

## Examination System

The academic session consists of two terms,

First Term : April to September 2023

Second Term: October to March 2024.

Two unit tests will be conducted in each term; The average of UT's will be considered as PT.

PT 2/ Half Yearly Exams -

In the month of September 2023

PT 4/Annual Exam -

From last week of February 2024

Internal Assessment will be assessed as per the given parameters.

Class Work / Home Work / Notebooks/ Assignment/ Listening and Speaking Skills/  
Reading and Writing Skills/ Portfolio/ Projects.

### Detailed Internal Assessment

Languages - English/ Hindi/ Sanskrit/ Punjabi		Mathematics/ Science/ Social Science	
Listening Skill	5	Critical Thinking & Evaluation	5
Speaking Skill	5	Problem - Solving & Inference	5
Reading Skill	5	Collaboration & Creative Thinking	5
Writing Skill and Language (Vocab, Spelling, Grammar)	5	Value/ Ethical application of concepts	5
Project and Viva	5	Project and Viva	5
Portfolio (Notebook & SEA)	5	Portfolio (Notebook & SEA)	5
Reading Bonus (0/1/2/3/4)			
Total	30	Total 30	

Term 1 - Periodic Test 1 (Average of UT 1 & UT 2)

Periodic Test 2 / Half Yearly Exam

Term 2 - Periodic Test 3 (Average of UT 3 & UT 4)

Periodic Test 4 / Annual Exam

### Calculation of Final Grade

Term 1 - Periodic Test (20 Marks) + Periodic Test 2 / Half Yearly Exam (50 Marks) +  
Internal Marks (30 Marks) = 100

Term 2 - Periodic Test (20 Marks) + Periodic Test 4 / Annual Exam (50 Marks) +  
Internal Marks (30 Marks) = 100

**Note:**

1. Co - Scholastic subjects like Home Management, Yoga, Music, Computer, Art and Craft, Dharam Shiksha, General Knowledge and Physical Education will be assessed on their level of participation in these activities and Indicators of Assessment will be mentioned in the Progress Report Card.
2. **If a Child fails to appear in Exams, no Retest will be conducted.**
- 3.

**GRADING SYSTEM**

## Scholastic Assessment

Grades are awarded on a 8 - Point Grading Scale as follows

<b>Marks Range</b>	<b>Grade</b>
91 - 100	A1
81 - 90	A2
71 - 80	B1
61 - 70	B2
51 - 60	C1
41 - 50	C2
33 - 40	D
32 & below	E

**Co - Scholastic Assessment**

Grades are awarded on a 5 - Point Grading Scale as follows

<b>A1</b>	<b>A2</b>	<b>B1</b>	<b>B2</b>	<b>C</b>
Highly	Quite	Performs	Trying	Can do
Competent	Capable	Satisfactorily	Well	Better

A candidate must obtain a minimum of Grade D in all the subjects for promotion to the next class. Candidates scoring 91% and above in aggregate will be considered as A1 Achiever

# ENGLISH

## Book Prescribed

1. My English Reader
2. English Practice Book

## Note :

It is mandatory to carry pocket dictionary to school.

Note book maintenance and participation in activities will be assessed throughout the year.

### Term - 1

#### Unit Test - 1

- Chapter : A True Friend  
Chapter : Mix up at Birth  
Writing : Picture Composition  
Grammar : Noun

#### Unit Test - 2

- Poem : Travel Plans  
Grammar : Pronoun  
Describing words  
Writing : Application for Leave (2)

### Half Yearly Exam | Periodic Test 2

Section- A (Reading)	Section- B (Writing)	Section-C (Grammar)	Section-D (Literature)
1. Unseen Passage I	1. Picture Composition	1. Noun	1. Mix up at Birth (New words & word meanings)
2. Unseen Passage II (Competency based questions will be included)	2. Paragraph (2) 3. Application for leave (2)	2. Gender 3. Pronoun 4. Preposition 5. Describing words 6. Forms of Verb 7. Conditionals	2. Jungle Safari (full) 3. Poem 'Travel Plans' (full)

## Summer Vacation Task :

Printed assignments will be given.

### Month Wise Syllabus

<b>April</b>	Noun Chapter - A True Friend Picture Composition
<b>May</b>	Chapter - Mix up at Birth Unseen Passage Application for leave Genders
<b>July</b>	Paragraph1 Poem - Travel Plans Chapter - Jungle Safari Paragraph 2 Pronoun
<b>August</b>	Preposition Describing words Forms of Verbs Determiners
<b>September :</b>	Revision for Half Yearly

### Activities

1. Self Introduction
2. Fun with Names
3. Sport Safari
4. Use of Dictionary
5. Travel brochure
6. Grammar based Assignments.

## Term 2

### UNIT TEST - 3

Chapter	The Rich Lady and the Artist
Writing	Informal Letters (2)
Grammar	Adverbs Forms of Verbs

### UNIT TEST - 4

Chapter	:	In the Land of Lilliput
Grammar	:	Interrogatives
Comprehension	:	Unseen Poem

### ANNUAL EXAMINATION / PERIODIC TEST 4

Section-A (Reading)	Section- B (Writing)	Section-C (Grammar)	Section-D (Literature)
1. Unseen Passage	1. Paragraph (2)	1. Forms of Verbs	1. King Thrush beard (full)
2. Unseen Poem	2. Informal letters Based on 'Congratulations'	2. Adverbs 3. Tenses (Indefinite, Continuous) 4. Interrogative 5. Subject and Predicate 6. Prepositions 7. Conditionals	2. In the land of Lilliput (New words and word Meanings) 3. The Foolish Men (full)

#### Winter Vacation Task :-

Printed Assignments will be given.

## Monthwise Syllabus

<b>October</b>	:	Chapter - The Rich Lady and the Artist Paragraph 1, 2 Adverbs Forms of verbs Informal Letters (Based on Congratulations )
<b>November</b>	:	Picture Composition (Revision) Interrogatives Ch : The Foolish men Tenses (Indefinite and Continuous) Chapter- In the Land of Lilliput
<b>December</b>	:	Chapter - King Thrush beard Paragraph - 2 Conditionals : Subject and Predicate : Unseen Passage (Para and Poem)
<b>January</b>	:	Revision of all grammar topics
<b>February</b>	:	Revision of Annual Exam will be taken up according to the Revision schedule.

### Activities

1. Role play
2. 'Web Wheel Activity' for Grammar topics.
3. Vocabulary enrichment worksheets.
4. Grammar based assignments

# हिन्दी

पाठ्य-पुस्तकें :

1. भाषा माधुरी IV
2. भाषा अभ्यास IV

- 1) सत्र प्रारंभ होने पर पहले दिन वर्णमाला का ज्ञान तत्पश्चात् मात्रा ज्ञान करवाया जाएगा।

## ग्रीष्मावकाश कार्य

- 1) कक्षा में करवाए गए दोनों पुस्तकों (भाषा माधुरी + भाषा अभ्यास) के कार्य को याद कीजिए।
- 2) छपे हुए कार्यपत्रक दिए जाएँगे।

## प्रथम सत्र

### Unit Test 1

प्रथम इकाई परीक्षा

भाषा माधुरी और भाषा अभ्यास : पाठ-1 फैलती चप्पलें  
पाठ-2 उलटा-पुलटा

### Unit Test 2

द्वितीय इकाई परीक्षा

भाषा माधुरी और भाषा अभ्यास : पाठ-3 अनोखा ढंग  
पाठ-4 मित्रता

## अर्धवार्षिक पाठ्यक्रम

भाषा माधुरी और भाषा अभ्यास : पाठ- 3 अनोखा ढंग  
(केवल भा० अभ्यास)  
पाठ- 4 मित्रता (केवल भा० माधुरी)  
पाठ- 5 सेर को सेवा सेर  
(पढ़ने के लिए)  
पाठ- 6 पहली बारिश  
पाठ- 7 दादी का रेडियो  
पाठ- 8 किस्से कहावतों की दुनिया  
पाठ- 9 नानी की नाव चली  
(केवल पढ़ने के लिए)

व्याकरण : पठित गद्यांश

अनुच्छेद- मेरी प्रिय ऋतु, मेरा प्रिय मित्र

पत्र- क) अपनी दादी जी के जन्मदिन पर बधाई पत्र

(भाषा अभ्यास- पेज- 24)

ख) छुट्टी के लिए प्रधानाचार्या जी को प्रार्थना पत्र लिखिए। (रिक्त स्थान)

### मासानुसार पाठ्यक्रम

#### अप्रैल

- भाषा माधुरी और भाषा अभ्यास : पाठ-1 फैलती चप्पलें  
पाठ- 2 उलटा-पुलटा
- कक्षा-कार्यविधि : आइस्क्रीम की छड़ों की सहायता से चप्पल बनाइए।

#### मई

- भाषा माधुरी और भाषा अभ्यास : पाठ-3 अनोखा ढंग  
पाठ-4 मित्रता  
पाठ-5 सेर को सवा सेर  
(केवल पढ़ने के लिए)  
प्रधानाचार्य जी को छुट्टी (अवकाश) हेतु प्रार्थना पत्र। (रिक्त स्थान)
- कक्षा कार्यविधि : विभिन्न जानवरों के मुखौटे बनाइए।

#### जुलाई

- भाषा माधुरी और भाषा अभ्यास : पाठ-6 पहली बारिश  
पाठ-7 दादी का रेडियो
- कक्षा कार्यविधि : अपनी प्यारी दादी माँ के लिए एक सुंदर ग्रीटिंग कार्ड बनाइए।

#### अगस्त

- भाषा माधुरी और भाषा अभ्यास : पाठ-8 किस्से कहावतों की दुनिया  
पाठ-9 नानी की नाव चली (केवल पढ़ने के लिए)



कक्षा कार्याविधि : कागज़ की नाव बनाइए।  
सितम्बर : पाठ्यक्रम की दोहराई

### द्वितीय सत्र

## UNIT TEST 3

तृतीय इकाई परीक्षा

भाषा माधुरी और भाषा अभ्यास : पाठ-10 एक बौना और लकड़हारा  
पाठ-11 मौसम

## UNIT TEST 4

चतुर्थ इकाई परीक्षा

भाषा माधुरी और भाषा अभ्यास : पाठ-13 चतुर चित्रकार  
पाठ-14 एक थी स्वाति

### वार्षिक पाठ्यक्रम

भाषा माधुरी और भाषा अभ्यास : पाठ-10 एक बौना और लकड़हारा  
(केवल भा. अ.)  
पाठ-11 मौसम (केवल भा. अ.)  
पाठ-12 आँख-मिचौनी (केवल पढ़ने  
के लिए)  
पाठ-13 चतुर चित्रकार (केवल भा.  
अ.)  
पाठ-14 एक थी स्वाति (केवल भा.  
अ.)  
पाठ-15 होली के रंग हजार  
पाठ-16 ऐसे भी बच्चे  
पाठ-17 कोयल  
पाठ-18 खत पहुँचे सक्को को (केवल  
पढ़ने के लिए)  
व्याकरण : अपठित गद्यांश, अनुच्छेद- 1. खेलों  
का महत्त्व, 2. मेरा प्रिय त्योहार  
पत्र - भाषा अभ्यास पेज- 36, 48, 56  
प्रार्थना पत्र

## शीतावकाश गृहकार्य

कक्षा में करवाया गया कार्य याद  
कीजिए + कार्यपत्रक (छपा हुआ)

### मासानुसार पाठ्यक्रम

#### अक्तूबर

- भाषा माधुरी और भाषा अभ्यास : पाठ-10 एक बौना और लकड़हारा  
पाठ-11 मौसम  
पाठ-12 आँख-मिचौनी (केवल पढ़ने  
के लिए)
- कक्षा कार्य विधि : पाठ-11 उत्तर पुस्तिका में ऋतु चक्र का  
चित्र बनाइए।  
पाठ-10 गुब्बारे की आकृतियों में  
अनुस्वार, अनुनासिक शब्द

#### नवम्बर

- भाषा माधुरी और भाषा अभ्यास : पाठ-13 चतुर चित्रकार (पर्चियों द्वारा)  
पाठ-14 एक थी स्वाति (समय  
सारणी)  
पाठ-15 होली के रंग हज़ार

\* इस वर्ष आपने दीवाली (दीपावली) कैसे मनाई या मनाएँगे इस विषय में अपनी  
कक्षा अध्यापिका को बताते हुए पत्र लिखिए।

#### दिसम्बर

- भाषा माधुरी और भाषा अभ्यास : पाठ-16 ऐसे भी बच्चे ('र' के रूप)  
:  
पाठ-17 कोयल  
कक्षा कार्य विधि : दिए गए शब्दों से कविता बनाइए।

#### जनवरी

- भाषा माधुरी और भाषा अभ्यास : पाठ-18 खत पहुँचे सक्को को

- फरवरी : पाठ्यक्रम की दोहराई।

# MATHEMATICS

**Name of the Book :-** Primary Mathematics 4

## **Term 1**

### **Unit Test-I**

Unit 1	Numbers upto 9, 99, 999
Unit 2	Addition and Subtraction (W.S - 1 to 5)

### **Unit Test- 2**

Unit 3	Multiplication
Unit 5	Length

## **Half Yearly Exam / Periodic Test 2**

Unit 1 (B.T.), Unit 2, Unit 3, Unit 4, Unit 5, Unit 6, Unit-11

### **Summer Vacation Task**

Printed assignment will be given

### **Monthwise syllabus**

#### **April**

:	Tables 2 to 20
	Unit 1 Numbers upto 9,99,999
	Unit 2 (W.S. - 1,2,3) Addition & Subtraction

#### **May**

:	Unit 2 (W.S.- 4 to B.T.) Addition & Subtraction
	Unit 3 Multiplication

#### **July**

:	Unit 5 Length
	Unit 4 Division

#### **August**

:	Unit 6 Weight
	Unit 11 Perimeter

#### **September**

: Revision for Half Yearly exam / Periodic Test 2 according to the schedule.

### **Activities**

1. Making of abacus with Clay

2. Brainstorming/Quiz on addition and subtraction.
3. Activity on Multiplication by repeated addition.
4. Bingo Game for Multiplication.
5. Measurement of different object.
6. Tic-Tac-Toe on Division
7. Comparison of weight of students.
8. To find perimeter by measuring the sides of polygons.

**Oral Work**

1. Dodging Tables 2 to 15 (eg.  $14 \times 5 = 70$ )
2. Simple sums of addition, subtraction multiplications  
Division.  
eg.  $500 - 200 = 300$                        $0 \div 19 = 0$   
 $30 \times 40 = 1200$                        $800 + 200 = 1000$

Note :

- 1) The above mention activities and project will be evaluated in the given term.
- 2) Oral test will be served in each term.
- 3) All the given assignment and note book will be evaluated.
- 4) Case based study Unit-2, 3, 4

**Term-2**

**Unit Test-3**

Unit 8                      Time and Calender  
Unit 10                      Angle

**Unit Test - 4**

Unit-7                      Capacity  
Unit-14                      Fun with Patterns

**Annual Exam / Periodic Test 4**

Unit 7, Unit 8 (B.T.), Unit-9, Unit-10, Unit-12, Unit-13, Unit-14

**Winter Vacation Task**

Printed Assignment will be given

**Monthwise syllabus**

**October**

Unit-8                      Time and Calender

Unit-14 Fun with Pattern

## November

Unit 7 Capacity

Unit 10 Angles

## December

Unit 9 Fractions

Unit 12 Area

## January

Unit-13 Volume

## February

Revision for Final exam / Periodic according to schedule

## Class Activities

1. Making of Clock and calendar
2. Birthday Calendar
3. Snake and ladder game on capacity.
4. Tic-Tac-Toe game for Angles/ Japanese Fan for angles
5. Fractions using cutting and shading
6. Area by making square.
7. Foldable on Volume
8. Foldable on Fractions

Oral work :

1. Dodging Table 11 to 20 (eg.  $17 \times 6 = 102$ )
2. Time and calendar (eg. 3 hours = 180 min)
3. Fractions

eg.

$$\frac{3}{4} + \frac{7}{4} = \frac{10}{4}$$

Note :

- 1) The above mention activities and project will be evaluated in the given term.
- 2) Oral test will be served in each term.
- 3) All the given assignment and notebook will be evaluated.
- 4) Case based study Unit - 8, 12

# SCIENCE & TECHNOLOGY

**Book Prescribed :-** My Living World IV

## Term 1

### Unit Test 1

Chapter 2 Plants

Chapter 1 My Body

(Questions based on part ABC + do you know's + diagrams)

### Unit Test 2

Chapter 5 Birds

Chapter 1 My Body (Part D and E)

### Half Yearly Exam / Periodic Test 2

Chapter 1 My Body (with internals)

Chapter 2 Plants

Chapter 5 Birds - Beak and claws (with internals)

Chapter 9 Safe handling and storage of water

Chapter 10 Water pollution.

### Summer Vacation Task

Printed Assignments will be given

### Monthwise Syllabus

#### April

Chapter 2 Plant

#### May

Chapter 1 My Body

#### July

Chapter 5 Birds - Beaks and Claws

Chapter 9 Safe Handling and storage of water

## August

Chapter 10 Water Pollution

## September

Revision of Periodic Test 2 / Half Yearly Exam

### Class Activities

1. Different types of roots will be shown on smart board.
2. Videos related to different topics will be shown.
  - a) Dental Hygiene
  - b) How houseflies spread diseases
  - c) Working of digestive system.
3. Draw / paste pictures of different beaks & claws.
4. To draw pictures of different types of containers used for storing water and colour them.
5. Making collage showing different ways in which water gets polluted.
6. Videos related to water pollution will be shown.
7. Quiz will be conducted in classroom.

Note : • Make a project on water pollution.

• Make a digestive system / Parts of plants by using clay.

- \* The above mentioned activities will be evaluated in the given term.
- \* Oral tests will be evaluated in each term.
- \* Summer Vacations assignment and notebooks maintenance will be evaluated.

## Term -2

### Unit Test 3

Chapter 3 Flowers

Chapter 4 Plants around us ( Questions based on Part ABC only)

## Unit Test 4

Chapter 6      Insects

Chapter 7      Food

(Questions based on part ABC and do you know).

## Annual Exam / Periodic Test 4

Chapter 4      Plants in our neighbourhood

Chapter 3      Flowers

Chapter 6      Insect (with internals)

Chapter 7      Food (with internals)

Chapter 8      Water scarcity and conservation of water

## Winter Vacation Task

Printed Assignment will be given

## Monthwise Syllabus

### October

Chapter 3      Flowers

Chapter 4      Plants around us

### November

Chapter 6      Insects

Chapter 7      Food

### December

Chapter 8      Water scarcity and conservation of water

### January

Revision of Final Exam / Periodic Test 4

## Class Activities

- 1) Make a greeting card using dry flowers and leaves.
- 2) Collect pictures of different insects useful harmful and paste in note book. Write their names also.



- 3) Videos showing different types of plants around us.
- 4) Videos showing balanced diet, deficiency diseases.
- 5) Videos showing rain water harvesting.
- 6) Quiz will be conducted in class.
  - Make a project on water conservation viva will be taken in class.

**Note :**

- \* The above mentioned activities will be evaluated given term.
- \* Oral tests will be evaluated.
- \* Winter vacation assignments and notebooks will be evaluated.
- \* Internal Assessment will be taken by printed assignment in classroom.

# SOCIAL SCIENCE

**Name of the Books:-** We and Our World

## **Unit Test 1**

- Chapter 1 Family Relationships (with do you know + Internals)
- Chapter 2 Sensitivity towards others  
(with do you know + internals)

## **Unit Test-2**

- Chapter 3 Celebrating our diversity (with do you know + internals)
- Chapter 4 An Ideal Home (with do you know + internals)

## **Half Yearly Exam / Periodic Test 2**

- Chapter 1 Family Relationship (Part A, B, C)
- Chapter 2 Sensitivity towards Others (Part A, B, C, D)
- Chapter 3 Celebrating our diversity
- Chapter 4 An Ideal Home
- Chapter 5 Bricks and Bridges
- Chapter 6 Waste Management  
(Do you know + Internals, Ch-4, 5, 6)  
(Map skill Ch-3, 4, 5, 1)

## **Summer Vacation Task**

Printed Assignment will be given.

## **Month-wise Syllabus**

### **April**

- Chapter 1 Family Relationships
- Chapter 2 Sensitivity towards others

### **May**

- Chapter 3 Celebrating our diversity

### **July**

- Chapter 4 An Ideal Home
- Chapter 5 Bricks and Bridges

## August

Chapter 6 Waste Management

Chapter 7 The works We Do.

### Lab/Class Activities

- \* Prepare a family album, write down a small poem or few lines about any family member
- \* Riddle game
- \* Draw symbol of sign language
- \* Mime
- \* Puzzle
- \* List three precaution that your family can take while shopping to reduce the amount of garbage.
- \* Make different types of bridges of India
- \* Different bins used for biodegradable and non-biodegradable waste.
- \* Name any four persons who have achieved their dreams despite all odds like Milkha Singh and Marry Com.
- \* Map Skills

### Unit Test -3

Chapter 7 The works we do (with do you know + internals)

Chapter 8 Leisure Time (with do you know + internals)

### Unit Test-4

Chapter 9 Directions

Chapter 10 Travels and Tours (with do you know + Internals)

### Annual Exam / Periodic - 4

Chapter 7 The works we do (Part D)

Chapter 8 Leisure Time (Part A, B, C )

Chapter 9 Directions

Chapter 10 Travels and Tours

Chapter 11 Let us Travel

Chapter 12 Let us communicate

Chapter 13 India - Our Motherland

(DYK + Internals Chs-11, 12, 13) (Map Skill -  
Ch-8, 11, 12, 13)

## Winter Vacation Task

Printed Assignment will be given

### Month - wise Syllabus

#### August

Chapter 8 Leisure Time

#### September

Revision for Periodic Test 2

#### October

Chapter 9 Directions

Chapter 10 Travels and Tours

#### November

Chapter 11 Let us Travel

Chapter 12 Let us Communicate

#### December

Chapter 13 India Our Motherland

### Lab/Class Activities

- \* Find out the names of any five games that children play both in rural and urban India.
- \* Direction Game + Map Symbols.
- \* Make Brochure
- \* Make the collage of means of transport from early man to the modern man
- \* Create a poster on conservation of energy.
- \* Quiz
- \* Identify the states
- \* Map Skills
- \* Problem Solving

#### Note :

- 1) The above mentioned activities will be evaluated in given term.
- 2) Oral test will be evaluated.
- 3) Winter vacations assignment and note books will be assessed.

# धर्म-शिक्षा

पाठ्यपुस्तक : धर्म शिक्षा भाग-4

## मध्य सत्र परीक्षा

1. आर्य समाज के प्रथम पाँच नियम
2. पाठ 1 से 6 तक
3. पाठ-1 गायत्री मन्त्र पाठ का गीत याद करो ।

## वार्षिक परीक्षा

1. आर्य समाज के अन्तिम पाँच नियम
2. पाठ 7 से 13 तक
3. डी.ए.वी. गान याद करो ।

विशेष : हवन विधि व्यावहारिक रूप से सिखाई जाएगी । 'मन्त्रोच्चारण की कक्षा में प्रतियोगिता करवाई जाएगी ।

## GENERAL KNOWLEDGE

**Book :** KID WIZ

### Half Yearly Exams

Language and Literature = 1 to 6

Environment Around = 14 to 18

World Around = 27 to 31

Art & Culture = 39 to 41

Maths Magic = 47 to 50

Sports & Games = 58 to 61

### Annual Exam

Language and Literature = 7 to 13

Environment Around = 19 to 26

World Around = 32 to 38

Art & Culture = 42 to 46

Maths Magic = 51 to 56

Sports & games = 62 to 66

## COMPUTER SCIENCE

**Book Prescribed - A Book of information and communication Technology**

### TERM 1

- Theory :**
1. Computer - a Machine
  2. More on Tux Paint
  3. Exploring Tux Paint
  8. Internet as a Pool of information

**Practice :** Introduction of Tux Paint, working in Tux Paint, Activities of Hand on and videos shown in Lab.

### TERM 2

- Theory :**
4. LOGO - I
  5. LOGO - II
  6. Writer-Getting Started
  7. Editing in Writer

**Practice :** Hands on Activities based on above stated chapter and linked videos related to all chapters.

## ART & CRAFT

**Book Prescribed - Step by Step**

Summer Vacation Task

Step by Step - 6 to 12 Pages

Any one Item Best Out of Waste

- April** : Basic shading with pencil, Introductory Line, Colour, form Tone, shape  
Book Mark  
Material required:- Thermocol Glass, Black glass Paper, googly eyes, Fevicol, Scissor
- May** : Art - Basic Pencil Shading in leaves  
Step by Step - P-1 to 5  
Craft- Quilling Art
- July** : Art-Step by Step - P - 13 to 16, Craft - Envelope / Card  
Materials :- Coloured A4 size Sheet, Glue Stick, Decorative materials
- August** : Art- Step by Step P - 17 to 22  
Craft- Rakhi Making  
Material required:- Ribbon, stone, Paper quilling strip, fevicol
- October** : Art- Step by Step- P - 23 to 29  
Craft - Paper Flower  
(Waste Colour Paper, Scissor, Fevicol)
- November** : Art - Step by Step P-30 to 35  
Craft - Paper Quilling Design  
Material Required - Quilling Strip, Fevicol, Sheet)
- January** : Art - Step by Step - Book Complete

## MUSIC

क) सरगम

1. Practice of Sargams
2. Common beats on Rhythmic Inst.

### 3. Common Songs (Prayer songs in Ds songs)

1. स, रे, ग, म, प, ध, नि, स ।
2. सस, रेरे, गग, मम, पप, ध्, निनि, सस ।
3. सरेग, रेगम, गमप, मपध, पधनि, धनिस ।

### ख) गायत्री मंत्र

3. ईश्वर स्तुति प्रार्थना उपासना मंत्रा और शांति पाठ ।
4. प्रार्थनाएँ ( स्कूल में जो होती हैं )
5. देश भक्ति गीत

## DANCE

1. Steps of Bhangra
2. Steps of Saraswati Vandana
3. Janmashtmi Dance
4. Patriotic Dance



# YOGA

1. Yoga : Brief Introduction
2. Importance of Yogic life
3. Simple methods for adopting yoga in daily life.
4. General warming up i.e. Head to toes exercise.
5. Specific warming up.
6. Practices for various asanas:-
  - i) Tadasana
  - ii) Katichakrasana
  - iii) Bhujangasana
  - iv) Vajrasana
  - v) Madukasana
  - vi) Utkatasana
  - vii) Mayurasana
  - viii) Ardha - Matsyanderasana
  - ix) Helasana
  - x) Sarvanasana
  - xi) Paschimotanasana
  - xii) Savasana
  - xiii) Purna Muktasana
  - xiv) Shashankasana
  - xv) Padamasana
  - xvi) Natrajasana
  - xvii) Hridyaspandasana
  - xviii) Garudasana
  - xvix) Varikshasana
  - xx) Sirsasana
  - xi) Vakrasana

7. Pranayasma
  - a) Anulom - vilom Pranayama
  - b) Bhramri Pranayama
  - c) Shitali Pranayama
  - d) Sitkari Pranayama
8. Surya Namaskar is compulsory for each.

## **PHYSICAL AND HEALTH EDUCATION / GAMES**

1. Moral Education
2. Warm up
3. Athletics
4. Health & Hygiene
5. P.T. Exercises



