

SACRED HEART SR. SEC. SCHOOL
Bhai Randhir Singh Nagar, Ludhiana

Syllabus for Class-VII
Session 2024-2025

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 21st century.

ENGLISH

Term-I

APRIL

Supplementary Reader	L-1 Going Downhill on Bicycle L-2 Roland and Oliver
Course Book	Ch-1 Classic Detectives
Language companion	Ch-1 Classic Detectives
Grammar & Composition	Ch- 4 Transitive and Intransitive
Skills	Ch- 5 Agreement of Subject and Verb
Writing	Paragraph Writing Informal Letter

MAY

Supplementary Reader	L-3 A Little princess
Course Book	Ch-2 Animal Tales
Language companion	Ch-2 Animal Tales
Grammar & Composition	Ch-7 Expressing the Present
Skills	Ch-8 Expressing the Past CH-9 Expressing the Future
Writing	Formal letter Practice of speaking skills

Subject enrichment activity (Speaking skill)

May – June Periodic Test-1

JUNE

Multiple assessment activity

JULY

Supplementary Reader	L-4 Eldorado L-5 The Necklace
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Course Book	Ch-3 Friendship
Language Companion	Ch-3 Friendship
Grammar & Composition	CH-1 Nouns
Skills	Ch-20 Kinds of sentences
Writing	Diary entry
AUGUST	
Supplementary Reader	L-6 Grandfather fights an Ostrich
Course Book	Ch-4 Gender
Language companion	Ch-4 Gender
Grammar & Composition	Ch-3 Pronouns
Skills	Ch-13 Determiners and Quantifiers
	Ch-14 Articles
	Ch-16 Direct and indirect speech
Writing	Article writing Notice - Event
Portfolio activity	(Dictation test)
SEPTEMBER	Revision
	Half Yearly Examination
	Term II
OCTOBER	
Supplementary Reader	L-7 The Echoing Green L-8 Peter of Haarlem
Course Book	Ch-5 Humour
Language companion	Ch-5 Humour
Grammar & Composition	Ch-2 Adjectives
Skills	

	Ch-24 Grammar on the go
	Ch-23 Punctuation
	Ch-17 Finite and Non-Finite Verbs
	Verbs
Writing	Diary entry
	Dialogue writing.
	Practice of listening skills
	Subject enrichment activity (Listening skills)
	November
Supplementary Reader	L-9 Gifts of Wali Dad
	L-10 The sea of foliage Girds our Garden
Course Book	Ch-6 Hard Times
Language and companion	Ch -6 Hard Times
Grammar & Composition Skills	Ch-12 Conjunctions
	Ch-11Preposition
	Ch-15 Active and Passive voice (Assertive, interrogative, imperative)
Writing	Descriptive paragraph - Thing Story Writing
	Multiple Assessment activity
	December
Supplementary Reader	L-11 The Hayloft
Course Book	Ch-7 Travel
	Ch-9 Science fiction

Language and companion	Ch-9 Science fiction Ch-7 Travel
Grammar & Composition Skills	Ch-6 Primary and Modal auxiliaries Story writing
January	
Supplementary Reader	L-12 Oliver wants more L-13 India's Shining Girls
Course Book	Ch-8 Back to Roots
Language companion	Ch-8 Back to Roots
Grammar & Composition Skills	Ch-10 Adverbs Ch-18 Phrases Ch-19 Clauses
Writing	Article writing Formal letter
Formal letter	Revision of all topics done Portfolio Activity (Dictation test) REVISION TEST
February and March	Revision and Yearly Examination

HINDI

प्रस्तावित पुस्तकें

1. वसंत भाग 2
2. सहज हिंदी व्याकरण – 7

TERM I

अप्रैल	पाठ	- हिमालय की बेटियाँ
	कविता	- हम पंछी उन्मुक्त गगन के
	व्याकरण	- पर्यायवाची (1-30)(Pg 34), विलोम (1-30) (Pg 38), कारक, वाक्यांश (1-33) (Pg 41,42), उपसर्ग (अनु-उप) (Pg 52), प्रार्थना पत्र, अनुच्छेद।
मई	पाठ	- मिठाईवाला
	कविता	- कठपुतली, शाम एक किसान
	व्याकरण	- संधि (दीर्घ/गुण), (Pg 20), संज्ञा, भाववाचक संज्ञा (बच्चा घबराना) (pg -71), लिंग (बाल-लाला)(pg -77,78)] वचन (बच्चा-घड़ी) (pg.83-84), ** PERIODIC TEST I**
		** SUBJECT ENRICHMENT ACTIVITY**
जून		ग्रीष्मावकाश (MULTIPLE ASSESMENT ART INTEGRATED ACTIVITY)
जुलाई	पाठ	- पापा खो गए, अपूर्व अनुभव (संस्मरण)
	व्याकरण	- सर्वनाम, मुहावरे (1-25) (केवल अर्थ), अपठित गद्यांश, विज्ञापन।
अगस्त	पाठ	- नीलकंठ
	व्याकरण	- विशेषण, शिकायती पत्र, विराम चिह्न, चित्र वर्णन (घटना/कहानी) **PORTFOLIO (DICTATION TEST)**
सितंबर		Revision and TERM -I Exam.
		TERM II
अक्तूबर	पाठ	- खानपान की बदलती तस्वीर
	कविता	- रहीम के दोहे

व्याकरण - प्रत्यय (अंत-ई)(Pg 55), क्रिया, क्रिया
विशेषण, काल, वाक्य शुद्धि,
पर्यायवाची (31-60)(Pg 34),
अनुच्छेद, निजी पत्र।

****SUBJECT ENRICHMENT ACTIVITY****

नवंबर	पाठ	- वीर कुँवर सिंह
	कविता	- एक तिनका
	व्याकरण	- अनेक शब्दों के लिए एक शब्द (34-66) (Pg 42), समास (तत्पुरुष, द्वंद्व, द्विगु) (pg -63,64 & 65), विलोम (31-60) (Pg 38), संदेश लेखन **MULTIPLE ASSESSMENT ACTIVITY**
दिसंबर	पाठ	- संघर्ष के कारण मैं तुनुकमिजाज हो गया – धनराज,
	कविता	- भोर और बरखा
	व्याकरण	- लिंग (Pg 78) (शिक्षक –पुरुष), वचन (Pg 84) (लेखिका-सैनिक), अर्थ के आधार पर वाक्य भेद, अपठित गद्यांश ** PERIODIC TEST II **
जनवरी	पाठ	- आश्रम का अनुमानित व्यय
	व्याकरण	- संधि (वृद्धि, यण), संवाद। **PORTFOLIO (DICTATION TEST)** **REVISION TEST **

फरवरी / मार्च TERM – II Exam.

NOTE : 1. Internal Assessment Activities will be conducted in
TERM I & TERM II separately.
2. Dictation will be part of Internal Assessment.

PUNJABI

ਨਿਰਧਾਰਿਤ ਪਾਠ-ਪੁਸਤਕਾਂ :-

1. ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ ਪਾਠ ਮਾਲਾ - 5
2. ਸ਼੍ਰੇਣੀ ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ - 4

Term - I

ਅਪ੍ਰੈਲ

ਪਾਠ-ਪੁਸਤਕ	1. ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ (ਕਵਿਤਾ) 2. ਜਨਮ-ਦਿਨ ਦਾ ਤੋਹਫਾ 3. ਸਫਲਤਾ ਦਾ ਭੇਦ
ਵਿਆਕਰਨ ਪਾਠ	ਪੜਨਾਂਵ
ਵਿਆਕਰਨ	ਸਮਾਨਅਰਥਕ ਸ਼ਬਦ (1-30)
ਲੇਖ	ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ
ਪੱਤਰ	ਆਪਣੇ ਮਿੱਤਰ ਨੂੰ ਉਸ ਦੀ ਵਿਦੇਸ਼ ਯਾਤਰਾ ਲਈ ਸ਼ੁੱਭ-ਕਾਮਨਾ ਦਿੰਦੇ ਹੋਏ ਪੱਤਰ ਲਿਖੋ ।

ਮਈ

ਪਾਠ-ਪੁਸਤਕ	4. ਸਮਾਂ (ਕਵਿਤਾ) 5. ਜਾਦੂਗਰ ਅਤੇ ਸ਼ੇਰ 6. ਅਜ਼ਾਦੀ ਦਿਵਸ
ਵਿਆਕਰਨ	ਮੁਹਾਵਰੇ (1-40) ਅਣਡਿੱਠਾ ਵਾਰਤਕ ਪੈਰਾ , ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ
ਲੇਖ	ਟੈਲੀਵਿਜ਼ਨ ਦੇ ਲਾਭ ਹਾਨੀਆਂ
ਪੱਤਰ	ਆਪਣੇ ਛੋਟਾ ਭਰਾ ਨੂੰ, ਜੋ ਛੇਵੀਂ ਵਿੱਚੋਂ ਫੇਲ੍ਹ ਹੋ ਗਿਆ ਹੈ, ਇੱਕ ਸੰਵੇਦਨਾ ਪੱਤਰ ਲਿਖੋ ।

- Subject Enrichment Activity
- Periodic Test - I

ਜੂਨ

ਗਰਮੀ ਦੀਆਂ ਛੁੱਟੀਆਂ

- Multiple Assessment Activity

ਜੁਲਾਈ

ਪਾਠ-ਪੁਸਤਕ	7. ਆਓ ਰੁੱਖ ਲਗਾਈਏ (ਕਵਿਤਾ)
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	8. ਮਿੱਤਰਤਾ ਦੀ ਪਰਖ
ਵਿਆਕਰਨ	ਵਿਰੋਧੀ ਸ਼ਬਦ (ਆਦਰ-ਸਾਫ਼)
	ਅਗਸਤ
ਪਾਠ-ਪੁਸਤਕ	9. ਮਨੀਕਰਣ ਸਾਹਿਬ 10. ਦੇਸੀ ਮਹੀਨੇ ਅਤੇ ਰੁੱਤਾਂ (ਕਵਿਤਾ)
ਵਿਆਕਰਨ ਪਾਠ	ਵਿਸ਼ੇਸ਼ਣ
ਵਿਆਕਰਨ	ਅਣਡਿੱਠਾ ਵਾਰਤਕ ਪੈਰਾ ; ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ
ਲੇਖ	ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ
ਪੱਤਰ	ਤੁਹਾਡਾ ਛੋਟਾ ਭਰਾ ਭੈੜੀ ਸੰਗਤ ਵਿੱਚ ਪੈ ਗਿਆ ਹੈ ਅਤੇ ਪੜ੍ਹਾਈ ਵੱਲੋਂ ਅਵੇਸਲਾ ਹੋ ਗਿਆ ਹੈ। ਉਸ ਨੂੰ ਪੱਤਰ ਰਾਹੀਂ ਭੈੜੀ ਸੰਗਤ ਛੱਡ ਕੇ ਪੜ੍ਹਾਈ ਵੱਲ ਜੁਟਾਉਣ ਲਈ ਪ੍ਰੇਰਨਾ ਭਰਿਆ ਪੱਤਰ ਲਿਖੋ।
	• Portfolio Activity (Dictation)
ਸਤੰਬਰ	ਦੁਹਰਾਈ
	• Term – I Exams
	Term – II
	ਅਕਤੂਬਰ
ਪਾਠ-ਪੁਸਤਕ	11. ਕਾਮਯਾਬੀ ਦਾ ਰਾਜ ਮੁਕਾਬਲੇ 12. ਮਦਰ ਟੈਰੇਸਾ 13. ਵਿਗਿਆਨ (ਕਵਿਤਾ)
ਵਿਆਕਰਨ ਪਾਠ	ਕਿਰਿਆ
ਵਿਆਕਰਨ	ਬਹੁ-ਅਰਥਕ ਸ਼ਬਦ (ਉੱਚਾ-ਤਰ)
ਲੇਖ	ਦਿਵਾਲੀ
ਪੱਤਰ	ਆਪਣੇ ਇਲਾਕੇ ਦੀ ਸਮੁੱਚੀ ਸਫ਼ਾਈ ਲਈ ਨਗਰ ਨਿਗਮ ਦੇ ਸਿਹਤ ਅਧਿਕਾਰੀ ਨੂੰ ਪੱਤਰ ਲਿਖੋ।
	• Subject Enrichment Activity
	ਨਵੰਬਰ
ਪਾਠ-ਪੁਸਤਕ	14. ਤੇਨਾਲੀ ਰਮਨ ਦੀ ਹਾਜ਼ਰ-ਜੁਆਬੀ 15. ਵੱਧਦੀ ਅਬਾਦੀ

	16. ਰੰਗਾਂ ਦਾ ਤਿਉਹਾਰ (ਕਵਿਤਾ)
ਵਿਆਕਰਨ	ਅਖਾਣ (1-20) , ਅਣਡਿੱਠਾ ਵਾਰਤਕ ਪੈਰਾ, ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ
ਲੇਖ	ਇੱਕ ਚੁੱਪ ਸੌ ਸੁੱਖ
ਪੱਤਰ	ਕਿਸੇ ਅਖਬਾਰ ਦੇ ਸੰਪਾਦਕ ਨੂੰ ਇੱਕ ਪੱਤਰ ਲਿਖੋ ਜਿਸ ਵਿੱਚ ਨਿੱਤ ਵਰਤੋਂ ਦੀਆਂ ਵਸਤਾਂ ਵਿੱਚ ਪਾਈ ਜਾਂਦੀ ਮਿਲਾਵਟ ਦਾ ਜ਼ਿਕਰ ਕਰੋ । • Multiple Assessment Activity ਦਸੰਬਰ
ਪਾਠ-ਪੁਸਤਕ	17. ਵਪਾਰੀ ਦੀ ਸਿਆਣਪ
ਵਿਆਕਰਨ	ਭਿੰਨ-ਅਰਥਕ ਸ਼ਬਦ (1-23)
ਪੱਤਰ	ਤੁਹਾਡੇ ਮੁਹੱਲੇ ਦਾ ਡਾਕੀਆ ਚਿੱਠੀਆਂ ਵੰਡਣ ਵਿੱਚ ਬਹੁਤ ਅਣਗਹਿਲੀ ਵਰਤਦਾ ਹੈ, ਇਸ ਲਈ ਉਸ ਦੀ ਸ਼ਿਕਾਇਤ ਪੋਸਟ ਮਾਸਟਰ ਸਾਹਿਬ ਨੂੰ ਕਰੋ । • Periodic Test - II ਜਨਵਰੀ
ਪਾਠ-ਪੁਸਤਕ	18. ਸਾਢ-ਸਢਾਈ
	19. ਯੋਗਾ ਡੇ
	20. ਮੁਸੀਬਤਾਂ ਨਾਲ ਲੜਨਾ ਸਿੱਖੋ
ਵਿਆਕਰਨ ਪਾਠ	ਵਿਸਰਾਮ-ਚਿੰਨ੍ਹ
ਵਿਆਕਰਨ	ਅਣਡਿੱਠਾ ਵਾਰਤਕ ਪੈਰਾ , ਅਣਡਿੱਠੀ ਕਾਵਿ-ਟੁਕੜੀ
ਲੇਖ	ਸ਼ਹੀਦ-ਏ-ਆਜ਼ਮ ਭਗਤ ਸਿੰਘ • Portfolio Activity (Dictation) • Revision Exams
ਫਰਵਰੀ / ਮਾਰਚ	ਦੁਹਰਾਈ

Term – II Exams

Note :-

- Internal Assessment Activities will be conducted in Term I and Term II separately.
- Dictation will be part of Internal Assessment.

SCIENCE

Term I

April	L-1 Nutrition in plants
	L-13 Wastewater Story
May	L-10 Electric Current and its Effects (General)
	L-2 Nutrition in Animals (General)

SUBJECT ENRICHMENT

ACTIVITY-I

PERIODIC TEST - I

July	L-9 Motion and Time
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MULTIPLE ASSESSMENT ACTIVITY-I

August	L-4 Acids, Bases and Salts (General)
	L-7 Transportation in Animals and Plants

PORTFOLIO ACTIVITY-I

September	REVISION AND HALF YEARLY EXAMINATION
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Term II

October	L- 3 Heat (General)
	L - 6 Respiration in Organisms

SUBJECT ENRICHMENT ACTIVITY-II

November	L- 5 Physical and Chemical Changes (General)
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MULTIPLE ASSESSMENT ACTIVITY-II

December L- 12 Forests – Our Lifeline

PORTFOLIO ACTIVITY-II

PERIODIC TEST - II

January L-8 Reproduction in Plants
(General)

L- 11 Light

February **REVISION AND YEARLY
EXAMINATION**

SOCIAL SCIENE

Term-1

APRIL

Geography	Ch.1 Environment
Civics	Ch.1 On Equality
History	Ch.1 Tracing Changes through a Thousand Years
History	Ch.2 Kings and kingdoms

Portfolio Activity

MAY

Civics	Ch.2 Role of the Government in Health
Geography	Ch.2 Inside the Earth
Geography	Ch.3 Our Changing Earth

	MAY PERIODIC TEST -1
MAY - JUNE	Subject Enrichment Activity
	JULY
Civics	Ch.3 How the State Government Works
History	Ch.3 Delhi 12 th to 15 th century
Geography	Ch.4 Air
	Maps
	Multiple Assessment Activity
	AUGUST
History	Ch.4 The Mughals (16 to 17 th century)
Civics	Ch.4 Growing up as Boys & Girls
	Maps
SEPTEMBER	Revision and Term I Examination
	TERM II
	OCTOBER
Civics	Ch .5 Women Change the World
History	Ch.5 Tribes Nomads & Settled Communities
	Ch. 6 Devotional paths to the divine
Geography	Ch.5 Water
NOVEMBER	
History	Ch. 6 The Making of Regional Cultures
Geography	Ch.6 Natural Vegetation & Wildlife
Civics	Ch.6 Understanding Media
	Ch .7 Markets Around Us

SUBJECT ENRICHMENT ACTIVITY

DECEMBER

Geography	Ch.8 Human Environment Interaction- The tropical and subtropical region
Civics	Ch. 8 A Shirt in the Market Maps

MULTIPLE ASSESSMENT ACTIVITY

Periodic test 2

JANUARY

History	Ch.7 Devotional Paths to the Divine
History	Ch.8 18th Century Political Formations
Geography	Ch.7 Life in the Deserts Maps

Portfolio Activity

REVISION TEST

FEBRUARY /MARCH

TERM II EXAMINATION

MATHS

APRIL:	Ch. 2 Fractions and Decimals
	Ch. 1 Integers
MAY	Ch. 5 Lines And Angles
	PERIODIC TEST 1
JULY	Ch. 4 Simple equations Ch. 11 exponents and powers Ch. 12 symmetry
AUGUST	Ch. 6 The Triangle and Its Properties
SEPTEMBER	Revision and Half Yearly Exams
OCTOBER	Ch. 7 Comparing Quantities Ch. 9 Perimeter and Area
NOVEMBER	Ch. 8 Rational Numbers
DECEMBER	Ch. 10 Algebraic Expressions
	PERIODIC TEST 2
JANUARY	Ch. 3 Data Handling Ch. 13 Visualising Solid Shapes
FEBRUARY:	Revision
MARCH:	Yearly Exams

MORAL SCIENCE

Term-I

APRIL:	L-1 True Peace L-2 Choosing Your Friends
MAY:	L-3 Courage
JULY:	L-4 Art of Listening L-5 Living Together L-6 Set Your Goals
AUGUST:	L- 7 Don't be Afraid L-8 Keep Smiling
SEPTEMBER	REVISION AND HALF YEARLY EXAMINATION

Term-II

OCTOBER:	L-9 Responsible Citizen L-10 Be Just
NOVEMBER:	L-11 Secrets of Success L-12 Take Initiative
DECEMBER:	L-13 Forgiveness
JANUARY:	L-14 The Noble Path L-15 Civic Sense: Proper Public Conduct
FEBRUARY:	REVISION
MARCH:	YEARLY EXAMINATION

GENERAL KNOWLEDGE

Term-I

APRIL	Task 1- 10
MAY	Task 11 – 20
JULY	Task 21- 25
AUGUST	Task 25-30
SEPTEMBER	REVISION AND HALF YEARLY EXAMINATION

Term – II

OCTOBER	Task 31 - 39
NOVEMBER	Task 40- 48
DECEMBER	Task 49- 55
JANUARY	Task 56 - 60
FEBRUARY & MARCH	REVISION AND YEARLY EXAMINATION

COMPUTER SCIENCE

**BOOK: Byte Code – An Integrated approach
for joyful learning**

Based on Windows 10 & MS Office 2019

April - May

Theory Chapter - 1 Number System
Chapter - 4 Formulas and Functions in
Excel

Practical Practical based on MS Excel.

July-September

Theory Introduction to Python
Chapter – 6 Control Statements in Python
Computer Assignment
Revision and Half Yearly Exam

Practical Programs of Python and Lab Activities
based on Python.

October- December

Theory Chapter – 2 Browsing Safety
Chapter – 8 Natural Language Processing
Chapter – 7 Introduction to HTML 5
Computer Assignment
Revision

Practical Lab Activities based on HTML 5

January

Computer Assignment
Revision

Practical Yearly practical Exam based on HTML5

February

Revision and Yearly Exam

MUSIC

April-May	Introduction with Basics of Indian Classical Music Aaroh-avroh of Raga Kalyan Prayer Song in English 10 Alankars of Indian Classical Music
July-August	Notation of Taal Teen Taal Patriotic Song in Hindi Practice of all Sargams Taans of Raga Kalyan Prayer Song in English
Oct-Dec	Christmas Carols in English, Hindi & Punjabi Motivational Song in English Introduction with 12 Swar
Jan-Feb	Prayer Song in English Notation of Raga Kalyan Revision of all Songs and Sargams.

DANCE

APRIL-MAY

Basic Foot Steps along with Torhey
Chakardaar Tukda in Teentaal
Knowledge of Hasta Mudras in Beat
Parant in Teentaal
Prayer Dance

JULY-AUG

Introduction of Salaami in Chowgun
Different Types of Postures
Kavit in Teentaal
Dance on Independence Day Theme
Footworks on Different Styles of Folk and Western Dances

SEPT-OCT

Revision of Toras
Prayer Dance

NOV-DEC

Prayer Dance
Introduction to Abhinay Darpan
Tukda with Badi Tihaai in Teen Taal
Chakkardaar Paltey
Christmas Dance

JAN-FEB

Prayer Dance in Indian Classical Form
Choreography on Motivational Themes for Prize Distribution
Function
Different Types of Folk Dances

ART & CRAFT

APRIL	ELEPHANT IN PEN & INK STUDY OF FACIAL FEATURES
MAY	COMPOSITION
JULY	BIRD STUDY STILL LIFE (PENCIL SHADING)
AUGUST	PORTRAIT
SEPTEMBER	CARTOON DESIGN
OCTOBER	SLOGAN WRITING POSTER ON TECHNOLOGY
NOVEMBER	LIFE STUDY LANDSCAPE
DECEMBER	STUDY OF HANDS & FEETS
JANUARY	ABSTRACT ART
FEBRUARY	REVISION
MARCH	FINAL EXAMS

PHYSICAL EDUCATION AND SPORTS

APRIL

- A. Introduction of Physical Education and Sports
- B. Major Games Basketball and Badminton
- C. Practice of fundamental skills of the game
- D. Khelo India BMI.

MAY

- A. Calisthenics exercises
- B. Introduction of warming up exercises.
- C. Major games football and cricket
- D. Practice of fundamental skills of the game.

JUNES

ummer Coaching Camp

JULY

- A. Practice of P.T exercises
- B. Minor games
- C. Major game Hockey
- D. Fundamental skills of the game.

AUGUST

- A. Recreational games
- B. Introduction of flexibility
- C. Physical fitness test.

SEPTEMBER

- A. Mid Term gradation
- B. Major game volleyball
- C. Practice of fundamental skills of volleyball.

OCTOBER

- A. Recreational Games
- B. Practice of Annual Athletics meet events.

C. Major Game Football.

NOVEMBER

A. Annual Athletic Meet.

B. Minor games

C. Recreational activities.

DECEMBER

A. Major games- kho-kho and chess

B. Practice of fundamental skills of the game.

JANUARY

A. Practice of Athletic events

B. Major Game- Football.

FEBRUARY & MARCH

Final Gradation

FINAL EXAMINATION.

ACTIVITY SYLLABUS

April

1. Easter Basket Making
2. Pledge Writing

May

1. Spell Bee
2. Slogan Writing

July

1. Calligraphy Writing
2. Maths Bee

August

1. Group Singing
2. English Declamation

October

1. Model Making
2. Hindi Declamation

November

1. Diwali Card Making
2. Punjabi Declamation

December

1. Christmas Tree Decoration
2. Extempore

January

1. Clay modelling