**ST. PAUL’S SCHOOL, AYA NAGAR**

**SYLLABUS FOR THE ACADEMIC SESSION 2023-2024**

**CLASS-IV**

**SUBJECT –ENGLISH**

NAME OF THE BOOK PEARLS (SEMESTER SERIES) SEMESTER – 1 & 2

**PUBLICATION-RATNA SAGAR**

**LITERATURE: PEARLS (SEMESTER SERIES TERM 1& 2)**

**AUTHOR: UMA RAMAN**

**GRAMMAR: CORNERSTONE GRAMMAR AND COMP. SKILLS (REVISED)**

**PUBLICATION-PEARSON**

**AUTHORS: ANDRE LE FEVRE/ NEERJA NARAIN**

**TERM-1 (APRIL 2023 TO SEPTEMBER 2023)**

**TEST DATE DURATION**

**PERIODIC TEST-1**

**LITERATURE: SEMESTER 1**

**CHAPTER-1 MANGO-BIRDS**

**CHAPTER-2 THE TALE OF A MOUNTAIN**

**JOE THE EMOJI (POEM)**

**THE CATERPILLAR STORY (POEM)**

**GRAMMAR:**

**CHAPTER-1 ALPHABETICAL ORDER**

**CHAPTER-2 THE SENTENCE**

**CHAPTER-3 SUBJECT AND PREDICATE**

**CHAPTER-4 TYPES OF SENTENCES**

**CHAPTER-5 NEGATIVE SENTENCES**

**CHAPTER-6 INTERROGATIVE SENTENCES**

**CHAPTER-7 NOUN AND ITS KIND**

**(WRITING SKILLS: LETTER WRITING (FORMAL), PICTURE COMPOSITION**

**READING SKILLS: COMPREHENSION (UNSEEN PASSAGE)**

**SUBJECT ENRICHMENT ACTIVITY (SEA): MAKING OF FRIENDSHIP CARDS, SUMMER ASSIGNMENTS, POEM RECITATION SPEAKING SKILLS, READING AND LISTENING SKILLS ARE TO BE PRACTICED REGULARLY. WORKSHEETS ARE TO BE REVISED ACCORDINGLY.**

**TEST DATE DURATION**

**MID TERM**

**LITERATURE: SEMESTER 1**

**CHAPTER -3 SOME APPLES, PLEASE!**

**CHAPTER-4 THE TIGER GETS A FRIGHT!**

**CHAPTER-5 DOROTHY’S ADVENTURE**

**DRAGON FEAST (POEM)**

**COME, MY LITTLE CHILDREN (POEM)**

**GRAMMAR: CHAPTER-8 SINGULAR AND PLURAL**

**CHAPTER-9 GENDER**

**CHAPTER-11 PRONOUN**

**CHAPTER-12 ADJECTIVES AND ITS KIND**

**CHAPTER-I3 DEGREE OF COMPARISON**

**CHAPTER-14 ARTICLES**

**CHAPTER-26 INTERJECTIONS**

**SYNONYMS AND ANTONYMS (PG. NO.92 OF GRAMMAR BOOK)**

**ONE-WORD SUBSTITUTION (PG.NO.119 0F GRAMMAR BOOK)**

**WRITING SKILLS: LETTER WRITING (INFORMAL)**

**READING SKILLS: COMPREHENSION (UNSEEN PASSAGE)**

**SUBJECT ENRICHMENT ACTIVITY (SEA): ENACTMENT OF CLASSIC ADVENTURE-RELATED CHARACTERS IN ENGLISH STORIES, POEM RECITATION, DICTATION, GROUP DISCUSSION**

**SPEAKING SKILLS, READING AND LISTENING SKILLS ARE TO BE PRACTISED REGULARLY.**

**WORKSHEETS ARE TO BE REVISED ACCORDINGLY.**

**MARKS FOR NOTEBOOKS, CLASS TESTS, POEM RECITATION AND DICTATION WILL ALSO BE INCLUDED.**

**REVISION OF ALL THE WORK DONE EARLIER**

**TERM-2 (OCTOBER 2023 TO FEBRUARY 2024)**

**TEST DATE DURATION**

**PERIODIC TEST-2**

**LITERATURE: SEMESTER 2**

**CHAPTER-1 THE HAPPY PRINCE**

**CHAPTER-2 THE PARK**

**THE FREEDOM OF A BIRD (POEM)**

**GRAMMAR:**

**CHAPTER-15 VERBS**

**CHAPTER-16 SUBJECT-VERB AGREEMENT**

**CHAPTER-17 TENSES (SIMPLE PRESENT AND PAST TENSE)**

**CHAPTER-18 SIMPLE FUTURE TENSE**

**CHAPTER-19 TENSES (PRESENT AND PAST CONTINUOUS)**

**CHAPTER-21 PARTICIPLES**

**PREFIXES AND SUFFIXES, HOMOPHONES**

**WRITING SKILLS: NOTICE WRITING, POSTER MAKING**

**READING SKILLS: COMPREHENSION (UNSEEN)**

**SUBJECT ENRICHMENT ACTIVITY (SEA): ACTIVITY RELATED TO THANKSGIVING (NOTE),POEM RECITATION, DICTATION.**

**SPEAKING, READING AND LISTENING SKILLS ARE TO BE PRACTISED REGULARLY.**

**WORKSHEETS TO BE REVISED ACCORDINGLY.**

**TEST DATE DURATION**

**FINAL TERM**

**LITERATURE: SEMESTER 2**

**CHAPTER-3 DEAR DILIP**

**CHAPTER-4 DO YOU WANT TO PLAY FOOTBALL? (PART1)**

**CHAPTER-5 DO YOU WANT TO PLAY FOOTBALL? (PART2)**

**FLYING (POEM)**

**SOMEONE (POEM)**

**GRAMMAR:**

**CHAPTER-22 ADVERBS AND ITS TYPES**

**CHAPTER-23 COMPARISON OF ADVERBS**

**CHAPTER-24 PREPOSITIONS**

**CHAPTER-25 CONJUNCTIONS**

**WRITING SKILLS: NARRATIVE & DESCRIPTIVE PARAGRAPH WRITING,**

**READING SKILLS: COMPREHENSION (UNSEEN)**

**SUBJECT ENRICHMENT ACTIVITY (SEA): REPORT WRITING RELATED TO ENDANGERED SPECIES, POEM RECITATION, DICTATION, AND WINTER ASSIGNMENTS.**

**SPEAKING SKILLS, READING AND LISTENING SKILLS ARE TO BE PRACTISED REGULARLY.**

**WORKSHEETS ARE TO BE REVISED ACCORDINGLY.**

**REVISION OF ALL THE WORK DONE EARLIER.**

**MARKS FOR NOTEBOOKS, CLASS TESTS, POEM RECITATION AND DICTATION WILL ALSO BE INCLUDED.**

सेंट पॉल्स स्कूल, आया नगर

वार्षिक पाठ्यक्रम (2023-24)

कक्षा-4 विषय-हिंदी

पुस्तक का नाम - वृद्धि हिंदी पाठमाला-4 प्रकाशन का नाम- एन.ई.पी

लेखिका – शालिनी शर्मा

(प्रथम सत्र – अप्रैल 2023 से सितंबर तक 2023 तक )

मूल्यांकन- सामयिक परीक्षा -1 सत्र – (अप्रैल से जुलाई )

हिंदी पाठमाला वृद्धि –

पाठ-1 हमको मन की शक्ति देना (प्रार्थना गीत)

पाठ-2 नया सवेरा (कहानी)

पाठ-3 साहस की जीत (कहानी)

( शब्दार्थ, श्रुतलेखन, प्रश्नोत्तर, भाषा की बात, कल्पना की बात )

व्याकरण – भाषा ज्ञान, व्याकरण ज्ञान, विलोम शब्द, पर्यायवाची शब्द, ‘र’ के विभिन्न प्रयोग

लेखन कौशल – संवाद लेखन, चित्र वर्णन

विषय संवर्धन गतिविधियाँ – कविता संस्मरण, चित्र आधारित कहानी तथा शीर्षक रचना, कार्टून बनाना, श्रवण कौशल, पठन कौशल, ग्रीटिंग कार्ड बनाना |

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मूल्यांकन- अर्धवार्षिक परीक्षा सत्र – (जुलाई से सितंबर)

हिंदी पाठमाला वृद्धि –

पाठ-4 मौसम रोज बदलता ( कविता )

पाठ-5 माँ की ममता ( नैतिक कथा )

पाठ-6 मधुमक्खी से बातचीत ( कहानी )

पाठ-7 नैनीताल की यात्रा (यात्रा वृतांत )

पाठ-8 दो चिड़ियाँ (कविता )

( शब्दार्थ, श्रुतलेखन, प्रश्नोत्तर, भाषा की बात, कल्पना की बात )

व्याकरण – संयुक्त तथा द्वित्व वर्णों वाले शब्द, वचन बदलो, तुकांत शब्द, लिंग बदलो, संज्ञा,सर्वनाम, क्रिया

लेखन कौशल – पत्र लेखन, अनुच्छेद लेखन

विषय संवर्धन गतिविधियाँ – कविता संस्मरण, क्रम आधारित ऋतु चक्र, परियोजना कार्य, श्रवण कौशल, पठन कौशल |

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(द्वितीय सत्र—सितंबर 2023 से मार्च तक 2024 तक )

मूल्यांकन- सामयिक परीक्षा -2 सत्र – ( सितंबर से नवंबर )

हिंदी पाठमाला वृद्धि –

पाठ-9 ट्री हाउस का रहस्य ( रोमांचक कथा )

पाठ-10 काजी का न्याय ( विदेशी कथा )

पाठ-11 पागल हाथी ( कहानी )

( शब्दार्थ, श्रुतलेखन, प्रश्नोत्तर, भाषा की बात ,कल्पना की बात )

व्याकरण – वर्ण-विच्छेद, काल, शुद्ध-अशुद्ध शब्द, उपसर्ग शब्द, विलोम शब्द, पर्यायवाची शब्द

लेखन कौशल – कहानी लेखन, चित्र वर्णन

विषय संवर्धन गतिविधियाँ – चित्र आधारित कहानी तथा शीर्षक रचना तथा वाचन , श्रवण कौशल, पठन कौशल |

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मूल्यांकन- वार्षिक परीक्षा सत्र – ( नवंबर से मार्च )

हिंदी पाठमाला वृद्धि –

पाठ-12 घर कैसे बनता है ?( कविता )

पाठ-13 तीन सवाल ( नाटक )

पाठ-14 हमारे बैंक

पाठ-15 जब मै पढता था ( नाटक )

पाठ-16 कितने दो है ( कविता)

( शब्दार्थ, श्रुतलेखन, प्रश्नोत्तर, भाषा की बात, कल्पना की बात )

व्याकरण – मुहावरे, वाक्य शोधन,अनेक शब्दों के लिए एक शब्द, अनेकार्थी शब्द, वचन बदलो, विशेषण, कारक

लेखन कौशल – संवाद लेखन, चित्र वर्णन

विषय संवर्धन गतिविधियाँ – कल्पना आधारित कहानी तथा शीर्षक रचना तथा वाचन, श्रवण कौशल, पठन कौशल, कविता वाचन तथा रचना,शब्द पहेली, शीतकालीन गृहकार्य, अभ्यास कार्यपत्रिका |

* **ग्रीष्मकालीन तथा शीतकालीन गृहकार्य |**
* **पाठ से संबंधित समस्त गतिविधियाँ कराई जायेगी |**

**SUBJECT-SCIENCE**

NAME OF THE BOOK PEARLS (SEMESTER SERIES) SEMESTER – 1 & 2

**PUBLICATION-RATNA SAGAR**

**LITERATURE: PEARLS (SEMESTER SERIES TERM 1& 2)**

AUTHOR: UMA RAMAN,SUNITA ARORA , LEKSHMI MENON , LOUISA CHAWHAN , PUSHPA JAIN

TERM – I (APRIL TO SEPTEMBER)

TEST DATE DURATION

PERIODIC TEST - 1

BOOK: SEMESTER - 1

CH-1 PLANTS: PREPARING AND STORING FOOD

CH-2 PLANTS: LIVING AND SURVIVING

ACTIVITY : SHOW THE DEPENDENCY OF PLANTS AND ANIMALS ON EACH OTHER / DIFFERENCE BETWEEN INDOOR AND OUTDOOR PLANTS

TEST DATE DURATION

MIDTERM

BOOK: SEMESTER-1

CH-3 ANIMALS: HOW LIFE GOES ON

CH-4 ANIMALS: LIVING AND SURVIVING

CH-5 FOOD AND DIGESTION

ACTIVITY: CLASSIFY ANIMALS ACCORDING TO THE TYPES OF FOOD THEY EAT / METHODS OF PRESERVATION / LIFE CYCLE OF A FROG, BUTTERFLY

PROJECT WORK, WORKSHEETS AND ACTIVITIES WILL BE DONE ACCORDING TO THE SYLLABUS

TERM – II ( OCTOBER TO MARCH)

TEST DATE DURATION

PERIODIC TEST - 2

BOOK : SEMESTER – 1 & 2

CH-6 TEETH AND MICROBES

CH-1 SAFETY FIRST

CH-2 THE RIGHT CLOTHES TO WEAR

CH-3 AIR , WATER AND WEATHER

ACTIVITY : DIFFERENT METHODS OF PURIFICATION OF WATER / SOLAR SYSTEM / LAYERS OF THE EARTH / KINDS OF MICROBES

TEST DATE DURATION

FINAL TERM

BOOK : SEMESTER – 2

CH-4 THE EARTH AND ITS NEIGHBOURS

CH-5 SOLIDS , LIQUIDS AND GASES

CH-6 FORCE , WORK AND ENERGY

CH-7 A CLEAN WORLD

ACTIVITY : STATES OF MATTER / TYPES OF SIMPLE MACHINES / DIFFERENT TYPES OF POLLUTION / LAYERS OF THE EARTH.

PROJECT WORK , WORKSHEETS AND ACTIVITIES WILL BE DONE ACCORDING TO THE SYLLABUS.

**SUBJECT - MATHEMATICS**

NAME OF THE BOOK : PEARLS (SEMESTER SERIES) SEMESTER – 1 & 2

PUBLICATION : RATNA SAGAR

AUTHORS : UMA RAMAN , SUNITA ARORA , LAKSHMI MENON , LOUISA CHAWHAN , PUSHPA JAIN

TERM – I (APRIL TO SEPTEMBER)

TEST DATE DURATION

PERIODIC TEST - 1

BOOK : SEMESTER - 1

CH-1 REVISION

CH-2 PLACE VALUE

CH-3 ADDITION & SUBTRACTION

CH-4 MULTIPLICATION

ACTIVITY : UNDERSTANDING NUMBERS BEYOND THOUSAND / UNDERSTANDING DOUBLES

TEST DATE DURATION

MID TERM

BOOK : SEMESTER – 1

CH-5 DIVISION

CH-6 MULTIPLES & FACTORS

CH-7 HCF & LCM

CH-8 FRACTIONS

ACTIVITY: GENERATING MULTIPLES / UNDERSTANDING EQUIVALENT FRACTIONS, PROJECT WORK , WORKSHEETS AND ACTIVITIES WILL BE DONE ACCORDING TO THE SYLLABUS

TERM – II ( OCTOBER TO MARCH)

TEST DATE DURATION

PERIODIC TEST - 2

BOOK: SEMESTERS – 1 & 2

CH-9 OPERATIONS ON FRACTIONS

CH-1 DECIMALS

CH-2 METRIC MEASURES

CH-5 POINTS, LINES, LINE SEGMENTS AND RAYS

CH-7 SYMMETRY AND PATTERNS

ACTIVITY: DIFFERENT CURRENCIES / MEASUREMENT

TEST DATE DURATION

FINAL TERM

BOOK : SEMESTER - 2

CH-3 MONEY , PROFIT AND LOSS

CH-4 TIME

CH-6 ANGLES AND CIRCLES

CH-8 PERIMETER AND AREA

CH-9 PICTOGRAPHS

ACTIVITY: CALCULATING AGE IN YEARS , MONTHS AND DAYS / BIRTHDAY CHART

PROJECT WORK AND ACTIVITIES WILL BE DONE ACCORDING TO THE SYLLABUS.

**SUBJECT: SOCIAL STUDIES**

**NAME OF THE BOOK : PEARLS IV (INTEGRATED -SEMESTER-1&2)**

**AUTHOR : PUSHPA JAIN**

**PUBLISHER : RATNA SAGAR**

**TERM –I (APRIL TO SEPTEMBER)**

**PERIODIC TEST –I DATE DURATION (APRIL- JULY)**

**CHAPTER-1 I LOVE MY INDIA**

**CHAPTER-2 THE NORTHERN MOUNTAINS**

**CHAPTER-3 THE NORTHERN AND COASTAL PLAINS**

**SUBJECT ENRICHMENT ACTIVITY : READING, DICTATION**

**: SUMMER ASSIGNMENTS**

**: TEXTUAL ORIENTED ACTIVITIES**

**WORKSHEETS WILL BE PROVIDED ACCORDING TO THE MENTIONED TOPICS.**

**MID-TERM DATE DURATION**

**(JULY TO SEPTEMBER)**

**CHAPTER-4 THE WESTERN DESERT**

**CHAPTER-5 THE SOUTHERN PLATEAUS AND THE ISLANDS**

**CHAPTER-6 EMPEROR AKBAR**

**SUBJECT ENRICHMENT ACTIVITY : READING, DICTATION**

**: SUMMER ASSIGNMENTS**

**: TEXTUAL ORIENTED ACTIVITIES**

**WORKSHEETS WILL BE PROVIDED ACCORDING TO THE MENTIONED TOPICS.**

TERM –II (OCTOBER TO MARCH)

**PERIODIC TEST –II DATE DURATION**

**CHAPTER-1 OUR WATER RESOURCES**

**CHAPTER-2 OUR MINERAL RESOURCES**

**CHAPTER-3 OUR AGRICULTURE**

ANNUAL EXAMINATION DATE DURATION (DECEMBER TO MARCH)

**CHAPTER-4 OUR INDUSTRIES**

**CHAPTER-5 TRANSPORT AND COMMUNICATION**

**CHAPTER-6 OUR RIGHTS AND DUTIES**

**CHAPTER-7 OUR RICH CULTURE**

REVISION OF ALL THE CHAPTERS (TERM- II), ACTIVITIES, PROJECT WORK AND CLASS TESTS WILL BE DONE ACCORDING TO THE SYLLABUS.

SUBJECT: COMPUTER

TERM I (APRIL-SEPTEMBER)

# MID TERM EXAM

CH-1 INTRODUCTION TO COMPUTERS

CH-2 FILE MANAGEMENT IN WINDOWS 10

CH-3 MORE ON MS WORD 2016 (FOR PRACTICAL)

CH-4 USING STYLES AND OBJECTS IN MS WORD 2016

CH-5 INTRODUCTION TO MS POWERPOINT 2016 (FOR PRACTICAL)

REVISION OF ALL LESSONS AND PRACTICAL EXAMS WOULD BE CONDUCTED.

PROJECTS, ACTIVITIES AND PRACTICAL WORK WILL BE DONE ACCORDINGLY.

TERM II (OCTOBER-MARCH)

CH-6 WORKING WITH MS POWERPOINT 2016 ( FOR PRACTICAL)

CH-7 MORE ON INTERNET

CH-8 INTRODUCTION TO SCRATCH (BOTH PRACTICAL AND THEORY)

CH-9 MORE ON SCRATCH

CH-10 CYBER /COMPUTER SECURITY

REVISION OF ALL LESSONS AND PRACTICAL WORK BASED ON POWERPOINT PRESENTATION.

PROJECTS, ACTIVITIES AND PRACTICAL WORK WILL BE DONE

ACCORDINGLY.

SUBJECT: - GENERAL KNOWLEDGE

|  |  |
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| NAME OF THE BOOK | NAME OF THE PUBLISHER |
| NEW GENERAL KNOWLEDGE UPDATE | CORDOVA |

TERM-1 (APRIL 2023 to SEPT 2023)

EVALUATION -1 DATE TIME DURATION:-

L-1: WONDERS OF NATURE

L-2: BASIC YOGASANAS

L-3: NATIONAL WILDLIFE PARKS AND SANCTUARIES

L-4: INDIAN NOBEL LAUREATES

L-5: FAMOUS PERSONALITIES

L-6: INDIA’S SUPERLATIVES

L-7: LARGEST IN THE WORLD

L-8: RECREATION WHILE CAMPING

L-9: GREAT INVENTORS

L-10: MUST VISIT PLACES IN INDIA

L-11: AMAZING PLANTS

L-12: FIRST IN THE WORLD

L-13: STRANGE INCIDENTS

L-14: GREATEST IN SPORTS

L-15: WORLD FAMOUS BRIDGES

L-16: AMAZING SCIENCE BOOKS

L-17: DEVELOPING GOOD PERSONALITY

L-18: SOCIAL REFORMERS

L-19: DISNEYLAND

L-20: WORLD’S EXTREMES

L-21: FAMOUS PAINTIONGS

L-22: AMAZING ANIMALS

ACTIVITIES, PROJECT WORK AND WORKSHEETS WILL BE DONE ACCORDING TO THE SYLLABUS.

TERM-2 (OCTOBER 2023 to MARCH 2024)

EVALUATION -1 DATE TIME DURATION:-

L-23: WORDS FROM NUMBERS

L-24: I KNOW MY INDIA

L-25: WE ARE PROUD OF INDIA

L-26: ATHLETICS

L-27: MOST USEFUL ROBOTS

L-28: MONUMENTS

L-29: CUTEST BREEDS OF DOGS

L-30: CHILDHOOD MEMORIES

L-31: FISH KINGDOM

L-32: UNIQUE GARDENS OF INDIA

L-33: INTERESTING FACTS ABOUT ANIMALS

L-34: FOLLOWING GOOD FOOTSTEPS

L-35: DISEASES

L-36: WOMEN POWER

L-37: OPTICAL ILLUSION

L-38: BIRD WORLD

L-39: STORY BOOKS

L-40: AMAZING TREES

L-41: THINK LOGICAL THINK RIGHT

L-42: INTELLIGENCE QUOTIENT

L-43: MINI SUDOKU

ACTIVITIES, PROJECT WORK AND WORKSHEETS WILL BE DONE ACCORDING TO THE SYLLABU

# SUBJECT: MORAL SCIENCE

NAME OF THE BOOK : LIVING VALUES

AUTHOR : DR. C.J JOSEPH

PUBLISHER : JAY CEE PUBLICATIONS (P) LTD.

# TERM-1 (APRIL TO SEPTEMBER)

LESSON- 1. LET US PRAY

LESSON- 2. DOES GOD EXIST?

**LESSON- 3. HOW CAN WE THANK GOD?**

**LESSON- 4. HAVE FAITH IN GOD**

**LESSON- 5. TRUE FRIENDSHIP**

**LESSON- 6. LET US NOT JUDGE OTHERS**

**LESSON- 7. PUNCTUALITY**

PRAYER SONG- ANCIENT WORDS

ACTIVITIES, PROJECT WORK AND WORKSHEETS WILL BE DONE ACCORDING TO THE SYLLABUS.

TERM-2 (OCTOBER TO MARCH)

LESSON- 8. LET US ENCOURAGE OTHERS

**LESSON- 9. SELFISHNESS BRINGS SORROW**

**LESSON- 10. WORK BRINGS HONOUR**

**LESSON- 11. SOWING AND REAPING**

**LESSON- 12. CHARITY**

**LESSON- 13. CAN I BE ANGRY?**

**LESSON- 14. HOLIDAYS**

PRAYER SONG- I WILL RUN TO YOU

ACTIVITIES, PROJECT WORK AND WORKSHEETS WILL BE DONE ACCORDING TO THE SYLLABUS.

SUBJECT: - ART & CRAFT

|  |  |
| --- | --- |
| NAME OF THE BOOK | NAME OF THE PUBLISHER |
| ART WIZARD 5  COLOUR PLUS PART 4 | P.P. PUBLICATIONS  SAPPHIRE PUBLISHERS |

# TERM-1 (APRIL 2023 to SEPT 2024)

ART & CRAFT:- PENCIL SHADING, POTS, OBJECTS, OBJECT PENCIL SHADING, DINOSAURS, DOLL(CRAFT), HAIRSTYLE, BIRDS, SHIP, FACES, LANDSCAPE PAINTING, SCENE, KETTLE, SCARECROW (CRAFT), ROSE, FACIAL EXPRESSIONS, NATURE, ELEPHANT KNIFE PAINTING.

COLOURING: - PAGE NO. 1 TO 22.

PROJECT WORK AND ACTIVITIES WILL BE DONE ACCORDING TO THE FESTIVALS AND CBSE GUIDELINES.

TERM-2 (OCTOBER 2023to MARCH 2024

ART & CRAFT: -PHOTO FRAME( CRAFT), FLOWERS, VEGETABLE BLOCK PRINTING, LANDSCAPE, MAUSAMI, OUR SENSE ORGANS, SCENE, FLOWERS, CATCUS, ROCKET, SCENERY, LEAVES, TREE(COLLAGE), POT PAINTING, INSECTS, BUNNY

COLOURING:- PAGE NO. 23 TO 44.

PROJECT WORK AND ACTIVITIES WILL BE DONE ACCORDING TO THE FESTIVALS AND CBSE GUIDELINES

**SUBJECT –PHYSICAL EDUCATION**

TERM I (APRIL TO SEPTEMBER)

**1. STRUCTURE AND FUNCTION OF THE BODY.**

**2. USE OF CORRECT POSTURES.**

**3. HOW DO WORMS AFFECT US?**

**4. WHAT ARE THE POPULAR GAMES IN OUR COUNTRY THAT WE CAN PLAY?**

**5. HOW CAN I SAVE MYSELF FROM THE ATTACK OF AN OPPONENT?**

**6. DIFFERENT WAYS OF CONTROLLING MY BODY AND MAINTAINING BALANCE.**

**7. BASIC SKILLS OF RUNNING, JUMPING AND THROWING.**

**8. HOW CAN I OBSERVE PERSONAL HYGIENE?**

**9. WHY DO WE NEED TOILETS?**

**10. HOW DOES PLASTIC HARM OUR ENVIRONMENT?**

TERM II (OCTOBER TO MARCH)

**11. WHAT ARE THE METHODS FOR WATER PURIFICATION AT THE COMMUNITY LEVEL?**

**12. WHAT ARE THE TRADITIONAL FOOD HABITS?**

**13. WHAT ARE THE NUTRITIVE VALUES OF DIFFERENT FOOD?**

**14. WHAT ARE FOOD-BORNE DISEASES?**

**15. WHAT PRECAUTIONS SHOULD BE TAKEN WHILE EATING OUTSIDE?**

**16. PREVENTION AND PRINCIPLES OF SAFETY.**

**17. RESPECTING SELF AND OTHERS.**

**18. UNDERSTANDING THE MEANING OF WINNING AND LOSING A GAME,**

**19. SIGNIFICANCE OF PLAYING IN A GROUP.**

**20. WHERE CAN I GO FOR HEALTH FITNESS?**

**21. WHERE CAN I GO FOR MEDICAL ADVICE?**

**WRITTEN, VIVA AND PRACTICAL EVALUATIONS WILL BE CONDUCTED**

SUBJECT-YOGA

TERM I (APRIL TO SEPTEMBER)

1. MEANING OF YOGA AND ITS OBJECTIVES.

2. CLASSIFICATIONS OF YOGA.

3. ASANAS –SHALABHASANA, COBRA POSE, KUKKUTASANA, SHIRSHASANA, PURNMATSYENDRASANA, VYAGHRASANA, BAKASANA, MAYURASANA, HAMSASANA, UTITHA PAD HASTASANA, GHARBHASANA, UTTITDWIPAD SKANDHASANA, NATRAJASANA, DHWAJASANA, BHUNAMANASANA.

TERM II (OCTOBER TO MARCH)

4. IMPORTANCE OF PRANAYAMA.

5. TYPES OF PRANAYAM –SHEETLI, SHEETKARI, KAPALABHATI, BHRAMRI, ANULOMA-VILOMASURYA- NAMASKAR

6. BREATHINGF EXERCISES- PURAKA, RECHAKA, KUMBHAKA

**VIVA AS WELL AS PRACTICAL EVALUATION WILL BE CONDUCTED.**