

**YEARLY
PLANNER
CLASS-VIII
2025-26**

JAIN BHARATI MRIGAVATI VIDYALAYA

ACADEMIC PLAN

SESSION: 2025-26

SUBJECT: ENGLISH

CLASS: VIII

Term I

APRIL

Recapitulation of Basic Concepts: Bridging the gap- Regular handwriting, spelling exercise. Sentences, Nouns, Pronouns and Punctuation and Capital letters, Regular reading and speaking exercises.

Literature

: Chapter 1- Lions and Ants

: **Activity**

Diary Entry: Students will write a DIARY ENTRY from the perspective of any character, detailing his thoughts and feelings during different points in the poem.

Chapter 2: A Christmas Carol

: **Activity**

: **Story Writing:** Students will be motivated to write a fictional or story based on the true events of compassion and hope that inspire them.

Grammar

: Adjectives, Verbs, Auxiliary Verbs

Writing Skills

: Application Writing, Notice Writing,

Speaking Skill Activity

: a) Giving and asking for directions

MAY

Literature

: Chapter 3: A Hasty Judgement

: **Activity:**

Reflection Cards: Students will be provided blank index cards and will write down reflection, maintaining a positive attitude. These could be phrases like "I am resilient," "I learn from challenges," or "I celebrate my victories.", then they will share their affirmations with the class.

Chapter 4: The Escape Plan

: Activity

Role-Playing Scenarios: Various scenarios will be created where students feel pressured by the expectations of others. They will role-play these scenarios in small groups.

Grammar	: Transformation of Sentences
Writing Skills	: Report Writing, Poster Making
Speaking Skill Activity	: a) Speaking about endangered animals.

JULY

Literature	: Chapter 5: Ozymandias : Activity Self-Composed poem/ Acrostic poem composition on ancient monuments.
Grammar	: Tenses, Voice
Writing Skills	: Article Writing, Email Writing
Speaking Skill Activity	: Sharing Advice (Different Situations)

AUGUST- SEPTEMBER

Literature	Chapter 6: Adventure at Toad Hall :Activity Friendship Tree : Students will make a friendship tree and will write quality of a true friend on its each leaf.
Grammar	: Adverbs, Prepositions, Revision Worksheet:1
Writing Skills	: Story Writing
Speaking Skill Activity	: Extempore

Collaborative Learning

Project I – Bullying (Integrating Art with English Language)

TERM-II

OCTOBER

Literature	: Chapter 7: Coromandel Fishers : Activity Art Integrated (Visual Imagery) Students will draw a scene based on the poem – the sea , boats, sunrise and the fisherman.
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: Chapter 8- A Fishy Story

: **Activity**

Alternate Ending Activity: (Group Activity)

Students will be asked to change the ending of the story and write a new conclusion.

Grammar

: Reported Speech, Determiners

Writing Skills

: Letter to the Editor, Letter for Placing Order

Speaking Skill Activity

:a) Debate (Expressing agreement or disagreement)

NOVEMBER

Literature

: Chapter 9 The Two Friends

Meditation and Mindfulness: Students will be introduced the concept of mindfulness and meditation to enhance their concentration power with asnas like Sampadasan.

Chapter 10-The Model Millionaire

: **Activity**

Narrate the biography: Students will be motivated to share motivational stories they heard, where adversities didn't stop a person from achieving success.

Grammar

: Conjunctions, Phrases & Clauses

Writing Skills

: Writing Character Sketch

Speaking Skill Activity

:a) Story Narration

DECEMBER

Literature

: Chapter 11- Lord Ullin's Daughter

: **Activity**

Debate: Duty vs. Love

A classroom debate will be organised on whether Lord Ullin was justified in his actions or if love should triumph over duty.

Grammar

: More Sentences (Simple, Compound & Complex Sentences)

Writing Skill

: Writing an autobiography

Speaking Skill Activity

:a) Character Presentation

JANUARY-FEBRUARY

REVISION OF ANNUAL EXAMINATION SYLLABUS

Collaborative Learning

Project II – Friendship (Integrating Art with English Language)

All Grammar and Writing Skills topics of Midterm exam will also be included in Annual Examination.

Books:

1. Amber- Literature Reader published by Indiannica Learning
2. The Grammarite published by Indiannica Learning

Prepared by

H. o. D

Academic Supervisor

Principal

जैन भारती मृगावती विद्यालय

पाठ्यक्रम योजना (सत्र – 2025-26)

कक्षा - आठवीं विषय - हिंदी

(प्रथमावधि)

अप्रैल

* विद्यालय का नाम , नमोकर महामंत्र एवं राष्ट्रगान

वसंत भाग – 3

पाठ – 1 : लाख की चूड़ियाँ

व्याकरण : पद परिचय (संज्ञा, सर्वनाम , विशेषण)

पठन एवं लेखन कौशल

मई

पाठ – 2 : बस की यात्रा

पाठ – 3 : दीवानों की हस्ती (पठन हेतु)

रंगमंच की कहानियाँ: पाठ – 1 , पाठ – 2

व्याकरण : विलोम शब्द

लेखन कौशल : अनुच्छेद – लेखन

जुलाई

वसंत भाग – 3

पाठ – 4 : भगवान के डाकिए

पाठ - 5 : क्या निराश हुआ जाए

रंगमंच की कहानियाँ : पाठ - 3 , पाठ - 4

व्याकरण : द्वंद्व समास , पर्यायवाची शब्द

लेखन कौशल : पत्र लेखन

अगस्त - सितंबर

वसंत भाग - 3

पाठ - 7 : कबीर की सखियाँ

व्याकरण : द्विगु समास

लेखन कौशल : पत्र - लेखन, संवाद - लेखन

द्वितियावधि

अक्तूबर

वसंत भाग - 3

पाठ - 8 : यह सबसे कठिन समय नहीं (गतिविधि आधारित)

पाठ - 9 : जहाँ पहिया है

- पहाड़ से ऊँचा आदमी
- व्याकरण : श्रुतिसम भिन्नार्थक शब्द

नवंबर

पाठ - 10 : अकबरी लोटा

रंगमंच की कहानियाँ : पाठ – 5 व पाठ – 6

व्याकरण : उपसर्ग, प्रत्यय

लेखन कौशल : कहानी – लेखन

दिसंबर

वसंत भाग – 3

पाठ 11 : सूरदास के पद

पाठ 13 : बाज और साँप

रंगमंच की कहानियाँ: पाठ- 7 व पाठ- 8

व्याकरण : समास (तत्पुरुष)

शब्द भंडार : वाक्यांश के लिए एक शब्द

जनवरी –फरवरी

वर्ष भर में करवाए गए व्याकरण कार्य का पुनरावलोकन

पाठ्य पुस्तक का नाम : वसंत भाग – 3

प्रकाशक : एन. सी. ई. आर. टी.

पूरक पुस्तक : रंगमंच की कहानियाँ

प्रकाशक : न्यू सरस्वती हाउस प्रा. लि.

पाठ्यक्रम निर्धारक

विभागाध्यक्ष

शैक्षिक प्रभारी

प्रधानाचार्या

JAIN BHARATI MRIGAVATI VIDYALAYA
SYLLABUS PLANNING FOR THE SESSION 2025 – 26
AS PER NEW CURRICULUM
CLASS - VIII
SUBJECT – MATHEMATICS

TERM – I

MONTH	CHAPTERS	REASONING	ACTIVITIES
<u>APRIL</u>	CHAPTER 1 RATIONAL NUMBERS CHAPTER 2 LINEAR EQUATIONS IN ONE VARIABLE	1. SERIES 2. ANALOGY	<u>Break the code:</u> Solving riddles by reducing each rational number to its lowest form.
<u>MAY</u>	CHAPTER 3 UNDERSTANDING QUADRILATERALS	3. CLASSIFICATION 4. CODING – DECODING	<u>Angle Sum property of quadrilaterals:</u> To verify that sum of all the angles of a quadrilaterals is 360° . <u>Exterior angle property of a polygon:</u> To verify by paper cutting and pasting that sum of exterior angles of any polygon, drawn in order, is 360° .
<u>JULY</u>	CHAPTER 4 DATA HANDLING CHAPTER 5 SQUARES AND SQUARE ROOTS CHAPTER 6 CUBES AND CUBE ROOTS	5. ALPHABET TEST 6. RANKING	<u>Pie charts:</u> Collect data of your daily routine and make a pie chart of the collected data. Analyze the time consumption on various activities. <u>Patterns:</u> To observe some given number patterns and write their next three steps / rows.
<u>AUGUST – SEPTEMBER</u>	CHAPTER 7 COMPARING QUANTITIES	7. BLOOD RELATIONS 8. MISSING NUMBERS	<u>Brain buster:</u> Quiz on profit, loss, GST, discounts and discount per cent.

TERM – II

<u>OCTOBER</u>	CHAPTER 8 ALGEBRAIC EXPRESSIONS AND IDENTITIES CHAPTER 9 MENSURATION	9. MATHEMATICAL OPERATIONS 10. DIRECTION AND DISTANCE	<u>Algebraic Identities:</u> Verification of algebraic identity $(a + b)^2 = a^2 + 2ab + b^2$ by paper cutting and pasting. <u>Derivation of formula:</u> To find the formula for surface area of cuboid by paper cutting and pasting.
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<u>NOVEMBER</u>	CHAPTER 9 MENSURATION (CONTD.) CHAPTER 10 EXPONENTS AND POWERS CHAPTER 11 DIRECT AND INVERSE PROPORTIONS	11.ALPHANUMERIC SEQUENCES 12. VENN DIAGRAM	<u>Surface area of a Cuboid:</u> To drive the formula for total surface area of a cuboid. <u>Crossword puzzle:</u> puzzle activity on problems related to direct and inverse proportions.
<u>DECEMBER</u>	CHAPTER 12 FACTORISATION CHAPTER 13 INTRODUCTION TO GRAPHS	13. FIGURE BASED INTELLIGENCE	<u>Fun with co-ordinates:</u> Plot the given co- ordinates on graph paper and identify the shapes.
<u>JANUARY - FEBRUARY</u>	REVISION		

NAME OF THE BOOKS & PUBLISHERS: 1. MATHEMATICS TEXTBOOK FOR CLASS VIII
(NCERT)

2. JUNIOR THINKERS, “A JOURNEY TO REASONING AND
APTITUDE”
(FOCUS LEARNING/FULL MARKS)

PREPARED BY

H.O.D.

ACADEMIC SUPERVISOR

PRINCIPAL

(AS PER THE NEW CURRICULUM)

SYLLABUS PLANNING FOR THE SESSION (2025-26)

CLASS-VIII

SUBJECT- SCIENCE

	TERM-I	
MONTHS	CHAPTERS	ACTIVITIES
APRIL	<u>CHAPTER 1</u> CROP PRODUCTION AND MANAGEMENT <u>CHAPTER 2</u> MICROORGANISMS –FRIENDS OR FOE	1. I HOLD BETTER To test the water holding capacity of different soil samples. 2. FIELD STROLL 1. FERMENTED FOOD MELA (To understand the process of fermentation) 2. Raise your voice (Group discussion / Role play) Microorganism — Friend or Foe. 3. MY BALLOON IS BIGGER THAN YOURS! (Observe the growth of microorganisms)
MAY	<u>CHAPTER 3</u> COAL AND PETROLEUM	1. ROLE PLAY - (Coal, Coke, Petroleum coal tar, Coal gas, Natural gas) 2. HEY! HEAR ME OUT (Group Discussion: Judicious use of fossil fuels)
JULY	<u>CHAPTER 11</u> CHEMICAL EFFECTS OF ELECTRIC CURRENT <u>CHAPTER 13</u> LIGHT	<u>DIY</u> (Making an Electric pen) 1. SCIENCE BEHIND MOVIE MAKING (To show the persistence of vision of human eye) 2. IT’S MAGIC OR SCIENCE Understanding Multiple Reflection with the help of mirrors.
AUGUST - SEPTEMBER	<u>CHAPTER 6</u> REPRODUCTION IN ANIMALS <u>CHAPTER 7</u> REACHING THE AGE OF ADOLESCENCE	CLEAR MY CONFUSION (Am I grown up or still a child) GROUP DISCUSSION TIME TO TALK (Balanced diet vs Junk food for Adolescence)
	TERM II	
OCTOBER	<u>CHAPTER 8</u> FORCE AND PRESSURE	WATER DOES NOT FALL

	<p align="center"><u>CHAPTER 9</u></p> <p align="center">FRICTION</p>	<p>(To illustrate the existence of atmospheric pressure)</p> <p>CLIMBING TOY (Experiment with smooth & rough surfaces)</p>
NOVEMBER	<p align="center"><u>CHAPTER 12</u></p> <p align="center">SOME NATURAL PHENOMENA</p>	<p><u>DIY :</u> Making a Charge Detector -An Electroscope</p>
DECEMBER	<p align="center"><u>CHAPTER 10</u></p> <p align="center">SOUND</p> <p align="center"><u>CHAPTER 5</u></p> <p align="center">CONSERVATION OF PLANTS AND ANIMALS</p> <p align="center"><u>CHAPTER 4</u></p> <p align="center">COMBUSTION AND FLAME</p>	<p>JUMPING GRAINS (Making a model of eardrum)</p> <p><u>1. IT'S MY TURN</u> (Group Discussion: Deforestation and its effects on wildlife)</p> <p><u>2. NURTURE THE NATURE</u> (Tree Plantation Drive)</p> <p>MAKING OF KAJAL (To show the presence of unburnt carbon particles in the luminous zone of the candle flame)</p>
JANUARY	REVISION	
FEBRUARY	REVISION	

- ❖ **CHAPTER 1 (CROP PRODUCTION & MANAGEMENT)**
 - ❖ **CHAPTER 6 (REPRODUCTION IN ANIMALS)**
 - ❖ **CHAPTER 13 (LIGHT)**
- WILL BE INCLUDED IN ANNUAL EXAMS**

- ❖ **BOOK : SCIENCE TEXT BOOK OF CLASS VIII**
- ❖ **PUBLISHER :- NCERT**

PREPARED BY

ACADEMIC SUPERVISOR

H.O.D.

PRINCIPAL

JAIN BHARATI MRIGAVATI VIDYALAYA

SYLLABUS PLANNING

SESSION 2025-2026

CLASS – VIII

SUBJECT-SOCIAL SCIENCE

AS PER CURRICULUM

MONTH	CHAPTER/TOPIC	ACTIVITY
APRIL	<u>HISTORY</u> CH-1 How, When and Where <u>GEOGRAPHY</u> CH-1 Resources. <u>CIVICS</u> CH-1 Indian Constitution	<u>Role-Playing Skits</u> Ask students to create short skits portraying historical figures and events. This hands-on approach allows them to explore the emotions and motivations of the people involved. <u>Constitutional Quiz Show</u> Organize a quiz show format with questions related to the Indian Constitution. Students can compete individually or in teams, enhancing their knowledge in a competitive setting.

	<p><u>GEOGRAPHY</u></p> <p>CH-3 Agriculture.</p> <p><u>CIVICS</u></p> <p>CH-4 Judiciary.</p>	<p>sustainable agriculture while engaging in a fun and interactive activity.</p> <p><u>Mock Courtroom Simulation:</u></p> <p>Divide the class into roles such as judge, lawyers, and witnesses to simulate a courtroom scenario based on a simple case. This hands-on activity helps students understand legal proceedings.</p>
	TERM-II	
OCTOBER	<p><u>HISTORY</u></p> <p>CH-5 When People Rebel.</p> <p><u>GEOGRAPHY</u></p> <p>CH-4 Industries.</p> <p><u>CIVICS</u></p> <p>CH-5 Understanding Marginalisation.</p>	<p><u>Interactive Maps of the Rebellion:</u></p> <p>Utilize maps to illustrate the geographical spread of the rebellion. Students can mark key locations and discuss the strategic significance of different regions.</p> <p><u>Invention Showcase</u></p> <p>Assign students specific inventions from the Industrial Revolution era. They can create presentations or models showcasing the inventions, explaining their impact on industries and daily life.</p> <p>.</p> <p>.</p>

NOVEMBER	<p><u>HISTORY</u></p> <p>CH-6 Civilising the “Native “,Educating the nation.</p> <p><u>CIVICS</u></p> <p>CH-6 Confronting Marginalisation.</p> <p>CH-7 Public Facilities.</p>	<p><u>Debates on Colonial Policies:</u></p> <p>Organize debates where students discuss the impact and effectiveness of colonial policies related to education. Encourage critical thinking and research to support their arguments.</p> <p><u>Privilege Walk and Reflection</u></p> <p>Conduct a privilege walk, and afterward, facilitate a reflective discussion on the experiences and emotions evoked during the activity. This promotes awareness of privilege and marginalization.</p>
DECEMBER	<p><u>HISTORY</u></p> <p>CH-7 Women,Caste and Reform.</p> <p>CH-8 The Making of the National Movement.</p> <p><u>GEOGRAPHY</u></p> <p>CH-5 Human Resource.</p> <p><u>CIVICS</u></p> <p>CH-8 Law and Social Justice.</p>	<p><u>Independence Day Celebration</u></p> <p>Plan a classroom Independence Day celebration. Students can organize patriotic songs, skits, or speeches that highlight the spirit of the national movement and the significance of independence.</p> <p><u>Career Counseling Sessions</u></p> <p>Arrange for career counseling sessions where students can discuss their interests, strengths, and aspirations with a career counselor. This one-on-one interaction can provide personalized guidance on potential career paths.</p> <p><u>Public Facilities Debate</u></p> <p>Organize a debate on topics related to public facilities, such as the allocation of resources or the expansion of certain amenities. This activity promotes critical thinking and effective communication skills.</p>

JANUARY- FEBRUARY	REVISION	
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HISTORY----OUR PASTS-III

GEOGRAPHY---RESOURCE AND DEVELOPMENT

CIVICS--- SOCIAL AND POLITICAL LIFE-III

NAME OF THE PUBLISHER: NCERT

PREPARED BY ACADEMIC

SUPERVISOR H.O.D.

PRINCIPAL

जैन भारती मृगावती विद्यालय
पाठ्यक्रम योजना (सत्र - 2025-26)
कक्षा - अष्टमी (संस्कृतम्)

प्रथमावधि:

अप्रैल

*विद्यालय का नाम, नमोकर महामंत्र एवं राष्ट्रगान

प्रथमः पाठः- सुभाषितानि

शब्दरूपाणि - देव, लता, फल, मति, शब्दरूपाणां पुनरावृत्तिः

धातुरूपाणि - लट् - लोट् - लृट् - लङ् लकाराणां पुनरावृत्तिः

मई

द्वितीयः पाठः- बिलस्य वाणी न कदापि मे श्रुता

धातुरूपाणि- पच्, रक्ष्, चल्

शब्दरूपाणि - तत् (तीनों लिङ्गो में)

जुलाई

द्वितीयः पाठः- बिलस्य वाणी न कदापि मे श्रुता

तृतीयः पाठः - डिजिभारतम्

शब्दरूपाणि- नदी, मुनि

धातुरूपाणि - दृश्, पठ्, लिख्

अगस्त - सितम्बर

चतुर्थः पाठः- सदैव पुरतो निधेहि चरणम्

पञ्चमः पाठः- कण्टकेनैव कण्टकम्

धातुरूपाणि - (अस्, क्रीड्, गम्, खाद्) शब्दरूपाणि

शब्दरूपाणि- किम् (तीनों लिङ्गों में)

संख्या। - 1 - 30

द्वितीयावधि:

अक्टूबर

षष्ठःपाठः- गृहं शून्यं सुतां विना

सप्तमःपाठः- भारतजनताहम् (केवलपठनार्थ)

अष्टमः पाठः- संसारसागरस्य नायकाः (केवलपठनार्थ)

नवमःपाठः- सप्तभगिन्यः (केवलपठनार्थ)

शब्दरूपाणि- अस्मद्

धातुरूपाणि- पच्, रक्ष्, चल्

नवम्बर

दशमः पाठः- नीतिनवनीतम्

एकादशः पाठः- सावित्री बाई फुले

शब्दरूपाणि - युष्मद्

धातुरूपाणि - नम्, वद्

संख्या - 31- 50

दिसम्बर

द्वादशः पाठः- कः रक्षति कः रक्षितः

त्रयोदशः पाठः- क्षितौ राजते भारतस्वर्णभूमिः (केवलपठनार्थ)

चतुर्दशःपाठः- आर्यभट्टः

पञ्चदशः पाठः- प्रहेलिकाः (केवलपठनार्थ)

जनवरी- फरवरी

(सम्पूर्ण पाठ्यक्रम की पुनरावृत्ति)

पाठ्यपुस्तकम् - रुचिरा (द्वितीयो भागः)

प्रकाशक - राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद् (NCERT)

*नमोकर महामंत्र एवं राष्ट्रगान हिंदी पाठ्यक्रम का महत्वपूर्ण हिस्सा हैं।

पाठ्यक्रम निर्धारक

विभागाध्यक्ष

शैक्षिक प्रभारी

प्रधानाचार्या

SYLLABUS PLANNING FOR THE SESSION (2025-26)

CLASS-VIII

SUBJECT- GENERAL AWARENESS

MONTHS	TERM-I
APRIL	1. MY VIDYALAYA 2. MY SMARAK 3. AANGAN-E-DILLI: THE COURTYARDS OF DELHI'S HISTORY CURRENT AFFAIRS
MAY	4. BASIC KNOWLEDGE OF INDIA 5. WE THE PEOPLE: THE INDIAN CONSTITUTION QUIZ 6. FOOTPRINTS ACROSS THE WORLD: A QUIZ ON LEGENDARY EXPLORERS CURRENT AFFAIRS
JULY	7. SCULPTING THE PAST: A QUIZ ON TIMELESS MASTERPIECES 8. MOUTH WATERING MYSTERIES: CAN YOU GUESS THE DISH? 9. RANG-E-VIRASAT: KALA, SANKRITI AUR PARAMPARA CURRENT AFFAIRS
AUGUST	10. ACROSS CONTINENTS: THE GLOBAL TRIBES CHALLENGE REVISION
	TERM II
OCTOBER	11. HISTORIES HALL OF FAME: A MUSEUM QUIZ ADVENTURE 12. DIVINE REALMS: A MYTHOLOGY CHALLENGES CURRENT AFFAIRS
NOVEMBER	13. EUREKA! THE SCIENCE QUIZ 14. PASSAGEWAYS OF THE PLANET: FAMOUS STRAITS, BORDERLINES AND CHANNELS 15. DISCOVER INDIA: A QUIZ ON ITS CULTURAL INSTITUTIONS 16. INSTITUTIONAL GENESIS: A DEEP DIVE INTO INDIA'S KEY BODIES CURRENT AFFAIRS
DECEMBER	17. NEXT STATION: TRIVIA! THE INDIAN RAILWAYS QUIZ 18. SHEHR-E-VIRASAT: REFLECTIONS OF INDIA'S HISTORIC CITIES 19. LIGHT, CAMERA, ACTION: A JOURNEY THROUGH INDIAN FILM HISTORY 20. FROM RUNS TO ROOFTOPS: THE ULTIMATE ARCHITECTURE CHALLENGES! CURRENT AFFAIRS
JANUARY	REVISION
FEBRUARY	REVISION

PREPARED BY ACADEMIC SUPERVISOR H.O.D. PRINCIPAL

JAIN BHARATI MRIGAVATI VIDYALAYA
SYLLABUS PLANNING FOR SESSION – 2025-2026
HEALTH AND PHYSICAL EDUCATION
CLASS – VIII
TERM-1 (APRIL TO SEPTEMBER)
(THEORY & PRACTICAL)
APRIL & MAY

EXERCISES

- Agreement for Safety on ground/safety Rules.
- Surya Namaskar.
- General fitness exercises. (swinging, bending, twisting and stretching of different body parts)

MAY

MEDITATION AND ASANA

- Agreement for Safety on ground/safety Rules
- Recreational Games
- Meditation and Asana

JULY

DEVELOPMENT OF MOTOR SKILLS

- Fun Games
- Commands

AUGUST AND SEPTEMBER

BSKETBALL AND THROW BALL

- Skills of Basketball and Throw ball (Dribbling, Passing Catching Throwing, Shooting)
- Recreational games to develop skills of Basketball and Throw ball.

TERM-II (OCTOBER TO FEBRUARY)
(THEORY & PRACTICAL)

OCTOBER

FUNDAMENTAL SKILLS OF VOLLEYBALL

- Advance fundamental skills of Volley Ball (smashing, Blocking)
- Terminology used while playing.
- Recreational Games Related to develop the skills of volleyball.

NOVEBER

RECREATIONAL GAMES

- Recreational Games
- Indigenes Games

DECEMBER

SPORTS WEEK

- Intramural.
- Track and field events.

JANUARY

ATHLETICS

- Running Events, Jumping Events, Throwing events

PREPARED BY

HOD SPORTS

PRINCIPAL