: Occurrence of events, 'not', 'and' & 'or' events, exhaustive events, mutually exclusive events. Axiomatic (set theoretic) probability, connections with the theories of earlier classes. Probability of an event, probability of 'not', 'and', & 'or' events. End of the Topic Test	20 01	To write the sample space, when a die is rolled once, twice
TERM-II					
October	13		Sequence and Series - Arithmetic Progression (A.P.), Arithmetic Mean (A.M.), Geometric Progression (G.P.), general term of a G.P., sum of n terms of a G.P. Arithmetic and geometric series, infinite G.P. and its sum, geometric mean (G.M.). Relation between A.M. and G.M. End of the Topic Test	12 01	
November	23		Binomial Theorem - History, statement and proof of the binomial theorem for positive integral indices. Pascal's triangle, general and middle term in binomial expansion, simple applications. Conic Sections	09 09	- To construct different types of conic sections. - To construct a Pascal's Triangle and to write binomial expansion for a given positive integral exponent.

			- Sections of a cone: Circles, ellipse, parabola, hyperbola, Standard equations and simple properties of parabola, ellipse and hyperbola. Standard equation of a circle. Introduction to Three-dimensional Geometry - Coordinate axes and coordinate planes in three dimensions. Coordinates of a point. Distance between two points and section formula. End of the Topic Test	04	
				01	
December	22	Periodic Test-II	Limits and Derivatives - Derivative introduced as rate of change both as that of distance function and geometrically, intuitive idea of limit. Definition of derivative, relate it to slope of tangent of the curve, derivative of sum, difference, product and quotient of functions. Derivatives of polynomial and trigonometric functions. Statistics - Measure of dispersion; mean deviation, variance and standard deviation of ungrouped/grouped data. Analysis of frequency distributions with equal means but different variances. End of the Topic Test	16	
				05	
January	22			01	
February	22		Revision	22	
March	20	Term End Examination			

Subject : Physics (042)

Prescribed Book :- 1. (1) NCERT, (2) HC Verma (3) Comprehensive Lab Manual by Laxmi Publication.

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April + May	13 + 12		Units and Measurement: - Need for measurement: systems of units; SI units, fundamental and derived units. significant figures, - Dimensions of physical quantities, dimensional analysis and its applications. - Mathematical Tools for Physics - Differentiation	3 3 2 3 4 3 3	

			- Integration - End of chapter test & Discussion of Test	1	
June	13	Periodic Test-I	Vector - Position and displacement vectors general vectors and their notations; equality of vectors, - Multiplication of vectors by a real number; - Addition and subtraction of vectors, Unit vector; resolution of a vector in a plane, - Rectangular components, - Scalar and Vector product of vectors. - End of chapter test & Discussion of Test	2 2 4 2 2 1	Sec. A [Experiment] - To measure the diameter of a small spherical/cylindrical body and to measure internal diameter and depth of a given beaker/calorimeter using Vernier Callipers and hence find its volume.
July	25		Motion in a Straight Line : - Frame of reference, Motion in a straight line, - Uniform and non- uniform motion, average speed and average velocity and instantaneous velocity, uniformly accelerated motion - Velocity - time and position-time graphs. Relations for uniformly accelerated motion - End of chapter test & Discussion of Test Motion in Plane: - Motion in a plane, cases of uniform velocity and uniform acceleration- - Projectile motion, - Uniform circular motion. - End of chapter test & Discussion of Test	2 4 5 1 3 5 3 2	- To measure the diameter of a given wire and thickness of a given sheet using screw gauge. - To determine the radius of curvature of a given spherical surface by a spherometer.
August	23		Laws of Motion: - Intuitive concept of force, Inertia, Newton's first law of motion; - Momentum and Newton's second law of motion; impulse; - Newton's third law of motion. Law of conservation of linear momentum and its applications. - Equilibrium of concurrent forces, - Static and kinetic friction, laws of friction, rolling friction, lubrication. - Dynamics of uniform circular motion: Centripetal force, examples of circular motion - End of chapter test & Discussion of Test Work energy and Power: - Work done by a constant force and a variable force; - Kinetic energy, work- energy theorem, power.	2 3 3 2 2 4 1 1 2	Using a simple pendulum, plot its $L-T^2$ graph and use it to find the effective length of second's pendulum.

			- Notion of potential energy, potential energy of a spring, conservative forces: non-conservative forces, motion in a vertical circle; - Elastic and inelastic collisions in one and two dimensions. End of chapter test & Discussion of Test	1 3 2 2 1	
September	21	Mid-Term Examination	System of Particles and Rotational Motion: - Centre of mass of a two-particle system, - Momentum conservation and Centre of mass motion. - Centre of mass of a rigid body; centre of mass of a uniform rod. - Moment of a force, torque, angular momentum, - Law of conservation of angular momentum and its applications.	1 2 2 2 2	Sec. B [Experiment] - To determine Young's modulus of elasticity of the material of a given wire
TERM-II					
October	13		System of Particles and Rotational Motion(contd.): - Equilibrium of rigid bodies, - Rigid body rotation and equations of rotational motion, - Comparison of linear and rotational motions. - Moment of inertia, radius of gyration, - Values of moments of inertia for simple geometrical objects End of chapter test & Discussion of Test	2 2 2 2 3 1	To find the force constant of a helical spring by plotting a graph between load and extension.
November	23		Oscillations: - Periodic motion - time period, frequency, - Displacement as a function of time, periodic functions and their applications. - Simple harmonic motion (S.H.M), uniform circular motion and its equations of motion; - Phase; oscillations of a loaded spring-restoring force and force constant; - Energy in S.H.M. Kinetic and potential energies; - Simple pendulum derivation of expression for its time period. - End of chapter test & Discussion of Test Gravitation: - Kepler's laws of planetary motion, universal	1 1 2 1 2 2 1 1	To study the relation between frequency and length of a given wire under constant tension using sonometer.

			law of gravitation. • Acceleration due to gravity and its variation with altitude and depth • Gravitational potential energy and gravitational potential, • Escape speed, orbital velocity of a satellite, energy of an orbiting satellite. • Mechanical Properties of solid: • Elasticity, Stress-strain relationship, • Hooke's law, Young's modulus, bulk modulus, shear modulus of rigidity • Poisson's ratio; elastic energy. • Application of elastic behavior of materials • End of chapter test & Discussion of Test	1 2 2 2 2 2 2 1 1	
December	22	Periodic Test-II	Mechanical Properties of Fluid: • Pressure due to a fluid column; Pascal's law and its applications • Effect of gravity on fluid pressure. Viscosity, Stokes' law, terminal velocity, • Streamline and turbulent flow, critical velocity, • Bernoulli's theorem and its simple applications. • Surface energy and surface tension, angle of contact, • Excess of pressure across a curved surface, capillary rise. • End of chapter test & Discussion of Test Thermal properties of Matter: • Thermal expansion of solids, liquids and gases, anomalous expansion of water; specific heat capacity; • Cp, Cv - calorimetry; change of state - latent heat capacity • Heat transfer-conduction, convection and radiation, • Thermal conductivity, qualitative ideas of Blackbody radiation, Wein's displacement Law, Stefan's law.	2 2 1 2 1 2 1 2 2 2	
January	22		Thermodynamics: • Thermal equilibrium and definition of temperature, zeroth law of thermodynamics, • Heat, work and internal energy. First law of thermodynamics,	2 2	• ACTIVITIES • To observe change of state and plot a cooling curve for molten wax. • To observe and explain the effect of heating on a bi-metallic strip.

			- Second law of thermodynamics: 2 - Thermodynamic state variable and equation of state. Change of condition of gaseous state isothermal, adiabatic, reversible, irreversible, and cyclic processes. 2 Kinetic theory of gasses : 1 - Equation of state of a perfect gas, work done in compressing a gas. 1 - Kinetic theory of gases - assumptions, concept of pressure. Kinetic interpretation of temperature; 2 - Rms speed of gas molecules; degrees of freedom, 1 - Law of equi-partition of energy (statement only) and application to specific heat capacities of gases; concept of mean free path, Avogadro's number. 2 End of chapter test & feedback 2 Wave: 1 - Wave motion: Transverse and longitudinal waves, speed of travelling wave, 2 - Displacement relation for a progressive wave, 2 - Principle of superposition of waves, 4 - Reflection of waves, standing waves in strings and organ pipes, fundamental mode and harmonics, Beat 1 Ends. of chapter test & Discussion of Test 1	- To note the change in level of liquid in a container on heating and interpret the observations. - To study the effect of detergent on surface tension of water by observing capillary rise.
February	22	Term End Examination	Revision	
March	20			

Subject : Chemistry (043)

Prescribed Books: 1. NCERT Textbook
2. Comprehensive Lab Manual by Laxmi Publication
Reference Book: 1. Pradeep Publications Pradeep's New Course Chemistry

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		- Some Basic Concepts of Chemistry (08) - End of Chapter Test & Discussion	06 02	
May	12		- Redox Reactions (12) - Oxidation and reduction - Oxidation number	02 02	Determination of strength of a given solution of Sodium hydroxide by titrating it against standard solution of Oxalic acid.

			• Redox reaction and electrode process • End of Chapter Test & Feedback • Structure of Atom • Discovery of Electron, Proton and Neutron, atomic number, isotopes and isobars. • Atomic Models and their limitations	02 02 02 02	
June	13	Periodic Test-I	• Structure of Atom(Continued) • Concept of shells and subshells • Dual nature of matter and light • de Broglie's relationship • Heisenberg uncertainty principle • Concept of orbitals, quantum numbers, shapes of s, p and d orbitals • Rules for filling electrons in orbitals • Electronic configuration of atoms • End of Chapter Test & Discussion	02 02 01 01 03 01 01 02	
July	25		• Classification of Elements and Periodicity in Properties • Significance of classification • Modern periodic law and the present form of periodic table • Periodic trends in properties of elements • End of Chapter Test & Feedback • Chemical Bonding and Molecular Structure • Lewis structure, polar character of covalent bond, • Valence bond theory • Resonance • VSEPR theory • Concept of hybridization • Shapes of some simple molecules • Molecular orbital theory of homonuclear diatomic molecules (qualitative idea only) • Hydrogen bond. • End of Chapter Test & Feedback	02 02 02 02 02 02 02 02 01 02 01 02	• Determination of strength of a given solution of hydrochloric acid by titrating it against standard Sodium Carbonate solution.
August	23		• Chemical Thermodynamics • Concepts of System and types of systems, surroundings, work, heat, • Extensive and intensive properties, state functions. • First law of thermodynamics -internal energy and enthalpy, heat capacity and specific heat Measurement of ΔU and ΔH • Hess's law of constant heat summation	02 02 02 02	

			- Enthalpy of bond dissociation, combustion, formation, atomization, sublimation, phase transition, ionization, solution and dilution. - Second law of Thermodynamics (brief introduction) - Introduction of entropy as a state function - Gibb's energy change for spontaneous and non-spontaneous processes - Criteria for equilibrium, Third law of thermodynamics - End of Chapter Test & Discussion	02 02 02 02 02 01	
September	21	Mid-Term Examination	Equilibrium (21) - Equilibrium in physical and chemical processes, dynamic nature of equilibrium - Law of mass action, equilibrium constant, factors affecting equilibrium – Le Chatelier's principle - Ionic equilibrium- ionization of acids and bases	02 02 02 02	
TERM-II					
October	13		Equilibrium (Continued) - Strong and weak electrolytes - Degree of ionization, ionization of poly basic acids, acid strength - Concept of Ph - Hydrolysis of salts (elementary idea) - Buffer solution, Henderson Equation - Solubility product - Common ion effect (with illustrative examples). - End of Chapter Test & Discussion	02 02 01 01 02 02	Study the shift in equilibrium between ferric ions and thiocyanate ions by increasing/decreasing the concentration of either of the ions.
November	23		Organic Chemistry: Some basic Principles and Techniques - General introduction, methods of purification - Qualitative and quantitative analysis - Classification and IUPAC nomenclature of organic compounds. - Electronic displacements in a covalent bond. - Homolytic and heterolytic fission of a covalent bond - Free radicals, carbocations, carbanions, electrophiles and nucleophiles - Types of organic reactions. - End of Chapter Test & Discussion	02 04 02 02 01 03 02 02	

December	22	Periodic Test-II	• Hydrocarbons • Aliphatic Hydrocarbons Alkanes - Nomenclature, isomerism • Physical properties, chemical reactions. • Alkenes - Nomenclature, structure of double bond (ethene) • Physical properties, methods of preparation • Chemical reactions (Markovnikov's addition and peroxide effect) • Alkynes - Nomenclature, structure of triple bond (ethyne) • Aromatic Hydrocarbons Introduction, IUPAC nomenclature • Benzene: resonance, aromaticity, chemical properties • Directive influence of functional group in mono substituted benzene • End of Chapter Test & Discussion • End of Chapter Test & Feedback	02 02 02 01 02 02 02 01 01 01 02	• Qualitative Analysis • Determination of one anion and one cation in a given salt
January	22		• s & p Block Elements • Electronic configuration • Atomic & Ionic radii, Ionization Enthalpy, Hydration Enthalpy • General trends in physical and chemical properties of s and p block elements • Unique behavior of the first element in each group. • The Gaseous State • Qualitative treatment of Gas laws • Ideal gas equation and deviations from it. • Revision	02 02 02 02 02 02 08	• The following topics (s and p block elements and gaseous state) are included in the syllabus but will be assessed only formatively to reinforce understanding without adding to summative assessments. Notes to be given. • Qualitative Analysis • Determination of one anion and one cation in a given salt
February	22	Term End Examination	• Revision		•
March	20		•		•

Subject : Biology (044)

Prescribed Book :-

1. Biology Class-XI, Published by NCERT
2. Comprehensive Lab Manual (Laxmi Publication)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April +	13 +		Chapter-1: The Living World • Biodiversity and Need for classification	1	• Parts of a compound microscope. • Specimens/slides/models and identification with

May	12		- Three domains of life and taxonomy and systematics - Concept of species and taxonomical hierarchy - Binomial nomenclature - End topic test Chapter-2: Biological Classification (contd.) - Five kingdom classification - Salient features and classification of Monera	2 1 1 1 3 3	reasons - Bacteria, <i>Oscillatoria</i> , <i>Spirogyra</i> , <i>Rhizopus</i> , mushroom, yeast, liverwort, moss, fern.
June	13	Periodic Test-I	Chapter-2: Biological Classification - Protista - Fungi into major groups - Lichens, Viruses and Viroid - End topic test Chapter-3: Plant Kingdom (contd.) - Classification of plants into major groups - Salient and distinguishing features and a few examples of Algae - Bryophyta	1 2 1 1 2 3 3	Specimens/slides/models and identification with reasons - Pine, one monocotyledonous plant, one dicotyledonous plant and one lichen.
July	25		Chapter-3: Plant Kingdom - Pteridophyta - Gymnospermae - Angiosperms. - End topic test Chapter-4: Animal Kingdom (contd.) - Salient features and classification of animals - non-chordates up to phyla level - chordates up to class level	2 1 1 1 2 4 2	Virtual specimens/slides/models and identifying features of - Amoeba, Hydra, liver fluke, Ascaris, leech, earthworm, prawn, silkworm, honey bee, snail, starfish, shark, rohu, frog, lizard, pigeon and rabbit.
August	23		Chapter-4: Animal Kingdom - chordates up to class level - End topic test Chapter-5: Morphology of Flowering Plants - Morphology of root - Morphology of stem - Morphology of leaf - Concept of inflorescence - Morphology of flower - Morphology of fruit - Morphology of seed and Description of family Solanaceae - End topic test Chapter-6: Anatomy of Flowering Plants - Anatomy and functions of tissue systems in dicots - Anatomy and functions of tissue systems in	4 1 1 1 1 1 1 2 1 4 4	Study and describe locally available common flowering plants, from family Solanaceae, Asteraceae or Brassicaceae can be substituted in case of particular geographical location) including dissection and display of floral whorls, anther and ovary to show number of chambers (floral formulae and floral diagrams), type of root (tap and adventitious); type of stem (herbaceous and woody); leaf (arrangement, shape, venation, simple and compound).

			monocots • End topic test Chapter-7: Structural Organisation in Animals(contd.) • Morphology, Anatomy and functions of different systems (digestive and circulatory,) of frog	1 2	
September	21	Mid-Term Examination	Chapter-7: Structural Organisation in Animals • Morphology, Anatomy and functions of different systems (respiratory, nervous and reproductive) of frog • End topic test Chapter-8: Cell-The Unit of Life • Cell theory and cell as the basic unit of life, • Structure of prokaryotic and eukaryotic cells • Plant cell and animal cell • Cell envelope; cell membrane, cell wall • Cell organelles - structure and function; endomembrane system, endoplasmic reticulum • Golgi bodies, lysosomes, vacuoles, mitochondria • Ribosomes, plastids, microbodies • Cytoskeleton, cilia, flagella, centrioles (ultrastructure and function) • Nucleus. • End topic test Chapter-9: Biomolecules(contd.) • Chemical constituents of living cells: biomolecules, structure and function of proteins • Carbohydrates, lipids, and nucleic acids	3 1 1 1 2 1 1 1 1 1 1 1 1 5 3	• Study of distribution of stomata on the upper and lower surfaces of leaves. • Preparation and study of T.S. of dicot and monocot roots and stems (primary). • Study of osmosis by potato osmometer. • Test for presence of urea in urine. • Test for presence of sugar in urine. • Test for presence of albumin in urine. • Test for presence of bile salts in urine. • Test for the presence of sugar, starch, proteins and fats in suitable plant and animal materials.
October	13		Chapter-13: Photosynthesis in Higher Plants • Photosynthesis as a means of autotrophic nutrition; site of photosynthesis, pigments involved in photosynthesis (elementary idea) • Photochemical and biosynthetic phases of photosynthesis; cyclic and non-cyclic photophosphorylation; chemiosmotic hypothesis • Photorespiration; C3 and C4 pathways • Factors affecting photosynthesis. • End topic test Chapter-14: Respiration in Plants(contd.)	2 2 3 1 1	• Separation of plant pigments through paper chromatography.

			• Exchange of gases; cellular respiration - glycolysis, fermentation (anaerobic), • TCA cycle	3 1	
November	23		Chapter-14: Respiration in Plants • Electron transport system (aerobic) energy relations - number of ATP molecules generated; • Amphibolic pathways • Respiratory quotient. • End topic test Chapter-15: Plant - Growth and Development • Seed germination; phases of plant growth and plant growth rate • Conditions of growth; differentiation, dedifferentiation and redifferentiation; sequence of developmental processes in a plant cell; • Plant growth regulators - auxin, gibberellin, cytokinin, ethylene, ABA • End topic test Chapter-17: Breathing and Exchange of Gases • Respiratory organs in animals (recall only); Respiratory system in humans; • mechanism of breathing and its regulation in humans - exchange of gases • transport of gases and regulation of respiration • respiratory volume; • disorders related to respiration - asthma, emphysema, occupational respiratory disorders • End topic test Chapter-18: Body Fluids and Circulation • Composition of blood, blood groups, • Coagulation of blood; composition of lymph and its function • Human circulatory system - Structure of human heart and blood vessels; • Cardiac cycle, cardiac output, ECG; double circulation • Regulation of cardiac activity and disorders of Circulatory system - hypertension, coronary artery disease, angina pectoris, heart failure.	1 1 1 1 1 2 1 1 1 1 2 1 1 1 2 1 1 2 1	• Study of the rate of respiration in flower buds/leaf tissue and germinating seeds.

December	22	Periodic Test-II	• End topic test Chapter-19: Excretory Products and their Elimination • Modes of excretion - ammonotelism, ureotelism, uricotelism; • human excretory system - structure and function; • urine formation, osmoregulation; regulation of kidney function • renin - angiotensin, atrial natriuretic factor, ADH and diabetes insipidus • Role of other organs in excretion; disorders - uremia, renal failure, renal calculi, nephritis; dialysis and artificial kidney, kidney transplant. • End topic test Chapter-20: Locomotion and Movement • Types of movement - ciliary, flagellar, muscular • skeletal muscle, contractile proteins and muscle contraction • skeletal system and its functions; joints; • Disorders of muscular and skeletal systems - myasthenia gravis, tetany, muscular dystrophy, arthritis, osteoporosis, gout. • End topic test Chapter-21: Neural Control and Coordination(contd.) • Neuron and nerves; Nervous system in humans - central nervous system; • peripheral nervous system and visceral nervous system	1 1 1 2 2 1 1 1 3 3 1 1 2 2	• Human skeleton and different types of joints with the help of virtual models only.
January	22		Chapter-21: Neural Control and Coordination • generation and conduction of nerve impulse • End topic test Chapter-22: Chemical Coordination and Integration • Endocrine glands and hormones; human endocrine system - hypothalamus, pituitary, pineal, thyroid, parathyroid, adrenal, pancreas, gonads; • mechanism of hormone action (elementary idea); role of hormones as messengers and regulators	2 1 4 3	

			- Hypo - and hyperactivity and related disorders; dwarfism, acromegaly, cretinism, goiter, exophthalmic goitre, diabetes, Addison's disease. - End topic test - Revision	2	
February	22	Term End Examination	Revision	1	
March	20			7	
				-	-

Subject: History (027)

Prescribed Books: 1. Themes in World History - Published by NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13				•
May	12		Writing and City Life - Growth of towns (4) - Nature of early urban societies (4) - Historians' Debate on uses of writing (3) - End of Topic Test (1)	12	Making of clay tablets
June + July	13+25	Periodic Test-I	Writing and City Life (Cont...) - Outcomes of a sustained tradition of writing. (5) - Social and cultural aspects of Mesopotamian civilization (5) - connection between city life and culture of contemporary civilizations (5) An Empire Across Three Continents - Dynamics of the Roman Empire. (5) - Roman's contacts with the subcontinent empires.(5) - Domains of cultural transformation (5) - The impact of slavery (4) - Domains of cultural transformation (3) - End of Topic Test (1)	13+25	- Clay Tablets, Cuneiform Script - Sculpture on the Warka Head - File work on Mesopotamian Civilization and it's legacy - Role play the three orders - Making Coins and paintings on slavery and collessium - File work on Downfall of the might Roman Empire
August	23		Nomadic Empires - Living patterns of nomadic pastoralist society.(3) - He rise and growth of Genghis Khan.(4) - Descendants of Genghis khan.(3) - World's opinion about Genghis Khan.(3) The Three Orders - Myriad aspects of feudalism(3) - Slavery and serfdom.(4) - The 14th century crisis.(2)	23	- Role play Genghis Khan and the Quraltai - Making family tree of the Mongols - Flowchart on Mongol Military dynamics - Making Feudal Hierarchy flowchart - Fileworkon14thcenturyCrisis

			• End of Topic Test (1)		
September	21	Mid-Term Examination	Changing Cultural Traditions • Causes, events, and effects of the Renaissance. (5) • Facets of Italian cities. (5) • Condition of women in the Renaissance period. (5) • Roman Catholic Church's response to the Protestant Reformation. (5) • End of Topic Test (1)	21	• Making Renaissance Art, sculpture and paintings • File work on the Renaissance • Research and Filework on Martin Luther
TERM-II					
October	13		Displacing Indigenous People • Process of displacements of the native people. (6) • Settlement of Europeans in Australia and America. (7) • Lives and roles of indigenous people. (6) • End of Topic Test (1)	20	• File work on Colonization of America and Australia • Timeline preparation on the landmarks in the History of USA and Australia
November	23		Paths to Modernization • Nationalist upsurge in China. (4) • Chinese path to modernization under Deng Xioping and Zhou enlai. (4) • Histories of China and Japan from the phase of imperialism to modernization. (4) • Japanese nationalism prior and after the Second World War. (3) • End of Topic Test (1)	16	• File work on Chiang Kai Shek' • Mao Zedong and the Meiji Restoration • Flowchart on Japanese economic boom • Flowchart on Opium Wars
December	22	Periodic Test-II	• Revision		
January	22		• Revision & Practical		
February	22	Term End Examination	• Revision		
March	20		• Revision		

Subject: Geography (029)

Prescribed Books; 1. Fundamentals of Physical Geography, Class XI, Published by NCERT

2. India, Physical Environment, Class XI, Published by NCERT

3. Practical Work in Geography Part I, Class XI, Published by NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		Fundamentals Of Physical Geography Unit1/CH1-Geography as a discipline • Introduction to Geography as a discipline • Geography as an integrating discipline: Spatial and Temporal synthesis • Approaches to study Geography: Systematic and	02 02	• Create a poster that highlights key aspects of geography as a discipline (e.g., branches of geography, notable geographers, real-world applications).

			Regional • Branches of Geography: Physical Geography, Human • Geography and Bio Geography • Physical Geography and its importance • End of Topic Test	02 02 02 02 01	
May	12		Unit2- Earth Ch2-The Origin and Evolution of the Earth • Origin and evolution of the earth • Early theories: Origin of the Earth • Modern Theories: Origin of the universe • Formation of Stars and Planets • Evolution of the Earth: Lithosphere, Atmosphere and Hydrosphere • Origin of Life • End of Topic Test	01 02 02 01 02 02 01 01	• Create a timeline of Earth's major events (formation, appearance of life, etc.) on a whiteboard or chart paper. Students can research and add events
June	13	Periodic Test-I	CH3- Interior of the Earth • Sources of Information about the Interior of the Earth (Direct and Indirect) • Earthquakes: Earthquake Waves, Shadow zones, Types, Scales to measure earthquake intensity, effects, frequency of earthquake occurrences. • Structure of the Earth • Volcanoes and Volcanic landforms CH4- Distribution of oceans and continents • Continental Drift Theory, and Evidence in support of Continental • Drift and Force for Drift • Post Drift Studies • Ocean Floor Configuration • Distribution of Earthquakes and Volcanoes • Concept of Seafloor Spreading • Plate Tectonics: Types of Plate boundaries, Rate and forces for the Plate Movement • Movement of the Indian Plate • End of Topic Test	02 02 01 01 02 02 02 01	• Use a colored ball or clay to model the Earth's layers. Students label the core, mantle, and crust.
July	25		Unit3 -Landforms Ch5 - Geomorphic processes • Geomorphic processes: Exogenic and Endogenic • Endogenic Process: Diastrophism, Volcanism • Exogenic Processes Weathering, landslides. • Soil: Processes and factors of Soil Formation	02 01 02 01	• Use of sand and water to demonstrate erosion in the classroom. Tilt a tray of sand and slowly pour water over it to show how water shapes the land. • Students will create a detailed poster showing the five layers of the atmosphere (troposphere,

		Ch6- Landforms and their evolution • Running water: Erosional and Depositional Landforms • Wind: Erosional and Depositional Landforms • Unit4- Climate Ch7 – Composition and structure of the atmosphere • Atmosphere- composition and structure; elements of weather and climate Ch8 – Solar radiation, Heat balance and temperature • Solar radiation: Variability of Insolation. • Processes of Heating and Cooling of Atmosphere • Terrestrial Radiation • Heat budget of the earth • Temperature- Factors controlling temperature; Horizontal • distribution of temperature; Inversion of temperature Ch9- Atmospheric circulation and weather systems • Atmospheric Pressure: Horizontal and Vertical Variation of • Pressure • Forces affecting velocity and direction of Wind • General Circulation of the atmosphere: Pressure belts; Winds: • Planetary, Seasonal and Local; Air masses and Fronts; Tropical • and Extratropical cyclones; Thunderstorms and Tornadoes Ch10- Water in the atmosphere • Humidity-Absolute and Relative humidity • Evaporation and condensation- • Different Forms of Condensation: dew, frost, fog, mist and cloud; • Precipitation • Types of Rainfall and world distribution of rainfall • End of Topic Test	02 03 03 01 01 01 02 02 01 01 01	stratosphere, mesosphere, thermosphere, and exosphere). They should include key characteristics of each layer (e.g., temperature, composition, and phenomena like the ozone layer in the stratosphere). They can present these posters to the class, explaining each layer's role in Earth's weather systems.
August	23	Unit5 - Water Ch12- Water (oceans) • Hydrological Cycle	01	• Students label oceans and major seas on a world map, discussing their importance and locations • Fill a container with water and demonstrate

			- Major and Minor Relief Features of the Ocean Floor - Temperature and Salinity of Ocean Waters: Factors, Horizontal and Vertical distribution of temperature and Salinity Ch13- Movements of ocean water - Movements of ocean water- Waves, Tides and Currents. Practical Work- Unit1- Fundamentals of maps CH1- Introduction to maps - Essentials of map making - History of map making - Maps -types - Uses of maps CH2- Map scale - Scales-methods and construction Conversion of scale CH3- Latitude, Longitude and Time - Drawing of Parallels of latitude and Meridians of longitude - Longitude and time - International date line Ch4- Map projections - Map projection- typology, construction and properties of projection: Conical with one standard parallel and Mercator's projection. (only two projections) End of Topic Test	01 01 03 02 02 02 10 01	basic ocean currents and waves by moving the water with their hands. Discuss how currents affect climate.
September	21	Mid-Term Examination	Revision/ Examination	21	Revision
TERM-II					
October	13		India Physical Environment Unit1- Ch1 - India location - Size, Latitudinal and Longitudinal extent, - Indian Standard time, India and its neighbours Unit2- Physiography / Ch2-Structure and Physiography - Physiographic Divisions: - The Northern and North-eastern Mountains - The Northern Plain - The Peninsular Plateau - The Indian Desert	02 03 01 01 02	- Locate India on the world map and highlight its neighboring countries, oceans, and latitudes/longitudes. - Students colour-code and label India's major physical features (mountains, plains, plateaus) on a blank map.

			• The Coastal Plains • The Islands. • End of Topic Test	02 01 01	
November	23		Ch3- Drainage system • Drainage patterns • Concepts of River basin, Catchment Area, Watershed Drainage and River systems of India: the Himalayan and the Peninsular • Extent of Usability of River Water- linking of rivers, problems in using river water and water pollution Unit3- Climate, vegetation, soil Ch4- Climate • Weather and climate • Unity and diversity in the Monsoon Climate • Factors determining the climate of India • The Nature and characteristics on Indian Monsoon • The Rhythm of Seasons • Distribution of Rainfall • Monsoon and the Economic Life in India • Global Warming Ch5- Natural vegetation • Natural vegetation - Introduction • Forest types and distribution • Conservation of forests • Wildlife; conservation; biosphere reserves Practical work- Ch5- Topographical maps • Study of topographic maps (1 : 50,000 or 1 : 25,000 Survey of India maps); • Conventional Symbols, contour cross section and identification of landforms slopes, hills, valleys, waterfall, cliffs; distribution of settlements CH6-Introduction to remote sensing • Satellite imageries, stages in remote sensing data-acquisition, platform and sensors • Data products, (photographic and digital) • End of Topic Test	02 01 01 02 02 01 02 02 02 01 02 01 02 04 01	• Students make a poster showing the types of vegetation found in different regions of India (e.g., tropical forests, desert vegetation). • Satellite images of different regions-Discussion on how remote sensing is used to study earth's surface and natural resources. • Preparation of different weather tools/instruments
December	22	Periodic Test-II	• Examination/ Revision	22	• Revision

January	22	Term End Examination	• Revision	22	• Revision
February	22		• Revision/ Examination	22	• Revision
March	20		• Examination	20	• Examination

Subject: Economics-(030)

Prescribed Book: - 1. PART-A: Statistics for Economics - NCERT
2. PART-B: Introductory Microeconomics - NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13	Periodic Test-I	- Part A: Statistics for Economics - Unit 1: Introduction - End of Topic Test & Discussion	11 02	Use classroom data for Collection and identification of various types of data (height, food preferences, sports number of siblings) etc.
May	12		- Part A: Statistics for Economics - Unit 2: Collection, Organization and Presentation of data - End of Topic Test & Discussion	10 02	- Create questions ahead of time for students to answer after they've gathered the data. - Team work together to answer the questions by using school data
June	13		- Unit 2: Collection, Organization and Presentation of data - End of Topic Test & Discussion	11 02	Filling a questionnaire on any current topic: Global Poverty scenario / Digital marketing / Making India also creates a Google Form and posts it to Facebook to record the response.
July	25		- Part B: Introductory Microeconomics - Unit 4: Introduction - End of Topic Test & Discussion - Unit 5: Consumer's Equilibrium and Demand - End of Topic Test & Discussion	04 02 17 02	- Diagram analysis on the derivation of 'TU' and 'MU' function in case of zero MU with maximum TU. - Students will eat the lunch box at a specific time in a specific quantity to observe the law of diminishing MU.
August	23		- Unit 5: Consumer's Equilibrium and Demand - End of Topic Test & Discussion - Unit 6: Producer Behavior and Supply - End of Topic Test & Discussion	03 02 18 02	Dummy market environment in class of various products and students will act as a buyer and seller to identify the elasticity of demand.
September	21	Mid-Term Examination	- Unit 6: Producer Behavior and Supply - End of Topic Test & Discussion	13 02	Student will visit the grocery shop in their neighborhood and study the supply pattern of any five commodities over a period of one month. From the data prepare schedule and derive Individual supply curve
TERM-II					
October	13		- Unit 3: Statistical Tools and Interpretation - Measures of Central Tendency	11	Case study to identify and be able to comprehend the previous data for more analysis

			End of Topic Test & Discussion	02	by using various tools of statistics.
November	23		- Unit 3: Statistical Tools and Interpretation - Correlation - Introduction to Index Numbers - End of Topic Test & Discussion	20 02	A consumer will select his/her bucket of 5 essential commodities and record the consumption pattern against price. The data recorded will be used to compute Consumer Price Living Index
December	22	Periodic Test-II	- Unit 7: Forms of Market and Price Determination under Perfect Competition - End of Topic Test & Discussion - Preparation of project	17 02 03	Case study discussion on Farm Bill, system of MSP in India.
January	22		- Unit 7: Forms of Market and Price Determination under Perfect Competition - Revision	22	- Students will collect the demand and supply data on any 5 normal goods and determine the equilibrium prices for each case. By graphical interpretation - Diagrammatic presentation of cases of Price Floor and Price Ceiling
February	22	Term End Examination	-	-	-
March	20		-	-	-

Subject: Political Science (028)

Prescribed Books; 1. Indian Constitution At Work Class XI, Published by NCERT
2. Political Theory: An Introduction, Class XI, Published by NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		PART A- INDIAN CONSTITUTION AT WORK Constitution: Why and How? - Why do we need a Constitution? * Constitution allows coordination and assurance * Specification of decision-making powers * Limitations on the powers of government * Aspirations and goals of a society * Fundamental identity of a people - The authority of a Constitution * Mode of promulgation * The substantive provisions of constitution * Balanced institutional design - How was the Indian Constitution made? * Composition of the Constituent Assembly * Procedures * Inheritance of the nationalist movement * Institutional arrangements - Provisions adapted from Constitutions of different	04 03 03 02	Create a Timeline: Outline the key events in the formation of the Indian Constitution by the - Constituent Assembly in chronological order.

			countries • End of Topic Test	01	
May	12		Rights in the Indian Constitution - The importance of rights * Bill of Rights - Fundamental rights in the Indian Constitution * Right to Equality * Right to Freedom * Right against Exploitation * Right to Freedom of Religion * Cultural and Educational Rights * Right to Constitutional Remedies - Directive principles of state policy * What do the directive principles contain? - Relationship between fundamental rights and directive principles • End of Topic Test	01 06 03 02 01	• Design a Mind Map: Illustrate the Fundamental Rights and Duties in a structured and visually engaging format.
June	13		- Election and Representation - Elections and democracy - Election system in India * First Past the Post System * Proportional Representation - Why did India adopt the FPTP system? - Reservation of constituencies - Free and fair elections * Universal franchise and right to contest * Independent Election Commission - Electoral Reforms • End of Topic Test	02 02 02 02 01 02 01 01	• Map Important Locations: Identify and mark significant places associated with the making of the Indian Constitution on a map.
July	25	Periodic Test-I	Executive - What is an executive? - What are the different types of executives? - Parliamentary executive in India * Power and position of President * Discretionary Powers of the President - Prime Minister and Council of ministers - Permanent Executive: Bureaucracy Legislature - Why do we need a parliament? - Why do we need two houses of parliament? * Rajya Sabha * Lok Sabha - What does the parliament do? * Powers of Rajya Sabha * Special Powers of Rajya Sabha - How does the parliament make laws? - How does the parliament control the executive? - What do the committees of parliament do? - How does the parliament regulate itself? - End of Chapter Test	02 03 04 03 03 01 01 02 02 02 01 01 01	• Develop a Mind Map: Represent different electoral systems such as FPTP, PR, and other democratic formulas used in India. • Create a Mind Map: Depict the structure of local governments, including Panchayati Raj, district administration, and state legislatures.
August	23		Judiciary		• Mind Map of branches of Political

		• Why do we need an independent judiciary? * 01 - Independence of Judiciary * Appointment of Judges * 01 - Removal of Judges 01 • Structure of the Judiciary 01 • Jurisdiction of supreme Court * Original Jurisdiction * 01 - Writ Jurisdiction * Appellate Jurisdiction * Advisory Jurisdiction*Judicial Activism 01 • Judiciary and Rights * Judiciary and Parliament 01		
		Federalism • What is Federalism? 01 • Federalism in the Indian Constitution * Division of Powers 01 • Federalism with a strong central government 01 • Conflicts in India's federal system * Centre-State Relations * Demands for Autonomy * Role of Governors and President's Rule * Demands for New States * Interstate Conflicts 01 • Special provisions * Jammu and Kashmir 01 • Local Governments 01 • Why local governments? 01 • Growth of Local Government in India * Local Governments in Independent India 01 • 73rd and 74thamendments 01 • 73rd Amendment * Three Tier Structure * Elections * Reservations * Transfer of Subjects * State Election Commissioners * State Finance Commission 01 • 74th Amendment * Implementation of 73rdand 74th Amendments 01		
		Constitution as a Living Document • Are constitutions static? 01 • How to amend the constitution? 01 • Why have there been so many amendments? 01 • Contents of amendments made so far * Differing Interpretations * Amendments through Political Consensus * Controversial Amendments 01 • Basic structure and evolution of the constitution 01 • Constitution as a Living Document * Contribution of the Judiciary * Maturity of the Political Leadership. 01		
		The Philosophy of the Constitution • What is meant by philosophy of the constitution? * 01 - Constitution as Means of Democratic Transformation 01 • Why do we need to go back to the Constituent 01		

TheoryKautilya-Aristotle-Marx-J.S.Mill-Gandhi etc. **Create a Mind Map:** Represent various types of democratic rights and duties in India in a structured and visually clear format.

			Assembly? • What is the political philosophy of our constitution? * Individual freedom * Social Justice * Respect for diversity and minority rights * Secularism * Universal franchise * Federalism * National identity • Procedural Achievements • Criticisms * Limitations End of Topic Test	01 01 01	
September	21	Mid-Term Examination	• Revision/Examination	21	• Revision
TERM-II					
October	13		PART B-POLITICAL THEORY Political Theory: An Introduction • What is politics? • What do we study in political theory? • Putting Political theory into practice • Why should we study political theory? Freedom • The Ideal of freedom • The sources of Constraints-Why do we need constraints? • The Harm Principle • Negative and Positive liberty End of Topic Test	02 01 01 01 01 02 02 01 01	• Illustrate a Mind Map: Outline the key models of development theories as explained by O.P. Gauba. • Design a Mind Map: Show the powers and duties of both the Lok Sabha and Rajya Sabha in India's parliamentary system.
November	23		Equality • Why does equality matter? * Equality of opportunities * Natural and Social Inequalities • Three dimensions of equality • Feminism, Socialism • How can we promote equality? Social Justice • What is Justice? * Equal Treatment for Equals * Proportionate Justice * Recognition of Special Needs • Just distribution • John Rawls Theory of Justice • Pursuing Social Justice • Free Markets versus State Intervention Rights • What are Rights? • Where do rights come from? • Legal rights and the state • Kinds of rights • Rights and responsibilities	01 01 01 01 01 01 01 01 01 01 01 02 02 01	• Construct a Mind Map: Depict the structure of the Indian Judiciary, including its hierarchy and functions. • Create a Comparative Mind Map: Differentiate between Liberty and Freedom, showcasing their key aspects. • Illustrate a Mind Map: Categorize the types of equality and suggest measures to promote it effectively.

			Citizenship • Introduction • Full and equal membership • Equal Rights • Citizen and Nation • Universal Citizenship • Global Citizenship End of Topic Test	01 01 01 01 01 01 01	
December	22	Periodic Test-II	Nationalism • Introducing Nationalism • Nations and Nationalism * Shared Beliefs and History * • Shared National Identity • National self-determination • Nationalism and Pluralism Secularism • What is Secularism? • Inter-religious Domination • Intra-religious Domination • Secular State *The western model of secularism * The Indian model of secularism e) Criticisms of Indian secularism * Western Import and Minoritism* Interventionist * Vote Bank Politics • Discussion & Revision • End of Topic Test	01 02 02 02 01 01 01 05 06 01	• Develop a Mind Map: Explain various types of justice and the Theory of Distributive Justice by David Miller.
January	22	Term End Examination	• Revision	22	• Revision
February	22		• Revision/ Examination	22	• Revision
March	20		• Examination	20	• Examination

Subject: Accountancy (055)

Prescribed Books : 1. NCERT- Accountancy Part I
2. NCERT- Accountancy Part II

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		• Basic Accounting Terms • Introduction to Accounting	06 09	•
May	12		• Theory Base of Accounting • End of topic test & Class Discussion	13 02	• Class activities on various terms such as debtors, creditors, Revenue, stocks etc.
June	13	Periodic Test-I	• Theory Base of Accounting	12	• Class activities on various terms such as Assets,

			• End of topic test & Class Discussion	01	Sales, Profit, Expenses etc.
July	25		• Theory Base of Accounting • Recording of Business Transactions • End of topic test & Class Discussion	12 18 02	• Familiarize the students with accounting as an information system.
August	23		• Theory Base of Accounting • Recording of Business Transactions • End of topic test & Class Discussion	20 06 02	• Develop the skills of using accounting equation in processing business transactions.
September	21	Mid-Term Examination	• Recording of Business Transactions • Bank Reconciliation Statement: • End of topic test & Class Discussion	08 16 02	• Specimen of Bills and vouchers in class
TERM-II					
October	13		• Trial balance and Rectification of Errors • End of topic test & Class Discussion	13 02	• Class Discussion
November	23		• Financial Statements of Sole Proprietorship • End of topic test & Class Discussion	24 02	• Detail analysis of profit and loss account and balance sheet of a firm
December	22	Periodic Test-II	• Financial Statements of Sole Proprietorship • Incomplete Records • End of topic test & Class Discussion	13 10 02	
January	22		• Written Practical, Project file Preparation	22	• Project Work
February	22	Term End Examination	• Full Revision	22	
March	20		• Final Exam		

Subject : Business Studies (054)

Prescribed Book :- 1. NCERT

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		• Unit 1: Evolution and Fundamentals of Business • End of Topic Test & Class Discussion	10 02	• Chart Paper Presentation • Group Discussion
May	12		• Unit 1: Evolution and Fundamentals of Business • Unit 2: Forms of Business Organisations • End of Topic Test & Class Discussion	05 05 02	• Group Discussion
June	07	Periodic Test-I	• Unit 2: Forms of Business Organisations • End of Topic Test & Class Discussion	05 02	• Chart Paper Presentation • Group Discussion
July	25		• Unit 3: Public, Private and Multinational Company • Unit 4: Business Services • End of Topic Test & Class Discussion	11 12 02	• Group Discussion
August	23		• Unit 5: Emerging Modes of Business	12	• Quiz and Assignment

			- Unit 6: Social Responsibility of Business and Business Ethics - Unit 7: Sources of Business Finance - End of Topic Test & Class Discussion	08 01 02	Field Visit to Stock Exchange
September	21	Mid-Term Examination	- Unit 7: Sources of Business Finance - Unit 8: Small Business and Enterprises - End of Topic Test & Class Discussion	16 03 02	Quiz and Assignment
TERM-II					
October	13		- Unit 8: Small Business and Enterprises - Unit 9: Internal Trade - End of Topic Test & Class Discussion	07 04 02	Quiz and Assignment
November	23		- Unit 9: Internal Trade - Unit 10: International Trade - End of Topic Test & Class Discussion	05 16 02	Quiz and Assignment
December	22	Periodic Test-II	- Unit 10: International Trade - End of Topic Test & Class Discussion	08 02	Quiz and Assignment
January	22		Revision		Quiz and Assignment
February	22	Term End Examination	Revision		Quiz and Assignment
March	20				

Subject : Painting (049)

Prescribed Books :- 1. Panoramic Indian Painting

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be Covered)	Tentative No. of Periods Required	Activities Proposed
TERM-I					
April	13		- Pre-Historic Rock Paintings - Introduction, Period and Location		
May	12		Wizard's Dance, Bhimbethaka + Practical		
June	13		Pre-History Rock Painting + Revision		
July	25	Periodic Test-I	- Pre-Historic Rock Paintings - Introduction, Period and Location - Wizard's Dance, Bhimbethaka + Practical		Drawing and Sketching: Encourage students to develop their drawing and sketching skills by exploring various techniques and subjects. Provide them with stilllife arrangements or ask them to draw landscapes, portraits, or abstract compositions
August	23		- Art of Indus Valley - Introduction, Period and Location,		Painting: Introduce students to different painting mediums such as watercolors acrylics, or oils. Teach

			Harappa & Mohenjo-daro, Sculpture and Terra cottas, Bull-Seal + Practical		them color theory, composition, and brushwork techniques. Assign projects that allow them to experiment with different styles and themes.
September	21	Mid-Term Examination	- General Introduction of Art During - Mauryan, Shunga, Kushana & Gupta Period. + Practical		N.A
TERM-II					
October	13		- Art of Ajanta. - Introduction, No. Of caves, Chitya and Vihara, Paintings and Sculpture, Subjects matter and technique etc. Practical		Collage Making: Teach students the art of creating collages using various materials like magazine cutouts colored paper, fabric scraps, and found objects. Encourage them to explore different themes and experiment with textures and compositions.
November	23		- Indian Temple Sculptures - Introduction to Temple Sculpture, - Descent of Ganga, Trimuti, Lakshmi Narayana, Cymbal Player, Sun Temple etc. Practical		Outdoor Sketching: Take your students outside for a change of scenery. Encourage them to observe and sketch natural landscapes. Urban scenes or interesting architecture. It will help them develop their observational skills and capture the essence of the environment Sculpture: Provide students with clay, wire, or other.
December	22	Periodic Test-II	- Indian Bronzes - Introduction to Indian Bronzes. - Method of casting - Practical		
January	22		- Indo - Islamic Architecture - Introduction - Study and appreciation of architecture. - Practical		Art History Research: Assign students to research and present on various artists or art movements throughout history. They can explore different styles, techniques, and the socio-cultural context behind famous artworks.
February	22	Term End Examination	Revision + Term end examination		N.A
March	20		Term II Exams		

Subject : Psychology (037)

Prescribed Book :- 1. Psychology Text book for Class XI (NCERT)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		CH:1- Understanding Psychology - Nature of Psychology and Understanding Mind and Behaviour - Popular Notions about the Discipline of	1 1	- Poster making : 'Evaluation of Psychology' - Study the relationship between Mind and Behaviour

			Psychology • Evolution of Psychology • Development of Psychology in India • Branches of Psychology • Psychology and Other Disciplines • Psychology in Everyday Life • End of topic test	2 1 2 2 1 1	
May	12		CH:2-Methods of Enquiry in Psychology • Goals of Psychological Enquiry • Steps in Conducting Scientific Research • Alternative Paradigms of Research • Nature of Psychological Data • Some Important Methods in Psychology Such as- • Observational Method • Experimental Method • Correlational Research • Survey Research • Psychological Testing • Case Study • Analysis of Data such as- • Quantitative Method • Qualitative Method • Limitations of Psychological Enquiry • Ethical Issues • End of topic test	1 1 2 3 2 1 1 1	• Role Play: Methods of enquiry
June	13	Periodic Test-I	CH:4-Human Development • Meaning of Development • Life-Span Perspective on Development • Factors Influencing Development • Context of Development • Overview of Developmental Stages like • Prenatal Stage • Infancy • Childhood • Challenges of Adolescence • Adulthood and Old Age • End of topic test	1 1 1 2 1 1 1 2 1 1 1	• Poster Making:& Model making: • Overview of Developmental Stages • Prenatal Stage • Infancy • Childhood • Challenges of Adolescence • Adulthood and Old Age • Project Work: Human Development • Observing & Recalling their own development
July	25		CH:5-Sensory, Attentional and Perceptual Processes • Knowing the world and Nature and varieties of Stimulus • Sense Modalities • Functional limitation of sense organs	1 2 1	• Comparative studies: Different theories of Attention • Making model on Illusions

			• Attentional Processes • Selective Attention • Sustained Attention • Perceptual Processes • Processing Approaches in Perception • The Perceiver • Principles of Perceptual Organisation • Perception of Space, Depth and Distance • Monocular Cues and Binocular Cues • Perceptual Constancies • Illusions • Socio-Cultural Influences on Perception • End of topic test	1 1 1 1 2 1 2 3 3 2 2 1 1	
August	23		CH:6-Learning • Introduction • Nature of Learning and Paradigms of Learning • Classical Conditioning • Determinants of Classical Conditioning • Operant/Instrumental Conditioning • Determinants of Operant Conditioning • Key Learning Processes • Observational Learning • Cognitive Learning • Verbal Learning • Skill Learning • Factors Facilitating Learning • Learning Disabilities • End of topic test	1 1 2 1 2 1 1 2 2 2 2 1 2 2 2 1	• Poster Making: Paradigms of Learning • Comparative studies on the different theories of learning
September	21	Mid-Term Examination	• Revision	21	• Revision
TERM-II					
October	13		CH:7-Human Memory • Nature of memory • Information Processing Approach : The Stage Model • Memory Systems : Sensory, Short-term and Long-term Memories • Levels of Processing • Types of Long-term Memory • Declarative and Procedural; Episodic and Semantic • Nature and Causes of Forgetting • Enhancing Memory • Mnemonics using Images and Organisation	1 1 1 2 2 1 2 1 1	• Making charts: Types of Long-term Memory • Group Discussion: Forgetting, Enhancing Memory

			End of topic test	1	
November	23		CH:8-Thinking		• Making Models: Building Blocks of Thought & Problem Solving • Brainstorming on the topic of 'Creative Thinking' • Model Making: Motivation cycle. • Role playing: Managing Negative Emotions & Enhancing Positive Emotions • Poster Making: Types of Motives
			• Nature of Thinking and Building Blocks of Thought	1	
			• The Processes of Thinking	1	
			• Problem Solving	1	
			• Reasoning	1	
			• Decision-making	1	
			• Nature and Process of Creative Thinking	3	
			• Nature of Creative Thinking	1	
			• Process and strategies of Creative Thinking	1	
			• Thought and Language and Development of Language and Language Use	1	
			CH:9-Motivation and Emotion		
			• Nature of Motivation	1	
			• Types of Motives	1	
			• Biological Motives	1	
			• Psychosocial Motives	1	
			• Maslow's Hierarchy of Needs	1	
			• Nature of Emotions	1	
			• Expression of Emotions	1	
			• Culture and Emotional Expression	2	
			• Culture and Emotional Labeling	1	
			• Managing Negative Emotions and Enhancing Positive Emotions	1	
			• End of topic test	1	
December	22	Periodic Test-II	• Revision	22	• Solving question answers and case study
January	22		• Revision	22	• Solving question answers and case study
February	22	Term End Examination	• Revision/ Examination	---	○ Revision
March	20		• Examination	---	○ Examination

Subject : Computer Science

Prescribed Book :- 1. Computer Science with Python, Sumita Arora, Dhanpat Rai & Co.

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
May	13		• Ch: -2 Data Representation • End of Topic Test	10	• Data Representation : • Making chart for multiple number systems i.e. decimal, binary, octal & hexadecimal. • Converting a number from one number system to another viz. decimal -> binary and vice-versa, binary -> octal and vice-versa etc.

June	13	Periodic Test-I	Ch: -3 Boolean Logic	18 (5 due to be continued in June)	Boolean Logic: - Creating Truth Tables for different logical expressions (POS and SOP). - Proofing basic postulates/laws of Boolean algebra using Truth Table.
July	25		- Ch: -3 Boolean Logic - Ch: -5 Getting Started with Python - End of Topic Test	5 5	Boolean Logic: - Drawing logic diagrams for different Boolean expressions. - Establishing Boolean expressions from Logic Diagram. Getting Started with Python: - Handling Python IDLE download, Script/Shell Mode. - Composing two to three basic programs.
August	23		- Ch: -6 Python Fundamentals - Ch: -7 Data Handling - End of Topic Test	7 11	Python Fundamentals: - Solving problem statements in Python that emphasizes on variables usage, input () function, comments, tokens, different types of operators etc.
September	21	Mid-Term Examination	- Ch: -9 Flow of control - Ch:- 10 String Manipulation - End of Topic Test	08 10	Flow of Control: - Creating a hierarchical chart to classify different types of data types in Python. - Evaluating different expressions in Python to emphasize the functionalities of operators, operator precedence and operator associativity. - Write programs in Python to perform different operations as follows: - To create a calculator. - To find area and perimeter of square, rectangle, circle etc. - To find simple interest and compound interest. - To display the profit and loss based on the cost price and selling price of an item. - To display the power raised to a given number. - To display maximum and minimum number. - To display the average marks and percentage of marks obtained in five different subjects. - To display the sequence of odd/even numbers. - To display the different type of patterns composed of alphabets or numbers. - To display the sum of even/odd numbers. - To display the list of prime numbers within a specified range. - To check whether a number is an Armstrong number or a perfect number or palindrome number. - To display the multiplication table of any number input by user. String Manipulation: - Solve different problems to understand string concatenation, repetition, slicing, traversing. - To make a tabular chart for different built-in functions on string viz. lower(), upper(), len() etc. - Write programs in Python to perform different operations on string as follows: - To display a string in reverse order. - To check whether a string is palindrome or not.

					- To display the total count of vowels, consonants and special characters. - To count the frequency of a character and word in a string. - To reverse each word in a string statement.
TERM-II					
October	13		- Ch: -11 List Manipulation - Ch: -12 Tuples - End of Topic Test	08 07 (5 due to be continued in November)	List Manipulation: - To make a tabular chart for different built-in functions on string viz. list (), append (), extend () etc. - Write programs in Python to perform different operations on list as follows: - To display elements of list in reverse order. - To input elements in an empty list. - To sort the elements of a list. - To check whether an element is present or not in a list input by user. - To find minimum and maximum value in a list. - To find the frequency of an item in a list. Tuples: - Solving few problems to understand the basic difference between list and tuple in terms of mutability and immutability.
November	23		- Ch: -12 Tuples - Ch: -13 Dictionaries - End of Topic Test	05 14	Tuples: - Programs in Python to input a tuple and perform the operations as mentioned above for list manipulation. - Different built-in functions of tuple. Python Dictionary: - To create dictionaries in multiple ways. - To make a chart for different built-in functions on dictionary viz. len (), keys (), values () etc. - Write programs in Python to perform different operations on dictionary as follows: - To enter the names of the employees as keys and their salaries as values and store them in a dictionary. - To calculate the number of keys, present in a dictionary. - To check whether a key is present in a dictionary or not. - To input a dictionary where each key is represented as a student name and value is represented as a list of marks obtained in three subjects and display the student who's the highest average scorer.
December	22	Periodic Test-II	- Ch: -8 Introduction to Python Modules - Ch: -14 Cyber Safety - Ch: -15 Society, Law and Ethics - End of Topic Test	03 05 04	Introduction to Python Modules: - To create, import and rename modules. - To write Python program to create user defined modules to perform any simple task and understand the utility of module usage. - To make tabular chart for math, random and statistics module with corresponding functions.
January	22	Term End Examination	Practical File Copy/ Revision		
February	22		Revision		
March	20				

Subject : Informatics Practices (065)

Prescribed Book : 1. Informatics Practices, Sumita Arora, Dhanpat Rai & Co.

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
May	13		- Ch: -2 Getting Started with Python - Ch: -3 Python Fundamentals - End of Topic Test	20	Getting Started with Python/ Python Fundamentals - Write a Python program to create a calculator. - Write a Python program to swap two numbers with/without third variable. - Write a Python program to display the area of a triangle. - Write a Python program to input three sides of a triangle and display the area. - Write a Python program to calculate the simple interest and compound interest.
June	13		- Ch: -4 Data Handling - End of Topic Test	15	Data Handling: - Write a Python program to input sales of four quarters and program to display the total and average sales. - Write a Python program to input the radius of a sphere and calculate the volume.
July	25	Periodic Test-I	- Ch: -5 Flow of Control - Ch: -6 List manipulation - End of Topic Test	08 10	Flow of Control: - Creating a hierarchical chart to classify different types of data types in Python. - Evaluating different expressions in Python to emphasize the functionalities of operators, operator precedence and operator associativity. - Write programs in Python to perform different operations as follows: - To create a calculator. - To find area and perimeter of square, rectangle, circle etc. - To find simple interest and compound interest. - To display the profit and loss based on the cost price and selling price of an item. - To display the power raised to a given number. - To display maximum and minimum number. - To display the average marks and percentage of marks obtained in five different subjects. - To display the sequence of odd/even numbers. - To display the different type of patterns composed of alphabets or numbers. - To display the sum of even/odd numbers. - To display the list of prime numbers within a specified range. - To check whether a number is an Armstrong number or a perfect number or palindrome number. To display the multiplication table of any number input by user.
August	23		- Ch: -7 Dictionaries - Ch: -8 Database Concepts	10 08	Python Dictionary: - To create dictionaries in multiple ways.

			Ch: -9 SQL		- To make a chart for different built-in functions on dictionary viz. len (), keys (), values () etc. - Write programs in Python to perform different operations on dictionary as follows: - To enter the names of the employees as keys and their salaries as values and store them in a dictionary. - To calculate the number of keys, present in a dictionary. - To check whether a key is present in a dictionary or not. - To input a dictionary where each key is represented as a student name and value is represented as a list of marks obtained in three subjects and display the student who's the highest average scorer. Database Concepts/ SQL: - To create table in MySQL application and populate the same with n number of tuples and m number of fields along in addition with Primary Key. - Application of different DDL commands viz. create, alter, drop etc. in form SQL queries. - Application of different DML commands viz. select, update, insert, delete etc. in form SQL queries - Framing SQL queries using different keywords/clauses viz. distinct, where, in, not in, like, group by, order by etc. - Application of aggregate functions sum(), count(), average(), min(), max().
September	21	Mid-Term Examination	- Ch: -9 SQL - End of Topic Test	03	- SQL - To create tables with constraints viz. foreign key, primary key etc. - Implement different DDL and DML commands i.e. ALTER, DROP, INSERT, UPDATE and SELECT.
TERM-II					
October	13		- Ch: -9 SQL - End of Topic Test	10	- SQL - To make queries on Joining Tables. - Drawing diagrams and framing SQL queries on Cartesian product, join operation.
November	23		- Ch: -10 Emerging Trends - End of Topic Test	19	
December	22	Periodic Test-II	Practical File Copy/ Revision		
January	22		Practical File Copy/ Revision		
February	22	Term End Examination	Revision		
March	20				

Subject : Physical Education (048)

1. Physical Education Textbook For Class -XI – Published (Saraswati)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Units	Tentative No. of Periods Required	Subject Enrichment Activities (SEA)
TERM-I					
April	13		Unit – 1	10	Basketball skills practice

			• CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION • Concept. Aim and Objectives of Physical Education • Development of Physical Education in India-post Independence • Changing Trends in sports-playing surface, wearable gears and sports equipment, technology advancements • Career option in physical education		
May	12		• Unit 1 • CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION • Khelo-India Programme and Fit-India Program • Unit - 2 • OLYMPIC VALUE EDUCATION • Olympism- concept and Olympics value(Excellence, friendship and Respect) • Olympic values education- Joy of effort, fair play, Respect for, Pursuit of Excellence, Balance Among Body, Will and Mind • Ancient and Modern Olympics • Month end test	09	• SAI Khelo India fitness test
June	13	Periodic Test-I	• Unit - 2 • OLYMPIC VALUE EDUCATION • Olympics- Symbols, Motto, Flag , Oath and Anthem • Olympic Movement Structure- IOC,NOC,IFS, other members • Unit - 3 • YOGA • Meaning and importance of Yoga • Introduction to Astanga Yoga • Month end test	16	• SAI Khelo India fitness test
July	25		• Unit 3 • YOGA • Yogic kriyas (Shat Karma) • Pranayama and it's types. • Active Lifestyle and Stress management through YOGA • Unit - 4 • PHYSICAL EDUCATION AND SPORTS FOR CWSN • Concept of Disability and Disorder	21	• Basket ball related skills

			• Types of Disability, it's causes and nature • Disability Etiquettes • Aims and objectives of Adaptive physical education. • Role of various professionals for children with special needs • Month end test		
August	23		• Unit - 5 • PHYSICAL FITNESS, HEALTH AND WELLNESS • Meaning and importance of wellness , Health, and Physical Fitness • Component of Physical Fitness, wellness and Health • Traditional Sports and Regional games for promoting wellness • Leadership through Physical activity and sports • Introduction to First Aid - PRICE • Unit - 6 • Test, Measurement and Evaluation • Define Test, measurement and evaluation • Importance of Tests, Measurement and Evaluation in Sports • Calculation of BMI, Waist- Hip ratio, Skin fold method • Month end test	20	• Yoga related activities
September	21	Mid-Term Examination	• UNIT- 6 • Somatotypes • Measurement of health related fitness • UNIT - 7 • FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY IN SPORTS • Definition and Importance of Anatomy and Physiology in Exercise and sports. • Function of Skeletal system, classification of bones, and types of joints. • Properties and function of Muscles • Month end test	19	• Basket ball related activities
TERM-II					
October	13		• UNIT - 7 • FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY IN SPORTS • Structure and Function of Circulatory	10	• Yoga related activities

			- System and Heart. - Structure and function of Respiratory system. - Month end test		
November	23		- UNIT – 8 - FUNDAMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS - Definition and Importance of kinesiology and biomechanics in sports. - Principles of Biomechanics - Kinetics and Kinematics in sports - Types of body movement - Axis and Planes - Month end test - UNIT – 9 - PSYCHOLOGY AND SPORTS - Definition and Importance of Psychological in physical education and sports. - Month end test	20	Basket ball related skills
December	22	Periodic Test-II	- UNIT- 9 - PSYCHOLOGY AND SPORTS - Developmental Characteristics at Different stages of Development - Adolescents Problem and their Management - Team Cohesion and Sports - Introduction to Psychological Attributes - Month end test - UNIT – 10 - TRAINING AND DOPING IN SPORTS - Concept and Principles of Sports training - Training Load , Over Load, Adaptation and Recovery - Month end test	19	SAI Khelo India Fitness Test
January	22		- UNIT - 10 - TRAINING AND DOPING IN SPORTS - Warming-up and Limbering Down – types , Method and Recovery - Concept of Skill, Technique, Tactics and Strategies - Concept of Doping and it's disadvantages - Month end Test	19	Basket ball related skills
February	22	Term End Examination	PREPARATION FOR TERM 2	15	Yoga related activities

			EXAMINATION		
March	20		•		

Subject : Hindustani Vocal Music (034)

Text Book : Sangeet Anand (Strictly as per the syllabus framed by CBSE, Delhi)

Months	Number of Working Days	Name of the Examination	Chapters	Tentative No. of Period Required	Activities Proposed
TERM-I					
May	12		- Brief history of the following Dhrupad, Kheyal - Brief history of the following Tarana	06	Practice Vilambit Kheyal of Raga Bhairavi with Harmonium
June	13	Periodic Test-I	- Brief study of Musical Elements in Natya Shastra - One Drut Kheyal of any prescribed ragas. (Bihag, Bhimpalasi, Bhairavi)	09	Practice Drut Kheyal of Raga Bihag with Harmonium and Tabla
July	25		- Life sketch and contribution of Tansen 8 Matra and 16 Matra tana of any prescribed ragas. (Bhairavi, Bihag, Bhimpalasi)	12	Practice Vilambit of Raga Bhairavi or Bihag with Harmonium and Tabla
August	23		- Life Sketch of V.N Bhatkhande. - Critical study of prescribed ragas along with recognizing ragas from phrases of swaras and elaborating them excluding Raga Jaunpuri	12	Practice Drut kheyal of Raga Bhairavi or Bihag with Harmonium
September	21	Mid-Term Examination	Raga – Bhimpalasi (Tana & Alap)	09	Practice Dhrupad of Raga Bhimpalasi and Bihag with Harmonium
TERM-II					
October	13		- Raga – Bihag (Tana & Alap) - Life sketch of V.D. Paluskar	14	Recitation of Teentala with tabla and hand beats
November	23		- Recitation of the Theka of Choutala - Description of following talas (Choutala, Ektala, Teentala) <u>Ability to Recognize the prescribed ragas.</u>	06	Recitation of Ektala & Chautala with hand beats.
December	22	Periodic Test-II	- Written Practical, Project file Preparation - Tuning of Tanpura - Full Course Revision	12	Tuning of Tanpura.

January	22		• Full Course Revision	09	•
February	22	Term End Examination	• Revision	09	•
March	20		• Revision	09	•

Subject: Yoga (841)

Prescribed Book: - Yoga Class XI (Central Board of Secondary Education)

Months	No. of Working Days	Name of the Examination (As per School Policy Framed)	Chapters/Unit (Entire Book to be covered)	Tentative No. of Periods Required	Activities Proposed
TERM-I					
May + June	12 + 13	Periodic Test-I	- Unit-I - Introduction to yoga and yogic practices II - Yoga etymology, definition, aim , objective and misconception - Yoga origin, History and development.	15	
July	25		- Rules and regulations to be followed by yoga practitioner (Employability Skills)Unit- I Communication Skills	6	
August	23		- Introduction to major schools of yoga(Jnana yoga, Raja yoga, Bhakti yoga and Karma yoga) - Unit- I - Communication Skills	12	• International Yoga Day.
September	21	Mid-Term Examination	- Unit- II - Introduction to yoga text II - Introduction and study of Patanjali yoga sutra including memorization of selected sutras. - Unit- II (Self Management Skills)	16	
TERM-II					
October	13		- Muscular System - Digestive System - Respiratory System - Endocrine System - Nervous System - Unit -III - ICT Skills	6	- Project File .Practice of Utanmandukasana. - Practice of kakasana.
November	23		- Immune and Lymphatic System - Urinary System	10	- Practice of Parvatasana. - Practice of Makrasana.

			• Female Reproductive System • Male Reproductive System • Unit-III (Prepare Presentation using presentation application) • Unit- IV • Entrepreneurial Skills		• Practice of Uttanpadasana. • Practice of Setubandhasana.
December	22	Periodic Test-II	• Role of yoga for health promotion • Yogic Attitude and practices • Holistic approach of yoga towards the health and diseases. • Unit-IV • Entrepreneurial Skills	12	• Project File Submission • Practice of Vipritkarniasana. • Practice of Saralmatsyasana. • Practice of Shavasana. • Repition of Pranayam of class XI.
January	22		• Introduction to yoga diet and its relevance and importance in yoga Sadhana. • Dincharya and Ritucharya with respect of yogic life style. • Unit-V • Green Skills	15	• Practice of Jalandhar and Uddayan Bandh. • Repition of Mudras of class XI. • Practice of breath Meditation and OM Dhyan. • End of topic test
February	22	Term End Examination	• REVISION		
March	20				

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