

DAV PUBLIC SCHOOLS, JHARKHAND ZONE-D**Syllabus (2017-18)**

The academic session comprises of two terms : -

Term – I and Term – II

Term – I : April to September which comprises of Internal Assessment – (20 marks) and Half Yearly Exam (80 marks), Total = 100 marks.

Note : The schools will decide to conduct the number of Internal Assessments as per their suitability.

Term – II : October to March which comprises of Internal Assessment – (20 marks) and Annual Examination (80 marks), Total = 100 marks.

Note : The schools will decide to conduct the number of Internal Assessments as per their suitability.

Internal Assessment - 20 Marks		
Students have to secure minimum 33% marks out of overall 20 marks in each subject		
Particulars	Marks	Activity
Periodic Test	08 marks	Written
Notebook Submission	04 marks	Homework / class work
Project / Activity	04 marks	Project / Activity
Subject Enrichment	04 marks	Language – Debate, ASL, Speech, Rhymes etc.
		Science – Practical / Lab work etc.
		Mathematics – Practical / Lab Work etc.
		Social Science – Map work etc.

Half Yearly / Annual Examination - 80 Marks		
Students have to secure minimum 33% marks out of overall 80 marks in each subject		
Particulars	Marks	Remarks
Half Yearly Exam.	80 marks	Whole syllabus of Term – I
Annual Examination	80 marks	Whole syllabus of Term – II and 10% Syllabus of Term – I

Note : - Students have to pass in Internal Assessment as well as Half Yearly / Annual Examination separately.

Subject – English
Term – I (April to September)

Months	Topics	Contents
April	Writing Skill	
	a) Stories	A True Friend, Mix up at birth
	b) Composition	The person I admire Most, Myself
	c) Practice book	Naming words
	Reading Skill	Use of class library (Any story)
	Speaking Skill	Reciting poem
	Activities	Scrap book – Paste 5 pictures of any famous cricketers and introduce them
May	Writing Skill	
	a) Stories	What's really important
	b) Composition	My Hobby Importance of leisure in life
	c) Practice book	Gender
	Reading Skill	Comprehension – Acid rain
	Speaking Skill	Myself
	Activities	Pictorial description of M. K. Gandhi
June	Writing Skill	
	a) Stories	Test of Strength
	b) Composition	Informal letter (Apology letter)
	c) Practice book	Pronouns
	Reading Skill	Comprehension – Lakes
	Speaking Skill	Honesty is the best policy
	Activities	Scrap book – Paste 5 pictures of any pet animals and introduce them.
July	Writing Skill	
	a) Stories	The perfect vacation, Jungle safari
	b) Composition	A hot summer noon, Application to Principal for leave
	c) Practice book	Preposition, Describing words
	Reading Skill	Comprehension from English News paper
	Speaking Skill	Poem – Travel plans
	Activities	Paste pictures of three attractive places which you would like to visit during your vacation and write 5 lines to describe each.
August	Writing Skill	
	a) Stories	Kanya Kumari – Where three Seas Meet
	b) Composition	Nightmare/Dream of a student Application to the Principal for absence.
	c) Practice book	Determiners
	Reading Skill	Reading of self composed poem
	Speaking Skill	Story Narration
	Activities	Build a Robot with the help of paper & Revision
September	Half yearly Examination	

Portion for Half Yearly Examination : All chapters

Term – II (October to March)

Months	Topics	Contents
October	Writing Skill	
	a) Stories	The Rich lady and the Artist
	b) Composition	A visit to a place of interest Letter to the principal for Leave / Absence
	c) Practice book	Verb, Adverb
	Reading Skill	Reading of any story based on great personalities
	Speaking Skill	Topics to be given on the spot
	Activities	Paste pictures of 05 characters of the Disney World and introduces them.
November	Writing Skill	
	a) Stories	The foolish Men, Clever fox
	b) Composition	Formal letter (fee concession)
	c) Practice book	Tense
	Reading Skill	Reading news papers
	Speaking Skill	Topics to be given on the spot
	Activities	Paste pictures of 05 Land – Transport and write about them.
December	Writing Skill	
	a) Stories	In the land of Lilliput Kind Thrushbeard
	b) Composition	Holi, The Winter season
	c) Practice book	Sentence, Interrogatives
	Reading Skill	Reciting a self composed Poem (Couplet, triplet, quarter)
	Speaking Skill	Poem - Fantasy
	Activities	Paste 5 pictures of Endangered animals of Asia and introduce them.
January	Writing Skill	
	a) Stories	Rizi the Alien, let us visit the Fantasy Land Season you like most
	b) Composition	Great person you like most
	c) Practice book	Conditionals
	Reading Skill	Use of class literary (any story)
	Speaking Skill	Topics to be given on the spot.
	Activities	Paste 5 pictures of water Transports and write about them.
Feb/March	Revision & Term – II, Examination	

Portion for Annual Examination :

All chapters of Term – II

From Term – I : A True Friend, Preposition

Blue Print (2017-18)
Subject – English

Sl. No.	Particulars	Out of 80
1.	Reading Skill Comprehension passage	10
2.	Writing Skill * Paragraph/ Essay/ Autobiography * Informal letter / formal letter * Re-arranging	8 8 4
3.	Grammar * 5 sets of questions to be given from English Practice Book	15
4.	Literature * Questions / Answers * Word Meaning * Make Sentence * Web Chart * True / False * Opposite words * Complete the sentence	10 05 05 05 04 03 03
Total Marks		80

विषय :- हिंदी

निर्धारित पुस्तकें :-

- 1) भाषा माधुरी
- 2) भाषा अभ्यास

क) सत्रीय मूल्यांकन	—	80
ख) आंतरिक मूल्यांकन	—	20
	कुल =	100

Term - I				
माह	पाठ	भाषा माधुरी	भाषा अभ्यास	अनुच्छेद/पत्रलेखन / अपठित गद्यांश
अप्रैल	1	फैलती चप्पलें	ड़, ढ, अनुनासिक, संयुक्ताक्षर,	विद्यार्थी और अनुशासन पर एक अनुच्छेद
	2	उलटा – पुलटा	व्यंजन, किया, पर्यायवाची शब्द	
मई	3	अनोखा ढंग	युग्म शब्द, संज्ञा, चंद्रबिंदु, पारिभाषिक शब्द, मुहावरे	अवकाश हेतु पत्र (प्राचार्य को)
जून	4	मित्रता	शब्दार्थ, विशेषण	ग्रीष्मावकाश के बारे में बताते हुए मित्र को पत्र लिखें
जुलाई	5	सेर को सवा सेर	चित्रकथा, समानार्थी शब्द, लिंग, वचन, सर्वनाम, वाक्य (ओं) का प्रयोग	अपने छोटे भाई को अपने विद्यालय में सदा उपस्थित के लिए पत्र स्वतंत्रता दिवस पर अनुच्छेद
	6	पहली बारिश		
	7	दादी का रेडियो		
अगस्त	8	किस्से – कहावतों की दुनिया	विशेषण, मुहावरे, लोकोक्ति, शब्दों द्वारा कविता बनाना	विद्यालय देर से पहुँचने का कारण बताते हुए कक्षा – अध्यापिका / अध्यापक को पत्र, अपठित गद्यांश
	9	नानी की नाव चली पुनरावृत्ति		
सितम्बर	प्रथम सत्रीय मूल्यांकन			
अन्य गतिविधियाँ –				
1. वाचन कौशल—किसी भी कहानी की पुस्तक से पठन कार्य, कठिन शब्दों का सही—सही उच्चारण, कविता पाठ				
2. लेखन कौशल—वर्तनी (25 शब्द) संयुक्त व्यंजन वाले शब्द, युग्म शब्द				

Term - II				
अक्टूबर	10	एक बौना और लकड़हारा	युग्म शब्द तथा उनका प्रयोग, समानार्थी शब्द, वर्ग पहेली, ऋ (८) की मात्रा	माँ पर एक अनुच्छेद
	11	मौसम		शुल्क माफ़ करने के लिए प्राचार्य को पत्र
नवम्बर	12	आँख – मिचौनी	विलोम शब्द, समान लय वाले शब्द, चंद्रबिंदु ,मुहावरे	दीपावली पर अनुच्छेद
	13	चतुर चित्रकार		समाचार पत्र में अपनी कविता छपवाने के लिए संपादक को पत्र
दिसम्बर	14	एक थी स्वाती	योजक चिह्न, विराम चिह्न, लिंग, वचन	अपने मित्र या सहेली को अपने घर किसी विशेष कार्यक्रम पर आमंत्रण पत्र
	15	होली के रंग हज़ार		
जनवरी	16	ऐसे भी बच्चे	नुक्ता, काल, वचन, अनेकार्थी शब्द, प्रत्यय, प्रश्न निर्माण, वाक्य प्रयोग	वार्षिक परीक्षा के बारे में बताते हुए अपनी माँ को पत्र।
	17	कोयल		
फरवरी	18	खत पहुँचे सक्को को (पुनरावृत्ति)	स्कूल की बात बताते हुए मित्र को पत्र	जल के महत्त्व पर एक अनुच्छेद
मार्च	वार्षिक मूल्यांकन			
अन्य गतिविधियाँ –				
1. वाचन कौशल–पसंदीदा मौसम के बारे में दस पंक्तियाँ, संवाद, पर्यायवाची एवं विलोम शब्द (मौखिक प्रश्नोत्तर)				
2. लेखन कौशल–वर्तनी (30 शब्द), शब्दार्थ ,सुलेख अपनी पसंद की कोई एक कविता लिखें, 'सड़क यातायात' सचित्र नाम लिखें				
नोट :-	प्रथम आवधिक (Term - I) से पाठ अनोखा ढंग (भाषा अभ्यास से मुहावरे) दोनों से शामिल किया जाएगा (Term - I) में।			

संकलनात्मक मूल्यांकन (Term 1 & 2)

अंक विवरणी तालिका

खण्ड- 'क' (भाषा माधुरी)			
क्र.सं.	विषय	प्रश्नों के प्रकार	पूर्णांक-80
1	प्रश्नोत्तर	विस्तृत	4x3=12
2	प्रश्नोत्तर	लघूत्तरात्मक	3x2=6
3	प्रश्नोत्तर	अति लघूत्तरात्मक	4x1=4
4	प्रश्नोत्तर	वैकल्पिक	4x1=4
5	किसने, किससे कहा	लघूत्तरात्मक	4x1=4
6	रिक्त स्थानों की पूर्ति करें	लघूत्तरात्मक	4x1=4
7	शब्दार्थ	वैकल्पिक	3x1=3
8	पठित पद्यांश एवं गद्यांश	वस्तुनिष्ठ	3x1=3
खण्ड- 'ख' (भाषा अभ्यास)			
9	पर्यायवाची शब्द/अनेकार्थी शब्द	अति लघूत्तरात्मक	4x1=4
10	युग्म/चंद्रबिंदु वाले शब्द	अति लघूत्तरात्मक	4x1=4
11	वाक्यांशों के लिए एक शब्द/काल	अति लघूत्तरात्मक	4x1=4
12	मुहावरे/लोकोक्तियाँ	लघूत्तरात्मक	3x1=3
13	विशेषण/विशेष्य	अति लघूत्तरात्मक	3x1=3
14	वचन/लिंग	अति लघूत्तरात्मक	3x1=3
15	विलोम शब्द/युग्म शब्द	अति लघूत्तरात्मक	3x1=3
खण्ड- 'ग'			
16	अनुच्छेद लेखन	निबंधात्मक	6
17	पत्र लेखन	—	5
18	अपठित गद्यांश	वस्तुनिष्ठ	5
			कुल = 80

Sub :- Science
Book: My Living World

TERM - I (APRIL - SEPTEMBER)

Months	Name of chapters	Projects/ Activities
April	1. My Body	Draw and label human digestive system
		Draw and label human tongue.
	2. Plants	Draw and label different parts of plants
		Types of roots
May	3. Flowers and Fruits	Different seasonal fruits
		Different seasonal flowers
June	4. Plants Around Us	Paste the picture of plants of different regions in scrap book
July	5. Birds and Claws	Draw and label beaks of different birds
August	Revision / Practice	
September	Portion for Term - I (all chapter from April to September)	

TERM - II (OCTOBER - MARCH)

October	6. Insects	Draw and colour harmful and useful insect
		Draw life cycle of silkworm
		Paste the pictures of different insects in scrap book
November	7. Food	Prepare a list of vitamins, sources & functions
		Prepare a chart of balanced diet.
	"8. Water scarcity and conservation of water"	Prepare a list of which causes water scarcity
		Draw and label a diagram which show rain water harvesting
December	"9. Safe handling and storage of water"	Draw and label traditional filtration
		Paste the different methods of filtration in scrap book
January	10. Water Pollution	collage making on water pollution in scrap book
February	Revision of ch-1 'My Body' from Term -1	
	Portion for Term - II (Annual Exam)	
	From 1st Term - My body	
	All Chapters of 2nd Term	

BLUE PRINT FOR TERM EXAM

1	Multiple Choice questions	1x10= 10
2	Fill in the blanks	1x10= 10
3	Definitions	2x5=10
4	True or False	1x5=5
5	Match the following	1x5=5
6	One word answer	1x5=5
7	Short answer type question	2x5=10
8	long answer type question	3x5=15
9	Diagrams	10

SUB:- MATHS
Half Yearly Exam (March – September)

MONTHS	UNIT	NAME OF CHAPTERS
April	1	Numbers upto 999999
May	2	Addition and subtraction
June	3	Multiplication
July	4	Division,
	8	Time and calendar
August	10	Angles
	11	Perimeter & Revision
September	HALF YEARLY EXAM	

Activities :-

- 1) To give idea about ascending order.
- 2) Draw a place value chart and represent the given numbers.
 - a) To write a secret code message for all the english alphabets numbered from 1 to 26 respectively in order
 A, B, C, D
 1, 2, 3, 4
 - b) Decode the given message on the basis of above order
 9, 12, 15, 22, 5, 13, 25, 9, 14, 4, 91
- 3) Draw a circle with the help of Bangle , coin etc
- 4) To give idea about different types of angles.
- 5) To find the length and breadth of the top of Maths text book then find the perimeter of the top of the book.

PORTION for half yearly exam.

- 1) All chapters of (March to August)

Annual Exam. (October – March)

MONTHS	UNIT	NAME OF CHAPTERS
October	9	FRACTIONS
November	5	LENGTH
	6	WEIGHT
December	7	CAPACITY
	12	AREA

January	13	VOLUME
	14	FUN WITH PATTERNS
February	REVISION	
March	Annual exam.	

Activities :-

- 1) Divide the class in group of 5 or 10 and perform the following activity in every group.
- 2) Measure the weight of each member in kg using a measuring tape.
- 3) Measure the height of each members in kg , using a weighting machine and answer the following"
 - a) Who is the tallest member in your group?
 - b) Who is the shortest member of your group?
 - c) What is the maximum weight measure in the group ?
 - d) What is the minimum weight measure in the group?
- 4) To mark millimeter, centimetre and metre on a string of length 1 metre
- 5) To give the children idea about quarter , rectangle, square and triangular shapes.
- 6) To prepare a chart of formula of area and volume of different plane and solid figures.
- 7) Make rectangles of different lengths and breadths on a square ruled paper and compare their areas and perimeters"
- 8) To make a geometrical design using instruments .

PORTION for annual exam.

- 1) All chapter from October to March + two chapters (Angles & Perimeter) from term – I.

Types of questions	Full Marks 80
MCQ	1x10=10
Find the value of	2x5=10
Workout the sum	3x6=18
Do as directed	4x4=16
Geometry	5x2=10
Word problems	4x 4=16
TOTAL	80

SUBJECT- Social Science**Book: We and our world****Term – I (April to September)**

Months	Chapters
April	1) Family Relationship
May	2) Sensitivity Towards Others
June	3) Celebrating Our Diversity
July	4) An Ideal Home
	5) Bricks And Bridges
August	6) Waste Management
	7) The Works We Do
September	Revision & 1st Terminal Examination

(Portion for Half yearly Exam-All chapters from April To September)**TERM-II (October to March)**

Months	Chapters
October	8) Leisure Time
November	9) Directions
	10) Travel and Tours
December	11) Let Us Travel
	12) Let Us Communicate
January	13) India Our Motherland
February/March	Revision & Annual Examination

Portion for Annual Exam / 2nd Terminal Examination

1. Waste Management (lesson-6) from Term – I
2. All chapters from October to February

SUBJECT- Social Science
Blue Print

S.No	Type of Questions	Marks
1	Questions and Answers	5x5=25
2	Multiple Choice Questions	1x10=10
3	Definition	2x4=8
4	One word Answer	1x6=6
5	Fill in the blanks	1x10=10
6	Match the following	1x8=8
7	True and False	1x8=8
8	Map- Name and Colour	1x5=5
Total		80

Proposed Activities**Term-I (Any One)**

- 1 Collect & paste different festivals of India and write few lines on it.
- 2 Collect the waste materials from your house and make some creative things.
- 3 Map Skill:-Lesson 1: Family Relationship (Page No. 8), Class activity (Draw your family tree)

Term-II (Any One)

- 4 In on outline map of India- Point out the states and union territories of India and write down their names.(capters-13).
- 5 In an outline map of India locate important places of tourism. (chapters-10 and 11).
- 6 Draw any four religious symbols and draw pictures of different means of transport.
- 7 Collecting and pasting of old coins (Scrap Book).

Subject – Computer
Book: Hands On

Information and Communication Technology

Month	Chapters/Topics	Activity
April - May	Computer A Machine – Components of Computer System, Input/Output Devices, Memory, CPU	All activities of Ch -1
June - July	More on Tux Paint- Tux Paint tools – lines, paint etc.	All activities of Ch -2
August	Exploring Tux Paint- Creative skills using Tux Paint	All activities of Ch -3
September	Logo – Logo Commands :- FD, BK, RT, LT, CS, CT, HOME, DEAW, Learn draw using turtle	All activities of Ch -4
October - November	Logo-II - Logo Commands :-HT, ST, PU, PD, PE and Repeat, Draw various shapes and drawing using LOGO	All activities of Ch -5
December	Writer – Getting Started- Concept of Open Source/Open Office software, Writer window, Tool Bar, Print, save, Open	All activities of Ch -6
January	Editing in Writer- Edit tools:- delete, backspace, undo, redo, Editing Modes :-insert, overwrite, Find and replace, Cut, Copy and Paste	All activities of Ch -7
February	Internet as a Pool of Information – Introduction of internet, Searching and downloading information from internet	All activities of Ch -8

Assessment Activities : To evaluate the performance of student, teachers will conduct two different activities after the completion of each chapter. According to the performance of students, teachers will mark them in grade.

Sub - Moral Education

अपैल - सितम्बर

		प्रथम आवधिक परीक्षा	
अपैल	पाठ	— 1	प्रार्थना (सुखी बसे संसार सब)
	पाठ	— 2	आर्य समाज
	पाठ	— 3	आर्य समाज के नियम (3 – 6)
मई	पाठ	— 4	गायत्री मंत्र और उसका अर्थ
जून	पाठ	— 5	ईश्वर कहाँ है ?
जुलाई	पाठ	— 6	समर्पण (ईश्वर तुम्हीं दया करो)
	पाठ	— 7	सृष्टि कर्ता
	पाठ	— 8	शिव कौन है ? मृत्यु क्या है ?
अगस्त	पाठ	— 9	दयानन्द प्रशस्ति (सारी दुनिया जगाई)
	पाठ	— 10	बाल प्रतिज्ञा
	पाठ	— 11	सत्य
सितम्बर	पुनरावृत्ति		

प्रथम आवधिक परीक्षा सितम्बर माह

अक्टूबर	पाठ	— 12	सहनशील दादू
	पाठ	— 13	महाराजा रंजीत सिंह
	पाठ	— 14	प्रार्थना (हम बालकों की ओर भी)
नवम्बर	पाठ	— 15	महावीर स्वामी
	पाठ	— 16	महात्मा बुद्ध
	पाठ	— 17	महात्मा गाँधी
दिसम्बर	पाठ	— 18	महारानी लक्ष्मीबाई
		— 19	पुष्प की अभिलाषा
जनवरी	पाठ	— 20	शिष्टाचार
	पाठ	— 21	वशीकरण मंत्र

फरवरी पुनरावृत्ति

(प्रथम आवधिक से पाठ – 7, 11)

द्वितीय आवधिक परीक्षा मार्च माह

Blue Print – 2017-18

पाठ	– 1	प्रार्थना (सुखी बसे संसार सब)
पाठ	– 2	आर्य समाज
पाठ	– 3	आर्य समाज के नियम (3 – 6)
पाठ	– 4	गायत्री मंत्र और उसका अर्थ
पाठ	– 5	ईश्वर कहाँ है ?
पाठ	– 6	समर्पण (ईश्वर तुम्हीं दया करो)
पाठ	– 7	सृष्टि कर्ता
पाठ	– 8	शिव कौन है ? मृत्यु क्या है ?
पाठ	– 9	दयानन्द प्रशस्ति (सारी दुनिया जगाई)
पाठ	– 10	बाल प्रतिज्ञा
पाठ	– 11	सत्य

प्रथम आवधिक परीक्षा सितम्बर माह50 अंक

पाठ	– 12	सहनशील दादू
पाठ	– 13	महाराजा रंजीत सिंह
पाठ	– 14	प्रार्थना (हम बालकों की ओर भी)
पाठ	– 15	महावीर स्वामी
पाठ	– 16	महात्मा बुद्ध
पाठ	– 17	महात्मा गाँधी
पाठ	– 18	महारानी लक्ष्मीबाई
पाठ	– 19	पुष्प की अभिलाषा
पाठ	– 20	शिष्टाचार
पाठ	– 21	वशीकरण मंत्र

वाषिक परीक्षा का सिलेबस

प्रथम आवधिक से –

पाठ (7) सृष्टि कर्ता

पाठ (11) सत्य

द्वितीय आवधिक परीक्षा से – सभी पाठ

Sub :- General Knowledge**Term-I****Language and Literature :**

April	- With a difference	Page no. 1
	- Anything common ?	Page no. 2
	- Books and Authors	Page no. 3
	- With value and wisdom	Page no. 4
	- Fact file	Page no. 5
	- Word bank	Page no. 6
	- People puzzle	Page no. 6
May	- The book store	Page no. 8
	- Fact file	Page no. 9
	- Test your wisdom	Page no. 10

Environment Around

June	- Gadgets around	Page no. 14
	- Plants in our life	Page no. 15
July	- Nature nurtures	Page no. 16
	- Animal truth	Page no. 17
	- Up in the air	Page no. 18
	- Listen doctor	Page no. 19
	- Great Pioneers	Page no. 20
	- Earth and its friends	Page no. 21
	- Fact file	Page no. 23
	- Test your wisdom	Page no. 24

World Around

August	- Abbreviations	Page no. 27
	- Weather report	Page no. 28
	- Fun with symbols	Page no. 29
	- Fact file	Page no. 30
	- Capitals	Page no. 31
	- India wild knowledge	Page no. 32
	- Famous food	Page no. 33
	- Asian wonders, Factfile Test your wisdom	Page no. 34-37

September - Term - I (Exam) & Revision for Term I

Term-II

October

- Mery Time	Page no. 39
- Places of pilgrimage of India	Page no. 40
- Traffic signs	Page no. 41
- Entertainment Com	Page no. 42
- Mythology	Page no. 43
- Fact file	Page no. 45
- Test your wisdom	Page no. 45

Math Magis**November**

- What am I?	Page no. 47
- Scratch your head	Page no. 48
- Tricky shapes	Page no. 49
- Know your Measure	Page no. 50

December

- Number tricks	Page no. 51
- Rack your brains	Page no. 53
- Fact file	Page no. 55
- Test your wisdom	Page no. 56

Sports and Games

- Glorious gallery	Page no. 58
- Sports search	Page no. 59
- Fact file	Page no. 60
- Guess the game	Page no. 61
- Sports of sorts	Page no. 62
- Fact file	Page no. 63
- Test your wisdom	Page no. 64

February - Revision for Term II Annual Examination.**Extensive Reading**

- District in Jharkhand
- Great freedom fighter
- India and world sports legends
- Know your D.A.V.
- Jharkhand Ministry

Art And Craft**Term - I**

Month	Art	Craft
April - June	Page no. 1 to 10 Draw and colour 1. Animals 2. Birds 3. Faces	Paper Collage Topic - Scenery
July - September	Page no. 11 - 20 Draw and colour - 3. Scenery 4. Birds	Origami :- Topic Flowers

Term - II

Month	Art	Craft
October - December	Page no. 21 to 30 Draw and colour - 1. Figures	Origami :- Topic - Duck butterfly
January - February	Page no. 31 to 40 Draw and colour - 1. Balloon Seller 2. Vegetable of fruit seller	

Sub :- Physical & Health Education**Term - I (April to September)**

Theme/ Sub-Theme	Questions	Key concepts	Resources	Activities/ Process
Strength Judgment	<ol style="list-style-type: none"> 1 What is throwing and catching? 2 How do we throw and catch any object? 3 How far high can I throw any object? 	<ol style="list-style-type: none"> 1 Developing strength 2 Judgment and decision making in throwing, catching the ball 3 Developing strength 	<ol style="list-style-type: none"> 1 Open space 2 Lime powder 3 Balls of various sizes 	<ol style="list-style-type: none"> 1 Throwing and catching in pairs and in groups 2 Throwing the ball fastest and highest
Healthy Habits	What should we do to maintain personal hygiene?	<ol style="list-style-type: none"> 1 Maintaining cleanliness of our body 2 Proper clothing for toilet 3 Proper footwear 4 Proper play and rest 	Charts, Posters, Models	Demonstration and discussion
Flexibility and Balance	Can you crouch and roll our body and also maintain the balance	Developing flexibility and balance	Judo mats or soft surface with carpet	Forward roll, backward roll, gs split with Forward roll and backward roll

Term - II (October to March)

Theme/ Sub-Theme	Questions	Key concepts	Resources	Activities/ Process
Exercise	Why do exercise?	<ol style="list-style-type: none"> 1 Objective of exercise 2 Benefits of exercise 3 Importance of warm up, rest and sleep 	Open space, Charts, Whistles, Lime Powder for marking	Jogging, running, simple stretching, general warm up exercises
Rhythm	Can I perform on command/ rhythm?	<ol style="list-style-type: none"> 1 Reaction time 2 Responding to command and responding to rhythm 	Whistle and clapper	<ol style="list-style-type: none"> 1 Position of “on your mark“ and go 2 Position of attentions, stand at ease, Right turn, Kadamtal
Yoga		Asanas & Pranayam	Yoga mat and carpet	Tadasana, Dhanurasana, Kapalbhathi

SUB :- Music

Term - I

- Prayer (Tu hi Ram hai)
- DAV Gaan
- Bhajan (sukhi base sansar sab)
- Patriotic Song
- Raag Parichay (Sampurna jati)
- National Anthem

Term - II

- Prayer song (Manavata ke man mandir mein)
- Welcome song
- Raag Yaman (Introduction)
- Aaroh, Awaroh and Swar (Introduction)
- Shanti path, Yagya prayer
- Note :- All assembly activities Bhojan mantra, agni pradipna mantra for all classes.

