

Examination System

The academic session consists of two terms,

First Term : April to September 2024

Second Term: October to March 2025.

Two unit tests will be conducted in first term; The average of UT's will be considered as PT1.

PT 2/ Half Yearly Exams -

In the month of September 2024

PT-3

In the month of December 2024

PT 4/Annual Exam -

From last week of February 2025

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

Periodic Test 4 / Annual Exam

Calculation of Final Grade

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

Term 2 - Periodic Test 3 (20 Marks) + Periodic Test 4 / Annual Exam (50 Marks) +
Internal Marks (30 Marks) = 10

Note:

1. Co - Scholastic subjects 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

Marks Range	Grade
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

A1	A2	B1	B2	C
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.
- All grammar topics of practice book will be taken in note book also.

Term - 1

Unit Test - 1

Literature	Chapter :	A True Friend
	Chapter :	Mix up at Birth
Grammar		Noun (Naming words)
Writing Section :		Picture Composition

Unit Test - 2

Literature	Poem :	Travel Plans
	Grammar :	Pronoun
		Describing words (Adjectives)
	Writing :	Application for Leave (1, 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 (1, 2) 3. Application for leave (1, 2)	2. Pronoun 3. Describing words 4. Gender 5. Preposition 6. Forms of Verb 7. Determiners	2. Jungle Safari (full) 3. Poem 'Travel Plans' (full)

Summer Vacation Task :

Printed assignments will be given.

Month Wise Syllabus

April

Literature	Chapter - A True Friend
Grammar	Noun (naming words)
Writing	Picture Composition
Reading Section	Reading Comprehension (Page No. 20)

May

Literature	Chapter - Mix up at Birth
Grammar	Pronouns Describing words
Writing Section	Application (Application for leave) Paragraph 1 Qualities of a True Friend

July

Literature	Chapter - Jungle Safari Poem - Travel Plans
Grammar	Genders
Writing	Paragraphs 2 A visit to a Hill Station

August

Grammar	Preposition Forms of Verbs Determiners
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September

: Revision for Half Yearly exam
PT-3

Literature	Chapter	The Rich Lady and the Artist
	Chapter :	In the Land of Lilliput
Grammar :		Adverbs Forms of Verbs Interrogatives
Writing		Informal Letters (2)
Reading Section		Unseen Passage

ANNUAL EXAMINATION / PERIODIC TEST 4

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

Winter Vacation Task :-

Printed Assignments will be given.

Monthwise Syllabus

October :

Literature Chapter The Rich Lady and the Artist

Grammar Adverbs

Forms of verbs

Writing Informal Letter (1, 2) (based on advice)

Paragraph 1 (based on wisdom and cleverness)

November :

Literature Chapter In the Land of Lilliput

The Foolish men

Grammar Interrogatives

	Tenses (Indefinite and Continuous)
Reading	Unseen Passage
December :	
Literature	Chapter - King Thrush beard
Grammar	Preposition
	Conditionals
	Subject and Predicate
Writing	Paragraph (2) Important of Moral Values
	Factual Description (place)
January :	Revision of all grammar topics
February :	Revision for Annual Exam will be taken up according to the Revision schedule.

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।

आवधिक परीक्षा 1 / पी.टी. 1

यूनिट टैस्ट 1

इकाई परीक्षा 1

भाषा माधुरी और भाषा अभ्यास : पाठ-1 फैलती चप्पलें
पाठ-2 उलटा-पुलटा
गिनती (1-20)

यूनिट टैस्ट 2

इकाई परीक्षा 2

भाषा माधुरी और भाषा अभ्यास : पाठ-3 अनोखा ढंग
पाठ-4 मित्रता
गिनती (21-40)

आवधिक परीक्षा 2/ पी.टी. 2

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

- व्याकरण :
- (केवल पढ़ने के लिए)
1. पठित गद्यांश
 2. अनुच्छेद- मेरी प्रिय ऋतु, स्वतंत्रता दिवस
 3. 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)
 - गिनती 1 - 50
 4. संज्ञा
 5. क्रिया
 6. सर्वनाम
 7. विशेषण, विशेष्य
 8. लिंग
 9. अनुस्वार / अनुनासिक
 10. वाक्यांश के लिए एक शब्द
 11. पर्यायवाची
 12. युग्म शब्द, पुनरुक्त शब्द
 13. मुहावरे
 14. वचन
 15. विलोम
 16. संवाद लेखन
 17. चित्र वर्णन

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।
दादी माँ के लिए बैग

मई

- भाषा माधुरी और भाषा अभ्यास : पाठ-3 अनोखा ढंग
पाठ-4 मित्रता
पाठ-5 सेर को सवा सेर
(केवल पढ़ने के लिए)
प्रधानाचार्या 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 कार्यविधि : कागज़ की नाव बनाइए।
- सितम्बर : पाठ्यक्रम की दोहराई

आवधिक परीक्षा / पी.टी. 3

- भाषा माधुरी और भाषा अभ्यास : पाठ-10 एक बौना और लकड़हारा
पाठ-11 मौसम
- भाषा माधुरी और भाषा अभ्यास : पाठ-13 चतुर चित्रकार
पाठ-14 एक थी स्वाति
गिनती - 51-70

आवधिक परीक्षा 4 / पी.टी. 4

- 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

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1. अपठित गद्यांश
2. अनुच्छेद- (1) प्रिय खेल,
(2) मेरी पर्वतीय यात्रा
3. पत्र - भाषा अभ्यास पेज नं. - 36,
48, 56
4. प्रार्थना पत्र
5. संज्ञा
6. सर्वनाम
7. क्रिया
8. विशेषण, विशेष्य
9. अनुस्वार / अनुनासिक
10. 'र' के रूप ऋ की मात्रा
11. युग्म शब्द, पुनरुक्त शब्द
12. मुहावरे
13. अनेकार्थक
14. विराम चिह्न
15. उपसर्ग, प्रत्यय
16. नुक्ता
17. समश्रुत भिन्नार्थक शब्द
18. लिंग
19. वचन
20. विलोम

शीतावकाश गृहकार्य

21. गिनती (1-80)

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

मासानुसार पाठ्यक्रम

अक्टूबर

- 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 पढ़ेंगे सक्को को
फरवरी : पाठ्यक्रम की दोहराई।

MATHEMATICS

Name of the Book :- Primary Mathematics 4

Term 1

Periodic Test-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, 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.

Term-2

Periodic Test-3

Unit-4	Division
Unit-7	Capacity
Unit 8	Time and Calender
Unit 10	Angle

Annual Exam / Periodic Test 4

Unit-1 (B.T) Unit 7, Unit 8, Unit-9, Unit-10, Unit-12, Unit-13, Unit-14

Winter Vacation Task

Printed Assignment will be given

Monthwise syllabus

October

Unit-7	Capacity
Unit-8	Time and Calender

November

Unit 10	Angles
Unit 9	Fractions

December

Unit 12	Area
Unit 13	Volume

January

Unit-14	Fun with Pattern
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February

Revision for Final exam / Periodic Test- 4 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.

SCIENCE & TECHNOLOGY

Book Prescribed :- My Living World IV

Term 1 / Periodic Test 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)

Mid Term 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 / Mid Term 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/ Periodic Test 3

Chapter 3	Flowers (full)
Chapter 4	Plants around us (full)
Chapter 6	Insects (Questions based on part ABC and do you know).

Annual Exam / Periodic Test 4

Chapter 3	Flowers
Chapter 4	Plants in our neighbourhood
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
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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 and 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 in the 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

Periodic Test 1

Chapter 1 Family Relationships (with do you know + Internals)

Chapter 2 Sensitivity towards others (Part A, B, C)
(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)

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

Chapter 4 An Ideal Home

July

Chapter 5 Bricks and Bridges

Chapter 6 Waste Management

August

Chapter 7 The works We Do.

September Revision of Periodic Test 2

Lab/Class Activities

- * 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 sports person whom you admire the most
- * Map Skills

Periodic Test-3

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

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

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

Annual Exam / Periodic Test - 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

October

Chapter 8 Leisure Time

Chapter 9 Directions

November

Chapter 10 Travels and Tours

Chapter 11 Let us Travel

December

Chapter 12 Let us Communicate

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

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

