

विषय-हिंदी

पुस्तक का नाम - वृद्धि

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)

पाठमाला वृद्धि – पाठ-1 साल शुरू हो (कविता)

पाठ-2 सफ़ाई की सीख (कहानी)

पाठ-3 अनोखी चिट्ठी (कहानी)

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

व्याकरण – संज्ञा, विशेषण, क्रिया, वचन, विलोम शब्द, सप्ताह के दिनों के नाम, पर्यायवाची शब्द, संयुक्ताक्षर, बिंदु और चंद्रबिंदु वाक्य - लेखन ।

लेखन कौशल – अनुच्छेद लेखन, चित्र वर्णन

विषय संवर्धन गतिविधियाँ – कविता संस्मरण, चित्र आधारित कहानी तथा शीर्षक रचना, कार्टून बनाना, श्रवण कौशल, पठन कौशल, ग्रीष्मकालीन कार्य ।

मूल्यांकन- अर्धवार्षिक परीक्षा

सत्र – (जुलाई से सितंबर)

पाठमाला वृद्धि – पाठ-4 चिट्ठी (कविता)

पाठ-5 चटोरी सेठानी (लोककथा)

पाठ-6 कबीर सुधर गया (संवाद)

पाठ-7 नानी की सीख (कविता)

पाठ-8 सच्चा मित्र (कहानी)

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

व्याकरण – शब्द - निर्माण, संयुक्ताक्षर, कारक, अनुस्वार - अनुनासिक शब्द, अशुद्धि - शोधन, वाक्य - लेखन, समानार्थी शब्द, वचन, और व ओर का प्रयोग, संज्ञा, क्रिया, तुकांत शब्द, सर्वनाम, विशेषण,

लेखन कौशल – पत्र लेखन

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

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

मूल्यांकन- सामयिक परीक्षा -2

सत्र – (सितंबर से नवंबर)

पाठमाला वृद्धि – पाठ-9 साइकिल की कहानी (प्रेरणाप्रद लेख)

पाठ-10 ऐसी दुनिया हमें चाहिए (कविता)

पाठ-11 अनोखी पाठशाला (कहानी)

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

व्याकरण – शुद्ध - अशुद्ध, संज्ञा, वचन, अनेक शब्दों के लिए एक शब्द, विलोम शब्द, क्रिया, द्वित्व व्यंजन भिन्नार्थक शब्द ।

लेखन कौशल – कहानी लेखन,

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

मूल्यांकन- वार्षिक परीक्षा

सत्र – (नवंबर से मार्च)

पाठमाला वृद्धि – पाठ-12 चाँद की ज़िद (कविता)

पाठ-13 गोपाल की सच्चाई (प्रेरक - प्रसंग)

पाठ-14 पेड़ लगाओ (पर्यावरण - कथा)

पाठ-15 जयपुर की सैर (यात्रा - वृत्तांत)

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

व्याकरण – आवाजें, समानार्थी शब्द, विलोम शब्द, लिंग, 'र' के चार रूप, शब्द - निर्माण, प्रत्यय शब्द, शब्द - निर्माण, पर्यायवाची शब्द , कारक शब्द, सर्वनाम ऋ की मात्रा,तुकांत शब्द, वाक्य - लेखन, गिनती, महीने,

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 ।

ST. PAUL'S SCHOOL, AYA NAGAR

SYLLABUS FOR THE ACADEMIC SESSION 2023-2024

CLASS-III

SUBJECT –ENGLISH

LITERATURE: PEARLS (SEMESTER SERIES TERM 1 & 2)

PUBLICATION-RATNA SAGAR

AUTHOR: UMA RAMAN

GRAMMAR: CORNERSTONE GRAMMAR AND COMP. SKILLS (REV.)

PUBLICATION-PEARSON

AUTHORS: ANDRE LE FEVRE/ NEERJA NARAIN

TERM-1 (APRIL 2023 to SEPTEMBER 2023)

PERIODIC TEST - 1

DURATION (APRIL – JULY)

LITERATURE: SEMESTER 1

CHAPTER-1	ALI AND THE INNKEEPER
CHAPTER-2	MY HOME, YOUR HOME
	NICE WORDS TO SAY (POEM)
	OPPOSITE DAY (POEM)
GRAMMAR: CHAPTER-1	ALPHABETICAL ORDER
CHAPTER-2	THE SENTENCE
CHAPTER-4	NOUNS
CHAPTER-5	SINGULAR AND PLURAL
CHAPTER-9	ARTICLES

WRITING SKILLS: PICTURE COMPOSITION

READING SKILLS: COMPREHENSION (UNSEEN) - PASSAGE

SUBJECT ENRICHMENT ACTIVITY (SEA): MAKING OF FRIENDSHIP CARD, SUMMER ASSIGNMENTS, POEM RECITATION.

SPEAKING SKILLS, READING AND LISTENING SKILLS TO BE PRACTICED REGULARLY.

MID TERM**DURATION (JULY – SEPTEMBER)****LITERATURE: SEMESTER 1**

CHAPTER-3	THE NORTH WIND
CHAPTER-4	THE GIANT PANDA
CHAPTER-5	A TIGER IN THE STOREROOM
	ON THE WAY HOME (POEM)
	TOMMY’S FIVE SENSES (POEM)

GRAMMAR: CHAPTER- 6	MASCULINE AND FEMININE
CHAPTER-7	NOUNS: POSSESSION
CHAPTER-10	KINDS OF ADJECTIVES
CHAPTER-11	COMPARISON OF ADJECTIVES
CHAPTER-18	SHORT FORMS

SYNONYMS AND ANTONYMS (PG. NO.41 AND 54)
ONE- WORD SUBSTITUTION (PG.NO.119 OF GR. BK)
HOMOPHONES (PG.NO.69 GR. BK)

WRITING SKILLS: FORMAL LETTER WRITING

READING SKILLS: COMPREHENSION (UNSEEN) - POEM

SUBJECT ENRICHMENT ACTIVITY (SEA): ENACTMENT OF CLASSIC ADVENTURE RELATED CHARACTERS IN ENGLISH STORIES, POEM RECITATION, DICTATION, GROUP DISCUSSION AND MULTIPLE ASSESSMENTS.

TERM-2 (OCTOBER 2023 to MARCH 2024)**PERIODIC TEST - 2****DURATION (SEPTEMBER - NOVEMBER)****LITERATURE: SEMESTER 2**

CHAPTER-1	OLD BRER RABBIT
CHAPTER-2	SONA'S ADVENTURE 1
	HIGH FLYER (POEM)
GRAMMAR: CHAPTER-3	NEGATIVE SENTENCES
CHAPTER-8	PERSONAL PRONOUNS
CHAPTER- 19	ADVERBS
CHAPTER- 20	ADVERBS AND ADJECTIVES
CHAPTER-23	PUNCTUATION
CHAPTER-21	PREPOSITIONS

WRITING SKILLS: POSTER MAKING

READING SKILLS: COMPREHENSION (UNSEEN) - POEM

SUBJECT ENRICHMENT ACTIVITY (SEA): ACTIVITY RELATED TO THANKS GIVING (NOTE), POEM RECITATION, DICTATION.

FINAL TERM**DURATION (NOVEMBER – MARCH)****LITERATURE: SEMESTER 2**

CHAPTER-3	SONA'S ADVENTURE 2
CHAPTER-4	SABINA'S COMPOSITION
CHAPTER-5	IN GRANDMOTHER'S HUT
	THE STAR (POEM)
	WHERE DO THE BOATS GO? (POEM)

GRAMMAR: CHAPTER-12

	VERBS
CHAPTER-13	AM / IS / ARE / WAS / WERE
CHAPTER-14	MORE VERBS
CHAPTER-15	VERBS SHOW TIME
CHAPTER-16	WHAT IS HAPPENING?
CHAPTER-17	PRESENT PARTICIPLES
CHAPTER-22	CONJUNCTIONS
CHAPTER-24	INTERJECTIONS

WRITING SKILLS: NOTICE WRITING (LOST & FOUND)

READING SKILLS: COMPREHENSION (UNSEEN) - PASSAGE

SUBJECT ENRICHMENT ACTIVITY (SEA): POEM RECITATION,
DICTATION, WINTER ASSIGNMENTS AND MULTIPLE ASSESSMENTS.

SUBJECT-SOCIAL STUDIES

NAME OF THE BOOK – PEARLS–3 (INTEGRATED SERIES-SEMESTER-1&2)

PUBLICATION - RATNA SAGAR PUBLICATIONS PVT. LTD.

AUTHOR: PUSHPA JAIN

SEMESTER I [APRIL 2023 TO SEPTEMBER 2023]

PERIODIC TEST -1

(DURATION (APRIL – JULY))

**COURSE BOOK
(SEMESTER-1)**

CHAPTER 1	UP IN THE SKY
CHAPTER 2	THE EARTH, OUR HOME
CHAPTER 3	I LOVE MY INDIA

• **SUBJECT ENRICHMENT ACTIVITY (SEA):** KNOWING SOLAR SYSTEM, OBSERVING THE SHAPE OF MOON, POSTER MAKING-EARTH DAY, MAP WORK, QUIZ, LEARNING NEW WORDS, DICTATION, IDENTIFICATION OF NATIONAL SYMBOLS.

MID TERM

(DURATION (JULY – SEPTEMBER))

**COURSE BOOK
(SEMESTER-1)**

CHAPTER 4	OUR BEAUTIFUL COUNTRY
CHAPTER 5	THE COLOURFUL NORTH
CHAPTER 6	THE WONDERFUL WEST
CHAPTER 7	EMPEROR ASHOKA

• **SUBJECT ENRICHMENT ACTIVITY (SEA):** EXPLORING NORTH AND EAST INDIAN STATES- LAND FORMS, FAMOUS TOURIST PLACES, PRESENTATION ON STATES, DISCUSSION ON- SPOKEN LANGUAGES, ROLE PLAY, LIFE SKILLS, GROUP DISCUSSION, MAP WORK, DICTATION AND LEARNING NEW WORDS

SEMESTER II [OCTOBER 2023 TO MARCH 2024]

PERIODIC TEST – 2 **(DURATION (SEPTEMBER – NOVEMBER)**

COURSEBOOK (SEMESTER-2)	CHAPTER 1	THE LIVELY EAST
	CHAPTER 2	THE SPLENDID SOUTH
	CHAPTER 3	THE FESTIVALS WE CELEBRATE

• SUBJECT ENRICHMENT ACTIVITY (SEA): EXPLORING EAST AND SOUTH INDIAN STATES-LAND FORMS, FAMOUS TOURIST PLACES, PRESENTATION ON STATES, DISCUSSION ON- SPOKEN LANGUAGES, ROLE PLAY, LIFE SKILLS, MAP WORK, DICTATION, FESTIVALS WE CELEBRATE AND LEARNING NEW WORDS

FINAL TERM (DURATION (NOVEMBER – MARCH))

COURSEBOOK (SEMESTER-2)	CHAPTER 4	HOW WE TRAVEL
	CHAPTER 5	HOW WE COMMUNICATE
	CHAPTER 6	EARLY CIVILIZATIONS

• **SUBJECT ENRICHMENT ACTIVITY (SEA):** PRESENTATION-FESTIVALS, THANK YOU CARD, MODES OF TRANSPORT, COLLECTING POSTAL STAMPS, NEWSPAPERS- AVAILABLE IN THE CITY, MAP WORK, LIFE SKILLS, GROUP DISCUSSION, WINTER ASSIGNMENT, DICTATION AND LEARNING NEW WORDS.

SUBJECT - SCIENCE

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

PUBLICATION: RATNA SAGAR

TERM – I (APRIL 2023 TO SEPTEMBER 2023)

PERIODIC TEST - 1

(DURATION – APRIL - JULY)

BOOK: SEMESTER – 1

CH-1	LIVING AND NON-LIVING
CH-2	ANIMALS AND PLANTS
CH-3	PARTS OF A PLANT

SUBJECT ENRICHMENT ACTIVITIES:

1. COLLECT SOME OLD MAGAZINES AND CUT PICTURES OF LIVING AND NON-LIVING THINGS AND PASTE THEM ON AN A-4 SIZE SHEET.
2. MAKE A NATURE ALBUM BY PASTING FALLEN LEAVES AND FLOWERS ON A SHEET.

MID TERM

(DURATION – JULY - SEPTEMBER)

BOOK: SEMESTER-1

CH-4	FOOD AND FEEDING HABITS OF ANIMALS
CH-5	BIRDS
CH-6	OUR BODY-A LIVING MACHINE

SUBJECT ENRICHMENT ACTIVITIES:

1. COLLECT PICTURES OF BIRDS FROM OLD MAGAZINES AND MAKE A COLLAGE BY PASTING DRIED TWIGS AND BROWN PAPER TO SHOW BRANCHES.
2. PASTE THE PICTURE OF A DIFFERENT ORGAN SYSTEM.
3. EXPERIMENT : TO KNOW THAT STEM CARRIES WATER UPWARDS. (PG. NO. -215)

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

TERM – II (OCTOBER 2023 TO MARCH 2024)

PERIODIC TEST - 2

(DURATION – SEPTEMBER – NOVEMBER)

BOOK: SEMESTER –2

- CH-1 SAFETY AND HOME
- CH-2 WATER AND WEATHER
- CH-3 PRECIOUS SOIL

SUBJECT ENRICHMENT ACTIVITIES:

1. MAKE A FIRST-AID KIT OF YOUR OWN AND KEEP ALL NECESSARY ITEMS IN IT/COLLECT SOME MEDICINES AND LEARN HOW TO CHECK THEIR EXPIRY DATES.
2. EXPERIMENT 'WATER CHANGES ITS FORM' (PG. NO. 169) TO BE DONE BY STUDENTS WITH THE HELP OF AN ADULT.
3. EXPERIMENT-II 'SOIL CONTAINS WATER' (PG. NO. 177) WILL BE DONE BY STUDENTS WITH THE HELP OF AN ADULT.

FINAL TERM

(DURATION – NOVEMBER - MARCH)

BOOK: SEMESTER – 2

- CH-4 OUR EARTH AND ITS NEIGHBOURS
- CH-5 GOING INTO SPACE
- CH-6 LIGHT, SOUND AND FORCE
- CH-7 OUR ENVIRONMENT

SUBJECT ENRICHMENT ACTIVITIES:

1. PREPARE A SMALL BOOKLET ON 'DO NOT WASTE WATER'. WRITE 3 OR 4 THINGS THAT SHOULD/ SHOULD NOT BE DONE TO SAVE WATER. PICTURES ALSO CAN BE DRAWN/PASTED.
2. MAKE A MODEL OF A SPACE ROCKET. TAKE HELP BY VISITING [RSGR.IN/IS3SC-4](https://rsgr.in/is3sc-4).
3. MAKE A MODEL OF THE SOLAR SYSTEM BY MAKING PAPER BALLS OF DIFFERENT SIZES AS PLANETS AND PASTING THEM ON CHART PAPER.

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

SUBJECT- MATHEMATICS

NAME OF THE BOOK - PEARLS - 3 (INTEGRATED SERIES- SEMESTER-1&2)
PUBLICATION - RATNA SAGAR PUBLICATIONS PVT. LTD.
AUTHOR: SUNITA ARORA

TERM I [APRIL 2023 TO SEPTEMBER 2023]

PERIODIC TEST - 1

(DURATION APRIL – JULY)

COURSE BOOK
(SEMESTER-1)

CHAPTER 1	REVISION
CHAPTER 2	NUMBERS UP TO 9999
CHAPTER 3	ADDITION

SUBJECT ENRICHMENT ACTIVITY (SEA): FORMING NUMBERS, RECITATION OF NUMBERS AND NUMBER NAMES, PROPERTIES OF ADDITION AND SUMMER ASSIGNMENTS.

MID TERM

(DURATION JULY – SEPTEMBER)

COURSE BOOK

CHAPTER 4	SUBTRACTION (SEMESTER-1)
CHAPTER 5	MULTIPLICATION
CHAPTER 6	DIVISION

SUBJECT ENRICHMENT ACTIVITY (SEA): PROPERTIES OF SUBTRACTION, PROPERTIES OF MULTIPLICATION, PROPERTIES OF DIVISION, MULTIPLICATION AND DIVISION OF 2 AND 3-DIGIT NUMBER WITH REGROUPING AND MULTIPLE ASSESSMENTS.

SEMESTER II [OCTOBER 2023 TO MARCH 2024]

PERIODIC TEST-2

(DURATION (SEPTEMBER – NOVEMBER))

COURSE BOOK	CHAPTER 1	FRACTIONS (SEMESTER-2)
	CHAPTER 2	MONEY

SUBJECT ENRICHMENT ACTIVITY (SEA): UNDERSTANDING OF EQUIVALENT FRACTION, CONCEPT OF MONEY CONVERSION OF RUPEE/PAISE AND SIMPLE MONEY SORTING IDEAS

FINAL TERM

(DURATION (NOVEMBER – MARCH))

COURSE BOOK	CHAPTER 3	TIME (SEMESTER-2)
	CHAPTER 4	MEASUREMENT
	CHAPTER 5	GEOMETRY AND PATTERN
	CHAPTER 6	DATA HANDLING

SUBJECT ENRICHMENT ACTIVITY (SEA): MAKE A CLOCK WITH WASTE MATERIALS, EXPLORING DIFFERENT PATTERN OF TIMES-TIME IN HOURS, TIME IN HALF PAST, TIME IN QUARTER PAST AND TIME IN QUARTER TO. STANDARD/NON-STANDARD METHODS OF MEASUREMENT, CONVERSION OF UNITS. SOLID GEOMETRICAL FIGURES WITH FACES, SIDES AND CORNERS. CREATE DIFFERENT SOLID SHAPES WITH THE HELP OF PLANE GEOMETRICAL FIGURES, WINTER ASSIGNMENT AND MULTIPLE ASSESSMENTS.

SUBJECT: COMPUTER

**BOOK – COMPUTERS MADE FRIENDLY BASED ON WINDOWS 10 & MS
OFFICE 2016 BOOK-3**

PUBLICATON – CREATIVE KIDS EDU SOLUTIONS PVT. LTD.

TERM I (APRIL-SEPTEMBER)

L-1 INTRODUCTION TO COMPUTERS

L-2 LEARN TO USE MS WINDOWS 10

L-3 MORE ON MS PAINT

**PROJECTS, ACTIVITIES AND PRACTICAL WORK WILL BE DONE
ACCORDING TO THE CHAPTERS.**

TERM II (OCTOBER-MARCH)

L-4 EDITING IN MS WORD 2016

L-5 FORMATTING IN MS WORD 2016

L-6 INTRODUCTION TO INTERNET

**PROJECTS, ACTIVITIES AND PRACTICAL WORK WILL BE DONE
ACCORDING TO THE CHAPTERS.**

NAME OF THE BOOK: NEW GENERAL KNOWLEDGE UPDATE

PUBLICATION: CORDOVA PUBLICATION PVT. LTD

AUTHOR: DHIREN M JOSHI

TERM 1 (APRIL 2023 TO SEPTEMBER 2023)

1. PLANT WORLD	11. INVENTIONS
2. BEAUTIFULLY LIT STRUCTURES	12. SUNLIGHTMENT
3. LOGOS	13. RIDDLES
4. ENDANGERED ANIMALS	14. LANGUAGES OF THE WORLD
5. INDIA'S FIRST	15. THE CHAMPION BIRDS
6. INSPIRATIONAL SPORTS MOVIES	16. MOVING SAFE
7. CRYPTOGRAPHY	17. SUPER HEROES
8. SOBRIQUETS	18. LIVING TOGETHER
9. TALES OF PANCHATANTRA	19. THE WORLD'S LARGEST
10.SURFACE WATER SPORTS	20. INDIAN WOMEN POWER

- **CURRENT AFFAIRS WILL BE TAUGHT AND DISCUSSED IN THE CLASS.**

TERM 2 (OCTOBER 2023 TO MARCH 2024)

21. BRAIN FOODS	32. FAMOUS CHILDREN'S BOOK
22. SEVEN WONDERS OF THE WORLD	33. CONTINENTS AND OCEANS
23. PLACES FOR PLAYING	34. SHOP SMART
24. WORLD HERITAGE SITES IN INDIA	35. FESTIVALS AROUND THE WORLD
25. THE GREAT EXPLORERS	36. YOGA FOR BEGGINNERS
26. INDIA'S FAMOUS INSTRUMENTALISTS	37. DISCOVERING THE HUMAN BODY
27. IDENTIFYING AND REPORTING ILLNESS	38. SPORTS TERMS
28. TABLE MANNERS	39. EXCELLENCE AWARD
29. AMAZING ANIMALS FACTS	40. JOINING TOGETHER
30. INDIA'S EXTREMES	41. FUN WITH COLOURS
31. INDIA'S SUPERLATIVES	42. MINI SUDOKU

- **CURRENT AFFAIRS WILL BE TAUGHT AND DISCUSSED IN THE CLASS.**

SUBJECT: VALUE EDUCATION

NAME OF THE BOOK: LIVING VALUE-3

PUBLICATION: JAY CEE PUBLICATION (P) LTD.

AUTHOR: Dr. C. J. JOSEPH

TERM- 1 (APRIL 2023 – SEPTEMBER 2023)

1	LET US PRAY
2	GOD IS EVERYWHERE
3	GOD SPEAKS TO US
4	LET US LOVE GOD
5	GOOD FRIENDS
6	AN IDEAL STUDENT
7	LET US BE GRATEFUL
8	LEARN TO FORGIVE
9	BE KIND TO ALL
10	HAPPY FAMILIES

STORY- THE TWO PARROTS

- PRAYER/ PRAYER SONG: - PLEDGE/ BLESS THE LORD OH MY SOUL

TERM - 2 (OCTOBER 2023 TO MARCH 2024)

11	TIME IS PRECIOUS
12	DEVELOP GOOD HABITS
13	PLANTS ARE OUR FRIENDS
14	SMILE AWAY
15	BE FAIR
16	SELFISHNESS BRINGS SORROW
17	DON'T BE PROUD
18	RIGHT AND WRONG
19	REVISION EXERCISES

STORY- THE IRON BALANCE

-THE MISER AND HIS GOLD

- PRAYER/ PRAYER SONG: - PRAYER BEFORE EXAMINATION/ ANCIENT WORDS.

SUBJECT: - ART AND CRAFT

NAME OF THE BOOK	NAME OF THE PUBLISHER
ART WIZARD 4	P.P. PUBLICATION
COLOUR PLUS PART 3	SAPPHIRE PUBLISHERS

TERM-1 (APRIL 2023 to SEPT 2023)

ART & CRAFT:- PENCIL SHADING, SKETCHING, FRUITS, BIRD, SWAN (POSTER COLOUR), DIWALI OIL PASTEL COLOURING, PATTERN DESIGNS, A COCK , FAN (PAPER CRAFT) - ELEPHANT DRAWING, OBJECT , FRUITS, FISH, OBJECT DRAWING AND COLOURING, FACIAL EXPRESSION, PARROT, FLOWER POT, WOMAN, SHIRT, MOON, NIGHT SCENE.

COLOURING:- - PAGE NO. 01 TO 18.

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

TERM-2 (OCTOBER 2023to MARCH 2024)

ART & CRAFT:- - TREE WATER COLOUR PAINTING, EAGLE PENCIL SHADING, SPRAY PAINTING, STILL LIFE, ANIMALS, GREETING CARD, SCENE, LION, LANDSCAPE, BIRDS, OBJECT, RANGOLI, ROOSTER, LANDSCAPE, CAKE, CHARACTER.

COLOURING:- - PAGE NO. 19 TO 37.

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

SUBJECT: YOGA & PHYSICAL EDUCATION

TERM I (APRIL 2023 TO SEPTEMBER 2023)

Content	Learning Objectives	Experiential Outcome
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MONTH: APRIL TO JULY

1.Basic Skills

- Jogging
- Lower body stretching

2.PEC card

- Card No.- 18 (Shooting and scoring goals)
- Card No.-15(Catch up)
- Card No.-16(Jumping for height)

3.Yoga

- Bhujanasana
- Trikonasana
- Halasana

Basic requirement
for our day to day
life smooth
functioning



Skills of the game
enjoyment

Smoothens their
muscle and helps in
their overall growth



MONTH: JULY TO SEPTEMBER

1.Basic Skills

- Zig zag running
- Coordination exercise

2.PEC Card

- Card no-1(running ,jumping and throwing)
- Card No-2(Chasing Game)
- Card No-7(circle dose ball)

3.Yoga

- Uttanasana
- Gomukhasana
- Tadasana

Enhances child
thinking

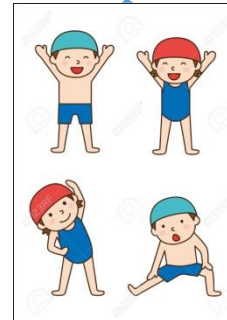
Skills of the
games

Fun and creativity



Enjoyment

Physiological
Development



TERM – II (OCTOBER 2023 TO MARCH 2024)

MONTH: SEPTEMBER TO OCTOBER

1.Basic Skills

- Upper body stretching
- Back running

2.PECcards

- Pec card-3(Balance and Coordination)
- Card no-4(Circle chase)
- Card No-8(Hiting and Kuicking)

3.Yoga

- Chakrasana
- Padmasana
- Balasana

To develop
throwing skills

Develop
knowledge of
equipment used in
athletics



Enhances
confidence

Self-belief



MONTHS: OCTOBER TO DECEMBER

1.Basic Skills

- Side running
- Cross elbow -Knee touch

2.PEC Card

- Card No-6(Scatterball)
- Card No-5(Domes and Dishes)
- Card no -9(Scoring goals)

3.Yoga

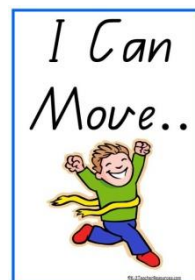
- Paschimotasana
- Vajrasana
- Garudasana

**To develop
collaborative
skills**



**New learning
Adaptation**

**Helping each other
Bonding**



MONTH: DECEMBER TO MARCH

1.Basic Skills

- Sprint
- Responding to command and signals

2.PEC Card

- Card No-10(Dribble and Shoot)
- Card No-11(Passing and Shooting)
- Card No-13(Using Equipment)

3.Yoga

- Naukasana
- Sarvangasana

**Basic
requirements for
our day to day
life smooth
functioning**



**Skills of the game
enjoyment**

