SESSION (2025-26)

English

	_		Engusu	
Books	Wings of Words (L	evel 4)		
	Magic English (Lev	vel 2)		
Month	Topic	Subtopic	Learning Outcome	Teaching Methodology
April	 Miles (1 – 9) Grammar- Karadi Path 	 The Lost Kite Love and Names The Bees and the Dove Blake and the Boy Capitalization, Punctuation and Sentence structure (Pg 7-13) What could it be? (Pg 1-27) My Journal (Pg.1-5) Creative Workbook (Pg.2-8) Tarjani (Pg.1-5) 	 Students will be able to: understand stories and identify characters, settings, and events. Develop the power of imagination. familiarised with 'l' blend sound. Identify and use capital letters and basic punctuation marks to write simple and meaningful sentences. I have familiarized myself with the phonetic sounds and practiced tracing them. 	Interactive Learning Capitalization Quest: Students will complete a worksheet by identifying and correcting sentence capitalization errors. Integrated exercises based on the lesson Capital, please!
May	Miles (10-18)Grammar	 Blake and the Boy Grumpy Mrs. Brown Swara and Smita Naming words or Nouns (Pg 14-21) 	 strengthen comprehensive skills. Build the vocabulary of new words with their meanings and enhance their listening and writing skills. familiarised with 'r' blend sound. to categorise naming words into people,/ animal, place, and thing. 	 Play-way Method: Placing the pictures of person, place, animals and things into the correct basket/ container. Art Integration- Drawing & colouring person, place, animal and thing on a sheet.

July	Miles (19-27)GrammarKaradi Path	 Chappy and Cherry Bran the Dinosaur Part –I Bran the Dinosaur Part –II Singular – Plural (Pg 22-28) Kavi and Mister Cutter Pillai My Journal (Pg 6-10) Creative Workbook (Pg.9-13) Tarioni (Pg 6-10) 	 enhance their listening, speaking, and writing skills by analysing the essence of the lesson. familiarised with 'sh', 'ch', 'th', sound words. Develop number sense by identifying the objects concerning one and many. learn rules to make plural forms of singular nouns. 	 Toy Pedagogy-Practice of One and Many with objects like balls, pom-poms etc. Integrated exercises based on the lesson. One ball Many balls
August	Miles (28-36)Grammar	 Tarjani (Pg 6-10) Lazy Larry My Prayer (Poem) Me, Dad and the Stars (Poem) Doggy Dig and Hide the Pin (Poem) Articles 	 develop language skills, creativity, confidence, and moral values through listening, reciting, and engaging with poems. familiarised with rhyming words. differentiate between the use of 'a' and 'an' before nouns. Choose and write the correct article in a sentence. 	Game-Based Learning • Article Sort & Match Students will be given different naming words with pictures, wherein they will sort and place these words under the appropriate articles. • Integrated exercises based on the lesson
September	Miles (37-45)GrammarKaradi Path	 Lazy –Larry (Revisit) The Contraction Song (Poem) Mannu's Friend (Poem) Ravi's Story Pronouns (Pg.36-43) The Foolish Crow My Journal (Pg.11-15) 	 develop language skills, creativity, confidence, and moral values through listening, reciting, and engaging with poems. Build a vocabulary of new words with their meanings. Identify and use pronouns in sentences. 	 Visual Learning: Flash cards of people/animals, places, and things will be shown. Interactive Learning: Pairing up the children and asking each one to describe their partner using pronouns.

October	Miles (46-54)Grammar	 Creative Workbook (Pg.14-21) Tarjani (Pg.11-15) Mannu's Friend (Poem) The Long 'a' Poem Daisy the Snail The Long 'e' Poem Action Words or Verbs(Pg.44-51) 	 enhance literary skills with the help of poem recitation. Develop the power of imagination. Build a vocabulary of new words with their meanings. learn and practice the long 'a and 'e' sounds to improve reading and speaking skills. Distinguish between long and short vowel sounds. Identify and understand different action words. 	Experiential Learning- • Action charades: identifying body actions through games. • Integrated exercises based on the lesson Action Charades
November	Miles (55-63)GrammarKaradi Path	 Long 'i' Poem 'The Joy of Giving' Pinny Learns to Ride a Bike Maria's Wonderful Dream Describing words or Adjectives (Pg 52-58) Fish friends three My Journal (Pg 16-20) Creative Workbook (Pg.22-27) Tarjani (Pg. 16-20) 	 enhance their listening, speaking, and comprehension skills by analysing the essence of the lesson. Build a vocabulary of new words with their meaning. learn and practice the long 'i' sound to improve reading and speaking skills. Distinguish between long and short vowel sounds. Identify and understand different descriptive words. 	 Adjective Express: Students will speak (describe) a few sentences about their favourite things. Integrated exercises based on the lesson
December	• Miles (64-72)	Mike and His BikeTouching the MoonSee –Saw	 enhance literary skills with the help of poem recitation. develop the power of imagination. 	 Hands-on Learning Sentence Train: Students will connect sentence parts on train-shaped cutouts using the correct conjunction.

	• Grammar	 The Tricky /oo/ The Magician's Cat Joining words or Conjunctions (Pg.59-65) 	 will distinguish between long and short vowel sounds. identify and label pictures of words with long 'oo' sound. connect simple sentences with 'and', 'or', 'so'. 	• Integrated exercises based on the lesson
January	Miles (73-76)Grammar	 The Boy from Zeezeezoo Position Words or Prepositions (Pg.66-69) 	 enhance their listening, speaking and comprehension skills by analysing the essence of the lesson. build vocabulary of new words with their meaning. familiarised with 'ew' sound. identify and use appropriate prepositions in a sentence. 	 Toy-Based Learning -Live examples from classroom will be taken up to find the position of various objects. Integrated exercises based on the lesson ON UNDER BEHIND IN FRONT
February	Miles (78-82)Grammar	 Carla and Mark's Car Race The Swimmer Girl Independent Writing (Pg.70-73) 	 enhance their listening, speaking and comprehension skills by analysing the essence of the lesson. build vocabulary of new words with their meaning. familiarised with 'er', 'ir' and 'ur' sound words. to connect simple sentences with 'and'. 	 Visual Learning Picture Perfect Sentences: Students will observe a picture and write five sentences using prepositions and describing words. Integrated exercises based on the lesson
March	• Miles (83-90)	The Bunny that RolledMotiCurious PepperQuackling	 understand stories and identify characters, settings, and events. enhance writing skills. 	 Visual Learning Picture Perfect Sentences: Students will observe a picture and write five sentences using prepositions and descriptive words. Integrated exercises based on the lesson

• Grammar	• Independent Writing (Pg 74-76)	 How to construct sentences using all the parts of speech. enhance writing skills using help words. 	Describing a Picture: At the Park In the baxes below, arrite 5 sentances to describe this picture. Remember a sentance must start with a capital letter and end with a full step! 1. 2.

Hindi

Books		गषा की पाठ्यपुस्तक- 1 गषा की पाठ्यपुस्तक (कार्यपत्रिव	ਜ)	
महीना	विषय	उपविषय	सीखने के प्रतिफल	कार्यप्रणाली
अप्रैल	इकाई-1 परिवार बिना मात्रा वाले दो, तीन, चार अक्षरों वाले शब्द ।	 कविता- चंदा मामा दूर के कविता का सस्वर वाचन वर्णमाला- स्वर और व्यंजन बिना मात्रा दो, तीन, चार अक्षर वाले शब्द लिखना । 	 स्वर व व्यंजन बोलने, लिखने और पढ़ने में सक्षम होंगे। स्वर और व्यंजन की साफ़ बनावट कर पाएंगें। समझाए गए स्वरों का उच्चारण में अंतर समझेंगे। चंदा मामा कविता में निहित ध्वनियों और शब्दों के साथ खेलने का आनंद 	सही उच्चारण के साथ कविता वाचन। कक्षा में परिवार के सद्स्यों के बारे में चर्चा। Art Integration चित्र देखकर पहला अक्षर लिखें और चित्र में रंग भरें। चित्र देखकर पहला अक्षर लिखें (क - ग) चित्र देखकर पहला अक्षर लिखें (क - ग)

	परिवार - चित्र और बातचीत (चित्र वर्णन)	 मात्राओं का अभ्यास सुलेख व्याकरण - रंगों का ज्ञान 	शुद्ध उच्चारण से पढ़ और लिख पाएँगे। • चित्र के आधार पर प्रश्नों के मौखिक उत्तर • चित्र में दिखाए गए घर परिवार एवं कार्यों के विषय में चर्चा। • चंदा मामा कविता में निहित ध्वनियों और शब्दों के साथ खेलने का आनंद • मात्रा वाले शब्दों का शुद्ध उच्चारण महित वाचन-	Art integration गुब्बारों में रंगों के नाम के अनुसार रंग भरो। लाल काला सफेद हरा नीला पीला पीला पीला पीला
			सहित वाचन- अनुवाचन	
म ई	इकाई -1 परिवार	पाठ-1 मीना का परिवार वाचन-अनुवाचन शब्द पहचानकर उससे लिखने का प्रयास।	 शब्द छाँटकर सही मात्रा वाले स्वर में लिखना सीखेंगे। कल्पना शक्ति का विकास होगा। 	• मात्रा वाले शब्दों का शुद्ध उच्चारण सहित वाचन- अनुवाचन

• चित्र के माध्यम से वस्तुओं के नाम को जानेंगे। व्याकरण - भाषा	 पाठ में आए शब्दों को पढ़ने में सक्षम होंगे। छात्र पाठ के प्रमुख सन्देश से सबंधित अपने विचारों को साझा करेंगे। श्रवण वाचन कौशल का विकास । 	• चित्र देखकर शब्द लिखें । बौद्धिक कौशल – बच्चे अपने घर परिवार का चित्र बनाकर दो पंक्तियाँ सुनाएंगे ।
पाठ -2 दादा - दादी • कविता का सस्वर वाचन • हाव- भाव सहित	 लय और ताल के साथ कविता वाचन कर पाएँगे। श्रवण वाचन कौशल का विकास । 	Art integration पेड़ पर लगे अक्षरों से शब्द बनाए।

जुलाई	इकाई -1	पाठ - 3 रीना का दिन	• पाठ में आए पात्रों	
	परिवार	• वाचन - अनुवाचन	जार उनक कावा	Art Integration- (clay)
		• सुलेख	नग राणका रानणा ।	मिट्टी के खिलौंने जैसे - थाली, कटोरी, चूल्हा आदि
		• घर-घर खेल द्वारा	• मूल्यों का विकास	को खुद बनाएँगे ।
		घर की वस्तुओं की	ूँ जैसे - परंपरागत	
		समझ का विकास।	खेलो को दोस्तों के	
		• विभिन्न पश् पक्षियों	साथ खेलना, अच्छी	
		के रहने की जगह	दिनचर्या के महत्व	
		को पहचान सकेंगे।		
		• व्याकरण - हमारी	• चित्रों के माध्यम से	
		वर्णमाला -स्वर- वर्ण	विभिन्न पश् -	
		और व्यंजन वर्ण	पक्षियों के रहने की	
		आर उपलल प्रा	जगह पहचानने में	
			समर्थ होंगे ।	
		पाठ - 4 रानी भी		Art integration-
			o olivii iv viioi ol	नाम वाले शब्दों से संबंधित चित्र देखकर उनके नाम
		• वाचन-अनुवाचन	वृद्धि होगी।	लिखेंगे।
		• चित्र पहचानकर शब्द	• राष्ट्र मंडार म	N.G. I.
		लिखना	वृद्धि होगी।	
		• सुलेख	• छात्र संज्ञा व् उसकी	
		• सही स्थान पर मात्रा	परिभाषा से अवगत	
		लगाकर शब्द पूरे	होंगे ।	**** ***
		करना ।		

अगस्त	इकाई -2 जीव- जगत	 संज्ञा (नाम वाले शब्द) परिचय *कविता - मुर्गा बोला कुक्डू-कूँ कविता का सस्वर वाचन पाठ - 5 मिठाई सुलेख जानवरों के चित्र पहचानकर उनके नाम लिखना व्याकरण - मात्राओं की पुनरावृत्ति 	 मात्रा के ज्ञान में वृद्धि होगी। शब्द भंडार में वृद्धि होगी। जानवरों के बारे में ज्ञान प्राप्ति । 	भाषा में निहित शब्दों और ध्विनयों के साथ खेल का मज़ा लेते हुए लय और तुक वाले शब्द सीखेंगे । बच्चे खेल के मैदान में एक दुसरे के पीछे रेलगाड़ी बनाकर खेल गीत गायेंगे। कौनसे जानवर को खाने में क्या पसंद है रेखा खीच कर जानेंगे । LearnCBSE.in
सितम्बर	इकाई - 2 जीव जगत	पाठ - 6 तीन साथी • वाचन - अनुवाचन	 इ और ई की मात्रा से दिए गए शब्दों 	Toy Pedagogy अंगूठे की छाप से अपने पसंद का चित्र बनाकर उनके
		• चित्र को पूरा करें	को पूर्ण करेंगे जैसे	नाम लिखेंगे ।
		और उसका नाम लिखें	- <u></u> ततली, मकड़ <u> </u>	

• चित्र देखकर शब्द और वाक्य लिखना	 शब्द भंडार में वृद्धि होगी कहानी की घटनाओं को क्रम में व्यवस्थित करेंगे और उसके बारे में बताएँगे। 	
पाठ – 7 वाह मेरे घोड़े! • कविता का सस्वर वाचन • कविता में आए शब्दों और वाक्यों का अर्थ समझना • सुलेख • मात्रा अभ्यास	 हमारे जीवन में जानवरों के महत्व का विकास समान ध्विन वाले शब्दों की पहचान एवं निर्माण । मात्रा एवं शब्द भण्डार के ज्ञान में वृद्धि। 	Toy pedagogy
पाठ -8 खतरे में साँप • वाचन - अनुवाचन	 पाठ में दिए गए चित्रों के माध्यम से जंगल एवं उनमे 	 कक्षा में जानवरों के रहने, पालतू एवं जंगली जानवरों की चर्चा की जाएगी ।

		• चित्र देखकर शब्द	रहने वाले जानवरों	
		पूरा करें	की पहचान कर	Art integration
		• सही चित्र से मिलान	उनका नाम लिखना	छात्र स्वयं कागज को मोड़कर कुता बनाएँगे व् उसको
		• शब्दों की पहचान	सीखेंगे ।	एक नाम भी देंगे।
		• वाक्य बनाओ	• त्कबंदी शब्दों का	A A AFT A
		कविता - कबरी झबरी	श्द्ध उच्चारण ।	
		बकरी	• 'र' शब्दों की पहचान	2
		• कविता का सस्वर	जैसे - रोटी, रानी,	
		वाचन ।	रमा, राजा आदि	
		व्याकरण -	और अक्षरों को	
		• र वर्ण में उ और ऊ	जोड़कर सार्थक शब्दों	
		मात्रा का ज्ञान l	का निर्माण कर	
		• व्यंजनों के मात्रा	सकेंगे ।	•
		युक्त रूप ।		
		• संयुक्त व्यंजन		
	काई - 3	पाठ - 9	• खेल के नियमों का	• शुद्ध उच्चारण सहित वाचन-अनुवाचन ।
अक्टूबर ह	मारा खान-	आलू की सड़क	ज्ञान एवं उनका	Art integration
पा	ा न	• वाचन - अनुवाचन	पालन करना	सभी बच्चे अपने मनपसंद फल- सब्जियों का चित्र
		• पठित गद्यांश	सीखना।	बनाकर उनके नाम लिखेंगे ।
		• सुलेख	• मात्रा के ज्ञान में	
		• मात्रा अभ्यास	वृद्धि होगी।	

व्याकरण -	C	
ਧਾਨ - 10	मिल - जुलकर खेलने /	Art integration
झुलम झूली (कविता)	रहने की भावना का	गेहूँ से बनने वाली किन्ही पाँच वस्तुओं के चित्र और
• कविता का सस्वर	विकास	नाम लिखना ।
वाचन	• गाँव की दिनचर्या	जैसे - बिस्किट, ब्रेड, हलवा आदि I
• कविता में आए	और खेतों में होने	
शब्दों और वाक्यों क	वाले कार्यों को	
अर्थ समझना	समझ सकेंगे ।	
मेरा गाँव (चित्र - बातचीत)	• गेहूँ से बनने वाली	
• चित्र वर्णन	किन्ही पाँच	
• वाक्य लेखन	वस्तुओं के नाम	
	सीखेंगे ।	

नवंबर	इकाई -3	पाठ-11 भुट्टे	• बड़ों के प्रति आदर	• शुद्ध उचारण सहित वाचन - अनुवाचन
	हमारा खान -	• वाचन - अनुवाचन	एवं संवेदनशीलता	 स्वास्थ के लिए गुणकारी खाने की वस्तुएँ
	पान	• मात्रा अभ्यास	का विकास ।	पहचानना ।
		• एक शब्द में उत्तर	• खाने की विभिन्न	5000
		• उ और ऊ की मात्रा	विधियों को समझ	
		लगाकर सही शब्द	सकेंगे ।	
		लिखना ।	• भ्ट्टे से पोपकोर्न	
			कैसे बनते हैं बता	
			सकेंगे ।	
		पाठ -12 फूली रोटी	• कहानी द्वारा	Art integration
		• वाचन - अन्वाचन	सहयोग की भावना	बच्चे कक्षा में स्वयं मुरमुरे की चाट(भेल-पूरी) बनाकर
		• वाक्य लेखन	का विकास ।	अपने सहपाठियों के साथ आनंद से खाएंगे।
		• अपठित गद्यांश	• समान ध्वनि या	
		• समान व अलग	अलग ध्वनि वाले	
		ध्वनि वाले शब्द	शब्दों को पहचानने	
		• पहेली बूझो	में सक्षम ।	
		ट्याकरण -	• पुल्लिंग / स्त्रीलिंग	
		• प्रुष या स्त्री	वाले शब्दों का	
		• एक - अनेक	ा ज्ञान ।	
			• एक अनेक शब्दों	
			को पढ़ने व लिखने	
			में सक्षम ।	

इकाई - 4 • अपने अनुभवों को दिसम्बर पाठ - 13 मेला (कविता) सरल वाक्यों में त्योहार और • कविता का सस्वर मेले व्यक्त करना। जैसे वाचन • कविता में आए - झूले पर बैठना , विभिन्न जगहों पर शब्दों और वाक्यों का घूमना आदि । अर्थ समझना प्रश्न / उत्तर • वाक्य लेखन • दूसरों की सहायता पाठ - 14 बरखा और मेघा सहान्भूति , • वाचन - अन्वाचन दयालुता जैसे सुलेख Activity मूल्यों का विकास। मात्रा अभ्यास • जम में रहने वाले प्रश्न / उत्तर • चित्र देखकर चित्र के जानवरों की बारे में वाक्य जानकारी । • जानवरों के भोजन. • तुक वाले शब्द • चित्र वर्णन रहने की जगह की

व्याकरण

Art integration कागज़ की चरखी या तोरण बनाना ।



जानकारी ।

• जो चीज़ डूबेगी वो भारी है और जो तैरेगी वह हल्की है में अंतर समझना।

जल में तैरने वाली और डूबने वाली दो वस्त्ओं के नाम बताएं और ऐसा क्यों होता हैं कक्षा में उसे प्रस्तुत करें ।



		 विशेषता बताने वाले शब्द अनुस्वार और अनुनासिक शब्द 	 जल में तैरने और इ्बने वाली वस्तुओं की जानकारी । विशेषता बताने वाले शब्दों का जान । 	
जनवरी	इकाई - 4 त्योहार और मेले	पाठ - 15 होली	 जीवन में त्योहारों के महत्त्व का ज्ञान एवं उन्हें मनाने के कारण व् तरीकों की जानकारी । चित्र पहचानकर नाम लिखने में सक्षम । 	Art integration • अपने पसंदीदा त्योहार का चित्र बनाकर 2 वाक्य लिखेंगे और सुनाएँगे । Indian Festivals Dussehra Dussehra Bhogi Real Mark Challettin Sarasulatin Rogan
		पाठ - 16 जन्मदिन पर पेड़ लगाओ (कविता) • कविता का सस्वर वाचन	 पेड़ लगाने के महत्त्व को समझ सकेंगे एवं पेड़ों से होने वाले लाभ को जान पाएंगे । 	अपने पाँच मित्रों के नाम और उनकी जन्मदिन की तारीख की सूची बनाएँ । बच्चों को पेड़ लगाने के लिए प्रोत्साहित किया जायेगा । Nature walk -

		 सही शब्द से वाक्य पुरे करना । समान लय वाले शब्द 	•	जन्मदिवस के महत्त्व को समझ सकेंगे एवं अंको की जानकारी।	विद्यालय के गार्डन का भ्रमण कराना और विभिन्न पेड़ों एवं फूलों से परिचय कराना ।
		व्याकरण - कार्य सम्बन्धी शब्द			
फरवरी	इकाई - 5 हरी भरी दुनिया		•	गुब्बारों के साथ कविता का आरोह - अवरोह प्रवाह में सुर लय के साथ वाचन। पृथ्वी पर पाए जाने वाले पात्रों और प्राकृतिक संसाधनों के नाम - हवा, जल , सूर्य, मिट्टी आदि। चेहरे के हाव - भाव / इमोजी की आकृति बनाना एवं पहचान।	Art integraton बच्चे गुब्बारे में हवा भरकर उस पर इमोजी / आकृति बनाएँगे ।

मार्च	दकार्ट - 5 दरी	पाठ - 18 कितनी प्यारी हैं ये दुनिया (कविता)	 दिशाओं का ज्ञान - दाएं, बाए , आगे , पीछे । पर्यायवाची शब्दों का ज्ञान । कविता के माध्यम से प्रकृति और दुनिया के प्रति प्रेम और लगाव का भाव विकसित कर पाएंगे। शब्दों का सही उच्चारण प्रकृति के विभिन्न रूपों जैसे जीव - जन्तुओं के नाम , फूलों के नाम से अवगत होंगे । कविता में आए 	अपने हिसाब से रंग भरेंगे एवं किन्ही पाँच जीव
VIII	भरी दुनिया	(कविता)	शब्दों और वाक्यों को समझने के बारे	Art integration

- कविता का सस्वर प्रवाह में वाचन
- चित्र देखकर वस्तुओं
 की पहचान
- वाक्य लेखन
- प्यासा कौआ- अपनी भाषा में कहानी कहना ।
- चित्र वर्णन
- अक्षर गीत (केवल पढ़ने के लिए)

व्याकरण -

- सप्ताह के दिन
- संख्या ज्ञान
- कहानी पठन

में बातचीत करने में सक्षम होंगे ।

- छात्र चाँद के बारे

 में समझ सकेंगे

 और चंद्रग्रहण की

 जानकारी प्राप्त कर
 पाएंगे।
- वस्तुओं की विभिन्न आकर को समझ सकेंगे।

प्राकृतिक सामग्री टहिनयाँ, सूखे पत्ते,फूल, हरी पत्तियों आदि को एकत्र करके सुन्दर चित्र बनाएँगे ।



EVS

Book	Environmental S	Studies	·	
Month	Topic	Subtopic	Learning Outcome	Teaching Methodology
April	Chapter - 1 About Me	 Introduction to Self My Birthday I am Special What I like 	Students will be able to: introduce themselves. talk about their speciality. express their likes and dislikes.	 Art Integration – Name Tag Oratory Skills – Self Introduction
	Chapter - 2 My Body	 Parts of our Body Our Body Parts Help Us Sense Organs Growing Up 	 learn the names and functions of different body parts. associate the functions of senses with the organs. understand the importance of taking care of our body. 	 Explanation through hands on activities and demonstration. Fun with rhyme - https://www.youtube.com/watch? v=L3vtcfxkKEQ Integration with physical education – Fun bod movement dance.
May	Chapter – 3 Looking After My Body	 Clean and Healthy Body Keeping Fit 	 understand the importance of health and hygiene. know the importance of physical activities which help to strengthen their 	Oratory skills – Speak any three ways to keep our body fit, clean and healthy.

			body senses with the organs.	Art Integration – Paste / Draw pictures of any five things that help you to stay clean. SOAP HAND WASH TOOTH BRUSH COMB SHAMPOO TOWEL
July	Chapter – 4 Clothes We Wear	 Need of Clothes Types of Clothes Materials Used to Make Clothes Clothes for Special Occasions Uniforms Costumes 	 understand the importance of clothes. identify different types and styles of clothes worn in different seasons. know about different materials used to make clothes. learn about different uniforms and costumes. 	 Critical Thinking – Word Search Puzzle Art Integration – Make a picture collage of clothes worn in different seasons. Oratory Skills – Dress up and speak few lines about any uniform worn by people at work.
	Chapter – 5 Food We Eat	FoodKinds of FoodMilk ProductsMeals We EatGood Food Habits	 understand the importance of food and its types. strengthen the concept of healthy meal. differentiate between three main meals of the day. inculcate good food habits. 	Story Narration – The Very Hungry Caterpillar

				Art Integration – Draw and colour pictures of food we get from plants and animals. Pulses Pulses Pulses Fruits Pulses Fish Eggs
August	Chapter – 6 Safety Rules	Safety Safety at Home, School, in a Playground, on the Road, in a Vehicle and in a Swimming pool.	 understand the importance of safety. learn the importance of following traffic light. learn to follow safety rules at home, at school, in the playground and on the road. 	 Safety Signal Game: Representing red and green flashcard based on the given situation. Art Integration – Make a traffic light using coloured paper.
	Chapter - 7 My Family	 Family and its Types Helping Each Other Fun with Family 	 understand the importance of family. differentiate about types of families. 	 Fun with rhyme – Family song https://www.youtube.com/watch?v=Kjl5sPWcD-o Art Integration – Make a family tree and paste pictures of family members in it.

		Learning from Family	 list the ways in which they have fun with their family members. inculcate good manners and habits from their family 	Create stick puppets representing your family members and speak about the different ways in which your family takes care of you, as well as the ways you take care of them.
September	Chapter – 8 We Need Shelter	 Need of a House Types of Houses Types of Roofs Rooms in a House A Good House 	 understand the importance and need of a house. differentiate between types of houses and roofs. list different rooms in a house and its uses. learn the characteristics of a good house. 	 Critical Thinking worksheet Art Integration – Make your own house. Shelter sorting activity – Sorting pictures of various shelters according to different categories.
	Chapter – 9 Our Neighbourhood	NeighbourhoodPlaces in our Neighbourhood	 understand the difference between neighbours and neighbourhood. recall the places in their neighbourhood. learn the ways to keep their neighbourhood clean. 	Neighbourhood puzzle – Matching neighbourhood related items with neighbourhood places.

				• Art Integration – Make a collage of different places in your neighbourhood.
October	Chapter – 10 My School	 School Rooms in a School People Who Help Us in School Keeping the School Clean 	 understand the importance of school. identify the different rooms a house. learn the ways to keep their school clean. 	 School Tour Rhyme Time - https://www.youtube.com/watch?v=G5Dd96MN4pc Art Integration & Oratory Skills – Draw the picture of 'My School' and speak 5-6 sentences.
	Chapter – 11 People Who Help Us	• Our Helpers	 learn about helpers. name and describe the people who help us and make our lives comfortable. learn to respect the work done by the helpers. 	 Art Integration – Make a 'Thank you' card for the helpers. Character Enactment Activity – Dress up and act as any one helper. Word search puzzle

November	Chapter – 12 Festivals We Celebrate	 Festivals Diwali, Christmas, Gurpurab and Eid-ul-Fitr National Festivals 	 identify and understand the importance of festivals. learn the joy of sharing and caring. differentiate between National and Religious Festivals. 	 Story Time – Stories related to different festivals Art Integration – Diya decoration and Rangoli making activity. Oratory Skills – Speak few lines on the topic 'My Favourite Festival'.
	Chapter – 13 Travelling is Fun	 Means of Transport Land Transport Air Transport Water Transport 	 learn the importance of festivals. identify and classify different means of transport. learn about the uniqueness and similarity of different vehicles. 	 Rhyme Time – https://www.youtube.com/watch?v=Ut-HbauKzDw Activity Based Pedagogy – Sort and group different means of transport. Art Integration – Make means of transport using paper (ex- boat, aeroplane etc).
December	Chapter – 14 The World of Plants	 Parts of a Plant Types of Plants Food for Plants Uses of Plants 	 name the different parts of a plant. identify the types of plants. list the uses of plant and things required by a plant to grow. 	 Nature walk Art Integration – Make a picture collage of useful things we get from plants on a cut out of a tree.

	Chapter – 15 The World of Animals	 Big, Small and Very Small Animals Birds and Insects Wild, Pet and Domestic Animals Animal Homes 	 identify and categorize the different types of animals. know about the different homes of animals. 	 Seed Germination Activity Word chain game on animal names Art Integration – Draw the picture of an animal using different shapes. Critical Thinking – Word search puzzle Oratory skills – Wear the mask of your favourite animal and describe it in few sentences.
January	Chapter – 16 Water and Air	 Water on Earth Uses of Water Clean Water Air Around Us Uses of Air 	 name different sources of water list various uses of water. name different sources of water understand the need of clean water and air know the difference between wind, storm and breeze 	 Explanation through hands-on activities and demonstration about water and air. Toy Pedagogy – Make a paper fan using origami sheets. Art Integration – Make a poster on 'Save Water'

February	Chapter – 17 Weather	 Weather Sunny and Hot Day Cold Day Cloudy Day Windy Day Rainy Day 	 learn the uses of air know the meaning of weather. understand about the weather conditions on different days – sunny and hot day, cold day, cloudy day, windy day and rainy day. 	 Rhyme Time – https://www.youtube.com/watch?v=9W5CzIi7Zk8 https://www.youtube.com/watch?v=tfAB4BXSHOA Explanation through hands-on activities, demonstration and discussion. Art Integration – Make a rainbow on a paper plate using fingerprints.
March	Chapter – 18 In the Sky	SunMoonStarsClouds	 differentiate between the day and the night sky. explore and know some facts about the sun, the moon, stars and clouds. 	Rhyme Time — https://www.youtube.com/watch?v=vcUyDAO1Fk0 Art Integration — Make different phases of Moon using clay. Art Integration — Day and Night sky craft activity

Maths

Book	Mathematics Textbook cum Workbook-1				
Month	Topic	SubTopic	Learning Outcome	Teaching Methodology	
APRIL	Pre-Number Vocabulary	 Bigger-Smaller Longer Shorter Taller-Shorter Thicker-Thinner Heavier-Lighter Nearer-Farther Inside Outside On-Under, Top-Bottom, Inside Outside 	Students will be able to: • develop vocabulary and connect it to real-life experiences.	Art Integration: Creating illustrations to demonstrate prenumerical vocabulary instances. Story Narration: The story will be narrated using vocabulary appropriate for pre-number concepts.	
	Measurement of Length	 Comparison of Lengths: Longer and shorter. Non-Standard units of measurements: Measuring using Handspan, cubit, pace and fingers. Practical Applications: Measuring objects in the classroom and surroundings. 	compare the lengths of two or more objects visually. They will measure lengths and distances using non-standard units of measurement.	Observing and comparing the lengths of two things to identify longer/ shorter objects. Demonstration Method Students will measure the length of the following items using nonstandard units: classroom - footspan, book - handspan, pencil box - fingers.	

	Measurement of Weight	Comparing Weights: Comparing the weights of objects by size and quantity. Measuring weights using balance and weighing scale. Estimating Weights: Estimating weights using a balance scale.	differentiate between lighter and heavier things.	Students will be guided to hang two different objects on the edges of the hanger and then the learners will observe that the lighter side will always go upwards.
MAY	Numbers One to Nine and zero	 Counting Numbers Learning to count from 1 to 10 Writing Numbers Writing Nos. from 1 to 10 in numerals and words. Number Order Understand the correct order of numbers from 1 to 10. Understanding 0 as a number 	understand the value of zero compared to other numbers. Reinforce the concept of correlation.	 Story Narration Concept of Zero through a rhyme. Objects will be drawn for the numbers given. Art integration (Matching Activity) Draw and match the numbers with jumbled number names.

			Number Names I-10 ONE II ONE
• Numbers from 10-20	 Practice counting and spelling numbers in sequence from 10 to 20. Comparison of numbers comparing numbers between 10 and 20 using symbols (>, =, <) Greatest and smallest identifying and arranging numbers from greatest to smallest. Before after and between identifying numbers in sequence Counting backwards Ascending and descending order 	 enhance cognitive ability. classify greater and smaller numbers. build the concept of random and backward counting. 	Guess the number game. Pick the greatest number card. Toy Pedagogy With the help of a hand puppet of an alligator which is always hungry for the greater number, the concept of comparison of numbers will be enhanced.

	Ordinal Numbers	 Define ordinal numbers from 1 to 10. Arranging objects or events in order and identifying their positions. 	identify the position of an object a person.	Story Narration Students will comprehend the story about ordinal numbers and identify positions.
AUGUST	• Shapes	 2D shapes identification and introduction: Circles, circles, squares, triangles, and rectangles. Properties of 2-D shapes: sides and corners Tracing and drawing: outlining 2D shapes Recognizing shapes in the real world. 	 recognize and draw horizontal vertical and slanting lines. identify objects in the environment and corelate with shapes. recognize and trace 2D objects of circle, square, rectangle and triangle shapes. 	Art Integration Shape Garden- Students will draw a garden of different shapes. Clay Modelling Students will make different shapes using clay.
	• Patterns	 Recognizing patterns in the real world. Identifying patterns: recognizing repeating patterns. 	 identify and describe the patterns in terms of geometrical shapes in the surroundings, numbers, and letters. identify and extend the pattern in a sequence in accordance with shapes, 	Art Integration Learners will create their own patterns using thumb printing, leaf printing, and vegetable printing. Also, by using

SEPTEMBER • Numbers from 1-100	 Extending patterns with colours, shapes, and numbers. Patterns in everyday life Creating patterns: Designing their patterns using objects, shapes, and numbers Recognizing and writing numbers in word and numeral form from 1 to 100 Comparison of Numbers: greater than, less than, and equal to Place value understand the place value of numbers from 1 to 100(tens and ones) 	 classify greater and smaller numbers up to 100. compare different objects. observe numbers pattern. identify the number order. arrange the numbers in ascending and descending order. 	Toy Basket Compare the number of objects in the given collection. Observe the height Height of students will be observed and arranged according to ascending and descending order
OCTOBER • Addition	 Addition of single digit numbers using objects and numbers line Number Combinations: making different number combinations of a 	 strengthen the concept and properties of addition. add numbers up to 9 using real objects and number lines. identify and make different number 	Toy pedagogy Objects like spoons, ice-cream sticks, etc will be used to make different number combinations.

	 Addition by counting forward: Learning to count forward with the mind and finger method Order property of addition: Changing the order of the numbers does not change the sum. Addition of two-digit numbers without regrouping Adding 1 and 0 	 combinations for agiven number. add single-digit numbers and 2-digit numbers without regrouping. 	anthright with the second of t
Skip Counting	 Skip counting in 2's skip counting in 5's skip counting in 10's 	 count in 2's, 3's, 5's, and 10's recognize the difference to follow the pattern of skip counting and complete thesequential order. 	Use Paper clips on a paper plate Students will place the clips in between the numbers according to the given skip count.
NOVEMBER • Subtraction	Concept of subtraction: Understanding subtraction as taking away or counting backward.	 strengthen the concept and properties of subtraction subtract numbers upto 9 using real objects and number line 	Art Integration (Smash the Dough) Students will create clay balls, and the number of balls will

		 Subtraction using objects: using objects or number lines for subtraction. Subtraction with numbers 1 to 10 on the number line. Subtraction of two-digit numbers without Regrouping. Subtracting one and zero 	 subtract single-digit numbers subtract 2-digit numbers without regrouping identify and make different number combinations for a given number. 	be smashed according to the specified number combination.
	Measurement of Time	 Daily activities and time: connecting daily activities with specific times. Sequence of events: Understanding the sequence of events (morning, afternoon evening). Duration of activities: comparing durations (shorter or longer activities). 	 comprehend the sequence of events in a day. classify events occurring at different times of the day. predict the difference between longer and shorter events. 	Clock Making Activity Students will learn how to make a clock and understand the two hands of it.
DECEMBER	• Money	 Indian currency: identifying Indian coins and notes. Understanding the value of different coins are notes. Creating Amounts: Using Different Combinations to 	 recognize Indian money (coins and notes). Practice counting amounts of money 	Toy Pedagogy Toy shopping activity will be conducted in the class with the help of fake/play money.

		Achieve the Same Total. Solving practical problems related to money transactions.		prekindens cont
	Odd and Even Numbers	 Identifying odd & even numbers. Odd and even number pattern. exploring Even and Odd with objects 	group and count the objects in pairs. Recognize the grouping of even numbers in pairs and odd numbers that cannot be paired.	Pair Up Activity Sorting and grouping of ice cream sticks (Numbers 0 to 9) as odd and even.
JANUARY	Multiplication	 Repeated addition: understanding multiplication as repeated addition. Introduction to tables: Building and memorizing tables 2 and 3 	 understand the grouping of numbers and repeated addition observe and understand the relationship between repeated addition and multiplication write multiplication facts for a given repeated addition sum 	Art Integration • Showing multiplication as repeated addition using stickers/bindis or other manipulatives. Toy Pedagogy

	Building tables using the number grid.	• read the number grid based on multiplication.	• Building multiplication tables of 2 and 3 using ice cream sticks.
Measurement of Capacity	 Introduction to capacity: explaining capacity as the amount of space a container can hold. Comparing capacity: Comparing two containers to determine which one holds more or less Estimating capacity Estimating the capacity of different objects like glass, bowls, and buckets based on their size. 		Toy Pedagogy • Using a cup/glass to measure the capacity of different vessels. • Measuring and comparing the capacity of a jug using cups of different sizes. The tumbler sizes. The tumbler can hold 2 tumblers of water. The tumblers of water. The tumblers of water. The vessel can hold 10 tumblers of water. The vessel can hold 10 tumblers of water.
FEBRUARY • Calendar	 Days of the week: Identifying and ordering the days of the week Months of the Year Naming and ordering the months 		Calendar Word Wall Activity Questions will be pasted on the calendar word wall and the learners will recall and write the name of the day and the month accordingly.

	Calendar reading: Locating dates on a calendar.	Day Thursday Date O.1 Month Joed 2002 Weather Season Weather	Chart Activity Students will accumulate the data as per the classroom surroundings and classify it on a chart.
Data Handling	 Collecting data: Gathering information through counting and observation Collecting data: concluding Data present in graphs. Practice examples: conducting surveys and presenting findings 		Snacks Number of Friends 8 3 4 5 8

MARCH	Revision of - • Addition	Addition of two-digit numbers without regrouping.	comprehend and solve number stories based on addition.	Solving number stories based on addition. Word Problems I put 5 candy canes in the just 5 the just 4 more in the jar. How many are in the jar now?
	• Subtraction	Subtraction of two-digit numbers without regrouping.	comprehend and solve number stories based on subtraction.	Solving number stories based on subtraction. Porky bought 7 toffees from shop. He ate 2 toffees on his way home. How many toffees will remain? 7 2 5
	Multiplication	Building and memorizing tables of 2 and 3.	write and recite tables.	Solving number stories based on multiplication without regrouping. 2 x 1 = 2

Logical Reasoning and Aptitude

Book	Logic and Be	eyond Level 1		
Term/Month	Topic	Subtopic	Learning Outcome	Teaching Methodology
April	Verbal Aptitude	• Analogy (Pg 7-11)	Students will be able to: • understand the relationship between numbers, letters, words, and objects while improving reasoning skills.	Visual Learning- flashcards with pictures of objects and ask students to draw parallels, eg, a shoe is to a foot as a glove is to a
		• Series (Pg. 12-14)	• learn pattern recognition and sequencing skills.	Activity-based learning (Provide students with cards of letters and ask them to arrange in sequence).
May	Verbal Aptitude	• Odd one out (Pg 15-17)	• identify the differences and learn to classify things.	Visual Learning (Flashcards- Show pictures and ask students to find the one that doesn't belong- cat, dog, apple, and lion. (The Apple is the odd one out).
		• Ranking (Pg. 18-22)	• develop sequencing and logical reasoning skills.	Play-Based learning (Collect leaves of different sizes to arrange them from smallest to biggest).
July	Verbal Aptitude	• Coding – Decoding (Pg 23-26)	• develop their critical thinking and decoding skills.	Inquiry Based Learning (Show a simple code -a= \bigcirc , b= \triangle , c= \bigcirc , and ask them to decode a message.
	Non-Verbal Aptitude	• Analogy (Pg 27-32)	• understand the relationship between numbers, letters, words, and objects	Pictorial analogy- Flashcards

			while improving reasoning skills.	
August	Non-Verbal Aptitude	• Patterns (Pg 33-38)	• learn to recognize a pattern.	Learning by doing – Flashcards: Complete the pattern
		• Grouping (Pg 39-44)	• enhance their ability to understand equal distribution.	Show and tell- Show a basket having fruits, vegetables, and things. Ask students to sort them into 3 categories.
September	Non-Verbal Aptitude	• Odd one out (45-48)	• identify the differences and learn to classify things.	Visual Learning (Flashcards- Show pictures and ask students to find the one that doesn't belong).
		• Matching (Pg.49-54)	• enhance their observation and reasoning skills.	Play-Based-Matching cards: One set of cards has numbers, and one set of cards has shapes.
October	Non-Verbal Aptitude	• Ordering (Pg. 55-59)	• develop logical sequencing skills	Play-Based- Arrange the days of the week in correct order. Monday Tuesday Friday Wednesday Thursday Sunday
November	Quantitative Aptitude	• Numbers (Pg. 60-63)	• develop their comparison and decision making skills.	Kinesthetic learning -The Class will be divided into groups. Each group will be given a number. The group will collect the objects from the class that match the number card.

December	Quantitative Aptitude	• Simple Mathematical Operation (Pg. 64-67)	• learn to compare numbers and calculate differences.	Demonstrative and Activity-Based- Using objects to demonstrate addition and subtraction.
January	Quantitative Aptitude	• Series (Pg. 68-70)	• learn pattern recognition and sequencing skills.	Activity Based learning (Arrange the number cards in correct sequence- 2,48,10
	Quantitative Aptitude	Measuring Units (Pg. 71-76)	 enhance their observation and reasoning skills by comparing weights. 	Activity-Based Light and Heavy Bring some objects and ask students to measure them on a ruler/scale-pencil, eraser, crayon, notebook, etc.
February- March	Quantitative Aptitude	• Geometrical Shapes (Pg. 77-82)	• enhance their classification skills while improving their ability to identify shapes in the real world.	Activity Based- Show pictures of different shapes (circle, rectangle, triangle) and ask students to identify them in the environment.

Co-Scholastic Syllabus

General Awareness

Book	New GK Plus
Month	Topic
	Term 1
April	Unit 1: Our Friends- Animals and Plants – Pages 5,6,7,8,9
May	Unit 1: Our Friends- Animals and Plants – Page 10
	Unit 2: My Country India – Pages 11,12,13
July	Unit 2: My Country India – Pages 14,15,16
	Unit 3: Playful Sports and Games – Pages 17,18
August	Unit 3: Playful Sports and Games – Pages 19,20
	Unit 4: Entertainment – Pages 21,22
	Unit 5: Tales and Texts – Pages 23,24
September	Unit 5: Tales and Texts – Pages 25,26,27,28,29,30
	Term 2
October	Unit 6: Science Wonders – Pages 31,32,33,34
	Unit 7: Information Technology – Pages 35
November	Unit 8: Our Surroundings – Pages 36,37,38,39,40,41
December	Unit 9: Mother Nature – Pages 42,43,44
	Unit 10: World Around Us – Pages 45,46,47,48
January	Unit 10: World Around Us – Pages 49,50,51,52
February	Knowledge Galore – Page 53
	Mental Ability and Logical Reasoning – Pages 54,55,56
	Brain Teasers – Page 57
	Amazing Trivia – Page 58
March	Olympiad Practice Papers – 1,2,3

Computer

Book	Bits to Bots
Month	Topic
	Term 1
April	Chapter 1: Computer - A Magic Machine
May	Chapter 2: Computer – It's Parts and Uses
July	Chapter 3: The Keyboard and Mouse
August	Chapter 4: Paint – Introduction
September	Chapter 5: Tux Paint – Introduction
	Term 2
October	Chapter 6: Patterns and Puzzles
November	Chapter 7: Scratch Jr – An Introduction
December	Chapter 7: Scratch Jr – An Introduction (Continued)
January	Chapter 8: Introduction to Artificial Intelligence
February	Chapter 8: Introduction to Artificial Intelligence (Continued)
March	Revision

Craft

Book	Art Express
Month	Topic
April	Book page - 13 – Independence Day (cotton
	impression)
	File work – Paper Fan (book page - 19)
May	Book page – 17 – Dinosaur Safari (lady finger impression)

July	Book page – 21 – Bouncy Bear (wool pasting) File work – Mother's Day greeting card - (book pages – 28-30)
August	Book page - 22 – Walt Disney (sticker pasting)
September	Book page - 16 – Krishna Janmashtami (Sequins and cotton pasting) File work – Fluttering Butterfly – Painting with a stencil (book page – 24)
October	Book page – 25 – Dancing Peacock (thumb impression) File work – Pasta Reindeer - (book page – 31)
November	Book page - 26 – Happy Diwali (Glitter and sequence pasting)
December	Book page - 27 – Artistic Flowers (Pencil shaving and wood powder pasting) File work – Pigeon – Origami (book page - 33)
January	Book page - 37 – Rainbow (paper collage)
February	File work - Be – Beyond the Frame – Pop Art (book page - 38)
March	Book page – 23 – Water Queen Fish (earbud impression)

Art

Book	Art Express
Month	Topic
April	Book pages – 4,5 File work – Topic: Wonder colours
May	Book page – 6 File work – Topic: Snowy Mountains

July	Book pages – 7,8 File work – Topic: Happy Kid
August	Book page – 9 File work – Topic: Flying Kites
September	Book pages – 10,11 File work – Topic: The Princess
October	Book page – 12 File work – Topic: Slimy Snail
November	Book pages – 14,15 File work – Topic: Bird Palace
December	Book page – 18 File work – Topic: Colourful Parrots
January	Book pages – 20,32 File work – Topic: Tiny Fish
February	Book page – 34 File work – Topic: Otto Octopus
March	Book page – 35,36 File work – Topic: Happy Holi

Dance

Month	Topic
April	 Introduction of 'Bhoomi- pranam' in basic knowledge of 'Odissi' dance.
	• Step no. of 1& 2 of the 'Chowk'.
May	• Step of dance of 'Expression'.
July	Practice of first two steps of the Odissi dance.
	Steps of the Patriotic song

August	Steps of Janmashtami.
September	Two Physical exercises related to 'Odissi' dance.
	Steps of folk dance with festival themes.
October	• Steps no.3&4 of 'Odissi' dance.
November	Steps of Teacher's Day dance song.
December	Steps of Christmas song
January	Practice of Step No. 4.
February	Practice of all steps and hand movements of the 'Odissi' dance.
March	Practice of all steps and hand movements of the 'Odissi' dance.

Music

Month	Topic
अप्रैल	सरगम का अभ्यास ,आरोह अवरोह प्रार्थना अभ्यास ,तुम्ही हो माता स्थाई का अभ्यास और जो खिल सके ना अंतरे का अभ्यास
मई	ऐ मालिक तेरे बंदे हम प्रार्थना अंतरा प्रथम का अभ्यास
जुलाई	देश भक्ति गीत सारे जहाँ से अच्छा स्थाई का अभ्यास
अगस्त	देश भक्ति गीत-"पर्वत वो सबसे ऊंचा" अंतरा का अभ्यास
सितम्बर	शिक्षक दिवस गीत –"नन्हे से कदम"का अभ्यास
अक्टूबर	गांधी जयंति गीत 🗕 ''दे दी हमें आज़ादी'' स्थाई अंतरा का अभ्यास

नवम्बर	दीप जलाओ दिवाली गीत का अभ्यास दिवाली
दिसंबर	क्रिसमस गीत —"जिंगल बेल"अभ्यास
जनवरी	प्रेरणा दायक गीत का अभ्यास , संभल-संभल के चलता चल स्थाई अंतरा का अभ्यास
फरवरी	सरस्वती वंदना-"हम बचे तेरे"स्थाई अंतरा का अभ्यास
मार्च	अभ्यास

Physical Education

Month	Topic
April-May	Yoga
	Tadasana (Mountain pose)
	• Vrikshasana (Tree pose)
	Ball Game
	• Passing the ball
	Throwing and catching
	PEC Activity
	Movement with a ball
	Swimming
	• Float & Bubble
	Additional Specialized sports
	• Cricket
	• Chess
July	Hit the target
	Make a pyramid with the cone

	Ball balancing with cone
	Skipping
	Single hop
	Balancing on one leg
	PEC Activity
	 Zigzag pathways
	Swimming
	Floating with hands movement
	Additional specialized sports
	• Tennis
	Table tennis
August	Chasing game
	• Chain
	Follow the leader
	• Ice & water
	PEC Activity
	Rhythmic activities
	 Jumping, hopping & twisting
	Swimming
	Floating with hands
	Additional specialized sports
	• Football
	• Athletics
September	Athletics
	Standing stance
	• Races (practice)
	Single leg hop
	Swimming
	• Float and free style
	Additional specialized sports
	Basketball

	• Yoga
October	Annual Athletic Meet
	 Practice for races
	Additional specialized sports
	• Yoga
	• Chess
November	Dodging Skill
	 Dodgeball
	 Dog and bone
	Collecting the ball
	PEC Activity
	Bean bag balance race
	Additional specialized sports
	• Athletics
	• Yoga
December-January	Football kicking
: : : : : : : : : : : : : : : : : : :	 Dribbling & passing
	Hitting & kicking
	Yoga
	Meditation
	Laughter exercise
	Balloon breathing
	PEC Activity
	Throw & run
	Additional specialized sports
	Rope skipping
	• Table tennis
February-March	Bean bag activity
-	Throw the bean bag

PEC Activity

Rolling the ball/toe touch
Passing the ball
Additional specialized sports

- Chess
- Cricket

Traditional Games

• Stapu (Hopscotch)