

# **SACRED HEART SR. SEC. SCHOOL**

Bhai Randhir Singh Nagar, Ludhiana

Syllabus for Class-X

Session 2022-2023

## **FOREWORD**

Sacred Heart School firmly believes in the divine light of knowledge. We strive sincerely to follow the path of "Learn and Enlighten" which is the maxim of our school. We offer a curriculum which blends academic excellence with a holistic approach aiming at developing a strong foundation and individual growth. Our school aims at facilitating learning, guiding, developing skills conforming to social expectations and building balanced personalities. Keeping in view the above mentioned standards and abiding by the regulations laid down by CBSE, our school is designed to provide academic challenge within a stimulating and exciting environment. This understanding based approach enables students to make significant academic progress. A unique assignment and testing system has been developed in school at all levels which equips our students to face the more complex and demanding 'real world' of the 21<sup>st</sup> century.

## ENGLISH

### TERM-I

#### March

**Literature Reader :** First Flight  
Ch-1 A Letter to God  
Poem-1 Dust of Snow  
Poem-2 Fire and Ice  
**Footprints Without Feet**  
**Grammar** Tenses, Modals  
**Writing :** Formal Letter (Letter to Editor)

#### April

**Literature Reader :** First Flight  
Ch-2 Nelson Mandela: Long Walk to Freedom  
Ch-3 Two Stories About Flying  
1. His First Flight  
2. The Black Aeroplane  
Poem-3 A Tiger in the Zoo  
Poem-4 How to Tell Wild Animals  
Poem-5 The Ball Pen

#### Footprints Without Feet

Ch-1 A Triumph of Surgery  
Ch-2 The Thief's Story  
Ch-3 The Midnight Visitor

**Writing :** Formal Letter (Letter of Complaint)  
**Grammar :** Subject- Verb Agreement, Determiners, Editing, Omission, Re-arrange, Reported Speech

#### May

**Literature Reader :** First Flight  
Ch-4 From The Diary of Anne Frank

Poem-6 Amanda  
Ch-5 The Hundred Dresses-I  
Ch-6 The Hundred Dresses-II  
Poem-7 Animals

#### Footprints Without Feet

Ch-4 A Question of Trust  
**Writing :** Formal Letter (Letter of Order)  
**Grammar :** Use of Passive Voice and Gap Filling  
**May-June Unit Test-I**

#### July

**Literature Reader :** First Flight  
Ch-7 Glimpses of India  
I. A Baker from Goa  
II. Coorg  
III. Tea from Assam  
Poem-8 The Trees  
Footprints Without Feet  
Ch-5 Footprints Without Feet  
Ch-6 The Making of a Scientist

**Writing :** Analytical Paragraph  
**Grammar :** Clauses, Prepositions, Rearrangement

#### August

**Literature Reader :** First Flight  
Ch-8 Mijbil, the Otter  
Poem-9 Fog  
Ch-9 Madam Rides the Bus  
**Footprints Without Feet**  
Ch-7 The Necklace

	Ch-8 The Hack Driver
<b>Grammar</b>	: Editing: Error and Omissions
<b>Writing</b>	: Analytical Paragraph
	<b>Speaking and Listening Skills</b>
	<b>September</b>
	<b>Revision for Term-I</b>
	<b>Mid-term exam</b>
	<b>TERM-II</b>
	<b>October</b>
<b>Literature Reader</b>	: First Flight
	Poem-10 The Tale of Custard the Dragon
	Ch-10 The Sermon at Benares
	Poem-11 For Anne Gregory
	Ch-11 The Proposal
	<b>Footprints Without Feet</b>
	Ch-9 Bholi
	Ch-10 The Book that Saved the Earth
<b>Grammar</b>	: Reported Speech and Gap filling
<b>Writing</b>	: Formal Letters, Analytical Paragraph
	<b>November</b>
	<b>Listening &amp; Speaking Skills</b>
	<b>Revision</b>
	<b>December</b>
	<b>Preboard Exam-I</b>
	<b>January</b>
	<b>Pre-board Examination-II</b>
	<b>February</b>
	<b>Revision Test</b>
	<b>March : Board Examination</b>

	<b>HINDI</b>
<b>प्रस्तावित पुस्तकें :</b>	1. स्पर्श भाग 2 2. संचयन भाग 2 3. व्याकरण प्रवेशक
<b>मार्च</b>	कविता कबीर व्याकरण प्रार्थना पत्र, सूचना लेखन, पदबंध
<b>अप्रैल</b>	पाठ बड़े भाई साहब कविता मीरा के पद कविता तोप व्याकरण अलंकार, लघु कथा, मुहावरे, संपादकीय पत्र
<b>मई</b>	पाठ डायरी का एक पन्ना पाठ तल्लूरा वामीरो कथा कविता पर्वत प्रदेश में पावस व्याकरण मुहावरे, सूचना लेखन, समास, शिकायती पत्र यूनिट परीक्षा
<b>जून</b>	<b>ग्रीष्मावकाश</b>
<b>जुलाई</b>	पाठ अब कहाँ दूसरे के दुख में दुखी होने वाले कविता बिहारी के दोहे, मनुष्यता व्याकरण रचना के आधार पर वाक्य परिवर्तन, विज्ञापन लेखन, नौकरी के लिए आवेदन पत्र
<b>अगस्त</b>	पाठ हरिहर काका कविता कर चले हम फिदा, आत्मत्राण व्याकरण अनुच्छेद , अपठित गद्यांश, मुहावरे
<b>सितंबर</b>	<b>पुनरावृत्ति व अर्थ वार्षिक परीक्षा</b>
<b>अक्तूबर</b>	पाठ सपनों के से दिन, कारतूस, पतझड़ में टूटी पत्तियाँ व्याकरण समास (अव्ययी भाव, कर्मधारय, बहुव्रीहि समास)
<b>नवंबर</b>	पाठ टोपी शुक्ला पाठ्यक्रम की पुनरावृत्ति
<b>दिसंबर</b>	प्री. बोर्ड 1
<b>जनवरी</b>	प्री. बोर्ड 2
<b>फरवरी</b>	पुनरावृत्ति परीक्षा
<b>मार्च</b>	वार्षिक परीक्षा

## PUNJABI

- ਪੁਸਤਕਾਂ**
1. ਸਾਹਿਤ ਮਾਲਾ - X
  2. ਵੰਨਗੀ - X
  3. ਗੋਲਡਨ ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲਿਖਤ ਰਚਨਾ IX-X

### ਅਪ੍ਰੈਲ

**ਪਾਠ-ਪੁਸਤਕਾਂ** ਸੋ ਕਿਉਂ ਮੰਦਾ ਆਖੀਐ (ਸ਼ਬਦ)  
ਕੁਲਫੀ (ਕਹਾਣੀ)

**ਵਿਆਕਰਨ** ਸਮਾਸੀ ਸ਼ਬਦ, ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ, ਮੁਹਾਵਰੇ (ਕ-ਅੱਖਰ ਨਾਲ ਸੰਬੰਧਤ), ਚਿੱਤਰ ਵਰਨਣ

**ਲੇਖ** ਵਿਚਾਰ ਪ੍ਰਦਾਨ ਅਤੇ ਆਮ ਵਿਸ਼ੇ

**ਪੱਤਰ** ਨਿੱਜੀ ਪੱਤਰ

### ਮਈ

**ਪਾਠ-ਪੁਸਤਕਾਂ** ਘਰ ਦਾ ਪਿਆਰ (ਵਾਰਤਕ)  
ਕਿਰਪਾ ਕਰਿ ਕੈ ਬਖਿਸ ਲੈਹੁ (ਸਲੋਕ)

**ਵਿਆਕਰਨ ਪਾਠ** ਕਿਰਿਆ-ਵਿਸ਼ੇਸ਼ਣ

**ਵਿਆਕਰਨ** ਸਮਾਸੀ ਸ਼ਬਦ, ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ, ਮੁਹਾਵਰੇ (ਖ, ਗ-ਅੱਖਰ ਨਾਲ ਸੰਬੰਧਤ)

**ਪੱਤਰ** ਦਫਤਰੀ ਪੱਤਰ

Unit Test

### ਜੂਨ

ਗਰਮੀ ਦੀਆਂ ਛੁੱਟੀਆਂ

### ਜੁਲਾਈ

**ਪਾਠ ਪੁਸਤਕਾਂ** ਜ਼ਫਰਨਾਮਾ (ਇਕਾਂਗੀ)

**ਵਿਆਕਰਨ** ਮੁਹਾਵਰੇ (ਘ, ਙ-ਅੱਖਰ ਨਾਲ ਸੰਬੰਧਤ), ਚਿੱਤਰ ਵਰਨਣ, ਅਣਡਿੱਠਾ ਵਾਰਤਕ ਪੈਰਾ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ

### ਅਗਸਤ

**ਪਾਠ-ਪੁਸਤਕਾਂ** ਬੋਲੀ (ਵਾਰਤਕ)

**ਵਿਆਕਰਨ** ਸਮਾਸੀ ਸ਼ਬਦ, ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ  
**ਲੇਖ** ਵਿਚਾਰ ਪ੍ਰਦਾਨ ਅਤੇ ਆਮ ਵਿਸ਼ੇ  
**ਪੱਤਰ** ਨਿੱਜੀ ਪੱਤਰ, ਦਫਤਰੀ ਪੱਤਰ  
ਸਤੰਬਰ - ਦੁਹਰਾਈ  
ਛਿਮਾਹੀ ਪਰੀਖਿਆ

### ਅਕਤੂਬਰ

**ਪਾਠ-ਪੁਸਤਕਾਂ** ਪ੍ਰਾਰਥਨਾ (ਵਾਰਤਕ)  
ਅੰਗ-ਸੰਗ (ਕਹਾਣੀ)

ਦੂਜਾ ਵਿਆਹ (ਇਕਾਂਗੀ)

**ਵਿਆਕਰਨ** ਅਗੇਤਰ, ਪਿਛੇਤਰ, ਮੁਹਾਵਰੇ (ਚ, ਛ-ਅੱਖਰ ਨਾਲ ਸੰਬੰਧਤ)

**ਲੇਖ** ਵਿਚਾਰ-ਪ੍ਰਦਾਨ ਅਤੇ ਆਮ ਵਿਸ਼ੇ

**ਪੱਤਰ** ਨਿੱਜੀ ਪੱਤਰ, ਦਫਤਰੀ ਪੱਤਰ

### ਨਵੰਬਰ

**ਪਾਠ-ਪੁਸਤਕਾਂ** ਮੇਰੇ ਵੱਡੇ ਵਡੇਰੇ (ਵਾਰਤਕ)  
ਤੂੰ ਮੇਰਾ ਪਿਤਾ ਤੂੰ ਹੈ ਮੇਰਾ ਮਾਤਾ (ਸ਼ਬਦ)  
ਤੁਰਨ ਦਾ ਹੁਨਰ (ਵਾਰਤਕ)

**ਵਿਆਕਰਨ ਪਾਠ** ਅਗੇਤਰ, ਪਿਛੇਤਰ

**ਵਿਆਕਰਨ** ਮੁਹਾਵਰੇ (ਜ-ਝ ਅੱਖਰ ਨਾਲ ਸੰਬੰਧਤ)

### ਦਸੰਬਰ

**ਪਾਠ-ਪੁਸਤਕਾਂ** ਸਤਿਗੁਰ ਨਾਨਕ ਪ੍ਰਗਟਿਆ (ਸ਼ਬਦ)  
ਜੰਗ ਦਾ ਹਾਲ (ਜੰਗਨਾਮਾ)  
ਧਰਤੀ ਹੇਠਲਾ ਬਲਦ (ਕਹਾਣੀ)

**ਜਨਵਰੀ**

ਦੁਹਰਾਈ ਅਤੇ ਪ੍ਰੀ-ਬੋਰਡ 1 ਪਰੀਖਿਆ

**ਫਰਵਰੀ** ਪ੍ਰੀ-ਬੋਰਡ ਪਰੀਖਿਆ 2

**ਮਾਰਚ** ਬੋਰਡ ਪਰੀਖਿਆ

## MATHS

<b>March</b>	: Chapter-3	Pair of Linear Equations in two variables
	: Chapter-2	Polynomials
<b>April</b>	: Chapter-14	Statistics
	: Chapter-1	Real Numbers
<b>May</b>	: Chapter-4	Quadratic Equations
	<b>Revision for May Unit Test</b>	
<b>July</b>	: Chapter-5	Arithmetic Progression
	: Chapter-6	Triangles
<b>August</b>	: Chapter-6	Triangles (continued)
	: Chapter-7	Coordinate Geometry
<b>September</b>	: Chapter-8	Introduction to trigonometry
	: Chapter-9	Some applications of Trigonometry
	: Chapter-10	Circles
	<b>Revision and Half Yearly Exams</b>	
<b>October</b>	: Chapter-11	Constructions
	: Chapter-12	Areas related to circles
<b>November</b>	: Chapter-13	Surface area and volume
	: Chapter-15	Probability
<b>December</b>	<b>Preboard 1</b>	
<b>January</b>	<b>Preboard 2</b>	
<b>February</b>	<b>Revision Exam</b>	
<b>March</b>	<b>Board Examination</b>	

## SCIENCE AND TECHNOLOGY

### CHEMISTRY

<b>March/April:</b>	: Chapter-1	Chemical reactions and equations
<b>May</b>	: Chapter-2	Acid, bases and salts
	<b>Revision for May Unit Test</b>	
<b>July</b>	: Chapter-3	Metals and non metals
<b>August</b>	: Chapter-5	Periodic classification of elements (till modern periodic table)
<b>Sept</b>	<b>Revision and Half Yearly Examination</b>	
<b>October</b>	: Chapter-5	Modern Periodic Table
	: Chapter-4	Carbon and its compounds
<b>November</b>	: Chapter-4	Carbon and its compounds
<b>December</b>	<b>Preboard 1</b>	
<b>January</b>	<b>Preboard 2</b>	
<b>February</b>	<b>Revision Test</b>	
<b>March</b>	<b>Board Examination</b>	

### BIOLOGY

<b>March</b>	: Chapter-6	Life Processes
<b>April</b>	: Chapter-7	Control and coordination
<b>May</b>	<b>Revision for May Unit Test</b>	
<b>July</b>	: Chapter-16	Management of natural resources
<b>August</b>	: Chapter-15	Our Environment
	: Chapter-8	How do organism reproduce?

<b>Sept</b>	: <b>Revision and Half Yarly Examination</b>
<b>October</b>	: Chapter-9 Heredity and evolution
<b>November</b>	: Chapter-9 Heredity and evolution (Contd.)
<b>December</b>	: Preboard 1
<b>January</b>	: Preboard 2
<b>February</b>	: Revision Test
<b>March</b>	: Board Examination

### PHYSICS

<b>March/April:</b>	Chapter-10 Light - Reflection and Refraction
<b>May</b>	: Chapter-10 Light - Reflection and Refraction (Contd.)
	: Chapter-11 Human Eye and Colourful World

### Revision and Unit Test

<b>July</b>	: Chapter-11 Human Eye and Colourful World (contd.)
<b>August</b>	: Chapter-14 Sources of energy
<b>Sept</b>	: <b>Revision and Half Yearly Examination</b>
<b>October</b>	: Chapter-12 Electricity
<b>November</b>	: Chapter-13 Magnetic effects of current
<b>December</b>	: Preboard 1
<b>January</b>	: Preboard 2
<b>February</b>	: Revision Test
<b>March</b>	: Board Examination

### List of Science Practicals (Session 2022-2023)

- To find the pH of the following samples by using pH paper/ universal indicator:
  - Dilute Hydrochloric Acid
  - Dilute NaOH solution
  - Dilute Ethanoic Acid Solution
  - Lemon Juice
  - Water
  - Dilute sodium Bicarbonate solution
- To study the properties of acids and bases (HCl & NaOH) by their reaction with:
  - Litmus solution (Blue/ Red)
  - Zinc metal
  - Solid Sodium carbonate
- To perform and observe the following reactions and classify them into:
  - Combination reaction
  - Decomposition reaction
  - Displacement reaction
  - Double displacement reaction
    - Action of water on quick lime
    - Action of heat on ferrous sulphate crystals
    - Iron nails kept in copper sulphate solutions
    - Reaction between sodium sulphate and barium chloride solutions.
- To observe the action Zn, Fe, Cu and Al metals on the

following salt solutions:

- a)  $\text{ZnSO}_4$  (aq)
  - b)  $\text{FeSO}_4$  (aq)
  - c)  $\text{CuSO}_4$  (aq)
  - d)  $\text{Al}_2(\text{SO}_4)_3$  (aq)
- ii) Arrange Zn, Fe, Cu and Al (metals) in the decreasing order of reactivity based on the above result.
5. To study the properties of Acetic acid (ethanoic acid):  
i) a) odour (b) solubility in water (c) effect on litmus (d) reaction with sodium bicarbonate
  6. To study the comparative cleaning capacity of a sample of soap in soft and hard water
  7. To prepare a temporary mount of a leaf peel to show stomata.
  8. To show experimentally that carbon dioxide is given out during respiration.
  9. To study (a) binary fission in amoeba (b) budding in yeast with the help of prepared slides.
  10. To study homology and analogy with the help of preserved/ available specimens of either animals or plants.
  11. To study the dependence of potential difference (V) across a resistor on the current (I) passing through it and determine its resistance. Also plot a graph between V and I.
  12. To determine the equivalent resistance of two resistors when connected in series.
  13. To determine the equivalent resistance of two resistors

when connected in parallel.

14. To determine the focal length of : i. Concave mirror, ii. Convex lens, by obtaining the image of a distant object.
15. To trace the path of a ray of light passing through a rectangular glass slab for different angles of incidence. Measure the angle of incidence, angle of refraction, angle of emergence and interpret the result.
16. To trace the path of the rays of light through a glass prism.
17. To find the image distance for varying object distances in case of a convex lens and draw corresponding ray diagrams to show the nature of image formed.

## **SOCIAL SCIENCE**

### **March**

- Political Science** : Ch-1 Power Sharing  
**Economics** : Ch-1 Development  
: Ch-2 Sectors of Indian economy

### **April**

- History** : Ch-1 The rise of Nationalism in Europe  
**Geography** : Ch-1 Resources and development

### **May**

- Political Science** : Ch-2 Federalism  
**Geography** : Ch-2 Forest and wildlife  
**History** : Ch-3 Nationalism in India

### **Revision and Unit Test**

### **June**

- Political Science** : Ch-5 Popular struggles and movements  
: Ch-8 Challenges to Democracy  
**Economics** : Ch-5 Consumer Rights  
**Geography** : Ch-3 Water resources

### **July**

- Geography** : Ch-4 Agriculture  
**Political Science** : Ch-3 Democracy and diversity  
**Economics** : Ch-3 Money and credit  
**Geography** : Ch-5 Minerals and Energy Resources

### **August**

- History** : Ch-5 The age of Industrialisation  
**Political Science** : Ch-4 Gender religion and caste  
**Geography** : Ch-6 Manufacturing Industries

### **September**

### **Revision and Half Yearly Examination**

### **October**

- History** : Ch-7 Print culture and modern world  
**Political science** : Ch-6 Political Parties  
: Ch-7 Outcomes of Democracy  
**Economics** : Ch-4 Globalisation and Indian economy

### **November**

- Geography** : Ch-7 Lifelines of national economy

### **December**

### **Revision and Pre-board 1 Examination**

### **January**

### **Revision and Pre-board 2 Examination**

### **February**

### **Revision Test**

### **March**

### **Board Examination**



## COMPUTER SCIENCE

### April-May Theory

Revision of Python covering Features of Python Language, working modes of Python, variables, data types, built-in functions, operators and comments in Python.

Algorithms and flowcharts, types of control structures and conditional statements in Python.

Computer Assignment.

### Practical

Programs based on Python Language.

### July- September Theory

Concept of loops, Iterative statements, Using For and While loop.

Computer Assignment - Revision and Exam

### Practical

Programs based on Python Language.

### October - November Theory

Introduction to built-in functions in Python, using string functions, defining a string, string operators, string manipulation functions, deleting a string, manipulating string in Python.

Computer Assignment - Revision

### Practical

Programs based on Python Language. Final Practical Exam

### December-February Theory

Revision and Exam

## PHYSICAL EDUCATION AND SPORTS

### March/April Module 1 : Evolution of Physical Education

Session 1 : Understanding the evolution of physical education

Session 2 : Understanding the difference between ancient and modern Olympic Games

Session 3: Understanding the evolution of Indian sporting events Session 4: Identifying the role of sports in society Khelo India BMI

### May

Module 2: Health and Fitness 46

Session 1: Understanding health education, hygiene, and communicable diseases

Session 2: Understanding the functions of human body

Session 3: How to test your fitness (basic)

### June

A. Summer Coaching Camp

B. Practical copy work

### July

Module 3: Games and Sports

Session 1: Demonstrating the knowledge of fundamental skills for preschool children

Session 2: Teaching physical education in primary school (Grade 1 and 2)

Session 3: Teaching physical education in primary school (Grade 3 to 5)

Session 4: Teaching Physical education in middle school (Grade 6 and above)

Session 5: Demonstrating Yogic exercises (Basic) Khelo India speed and strength test

### August

Module 4: Developing an Athlete

Session 1: Identifying postural deformities and learning corrective measures

Session 2: Demonstrating basic training methods

	Session 3: Teaching safe ways to participate in physical education and sports
	Session 4: Teaching basic first aid
<b>September</b>	Module 5: Learning to train and Training to learn
	Session 1: Learning to train and training to learn
	Session 2: Demonstrating the knowledge of effective teaching methods
	Session 3: Demonstrate effective communication skills
	Session 4: Demonstrating the knowledge of planning an event Khelo India BMI and flexibility
<b>October</b>	Module 6: Managing Sports Events
	Session 1: Teaching basic competencies of officiating
	Session 2: Teaching ground and court marking
	Session 3: Teaching maintenance of props, equipment, and sports facilities
	Session 4: Teaching to organize sports days and tournaments Khelo India coordination speed and strength test
<b>November</b>	Module 7: Food and Nutrition
	Session 1 : Understanding the role of nutrition and the use of food pyramid
	Session 2 : Calculating calorific values
	Session 3 : Understanding the relationship between diet and weight
<b>December</b>	Revision of previous work
<b>January</b>	Final practical copy, viva, and gradation
<b>February</b>	A. Final Examiantion

	<b>ART &amp; CRAFT</b>
<b>April</b>	Bird Study Landscape
<b>May</b>	Free Hand Design
<b>July</b>	Still Life
<b>August</b>	Poster Modern Art
<b>September</b>	Head Study
<b>October</b>	Study of Facial Features Calligraphy
<b>November</b>	Life Study
<b>December</b>	Logo Designing
<b>January</b>	Portrait
<b>February</b>	Revision
<b>March</b>	Final Exams