

**St. Paul's School, Aya Nagar**  
**Compiled Syllabus For The Session (2024-2025)**  
**Class -V**

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**Subject-English**

**Literature: Crystal Curated An Integrated Semester Series Term 1&2**

**Name Of The Book: Crystal Curated (Literature)**

**Publication- Pearson**

**Author: Ashoo Kalra**

**Grammar: Climb With Cornerstone Grammar And Comp,Skills(revised)**

**Publication-Pearson**

**Author: Andre Le Fevre/Neerja Narain**

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**TERM I**

**APRIL-MAY SYLLABUS**

**Coursebook Literature: Semester 1**

Chapter-1 An Oily Mess

Chapter-2 Wandering Singers (Poem)

Chapter-3 Icarus And Daedalus

**Grammar:**

Chapter-1 Using The Dictionary

Chapter-2 The Sentence

Chapter-3 Types Of Sentences

Chapter-4 Subject And Predicate

Chapter-5 Kinds Of Nouns

Chapter-27 Capital Letters And Punctuation

(Writing Skills): Paragraph And E-Mail

(Reading Skills): (Comprehension-Unseen-Passage)

**Subject Enrichment Activity (Sea):**

Dictation, Conversation, Summer Assignments & Poem Recitation. Speaking Skills, reading and listening skills to be practised regularly.

Worksheets to be revised accordingly.

## **JULY-SEPTEMBER SYLLABUS**

### **Coursebook Literature: Semester 1**

- Chapter-4 Travel (Poem)
- Chapter-5 At Sea With Uncle Ken
- Chapter-6 If I Knew (Poem)
- Chapter 9 The Boy Judge

### **Grammar:**

- Chapter-6 Noun: Number
- Chapter-7 Noun: Gender
- Chapter-8 Kinds Of Adjectives
- Chapter-9 Comparison Of Adjectives
- Chapter-10 Order Of Adjectives
- Antonyms And Synonyms (Pg-99), Prefix And Suffix (Pg-14)
- Chapter-11 Pronouns
- Chapter-13 Articles
- (**Writing Skills**): Formal And Informal 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 Speaking Skills, Reading And Listening Skills To be practised regularly.

Worksheets are to be revised accordingly.

Marks For Notebooks, Class Tests, Multiple Assessments, Poem Recitation and dictation will also be included. Revision of all the work done earlier.

## **TERM II**

## **OCTOBER-NOVEMBER SYLLABUS**

### **Coursebook Literature: Semester II**

- Chapter-1 Not Such A Bad Thing After All
- Chapter-2 Echoing Green (Poem)

**Grammar:**

- Chapter-14 Simple Tenses
- Chapter-15 Present And Past Participles
- Chapter-16 Continuous Tenses
- Chapter-17 Future Continuous Tense
- Chapter-18 Perfect Tenses
- Chapter-19 Simple Tense To Perfect Tense
- Homophones (Page No.77)

**(Writing Skills):** Paragraph Writing, Message Writing  
**(Reading Skills):** (Comprehension- Unseen-Passage)

**Subject Enrichment Activity (Sea):**

Dictation, conversation, assignments, speaking skills, reading and Listening skills to be practised regularly. Worksheets to be revised accordingly.

**DECEMBER-FEBRUARY SYLLABUS**

**Coursebook Literature: Semester II**

- Chapter-3 Hasmina's Butterfly
- Chapter-5 Quiet Now!
- Chapter-6 The Road Not Taken (Poem)
- Chapter-8 Game Addiction (Poem)

**Grammar:**

- Chapter-22 Kinds Of Adverbs
- Chapter-23 Comparison Of Adverbs
- Chapter-24 Prepositions
- Chapter-25 Conjunctions
- One Word Substitution, Words Often Confused
- (Writing Skills):** Story Writing (Fill Up), Bio Sketch
- (Reading Skills):** (Comprehension-Unseen-Poem)

**Subject Enrichment Activity (Sea):**

Enactment Of Role-plays in English Stories, Recitation, Dictation And Group Discussion. Speaking skills, reading and listening skills are to be practised regularly.



Worksheets are to be revised accordingly.

Marks For Notebooks, Class Tests, Multiple Assessments, Poem Recitation and dictation will also be included. Revision of all the work done earlier.

**SUBJECT :HINDI**

पुस्तक- हिंदीवृद्धि पाठमाला-5 प्रकाशन- मैक्स एजुकेशन पब्लिशर्स  
लेखिका - शालिनी शर्मा

व्याकरण - व्याकरण आनंद-5 सोनका पब्लिकेशन  
लेखक - प्रभाशर्मा

**TERM I**

**APRIL-MAY SYLLABUS**

(हिंदीवृद्धिपाठमाला -5)पाठ 1) बच्चेमनकेसच्चे पाठ 2) योग का कमाल  
पाठ 3) भूकंप

(कठिनशब्द ,शब्दार्थ ,प्रश्नोत्तर और भाषा ज्ञान आदि )

व्याकरण विषय – भाषा ज्ञान( लिखित व मौखिक अभिव्यक्ति ),वर्ण-विचार, उच्चारण  
के आधार पर मात्रा अभ्यास

लेखनकौशल –संवादलेखन,वाक्यलेखन।

पठन कौशल –अपठित गद्यांश।

क्रियात्मक गतिविधि - हस्तलेखप्रतियोगिता

**JULY-SEPTEMBER SYLLABUS**

(हिंदीवृद्धिपाठमाला -5)पाठ 4) सच्चा मित्र पाठ 5) परीक्षा

पाठ 6)जब मैंने खरगोश पाला

पाठ7) डाक्टरनीमपाठ 8) धरतीके रक्षक

( कठिनशब्द , शब्दार्थ ,प्रश्नोत्तर और भाषा ज्ञान आदि )

व्याकरण विषय – लिंग बदलो, वाक्य, संज्ञा, वचन, कारक, सर्वनाम, विशेषण

लेखन कौशल –चित्र वर्णन , पत्र लेखन(व्यक्तिगत पत्र) , संवादलेखन

पठन कौशल –अपठित गद्यांश।

अर्धवार्षिक परीक्षा हेतु महत्त्वपूर्ण निर्देश-



- 24  
Prion
- 1) विविधकिस्मकी अभिव्यक्तियों की क्षमता के विकास हेतु परिक्षण मौखिक व लिखित रूप से किया जाएगा।
  - 2) मौखिक व श्रवण कौशल हेतु क्रियात्मक गतिविधियाँ कक्षा के दौरान करवाई जाएगी।
  - 3) Port Folio हेतु क्रियात्मक गतिविधियाँ कक्षा के दौरान करवाई जाएगी।
  - 4) सभीक्रियात्मक गतिविधियों के लिए अंक निर्धारित किए गए हैं।
  - 5) सुलेख अभ्यास प्रतिदिन कक्षा में करवाया जाएगा।
- ( अप्रैल से लेकर सितंबर तक के पाठ्यक्रम का पुनअभ्यास करें )

## TERM II

### OCTOBER-NOVEMBER SYLLABUS

(हिंदीवृद्धि पाठमाला -5) पाठ 9) सरकसकामजापाठ -10) सचका प्रभाव  
पाठ-11) चन्द्रगुप्त का न्याय  
( कठिन शब्द , शब्दार्थ ,प्रश्नोत्तर और भाषा ज्ञान आदि। )  
व्याकरण विषय – क्रिया , काल, अविकारी शब्द, विलोम शब्द, विराम चिन्ह,  
पर्यायवाची शब्द  
लेखनकौशल – कहानीलेखन ,अनुच्छेदलेखन।  
पठन कौशल –अपठित गदयांश।  
क्रियात्मक गतिविधि - वाद -विवाद प्रतियोगिता

### DECEMBER-FEBRUARY SYLLABUS

(हिंदीवृद्धिपाठमाला -5) पाठ 12) पानीरेपानी !पाठ 13 ) प्रदूषण हटाओ  
पाठ 14) मछली कीखेती पाठ 15) सौम्या की डायरी से  
पाठ 16) दोहावली  
( कठिन शब्द , शब्दार्थ ,प्रश्नोत्तर और भाषा ज्ञान आदि )  
व्याकरण विषय – अनेक शब्दों के लिए एक शब्द , अनेकार्थी शब्द , समरूपी  
भिन्नार्थक शब्द, मुहावरे और लोकोक्तियाँ।  
लेखन कौशल –चित्रवर्णन ,अनुच्छेदलेखन ,पत्रलेखन(व्यावसायिक पत्र)।  
पठन कौशल –अपठित गदयांश।  
वार्षिकपरीक्षाहेतुमहत्त्वपूर्णनिर्देश-

- 1) विविध किस्मकी अभिव्यक्तियों की क्षमता के विकास हेतु परिक्षण मौखिक व लिखित रूप से किया जाएगा।  
2) मौखिक व श्रवणकौशल हेतु क्रियात्मक गतिविधियाँ कक्षा के दौरान करवाई जाएगी।  
3) Port Folio हेतु क्रियात्मक गतिविधियाँ कक्षा के दौरान करवाई जाएगी।  
4) सभी क्रियात्मक गतिविधियों के लिए अंक निर्धारित किए गए हैं।  
5) सुलेख अभ्यास प्रतिदिन कक्षा में करवाया जाएगा।  
( अप्रैल से लेकर फरवरी तक के सम्पूर्ण पाठ्यक्रम का पुनःअभ्यास करें )

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### SUBJECT-MATHEMATICS

**Name of the book:- Crystal Curated An Integrated Semester Series**

**Publication: Pearson**

**Authors:- Ashoo Karla/ S. Latha/ B. Vijaylakshmi / Abiya Chelliah**

### TERM-I

#### APRIL-MAY SYLLABUS

**Book :- Semester -1**

Chapter 1- Revision

Chapter 2 - Large Numbers

Chapter 3 – Operations with Large Numbers

Chapter 4- Factors and Multiples

The worksheet from pages number 51 to 61 from chapters 1 and 2 will be done in revision after the completion of the chapter.

Worksheets from pages number 62 to 75 from chapters 3 and 4 will be given in Summer Holiday Homework.

#### JULY-SEPTEMBER SYLLABUS

**Book:- Semester -1**

Chapter 5- Fractions

Chapter 6 -Perimeter, Area and Volume

Chapter 7- Decimals

Chapter -8 – Percentage and Average

The worksheet from the page number. 76 to 101 from chapter 5,6,7 and 8 will be completed in revision after the completion of the chapter.

Activity: Generating multiples/understanding equivalent fractions and activities will be done according to the syllabus.

## TERM II

### OCTOBER-NOVEMBER SYLLABUS

Chapter -9 -Ratio, Proportion and Unitary Method (Semester-1)

Book-Semester -2

Chapter 1- Profit and Loss

Chapter-2- Preparing Bills

Chapter 3 -Symmetry, Patterns and Nets

The worksheet from pages number 102 to 107 from chapter -9 Semester 1, will be done in revision after the completion of the chapter.

The worksheet from pages number 36 to 54 from chapters 1,2, and 3, Semester-2, will be done in revision after the completion of the chapter.

### DECEMBER-FEBRUARY SYLLABUS

Chapter 4 – Metric Measures

Chapter 5 – Simple Interest

Chapter 6 – Time

Chapter 7- Angles, Lines and Circles

Chapter-8-Data Handling

The Worksheets from pages number 55 to 83 from chapters 4, 5, 6,7 and 8 will be done in revision after the completion of the syllabus.

Subject: Social Studies

*Reinforce*  
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*Q.1*  
12/01/2024

**Name of the Book : Crystal Curated (An Integrated Semester Series)**

**Authors : Ashoo Kalra / S.Latha / B.Vijayalakshmi/ Abiya Chelliah**

**Publisher : Pearson**



## TERM -I

### APRIL-MAY SYLLABUS

Semester-1

Chapter-1 Globes and Maps

Chapter-2 Latitudes and Longitudes

Chapter-3 Landforms of the Earth

Chapter-4 Weather and Climate

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

### JULY-SEPTEMBER SYLLABUS

Chapter-6 The Land of Snow and Ice-Greenland

Chapter-8 The Temperate Grasslands-The Prairies

Semester-2

Chapter- 4 Inventions that changed the World

Chapter-5 The Age of Machines

Chapter- 7 India's Struggle for Independence

Chapter-9 Governing India

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

## TERM -II

### OCTOBER-NOVEMBER SYLLABUS

Semester-1

Chapter-5 The Equatorial Region-The Democratic Republic of the Congo

Semester-2

Chapter-1 Natural Disasters

Chapter-2 Means of Transport

Chapter-3 Means of Communication

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

## DECEMBER-FEBRUARY SYLLABUS

Semester-1

Chapter-7 The Land of Golden Sand-Saudi Arabia

Chapter-6 Great Personalities of the World

Chapter-8 India wins Freedom

Chapter-10 The United Nations

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

*Soy*  
12/2/2024

## SUBJECT: SCIENCE

Name of the Book : Crystal Curated (An Integrated Semester Series)

Authors : Ashoo Kalra / S.Latha / B.Vijayalakshmi/ Abiya Chelliah

Publisher : Pearson

## TERM I

### APRIL-MAY SYLLABUS

Semester-1

Chapter-1 More about plants

Chapter-2 Animals and their surroundings

Chapter-3 Food and Health

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

### JULY-SEPTEMBER SYLLABUS

Chapter-4 Safety and first aid

Chapter-5 Human Skeleton and Muscular System

Chapter-6 The nervous system

Chapter 7 Rocks and minerals

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

**TERM -II**

**OCTOBER-NOVEMBER SYLLABUS**

Semester-2

Chapter-1 Soil

Chapter 2 Air and water

Subject Enrichment Activity : Reading, Dictation, Winter Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

**DECEMBER-FEBRUARY SYLLABUS**

Semester-2

Chapter-3 More about Force, Energy and simple machines

Chapter-6 Moon- Earth's Natural Satellite

Chapter-8 Changes in environment

Semester-1

Chapter 5 Human Skeleton and muscular system

Subject Enrichment Activity : Reading, Dictation, Summer Assignments and textual oriented activities.

Worksheets will be provided according to the mentioned topics.

**SUBJECT-COMPUTER**

*Psharna*  
*12/4/24*  
*Maw*  
*12/4/24*

**PUBLISHER: CREATIVE KIDS EDU SOLUTION PRIVATE LTD**

**TERM I**

**APRIL-SEPTEMBER SYLLABUS**

L-1: Understanding Windows 10

L-2: Tables in Ms Word 2016

L-3: More on Ms Powerpoint 2016

L-4: Formatting in Ms Powerpoint 2016

Revision of Ch- 1 To 4

Activities, project And practical work will be done according to the chapter



**TERM II**

**OCTOBER-FEBRUARY SYLLABUS**

- L-5: Introduction to Ms Excel 2016
- L-6: More on Internet
- L-7: More on Scratch
- L-8: Programming in Scratch

Revision of all the Chapters according to final assessment activities project and practical work will be done according to the chapters.

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12/04/24  
*dpf*  
12/4/24

**SUBJECT:VALUE EDUCATION**

**TERM I**

**APRIL-SEPTEMBER SYLLABUS**

<b><u>S. No.</u></b>	<b><u>Name of the Chapter</u></b>	<b><u>Page No.</u></b>
1	The Divine	9
2	The Marvellous Team	13
3	Luna's Courage	17
4	The Lie- Hunting Wizard	23
5	Learning Discipline the Heroes 'Why	27
6	The Inner Harmony	33

**TERM II**

**OCTOBER-FEBRUARY SYLLABUS (WORK BOOK)**

<b><u>S. No.</u></b>	<b><u>Name of the Chapter</u></b>	<b><u>Page no.</u></b>
1	Empower Equality	37
2	Nailed It !	43
3	The Fabric of Time	49

4	The Little Patriot	53
5	The Clever Rabbit	57
6	Peter and Spotty	61

**SUBJECT:GENERAL KNOWLEDGE**

**TERM I**

**APRIL-SEPTEMBER SYLLABUS**

<b><u>S. No.</u></b>	<b><u>Name of the Chapter</u></b>	<b><u>Page No.</u></b>
1	Amazing Plants	462
2	Amazing Animals	463
3	India's Biggest and Smallest	465
4	On the Top	466
5	Famous Quotes	467
6	On a Pleasure Trip	468
7	Check Expiry Date	470
8	Books and Authors	471
9	Monuments of India	472
10	Environment Quiz	473
11	Beautiful Birds	474
12	Synonyms	475
13	Singing Voices	476
14	Commonwealth Games	477
15	Historic Authors	478

## APRIL-SEPTEMBER SYLLABUS (WORK BOOK)

<u>S.No.</u>	<u>Name of the Chapter</u>	<u>Page No.</u>
1	Plant and Animal Kingdom	198
2	India – Our Country	200
3	Countries Around the World	201
4	Literature and Entertainment	202
5	Our World and Environment	203
6	Grammar and Language	204
7	Sports Round-Up	206

## TERM II

### OCTOBER-FEBRUARY SYLLABUS

<u>S. No.</u>	<u>Name of the Chapter</u>	<u>Page No.</u>
1	United Nations	336
2	Figures of Speech	337
3	Proud to Be Indians	338
4	Natural Resources	339
5	Duties and Responsibilities	340
6	Flightless Birds	341
7	Idioms	342
8	Scientists of India	343
9	Energy	345
10	Countries, Capitals and Currencies	346



11	Use Your Wits	347
12	Gymnastics	348
13	In Our Body	349
14	Life Skills	351
15	Time Management	352

**OCTOBER-NOVEMBER SYLLABUS (WORK BOOK)**

<u>S. No.</u>	<u>Name of the Chapter</u>	<u>Page No.</u>
1	Rivers and Dams	161
2	Important Documents	162
3	Literature and Entertainment	163
4	Books We Love	164
5	Great Scientists	165
6	Exploring Science	166
7	Thinking and Number Skills	168
8	Life Skills and Value Education	170

**SUBJECT- ART & CRAFT**

**Name of the Book –I am an Artist 5**  
**Name of the Publisher- Kirti Publication**

**TERM-II**

**APRIL-SEPTEMBER SYLLABUS**

ART :- Bird's study, still life, flower vase, Rajasthani dance, peacock, toucan, elephant

CRAFT- Qutab minar, reduce, reuse, recycle, healthy veggies, lady bug  
Project and activities will be done according to the festivals and CBSE guidelines.

ART – Mithila art, besties, hands and legs, Malakar, eyes and lips, photoshop, dancing doll

CRAFT- Camel, sand paper art, lil angels  
Project and activities will be done according to the festivals and CBSE guidelines.

**TERM -II**

**OCTOBER-FEBRUARY SYLLABUS**

ART- Educate the girl child, Tree, Mr. Bean, Mission moon, Poster design

CRAFT- Butterfly, Winters, Independence day  
Project and activities will be done according to the festivals and CBSE guidelines.

ART- Sparrow, Metro station, Pani Harin, Samovar,



CRAFT- Save the nature, Village scene

Project and activities will be done according to the festivals and CBSE guidelines.


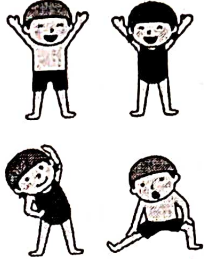


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**ST. PAUL'S SCHOOL, AYA NAGAR**  
**SESSION 2024-25**  
**GRADE 3 TO 5**

**SYLLABUS BREAK UP**  
**SUBJECT: Physical Education**

Content	Learning Objectives	Experiential Outcome
<p><b>MONTH: APRIL/MAY</b></p> <p><b>1. Basic Skills</b></p> <ul style="list-style-type: none"> <li>• Jogging</li> <li>• Lower body stretching</li> </ul> <p><b>2. PEC card</b></p> <p>↓ <b>(Class-3)</b></p> <ul style="list-style-type: none"> <li>• Card No.18 (Shooting and scoring goals)</li> <li>• Card No-15(Catch up)</li> <li>• Card No-16(Jumping fgor height)</li> </ul> <p>↓ <b>Class-4</b></p> <ul style="list-style-type: none"> <li>• Card No -2(Mini kho)</li> <li>• Card No -4(Quick run)</li> <li>• Card No 10 (Relay races)</li> </ul> <p>↓ <b>Class -5</b></p> <ul style="list-style-type: none"> <li>• Card No-2(Roll into a goal)</li> <li>• Card No-4(Throwball)</li> <li>• Card No-5(Kabaddi)</li> </ul> <p><b>3. Yoga</b></p> <ul style="list-style-type: none"> <li>• Bhujanasana</li> <li>• Trikonasana</li> <li>• Halasana</li> </ul>	<p>Basic requirements for our day to day life smooth functioning</p> 	<p>Skills of the game enjoyment</p> <p>Smoothens their muscle and helps in their overall growth</p> 
<p><b>MONTH : JULY/AUGUST</b></p> <p><b>1. Basic Skills</b></p> <ul style="list-style-type: none"> <li>• Zig zag running</li> <li>• Coordination exercise</li> </ul> <p><b>2. PEC Card</b></p> <p>↓ <b>Class-3</b></p> <ul style="list-style-type: none"> <li>Card no-1(running ,jumping and throwing)</li> <li>Card No-2( Chasing Game)</li> </ul>	<p>Enhances child thinking</p> <p>Skills of the games</p> <p>Fun and creativity</p>	<p>Enjoyment</p> <p>Physiological Development</p>



<p>Card No-7(circle dose ball)        ↓ <b>Class 4</b>        Card no-6(intercepting the ball)        Card no-8( dribble and pass)        Card no-13(athletics)        ↓ <b>Class 5</b>        Card no -1(track and field events )        Card no-8( simple net games)        Card no-11( catch cricket)</p> <p><b>4.Yoga</b></p> <ul style="list-style-type: none"> <li>• Uttanasana</li> <li>• Gomukhasana</li> <li>• Tadasana</li> </ul>		
<p><b>MONTH: SEPTEMBER/ OCTOBER</b></p> <p><b>1. Basic Skills</b></p> <ul style="list-style-type: none"> <li>• Upper body streching</li> <li>• Back running</li> </ul> <p><b>2.PECcards</b></p> <p>↓ <b>Class-3</b></p> <ul style="list-style-type: none"> <li>• Pec card-3( Balance and Coordination)</li> <li>• Card no-4(Circle chase )</li> <li>• Card No-8( Hiting and Kuicking)</li> </ul> <p>↓ <b>Class-4</b></p> <ul style="list-style-type: none"> <li>• Card No-1(Athletics )</li> <li>• Carrd No-3(Net games)</li> <li>• Card No-7(Playing to against one)</li> </ul> <p>↓ <b>Class 5</b></p> <ul style="list-style-type: none"> <li>• Card No-6(Galary)</li> <li>• Card no-7(Find space)</li> <li>• Card no-13(Kho-Kho)</li> </ul> <p><b>4.Yoga</b></p> <ul style="list-style-type: none"> <li>• Chakrasana</li> <li>• Padmasana</li> <li>• Balasana</li> </ul>	<p>To develop throwing skills</p> <p>Develop knowledge of equipment used in athletics</p> 	<p>Enhances confidence</p> <p>Self-belief</p> 
<p><b>MONTHS: NOVEMBER/DECEMBER</b></p> <p><b>1. Basic Skills</b></p> <ul style="list-style-type: none"> <li>• Side running</li> <li>• Cross elbow -Knee touch</li> </ul>	<p>To develop collaborative skills</p>	<p>New learning Adaptation</p> <p>Helping each other Bonding</p>

## 2. PEC Card

### ↓ Class-3

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

### ↓ Class-4

- Card no-10,11(Relay Races)
- Card no-14(Athletics)
- Card no-15(Warm-up Activity)

### ↓ Class-5

- Card no-3(Four Court Dodge Ball)
- Card no -9(Zone Passing)
- Card no-10(Track and Field Event)

## 3. Yoga

- Paschimotasana
- Vajrasana
- Garudasana



## MONTH: JANUARY/ FEBRUARY

### 1. Basic Skills

- Sprint
- Responding to command and signals

### 2. PEC Card

#### ↓ Class-3

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

#### ↓ Class-4

- Card No-12( Chasing games )
- Card No-16(Understanding Streching )
- Card No -18(Skipping )

#### ↓ Class-5

- Card No-3(Four Court Dodge Ball)
- Card No-15(Leg Cricket)
- Crad No-18(Let's Get Fit)

### 3. Yoga

- Naukasana
- Sarvangasana

Basic requirements for our day to day life-smooth functioning



Skills of the game enjoyment



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