

# **YEARLY PLANNER**

**CLASS - V**

**2024-25**

**JAIN BHARATI MRIGAVATI VIDYALAYA**  
**ACADEMIC PLAN**  
**SESSION 2024-25**  
**CLASS: V**

**SUBJECT: ENGLISH**

**TERM 1 ( APRIL – SEPTEMBER)**

**APRIL**

**Recapitulation of Basic Concepts: Verbs, Modals, Adjectives, Adverbs, Punctuation Handwriting Practice, Vocabulary Enrichment, Regular Reading and Speaking Exercises.**

**Reading Comprehension : Unseen Passage**

**Writing Skills : Character sketch, Application Writing**

**Grammar : Nouns**

**Literature : Chapter 1-The Man- Cub**

**Activity: Students will be asked to draw a poster to raise awareness against Animal cruelty and simple ways in which we can support the helpless animals.**

**: Chapter 2-Olympic Granny (Poem)**

**Activity : Students will be asked to search information about the children who received ‘Rashtriya Bal Puruskar 2024’ in the field of sports. Who inspired them the most? They will make a project by pasting his/her picture, writing about his/her struggles and achievements on A4 sized sheets.**

**Speaking Skill Activity : a) Personal account**

**MAY**

**Reading Comprehension : Unseen Passage**

**Writing Skills : Revision of Application Writing**

**Grammar : Punctuation ,Verbs**

**Literature : Chapter 3- A Small Step**

**Activity : Ad Mad show (Students will be divided in groups and they will perform on education right by**

sharing the slogans, posters, pictures and their own creations (song/ poem/ message) Theme: Education

**Speaking Skill Activity**

**a) Debate**

**JULY**

**Reading Comprehension**

**: Unseen Passage**

**Writing Skills**

**: Diary Entry**

**Grammar**

**: Articles, Adjectives**

**Literature**

**: Chapter 4- Information Please**

**Activity : Chapter 4 -Old Vs New Modes of Communication** The class will be divided into groups in which the students will share about the technology advancements.

**:Chapter 5- The Recycling Rap**

**Activity: Kabad Se Jugad-** Students will be asked to create a useful product from waste items found at home. Also, they will compose a rap on it.

**Speaking Skill Activity**

**: a) How to greet people**

**AUGUST- SEPTEMBER**

**Reading Comprehension**

**: Unseen Passage**

**Writing Skills**

**: Notice Writing**

**Grammar**

**: Tenses**

**Literature**

**: Chapter6- The Three Questions**

**Activity: Dramatic Art:** Students will create a short play of their own imparting some values. They will do this activity in group.

**: Chapter7- Don't Quit**

**Activity : Puppet Show -Students will be asked to share a story related to the theme (never quit in life) using finger puppets.**

**Speaking Skill Activity**

**: a) Use polite expressions**

**Collaborative Learning**

**Project I – Mission Save Resources (Integrating Art with English Language)**

### **TERM 2 ( OCTOBER – MARCH)**

#### **OCTOBER**

**Reading Comprehension : Unseen Passage**

**Writing Skills : Article writing**

**Grammar : Pronouns**

**Literature : Chapter 8-The Blue Umbrella**

**Activity : Students will be asked to give the class Presentation (I wish I had )**

**: Chapter 9- The Ice in the bottle**

**Activity: Students will be asked to make a barometer using a bottle, straw and a balloon.**

**Speaking Skill Activity a) Talk about your wishes**

**b) Talk using idioms**

#### **NOVEMBER**

**Reading Comprehension : Unseen Passage**

**Writing Skills : Process Writing**

**Grammar : Adverbs, Prepositions**

**Literature : Chapter10- The Bashful Earthquake**

**Activity: Students will be asked to use Polite Expressions, when they disagree with their friend.....**  
**Role Play**

**Speaking Skill Activity**

**:a) Talk using idioms**

**DECEMBER**

**Reading Comprehension**

**: Unseen Passage**

**Writing Skills**

**: E-mail**

**Grammar**

**: Sentences, Conjunctions, Modals**

**Literature**

**: Chapter 11- We call Her Ba**

**Activity : Cosplay, the students will act like freedom fighters, sharing their slogans /messages**

**:Chapter 12- The Banyan Tree**

**Activity : Students will create a collage of Banyan tree using waste material. Also, they will tell the significance of the Banyan tree.**

**Speaking Skill Activity**

**: Disagree with people politely**

**JANUARY-FEBRUARY**

**Reading Comprehension**

**: Unseen Passage**

**Writing Skills**

**: Summary, Biography**

**Grammar**

**a) Phrases and Clauses**

**b) Direct and Indirect speech**

**Literature**

**: Chapter 13- The Christmas Truce**

**Activity: Students will be asked to work in a group of four. They will discuss and write four slogans on the futility of war using some creative ways.**

**: Chapter 14- The Musical Prodigy**

**Activity: Students will be asked to find out the information about world's top five child musical prodigies and they will also tell which one of them they admire the most.**

### **Speaking Skill Activity**

**a) Share problems and suggest solutions**

**b) Role Play**

### **Collaborative Learning**

### **Project II – Never Say Die (Integrating Art with English Language)**

#### **Books:**

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

## विषय - हिन्दी

### TERM 1 ( APRIL – SEPTEMBER)

<u>महीना</u>	<u>पाठ</u>	<u>गतिविधि</u>
अप्रैल	<p>पाठ- 1 कांटों में राह बनाते हैं</p> <p>पाठ- 2 दया की जीत</p> <p>व्याकरण - मात्रा अभ्यास, विलोम शब्द पर्यायवाची शब्द</p> <p>लेखन कौशल - अनुच्छेद लेखन, चित्र वर्णन</p>	<p>परिचय चक्र विद्यार्थी रचनात्मक ढंग से अपना परिचय देते हुए चक्र बनाएंगे।</p> <p>*पर्यायवाची शब्द ( खेल गतिविधि) विद्यार्थी पर्यायवाची शब्दों के कटआउट ट्स बनाएंगे।</p> <p>*विलोम शब्द (फ्लैश कार्ड ) विलोम शब्दों के फ्लैश कार्ड बनाएंगे।</p> <p>*अलबम बनाना ( विभिन्न पशु- पक्षियों के चित्र बना कर या चिपका कर उनके बारे में रोचक जानकारी लिखेंगे।</p> <p>* मात्राचक्र</p>
मई	<p>पाठ-3 होनहार वीरवान के होत चीकने पात</p> <p>व्याकरण - संज्ञा, वचन</p> <p>लेखन कौशल-अनुच्छेद लेखन, चित्र वर्णन</p>	<p>*पात्र अभिनय विद्यार्थी पाठ से संबंधित पात्रों का अभिनय करेंगे।</p>
जुलाई	<p>पाठ-4 लहरों का गीत</p>	<p>*समूह गान विद्यार्थी समूह में उचित हाव- भाव, लय के साथ गायन करेंगे।</p> <p>*विराम चिह्न (Role Play) विद्यार्थी विराम चिह्नों के head gear बनाकर रोलप्ले करेंगे।</p>

	<p>पाठ- 5 माउंट आबू</p> <p>व्याकरण - मुहावरे, सर्वनाम, लिंग</p> <p>लेखन कौशल-पत्र - लेखन,चित्र वर्णन</p>	<p>*राजस्थान (माउंट आबू) पर विवरण पुस्तिका (brochure) बनाना विद्यार्थी माउंट आबू के विषय में संपूर्ण जानकारी देते हुए रचनात्मक रूप से brochure बनाएंगे।</p>
अगस्त- सितंबर	<p>पाठ- 6 हेलेन केलर</p> <p>पाठ - 7 नन्हीं कलम से</p> <p>पाठ- 8 अनमोल वचन</p> <p>व्याकरण - विशेषण , क्रिया विराम चिह्न</p> <p>लेखन कौशल-अनुच्छेद लेखन,चित्र वर्णन</p>	<p>*पोस्टर/ स्लोगन लिखना ( विद्यार्थी नेत्र दान के विषय में जागरूकता फैलाने हेतु पोस्टर बनाएंगे या स्लोगन लिखेंगे।</p> <p>*समूह गान (दोहा वाचन गति विधि) विद्यार्थी समूह में उचित लय,हाव- भाव के साथ करेंगे।</p> <p>*क्रिया ( खेल) विद्यार्थी क्रिया(action) खेल द्वारा क्रिया को पहचान ने का खेल खेलेंगे।</p> <p>*विशेषण (खेल-खेल में) कक्षा को दो वर्गों में बांट कर शिक्षिका कुछ संज्ञा शब्दों की पर्चियां बनाएंगी।पहला वर्ग आकर एक पर्ची उठाएगा और उससे संबंधित दो विशेषण शब्द बोलेगा।एक शब्द सही होने पर दो अंक और दोनों सही शब्द होने पर पांच अंक दिए जाएंगे।</p>



**TERM 2 (OCTOBER- MARCH)**

अक्टूबर	<p>पाठ-9 बापू का पत्र</p> <p>पाठ- 10 प्रायश्चित</p> <p>व्याकरण - शब्दों में गिनती 1-100, अशुद्धि शोधन</p> <p>लेखन कौशल-पत्र - लेखन,चित्र वर्णन</p>	<p>*पत्र लेखन (अनौपचारिक पत्र) विद्यार्थी पोस्टकार्ड पर पत्र लिखकर अपने मित्र, सगे - संबंधियों को भेजना सीखेंगे।</p> <p>*वाद – विवाद प्रतियोगिता विद्यार्थी अंध विश्वास पर वाद -विवाद प्रतियोगिता करेंगे।</p>
नवंबर	<p>पाठ-11 बुलंद भारत की नई तस्वीर</p> <p>पाठ- 12 सपना</p> <p>व्याकरण - काल , समश्रुत शब्द</p> <p>लेखन कौशल-अनुच्छेद लेखन,चित्र वर्णन</p>	<p>*पोस्टर/ कोलाज बनाना विभिन्न भारतीय महिला खिलाड़ियों के चित्र बनाकर या चिपका कर का पोस्टर या कोलाज बनाएं।</p> <p>* विज्ञापन बनाना विद्यार्थी विभिन्न प्रोडक्ट्स के विज्ञापन बनाएं।</p>

दिसंबर	<p>पाठ- 13 पैसों का पेड़</p> <p>पाठ- 14 खेल- दिवस</p> <p>व्याकरण - वाक्यांश, अनेकार्थी शब्द</p> <p>लेखन कौशल-पत्र लेखन,चित्र वर्णन</p>	<p>*क्रॉस कंट्री खुले मैदान में जाकर पर्यावरण अध्ययन के बाद अपनी कल्पना शक्ति द्वारा चित्र बनाएंगे।</p> <p>*पवन चक्की बनाना</p>
जनवरी- फरवरी	<p>पाठ-15 दस आमों की कीमत</p> <p>पाठ- 16 संकल्प</p> <p>व्याकरण - संज्ञा, सर्वनाम, विशेषण, क्रिया</p> <p>लेखन कौशल-अनुच्छेद लेखन,चित्र वर्णन</p>	<p>*भाषा खेल ( शब्द- चक्र ) शब्द- चक्र में गोले के बीच में एक शब्द होता है। उस शब्द पर आधारित निर्देशों की सहायता से चारों तरफ़ अन्य शब्द बनाए जाते हैं। विद्यार्थी शब्द- चक्र पूरा करेंगे।</p> <p>*सूक्तियां लिखना विद्यार्थी देश सेवा से संबंधित सूक्तियां लिखेंगे।</p>

# MATHEMATICS

## TERM 1 ( APRIL – SEPTEMBER)

MONTH	CHAPTER/TOPICS	ACTIVITIES
APRIL	➤ CHAPTER -1 LARGE NUMBERS	<ul style="list-style-type: none"> <li>Write your parent's phone number using both the International &amp; Indian system of numeration.</li> <li>Place value relay race: divide the class into teams and set up a relay race where each team member has to correctly identify and write down the place value of a digit before Passing the marker to the next team member. The first team to complete the race wins.</li> <li>Use ear buds to write down the birth dates of your family members in roman numerals.</li> </ul>
MAY	➤ CHAPTER -2 FOUR OPERATIONS	<ul style="list-style-type: none"> <li>Problem-solving stations: set up stations around the classroom with different types of word problems that require the four operations to solve. Each station can have a different theme (e.g., money, measurement, time) to keep it interesting. Students rotate through the stations, working together to solve the problems</li> <li>Math bingo</li> <li>Math Olympics: organize a classroom math Olympics where students compete in various math-related challenges, including timed mental math competitions, and problem-solving races</li> </ul>
JULY	➤ CHAPTER – 3 PLAYING WITH NUMBERS  ➤ CHAPTER- 4 FRACTIONS	<ul style="list-style-type: none"> <li>Divisibility rule sorting: provide students with a set of number cards and have them sort the numbers based on whether they are divisible by a certain number</li> <li>Multiples and factors card sort: create a set of cards with numbers written on them and another set of cards with factors or multiples written on them. Students must sort the cards into groups based on whether they are factors, multiples, or neither of the given number.</li> <li>Fraction pizza party: provide students with circular paper cutouts to represent</li> </ul>

[illegible]

[illegible]



**TERM 1 ( APRIL – SEPTEMBER)**

<b>MONTH</b>	<b>CHAPTER/ TOPICS</b>	<b>ACTIVITIES</b>
<b>APRIL</b>	➤ <b>CHAPTER-1</b> <b>Internal Organs and Organ Systems</b>	<ul style="list-style-type: none"><li>• <b>DIGESTIVE SYSTEM</b> 3-D CRAFT with the help of straw, strings, clay etc</li><li>• <b>PHYSICAL DEMONSTRATION</b> Students will be assigned role of lungs, trachea and diaphragm. This will help students to understand how the respiratory system works.</li><li>• <b>MODEL OF SKELETON</b>-Students will be asked to observe the skeleton and identify the different parts, such as the skull, the vertebral column, the ribcage, the limbs, and the girdles.</li><li>• <b>FOLD OUT SEQUENCING ACTIVITY</b>-to understand the sequence of stages of circulatory system, students will make fun fold out.</li><li>• <b>ORGAN SYSTEM CHART</b> of all the systems will be shown to students.</li></ul>
	➤ <b>CHAPTER-2</b> <b>A Healthy Body</b>	<ul style="list-style-type: none"><li>• <b>Presentation by students</b> on the topic ‘Stay healthy and fit’.</li><li>• <b>Maintain a Journal:</b> Students will be asked to express their feelings by maintaining a journal to take care of their mental health.</li></ul>
<b>MAY</b>	➤ <b>CHAPTER-3</b> <b>Changing Families, Shifting Home</b>	<ul style="list-style-type: none"><li>• <b>Concept map</b></li></ul>
	➤ <b>CHAPTER-4</b> <b>Food and Health</b>	<ul style="list-style-type: none"><li>• <b>Food Platter-</b> Students will be asked to make a collage of different food items to show balanced diet.</li><li>• <b>3-D Food Pyramid</b></li><li>• <b>Growth of Mould (bread slice)-</b> Students will be asked to keep the moist bread slice for a day or two and observe.</li><li>• <b>Transformation of a grape into Raisin</b> to show preservation.</li></ul>

	➤ <b>CHAPTER-16</b> <b>Natural Resources of India</b>	<ul style="list-style-type: none"> <li>• Poster on Save resources</li> <li>• Poem on Conservation of Natural Resources</li> </ul>
<b>JULY</b>	➤ <b>CHAPTER-5</b> <b>Growing our Food</b>	<ul style="list-style-type: none"> <li>• Homemade pesticides- Students will be asked to boil neem leaves and strain to use as a pesticide.</li> </ul>
	➤ <b>CHAPTER-6</b> <b>Light and Shadow</b>	<ul style="list-style-type: none"> <li>• Cardboard and candle activity to show that light travel in a straight line.</li> <li>• Activity with Prism- to show light is made up of seven colours.</li> <li>• Formation of shadow with the help of torch</li> <li>• Activity- Students will be shown some transparent, translucent, and opaque materials, such as a glass, a tracing paper, a book, and a cloth and asked to observe how much light passes through it and how it affects the shadow</li> <li>• Colour Wheel-to show that seven colours merge to create white light</li> </ul>
	➤ <b>CHAPTER- 17</b> <b>Agriculture and Industries of India</b>	<ul style="list-style-type: none"> <li>• Picture Report- students will be asked to make their own finished goods with natural material and present as picture report.</li> </ul>
<b>AUGUST- SEPTEMBER</b>	➤ <b>CHAPTER- 7</b> <b>States Of Matter and Solubility</b>	<ul style="list-style-type: none"> <li>• Activity- to show that how water can change its state of matter depending on the temperature.</li> <li>• Picture that Dance- to demonstrate density</li> </ul>
	➤ <b>CHAPTER- 8</b> <b>Life in Water</b>	<ul style="list-style-type: none"> <li>• Poster on BE AN ECO-WARRIOR (to create awareness about how mosquito breed, diseases spread and ways to prevent them)</li> </ul>
	➤ <b>Chapter-15</b> <b>Spirit of Adventure</b>	<ul style="list-style-type: none"> <li>• Presentation</li> </ul>



	➤ Chapter-18 Climate of India	<ul style="list-style-type: none"> <li>• Weather Bulletin- Students will be asked to record weather forecast for a month to understand the changes in atmospheric conditions.</li> </ul>
<b><u>TERM 2 ( OCTOBER – MARCH)</u></b>		
<b>OCTOBER</b>	➤ Chapter-9 From Seeds to Plants	<ul style="list-style-type: none"> <li>• Germination- Students will be asked to soak kidney beans/ gram seeds in wet cotton to understand the process of germination.</li> <li>• Activity- to show oxygen is released during Photosynthesis</li> <li>• Students will be asked to submerge a leaf into water and leave it in the sun for few hours.</li> </ul>
	➤ Chapter-10 Animal and Us	<ul style="list-style-type: none"> <li>• Sorting Activity- to identify producers, consumers, decomposers</li> <li>• Food chain outdoor activity- students will be asked to represent as one animal each and then join hands to represent a food chain.</li> <li>• Debate on People should be allowed to use wild animals to earn a living.</li> <li>• Presentation on sense organs of different animals</li> </ul>
<b>NOVEMBER</b>	➤ Chapter- 19 Some Great Rulers from our Past	<ul style="list-style-type: none"> <li>• Role play- Students will be asked to play the role of different rulers.</li> <li>• Story depiction (group activity) Students will be asked to depict a story of Akbar or Shivaji.</li> <li>• Draw a timeline – to understand the events in sequence.</li> <li>• Discovery based Activity- Students will be asked to find out names of Ashtadiggajas.</li> </ul>

	➤ <b>Chapter- 20 Our Struggle for Freedom</b>	<ul style="list-style-type: none"> <li>• <b>Designing a flag- Students will be asked to design a flag for our school.</b></li> <li>• <b>Poster on swadeshi products</b></li> <li>• <b>Time line- to understand the events in sequence.</b></li> <li>• <b>Presentation- Students will be asked to paste pictures of leaders of first war of independence and find information about them and present in the class.</b></li> <li>• <b>Slogan Writing – Students will be asked to write slogans of famous freedom fighters.</b></li> </ul>
<b>DECEMBER</b>	➤ <b>Chapter-11 Locating Places</b>	<ul style="list-style-type: none"> <li>• <b>Demonstration with Globe to show poles, axis, equator, hemispheres</b></li> </ul>
	➤ <b>Chapter-12 Movements of the Earth</b>	<ul style="list-style-type: none"> <li>• <b>Globe and Torch -to show rotation causing day and night</b></li> </ul>
	➤ <b>Chapter- 21 Governing our Country</b>	<ul style="list-style-type: none"> <li>• <b>Concept Map</b></li> <li>• <b>Role play- Students will be asked to play as President and Prime minister.</b></li> <li>• <b>Representation by chart- Students will be asked to make a</b></li> <li>• <b>Chart showing different levels of government and present in the class.</b></li> </ul>
<b>JANUARY- FEBRUARY</b>	➤ <b>Chapter-13 Saving our Environment</b>	<ul style="list-style-type: none"> <li>• <b>Group Discussion</b></li> </ul>
	➤ <b>Chapter- 14 Natural Disasters</b>	<ul style="list-style-type: none"> <li>• <b>Quiz</b></li> </ul>
	• <b>Chapter- 22 Culture and Heritage of India</b>	<ul style="list-style-type: none"> <li>• <b>Art integrated Project</b></li> </ul>
	• <b>Chapter-23 Force, Work and Energy</b>	<ul style="list-style-type: none"> <li>• <b>Build your own well and pulley-</b></li> <li>• <b>Students will be asked to make pulley with straw and paper.</b></li> <li>• <b>Build your own catapult- To understand</b></li> </ul>

		<p><b>the use of simple machine (lever)</b></p> <ul style="list-style-type: none"><li>• <b>Inclined plane- cardboard and toy car activity to understand inclined plane</b></li></ul>
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**NAME OF THE BOOK: EARTHWISE**  
**PUBLISHER: ORIENT BLACK SWAN**

# **GENERAL KNOWLEDGE**

## **TERM 1 (APRIL - SEPTEMBER)**

### **APRIL- MAY**

1. Our city- Delhi
2. Our country - India

### **JULY**

3. Heritage sites
4. Indian States and UTs

### **AUGUST-SEPTEMBER**

5. Superlatives
6. Our Solar System

## **TERM 2 (OCTOBER-MARCH)** **OCTOBER – NOVEMBER**

7. Famous Books and Authors
8. Sports Quiz

### **DECEMBER**

9. Indian History
10. Dance Forms in India

### **JANUARY-FEBRUARY**

11. Bird's and Animal Quiz
12. Mixed bag

# **SANSKAR SAMVARDHAN**

## **TERM 1 (APRIL- SEPTEMBER)**

### **APRIL - MAY**

- 1) Facing Challenges with Courage
- 2) Being just and helping others solve their problems
- 3) Becoming Aware of Own Emotions
- 4) Knowing my Country's origin and my birth place through pictures
- 5) Matri Devo Bhava

### **JULY**

- 6) Forgiveness, Kindness and Hope
- 7) Sportsmanship and Fairplay
- 8) Learning to be Mindful and Practicing Forgiveness
- 9) Pitri Devo Bhava

### **AUGUST – SEPTEMBER**

- 10) Save Resources
- 11) Keeping Our Cities Clean
- 12) Forgiveness stories of Great Personalities of my Country
- 13) Aacharya Devo Bhava

## **TERM 2 (OCTOBER - MARCH)**

### **OCTOBER – NOVEMBER**

- 14) Don't listen to or spread gossips
- 15) Work is Worship
- 16) Knowing my needs and other's needs
- 17) Grandparents Love.

### **DECEMBER**

- 18) Keeping Promise
- 19) Spend, Save and Share Money
- 20) Stories and activities based on how people of my country take care of other's well- being.
- 21) Pyaar ke Pal, Dosto ke sang

### **JANUARY - FEBRUARY**

- 22) Work hard to make your dreams come true
- 23) Being Responsible Citizens
- 24) Harmony in the self by showing Gratitude
- 25) Paying Gratitude to my Country
- 26) Nature I care for

**ART AND CRAFT**  
**TERM 1 ( APRIL – SEPTEMBER)**

<b>MONTH</b>	<b>CHAPTER/TOPICS</b>	<b>ACTIVITIES</b>
<b>APRIL</b>	➤ <b>2D OR PICTORIAL ACTIVITY</b>	<ul style="list-style-type: none"> <li>• Poster on earth day, a beautiful compassion. Landscape, bird drawing, Dot painting, pastel colour drawing.</li> </ul>
<b>MAY</b>	➤ <b>3D OR CRAFT ACTIVITY</b>	<ul style="list-style-type: none"> <li>• Vegetable printing, hand printing, leaf printing, paper bag making.</li> </ul>
<b>JULY</b>	➤ <b>2D OR PICTORIAL ACTIVITY</b>  ➤ <b>3D OR CRAFT ACTIVITY.</b>	<ul style="list-style-type: none"> <li>• Forest scene. Animal drawing, village scene, warli art, bullock cart</li> <li>• Sustainable fashion, greeting card making</li> </ul>
<b>AUGUST – SEPTEMBER</b>	➤ <b>2D OR PICTORIAL ACTIVITY</b>  ➤ <b>3D OR CRAFT ACTIVITY</b>	<ul style="list-style-type: none"> <li>• River side, sunset scene, beach scene, a rainy day, castle drawing, tri colour painting.</li> <li>• Cloth bag making, best out of waste. Tri-colour craft.</li> </ul>
<b><u>TERM 2 (OCTOBER- MARCH)</u></b>		
<b>OCTOBER- NOVEMBER</b>	➤ <b>2D OR PICTORIAL ACTIVITY</b>  ➤ <b>3D OR CRAFT ACTIVITY</b>	<ul style="list-style-type: none"> <li>• Mandala art, Dussehra drawing, poster on eco-friendly Diwali, helping mother, pencil sketching, water colour</li> <li>• Puppet making activity, waste to wealth, candle making and diya painting activity.</li> </ul>
<b>DECEMBER</b>	➤ <b>2D OR PICTORIAL ACTIVITY</b>  ➤ <b>3D OR CRAFT ACTIVITY</b>	<ul style="list-style-type: none"> <li>• Madhubani painting, abstract painting, Christmas drawing.</li> <li>• Christmas Decoration.</li> </ul>
<b>JANUARY - FEBRUARY</b>		<ul style="list-style-type: none"> <li>• New year drawing, winter scene</li> </ul>

# **PHYSICAL EDUCATION**

## **TERM 1 (APRIL – SEPTEMBER)**

### **APRIL**

#### **Exercises**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Four and eight count exercise involving different body parts done to command/music
- ✓ Recreational Games

### **MAY**

#### **Agility**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Shuttle Run
- ✓ Recreational Games

### **JULY**

#### **Command and Marching**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Repetition of attention stands at ease, line formation, and mark-time, break off and dismiss etc.
- ✓ Recreational Games

## **AUGUST – SEPTEMBER**

#### **Athletics**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Short sprint: 50m and 80m standing start, Endurance: 200m, Hoping: 15 to 30m
- ✓ Throwing : Ball throw/Object Throw
- ✓ Recreational Games

## **TERM 2 (OCTOBER - MARCH)**

### **OCTOBER**

#### **Sports skills abilities /Excursion**

- ✓ Circuit Training (Combination of two or more activities)
- ✓ Indigenous and self-defense activities
- ✓ Recreational Games

### **NOVEMBER**

#### **Balance and timing**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ What are the ways to have my body in control and balance?
- ✓ Recreational Games

## **DECEMBER**

### **Coordination/ Flexibility**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Self-testing activities
- ✓ Recreational Games

## **JANUARY – FEBRUARY**

### **Lead up games**

- ✓ Safety Rules
- ✓ Jeevan Vigyan
- ✓ Involving fundamental skills in Foot Ball, Volley Ball to be taught in the form of small area games
- ✓ Recreational Games