YEARLY PLANNER CLASS – IV 2025-26

SUBJECT: ENGLISH

TERM-I (APRIL – SEPTEMBER)

APRIL

Recapitulation of Basic Concepts: Bridging the gap- Regular Handwriting, Spelling Exercise. Sentences, Nouns, Pronouns, Punctuation, Regular Reading and Speaking Exercises.

Reading Comprehension	: Unseen Passage
Writing Skills	: Story writing, Application Writing
Grammar	: Nouns- Collective Nouns, Types of Gender, Countable
	and Uncountable Nouns
Literature	: Chapter 1 Same- Same or Different?
	Activity: Class will be divided into pairs or groups.
	Each group will be given a set of objects or pictures.
	Students must compare the objects/pictures and determine
	how different one object is from the other. They will also
	tell the quality of each object.
	Chapter 2 Recess! Oh, Recess!
	Activity: Students will be given a designated area in class
	where they will put up a collage of the interesting
	activities they engage in during recess. They will be asked
	to name the activity.
Speaking Skill Activity	: Describe someone
MAY	
Reading Comprehension	: Unseen Passage
Writing Skills	: Informal Letter, Story Writing
Grammar	: Sentences – Types of Sentences, Positive and Negative
	Sentences, Subject and Predicate
Literature	: Chapter 3 The Clever Little Tailor
	Activity: Students will be asked to suggest an
	alternative ending to the story where the tailor faces
	different challenges.
Speaking Skill Activity	: Role-play using polite phrases

<u>JULY</u>

Reading Comprehension	:	Unseen Passage
Writing Skills	:	Describe a scene
Grammar	:	Adjectives, Preposition
Literature	:	Chapter 4 The Polka Dot Lady
		Activity: Students will make a bookmark of their favorite
		character of the story.
		Chapter 5 Fable
		Activity: Many children were awarded the prestigious 'Bal
		Puraskar' award for their exceptional contributions and
		talents. Each one of us has some talent. Ask students to write
		about their unique talents and present it in front of the class in
		the form of a speaking activity.
Speaking Skill Activity	:	Know someone better first time

AUGUST – SEPTEMBER

Reading Comprehension	:	Unseen Passage
Writing Skills	:	Paragraph Writing
Grammar	:	Pronoun- Possessive Pronoun, Demonstrative Pronoun,
		Reflexive Pronoun
Literature	:	Chapter 6- The Millionaire Miser
		Activity: Class will be divided into groups.
		Students will prepare a skit on their imagination about
		the story and act it out in front of the class.
		Chapter 7 Topsy- Turvy World
		Activity: Students will be asked to design a poster
		of a world of their imagination.
Speaking Skill Activity	:	Ask for and give opinions

Collaborative Learning

Project I – Express Gratitude by making a card. (Integrating Art with English Language)

TERM II (OCTOBER – MARCH)

OCTOBER

Reading Comprehension	: Unseen Passage
Writing Skills	: Summary writing
Grammar	: Tenses - Subject-Verb agreement
Literature	: Chapter 8- Proof of Innocence
	Activity: Students will be asked to research about
	Tenali Raman's anecdotes and narrate it in class. They
	will be sharing their learning in class.
	Chapter 10- The Moon
	Activity: Students will be asked to create a journal
	and observe and record the moon's appearance for a
	week. They will write down what they have observed
	during the week and share their observations with the class.
Speaking Skill Activity	: Talk about feelings
<u>NOVEMBER</u>	
Reading Comprehension	: Unseen Passage
Writing Skills	: Opinion writing
Grammar	: Adverbs – Comparison of Adverbs
Literature	: Chapter 9 Cars and Kites
	Activity: Students will be asked to bring an object they
	enjoyed making with their parents. They will also
	describe the process of making the object.
Speaking Skill Activity	: Greet others
DECEMBER	
Reading Comprehension	: Unseen Passage
Writing Skills	: Prepositions
Grammar	: Chapter 11 Long Bony Fingers
Literature	: Activity: Students will be asked to make a
	Halloween Mask and wear it in class accompanied by an
	act.
	Chapter 12 The Lobster Quadrille
	Activity: Students will be asked to Draw three pictures of sea
	creatures using creative ideas.
Speaking Skill Activity	: Make a distress call

JANUARY- FEBRUARY

Reading Comprehension	:	Unseen Passage
Writing Skills	:	Recipe Writing, Biography Writing
Grammar	:	Articles, Conjunctions
Literature	:	Chapter 13- The Candy
		Activity: Students will be asked to Express about
		their school recess time to their dearest cousin
		through a message in a greeting card.
		Chapter 14 Kathakali
		Activity: Students will be asked to create graffiti using
		taglines of famous dancers of different cultures.

Collaborative Learning

Project II – Take a Survey on essential home items. (Integrating Art with English Language)

Books:

- 1. Amber- Course Book published by Indiannica Learning
- 2. The Grammarite published by Indiannica Learning

विषय : हिन्दी प्रथमावधि (अप्रैल - सितम्बर) पाठ -1 से पाठ - 8

(अप्रैल)

* मात्राओं का अभ्यास (मौखिक एवं लिखित), शुद्ध उच्चारण, सुलेख, श्रुतलेखन, वाक्य रचना, चित्र वर्णन, रचनात्मक कार्य, अतिरिक्त पठन आदि।

श्रवण कौशल	:	कविता वाचन, शुद्ध उच्चारण, अभिनयपूर्ण लयात्मक वाचन
वाचन कौशल	:	मेरा परिचय, प्रकृति हमारी मित्र
पठन कौशल	:	पाठ - 1 प्रकृति कहती है (कविता) पाठ - 2 अद्भुत बातें
लेखन कौशल	:	अनुच्छेद लेखन - प्रकृति हमारी सबसे अच्छी शिक्षक, चित्र वर्णन
व्याकरण	:	वर्ण - विच्छेद, संयुक्त व्यंजन, लिंग * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।

(मई)

श्रवण कौशल	:	मेरे बचपन की मज़ेदार घटना, मेरा अनोखा सपना
वाचन कौशल	:	मेरा परिवार , मेरा विद्यालय
पठन कौशल	:	पाठ -3) शेखचिल्ली का सपना
लेखन कौशल	:	अनुच्छेद लेखन - व्यायाम का महत्त्व , चित्र वर्णन
व्याकरण	:	संज्ञा , सर्वनाम , वचन * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।

(जुलाई)

श्रवण कौशल	:	जीवन में आत्मनिर्भरता का महत्त्व , विनय , विवेक ,विश्वास का अर्थ एवम्
		महत्त्व
वाचन कौशल	:	शिष्टाचार, देश – प्रेम की भावना
पठन कौशल	:	पाठ - 4) पुष्प की अभिलाषा (कविता) पाठ - 5) अर्जुन सिंह
लेखन कौशल	:	अनुच्छेद लेखन - मेरा प्रिय स्वतंत्रता सेनानी, चित्र वर्णन
व्याकरण	:	क्रिया, मुहावरे, पर्यायवाची , विलोम शब्द * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।

(अगस्त - सितंबर)

श्रवण कौशल	: त्योहारों का महत्त्व, देशभक्ति की कहानियां
वाचन कौशल	: मेरा प्रिय अध्यापक, समय के महत्त्व को समझना
पठन कौशल	: पाठ - 6 पोंगल (लेख) पाठ - 7 बात ऐसे बनी (कहानी)
लेखन कौशल	पाठ - ८) समय का महत्त्व : अनुच्छेद लेखन – त्योहारों का महत्त्व, समय का महत्त्व, मेरा प्रिय मित्र, चित्र वर्णन
व्याकरण	: संज्ञा, कारक, विशेषण, काल * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।
	द्वितीयावधि (अक्टूबर से मार्च) पाठ 9 से पाठ-16 (अक्टूबर)
श्रवण कौशल	: महात्मा गांधी की आत्मकथा, समस्या – समाधान जैसी प्रवृत्तियों का विकास
वाचन कौशल	: तेनालीराम की कोई एक शिक्षाप्रद कहानी
पठन कौशल	: पाठ - 9 डॉ° ए० पी० जे० अब्दुल कलाम पाठ - 10 ईदगाह
लेखन कौशल	: अनुच्छेद लेखन- मेरा परिवार, मेरी प्रिय अध्यापिका , चित्र वर्णन
व्याकरण	: विशेषण, विराम चिह्न, अनेकार्थी * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।
	(नवम्बर)
श्रवण कौशल	: प्रकृति का संरक्षण, वृक्षों का महत्त्व
वाचन कौशल	: परिवार के प्रति प्रेम, प्रकृति-प्रेम
पठन कौशल	: पाठ - 11 बकरी और भेड़िया पाठ - 12 पेड़ का दर्द
लेखन कौशल	: औपचारिक – पत्र
व्याकरण	: क्रिया, श्रुतिसम भिन्नार्थक शब्द * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।

(दिसंबर)

श्रवण कौशल	:	मेरी अविस्मरणीय यात्रा , पर्यावरण सुरक्षा
वाचन कौशल	:	तुरत बुद्धि, पर्यावरण -प्रेम
पठन कौशल	:	पाठ -13) यात्रा जो पूरी न हो सकी पाठ -14) पानी और रसगुल्ले
लेखन कौशल	:	अवकाश हेतु प्रार्थना पत्र।
व्याकरण	:	काल, कारक चिह्न, वचन * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।

		(जनवरी – फरवरी)
श्रवण कौशल	:	मेरा भारत महान, जल व बिजली का महत्त्व
वाचन कौशल	:	प्राकृतिक संसाधनों के प्रति सजगता, अच्छी आदतें
पठन कौशल	:	पाठ – 15) अब्राहम लिंकन का पत्र पाठ – 16) गुरुत्वाकर्षण बल (विज्ञान कविता)
लेखन कौशल	:	प्रार्थना-पत्र, चित्र वर्णन
व्याकरण	:	शुद्ध वाक्य जानना, योजक शब्द ,विशेषण – विशेष्य * प्रत्येक सप्ताह विद्यार्थियों द्वारा उच्च स्वर में पठन अभ्यास । * मल्टीमीडिया का प्रयोग ।

पुस्तक का नाम : सुनहरी धूप (भाग -4) प्रकाशन : रचना सागर * नमस्कार महामंत्र एवं राष्ट्रगान हिंदी पाठ्यक्रम का महत्त्वपूर्ण हिस्सा हैं।

SUBJECT- MATHEMATICS

TERM-I (APRIL-SEPTEMBER)

MONTH	CHAPTER/TOPIC	ACTIVITY	MENTAL MATHS
APRIL	CHAPTER-1 NUMBER SYSTEM	-Cut out 5 or 6-digit numbers from the newspaper and paste it in your notebook and round off the numbers.	Exercise- 1,2,8,9,10,11,12,13,14,1 5
		- Roll 2 dice to get a 2-digit no. and represent the numbers using toothpick or ice-cream sticks.	
	CHAPTER-2 ADDITION AND SUBTRACTION	- Make 2 wheels, divide it into 8 equal parts and write different 5- or 6-digit numbers on it. Spin the pencil one by one and then add or subtract the numbers.	Exercise-
		- Represent addition and subtraction on abacus tool	2,16,17,18,19,20,21,22,2 3,24,25,26
MAY	CHAPTER-3 MULTIPLICATION	 Multiplication Bingo Cut out a handprint butterfly and ask students to write numbers on the fingers made on the butterfly. Let their partner fold 	Exercise- 3,27,28,29,30,31,32,33
JULY	CHAPTER-4	any 2,3 fingers and then multiply those numbers written on them. - Division Bingo	Exercise-
	DIVISION	- Division as repeated subtraction using different colors.	3,34,35,36,37,38,39,40,4 1,42,43
	CHAPTER-5 PLAYING WITH NUMBERS	- Ask students to make a factor tree using different shapes in their notebooks.	Exercise- 44,45,46,47,48,49,50,51, 52,53,54,55
		- Observe the number plate of any car or bike and write its number in your notebook and mention if it is odd or even.	
AUGUST – SEPTEMBER	CHAPTER-8 GEOMETRY	- Instruct students to draw and color a scenery using open and closed figures.	Exercise- 4,101,102,103 Miscellaneous-54 and 81
		- Construct circles with different radii and create a beautiful pattern using them.	

TERM II (OCTOBER- MARCH)

OCTOBER	CHAPTER-6 FRACTIONS	- Make a fraction rangoli	Exercise- 4,56,57,58,59,60,61,62,63,
		- Identify paper strips as fractions.	64,65,66,67,68,69,70,71
	CHAPTER-7 DECIMALS	- Make a Place value chart - Give students a grid paper	Exercise- 72,73,74,75,76,77,78,79,80
		and a decimal number to represent on the grid paper.	
NOVEMBER	CHAPTER-9 PATTERNS AND SYMMETRY	- Take a sheet, fold it in half and cut out any design from the folded side. Open it and paste it on the sheet.	Exercise- 84,85,104
		- Draw a tessellation using any shape.	
	CHAPTER-10 MEASUREMENTS	- Measure length and weight of different objects.	Exercise- 7,82,83,94,95,96,97,98,99, 100
DECEMBER	CHAPTER-11 TIME	Make a clock.Make a calendar.	Exercise- 5,86,87,88,89,90,91,92,93
	CHAPTER- 12 MONEY	- Conduct a virtual shop in the classroom.	Exercise- 6 and 75
		- Collect different bills and paste in your notebook and solve the questions related to it.	
JANUARY- FEBRUARY	CHAPTER-13 MENSURATION	- Cut out different shapes measure them and find its area and perimeter.	Exercise- 105,106,107,108,109,110, 111,112
	CHAPTER-14 DATA HANDLING	- Make a pie chart using colored sheet cut outs.	Exercise- 7,113,114,115,116,117
			Miscellaneous- 118

PRESCRIBED TEXTBOOK: CAMBRIDGE MATHS MILESTONE AND SUMMORE NAME OF THE PUBLISHER: CAMBRIDGE UNIVERSITY PRESS AND BHARATI BHAWAN

SUBJECT- ENVIRONMENTAL SCIENCE

TERM I (APRIL - SEPTEMBER)

MONTHS	CHAPTERS	ACTIVITIES
APRIL	CHAPTER 1: VITAL PARTS IN OUR BODY	ART INTEGRATED: Students will be asked to make a 3D craft with the help of straw, string, clay etc.
		ORGAN SYSTEM CHART of all the systems will be shown to students.
		ROLE PLAY: Students will play the roles of different parts of body.
	CHAPTER 3: FOOD WE EAT	ART INTEGRATED: BALANCED DIET CHART Students will be asked to create a balanced diet chart for themselves for all the three meals on the chart paper.
	CHAPTER 6: OUR COMMUNITY	MAKE A REPORT: Students will be divided into groups. Each group will choose one community and collect information about it.
MAY	CHAPTER 2: SAFETY AND HEALTH	ROLE PLAY – Students will play the role of various communicable diseases. SLOGAN WRITING: Students will write
		Slogan on 'Safety and Good Health'.
	CHAPTER 4: AN IDEAL HOUSE	COLLAGE MAKING- Students will make a collage on different houses found in different regions.
		ART INTEGRATED: Students will be asked to prepare a Mud House using clay.
	CHAPTER 7: COMMUNITY SERVICES	CONCEPT MAP
		ROLE PLAY- Class will be divided into two groups, one group will act as gram panchayat and other as villagers.
		QUIZ: Students will be given a quiz based on the chapter.
	CHAPTER 10: LAND AND PEOPLE OF NORTHERN INDIA	LET'S CREATE: Create a collage on the special features of Northern India

JULY	CHAPTER 8: CARING AND SHARING	TEMPLE VISIT OR MUSEUM VISIT- Students will visit museum or temple to learn about different rules to be followed by the people.
	CHAPTER 11: LAND AND PEOPLE OF SOUTHERN INDIA	ICT- Video on the story of how "TRADE" through sea routes and role of Vasco-da- Gama in the discovery of sea route to India and Europe.
	CHAPTER 13: THE GREAT RULERS OF INDIA.	PROJECT PRESENTATION: Students will be asked to prepare a project on any kingdom and present in the class.
	CHAPTER 18: PLANT LIFE	OBSERVATIONAL JOURNAL: Students will prepare a journal of growth of a plant.
		LET'S CREATE: Students will create a 3-D MODEL on Parts of Plant.
		NATURE WALK- Students will visit school garden to observe various types of flowering and non-flowering plants and structure of their leaves.
AUGUST- SEPTEMBER	CHAPTER 9: MAP READING- LOCATING PLACES	DEMONSTRATIVE ACTIVITY: To understand directions and features of map.
		LET'S CREATE: Students will create a map of their house, including all the key features and symbols.
	CHAPTER 16: STORY OF WHEEL	QUIZ: Students will be given a quiz based on the chapter.
		ROLE PLAY as a Wheel
	CHAPTER 19: ANIMALS	ILLUSTRATION: Students will prepare an
	LIFE - REPRODUCTION IN	illustration on life cycle of frog and Butterfly.
	ANIMALS	ROLE PLAY: To act out the life cycle of butterfly using props.

TERM-II (OCTOBER- FEBRUARY)		
OCTOBER	CHAPTER 5: OUR CLOTHES	ART INTEGRATED: Prepare a chart to show the journey of fibre to fabric.
	CHAPTER 14: FAMOUS TRAVELLERS TO INDIA.	QUIZ: Students will be given a quiz based on the chapter.

	CHAPTER 17: TRANSPORT AND COMMUNICATION	COMPARATIVE CHART- Students will be asked to prepare a chart showing a comparison of personal and mass communication.
		LET'S WRITE: Poem on different means of communication and transport.
NOVEMBER	CHAPTER 15: ELECTIONS IN INDIA	ACTIVITY: - Classroom Election To conduct a mock election where students vote for a Class Monitor and Prefect.
		ROLE PLAY: Students play the roles like candidates, campaign managers and voters and give short speeches before the vote.
	CHAPTER 20: AIR WE BREATHE	LET'S DO: ACTIVITY: - To show that Air exerts pressure.
		Balloon Activity- To show that air has weight.
		Candle and Glass Activity- To show that Oxygen is required for burning.
NOVEMBER	CHAPTER 21: AIR, WATER AND WEATHER	LET'S EXPERIMENT: Torch Activity -To show that places at the equator are hotter than places near poles.
		Activity- Measure the temperature of sand and water and compare.
DECEMBER	CHAPTER 22: CLEAN SURROUNDINGS	Presentation by students on some special days celebrated like Earth Day, World Environment Day, Red Cross Day etc. and the symbols used to recognise these special days.
		ART INTEGRATED: Students will make a recyclable object using waste for class decoration.
	CHAPTER 23: ENVIRONMENTAL POLLUTION	SLOGAN WRITING -Students will be asked to write a two-line slogan to encourage their classmates to be less wasteful.
		COMPOST HEAP- Students will be asked to make compost using dry leaves, coco peat etc.
		DUSTBIN LINERS-Students will be asked to make dustbin liners with newspaper to understand the importance of reusing and replacing (plastic ones).

	CHAPTER 25: OUR EARTH	ART INTEGRATED: Students will make a model on the solar system.
		DEMONSTRATIVE ACTIVITY: To demonstrate the feature of globe.
JANUARY -	CHAPTER 12:	PROJECT PRESENTATION:
FEBRUARY	MONUMENTS OF	Students will be asked to prepare a project on any
	INDIA	Monuments and present in the Class.
	CHAPTER 24:	QUIZ: Students will be given a quiz based on the
	NATURAL	chapter.
	RESOURCES.	

BOOK NAME: MY EARTH MY HOME

NAME OF PUBLISHER-MILLENIUM BOOKS INDIA PVT LTD

GENERAL KNOWLEDGE TERM 1 (APRIL - SEPTEMBER) <u>APRIL-MAY</u>

- MY VIDYALAYA
- VALLABH SMARAK- AN ABODE OF LEARNING
- OUR CITY DELHI

JULY

- OUR COUNTRY- INDIA
- HERITAGE SITES

AUGUST-SEPTEMBER

- INDIAN STATES AND UNION TERRITORIES
- SUPERLATIVES OF THE WORLD

TERM 2 (OCTOBER-MARCH)

OCTOBER

- SOLAR SYSTEM
- BOOKS & AUTHORS

NOVEMBER

- DANCE FORMS OF INDIA
- BIRDS & ANIMALS

DECEMBER

• SPORTS AND GAMES

JANUARY-FEBRUARY

- INDIAN HISTORY
- MIXED BAG

SANSKAR SAMVARDHAN TERM 1 (APRIL - SEPTEMBER) <u>APRIL</u>

• DO NOT SPEAK ILL OF OTHERS

MAY

• USING RESOURCES JUDICIOUSLY

JULY

• IMPORTANCE OF LISTENING

AUGUST-SEPTEMBER

- BEAUTY LIES IN THE HEART
- COURAGE

TERM 2 (OCTOBER-MARCH)

OCTOBER

- CONTROLLING ANGER
- PRECIOUS GIFTS

NOVEMBER

• GREED AND WICKEDNESS

DECEMBER

- IMPORTANCE OF SHARING KNOWLEDGE
- BEATING THE ODDS

JANUARY-FEBRUARY

- THE PEOPLE'S PRESIDENT
- TASK MANAGEMENT

SUBJECT – ART AND CRAFT CLASS - IV

<u>APRIL – MAY</u>	
2D OR PICTORIAL ACTIVITY	POSTER ON EARTH DAY, A BEAUTIFUL COMPASSION, LANDSCAPE, BIRD DRAWING, DOT PAINTING, PASTEL COLOUR DRAWING
3D OR CRAFT ACTIVITY	VEGETABLE PRINTING, HAND PRINTING, LEAF PRINTING, PAPER BAG MAKING
	JULY
2D OR PICTORIAL ACTIVITY	FOREST SCENE, ANIMAL DRAWING, VILLAGE SCENE, WARLI ART, BULLOCK CART
3D OR CRAFT ACTIVITY	SUSTAINABLE FASHION, GREETING CARD MAKING
	<u>AUGUST – SEPTEMBER</u>
2D OR PICTORIAL ACTIVITY	RIVERSIDE, SUNSET SCENE, BEACH SCENE, A RAINY DAY, CASTEL DRAWING, TRI COLOUR PAINTING
3D OR CRAFT ACTIVITY	CLOTH BAG MAKING, BEST OUT OF WASTE, TRI-COLOUR CRAFT
	OCTOBER - NOVEMBER
2D OR PICTORIAL ACTIVITY	MANDALA ART, DUSSEHRA DRAWING, POSTER ON ECO-FRIENDLY DIWALI, HELPING MOTHER, PENCIL SKETCHING, WATER COLOUR
3D OR CRAFT ACTIVITY	PUPPET MARKING ACTIVITY, WASTE TO WEALTH, CANDLE MAKING, DIYA PAINTING ACTIVITY
	DECEMBER
2D OR PICTORIAL ACTIVITY	MADHUBANI PAINTING, ABSTRACT PAINTING, CHRISTMAS DRAWING.
3D OR CRAFT ACTIVITY	CHRISTMAS DECORATION
	JANUARY - FEBRUARY
2D OR PICTORIAL ACTIVITY	NEW YEAR DRAWING, WINTER SCENE

PRESCRIBED TEXTBOOK: NEP-BASED WORKSHEETS

COMPUTER SYLLABUS

TERM-1 (APRIL – SEPTEMBER)

<u>APRIL</u>

• CH 1 COMPUTER PAST AND PRESENT

MAY

• CH 2 COMPUTER MEMORY AND STORAGE DEVICE

JULY

• CH 3 MANAGING FILES AND FOLDERS IN WINDOWS 10

AUGUST-SEPTEMBER

• CH 4 WORKING WITH SHAPES AND TEXT IN PAINT 3D

TERM-2 (OCTOBER – FEBRUARY)

OCTOBER

• CH 5 PARAGRAPH AND PAGE FORMATTING IN WORD 2016

NOVEMBER

• CH 6 PROGRAMMING SPRITES IN SCRATCH

DECEMBER

• CH 7 INTRODUCTION TO POWERPOINT 2016

JANUARY-FEBRUARY

• CH 8 INTERNET - A USEFUL TOOL

SUBJECT – HEALTH AND PHYSICAL EDUCATION TERM—I (APRIL – SEPTEMBER)

<u>APRIL</u>

Free Movements and Commands

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- \checkmark Commands: Lineup, attention, stand at ease, and stand easy
- ✓ Recreational Games

MAY

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Locomotor Movements: Running, bending, twisting, turning and stretching of different body parts
- ✓ Recreational Games

<u>JULY</u>

Rhythmic Movements

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- \checkmark Arms swing progression (foreword, backward, side bend progression)
- \checkmark Performing two and four count exercises with music /drum
- ✓ Recreational Games

AUGUST – SEPTEMBER

Lead up Games

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Circle Kho-Kho and Foot Ball
- ✓ Recreational Games

TERM – II (OCTOBER - MARCH)

OCTOBER

Development of skills/Excursion

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Circuit Training (Combination of two or more activities)
- ✓ Recreational Games

NOVEMBER

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- \checkmark Improve speed and agility
- ✓ Recreational Games

DECEMBER

Coordination

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- \checkmark Coordinating motor ability with partners and objects
- ✓ Recreational Games

JANUARY – FEBRUARY

Simple Combative

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- \checkmark Push of the bench, push of wall, stepping on the toes etc.
- \checkmark Recreational Games