

URSULINE CONVENT SR. SEC. SCHOOL, GR. NOIDA

ANNUAL SYLLABUS - CLASS I

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS
ENGLISH	APRIL	Bridge course LITERATURE Ch-1- The Little Bird GRAMMAR Unit-1-The Alphabet Unit-2-Words COMPOSITION Creative Writing: 1.Myself	Introduction of phonics Consonants and Vowels Draw a Bird Write two lines about a Bird. Rhymes	UNIT TEST-I LITERATURE Chapter-1 GRAMMAR Unit-2 COMPOSITION Creative Writing: 1.Myself
	MAY	LITERATURE Ch-2- How We Move Poem – The Fluffy Rabbit GRAMMAR Unit-3. Sentences Unit-4-. Noun (Naming Words) Unit-5-. Nouns: Numbers Blends with letter- bl, cl, fl, gl	Draw a Rabbit and colour it. Game: Sorting naming words in the categories of person, place, animal or things and put in the correct pocket. Rhymes Draw or paste a picture of famous fruit of Arunachal Pradesh	
	JULY	LITERATURE Ch-3 We Love You, Teacher! Poem- Wheels on the Bus GRAMMAR Unit-6-Pronouns (I, You, He, She, It) Unit-7-. Pronouns (We, You, They) Unit-8- This, That, These, Those Creative Writing: My School Bag	Make a birthday card for your teacher. Collect few pictures of animals of Arunachal Pradesh and paste them in your notebook, write few sentences about them.	P.A. I LITERATURE Chapter- 2 GRAMMAR Unit-4 & 5
	AUGUST	LITERATURE Ch-4 -Aman is a Lion GRAMMAR Unit-9. Adjectives (Describing Words) Unit-10. A, An, The (Articles) Unit-11. To whom does it belong? Unit-12. Verbs (doing words) Blends with letter R- cr, dr, fr, tr, gr Introduction of short and long “e” sounds. Creative Writing: 1.My teacher 2.National Flag	Identification of verbs or action words through charades. Draw and colour a beautiful mask of your favourite animal.	
	SEPTEMBER	REVISION	HALF YEARLY	
			LITERATURE Chapters-1, 2, 3 & 4 POEM Wheels on the Bus GRAMMAR Unit-2, 3, 4, 5, 6, 7 & 8	COMPOSITION Unseen passage Creative Writing: 1.My school bag 2.My teacher
	OCTOBER	LITERATURE Ch- 5 -I Want the Moon Ch-6 -Holi in the Jungle Poem- My Magic Shell GRAMMAR Unit-13. Is, Am, Are, Unit-14. Is, Am, Are+verb+ing Unit-15. Has & Have Unit-16. Prepositions COMPOSITION	Make a crown using glitter sheet and decorative items. Rhymes	

		Creative Writing: 1.My Pet Dog Blends with letter sl, sp, st, sn		
	NOVEMBER	LITERATURE Ch-7 -Let Us Plant a Tree GRAMMAR Unit17.Comprehension Unit-18. Composition COMPOSITION Creative Writing: 1.Diwali	Plant a sapling, take a selfie with it and paste it in your notebook. Rhymes	UNIT TEST-II LITERATURE Chapter- 5 Poem- My Magic Shell GRAMMAR Unit-9 & 10 COMPOSITION Picture composition
	DECEMBER	LITERATURE Ch-8 -Little Spider's First Web COMPOSITION Creative Writing: 1.Christmas	Make a web of spider using stick and yarn. Rhymes	P.A. II LITERATURE Chapter- 7 GRAMMAR Unit-13 & 14 Creative Writing: 1.Christmas
	JANUARY	LITERATURE Poem- My Garden GRAMMAR Unit-18. Composition		
	FEBRUARY	REVISION	ANNUAL EXAMINATION	
			LITERATURE Chapters-5, 6, 7 & 8 POEM My Magic Shell My Garden GRAMMAR UNIT-9, 10, 11, 12, 13, 14, 15, 16, 18,19 & 20	COMPOSITION Reading comprehension Picture composition Creative Writing: 1.Diwali 2.Christmas
SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS
HINDI	APRIL	साहित्य सुरभि :- पाठ - 1 हिन्दी वर्णमाला पाठ - 2 बिना मात्रा वाले शब्द पाठ - 3 आओ मात्राओं का ज्ञान करें (पृष्ठ संख्या 20 से 34) व्याकरण :- पाठ - 1 हिन्दी वर्णमाला पाठ - 2 भाषा की परिभाषा * जानवरों के नाम	आ की मात्रा वाले पाँच जानवरों के चित्र चिपकाइए । कविता वाचन	UNIT TEST- I साहित्य सुरभि :- पाठ - 1,2 पाठ - 3 (पृष्ठ संख्या 20 से 34) व्याकरण :- पाठ - 1,2 * जानवरों के नाम * फलों के नाम
	MAY	साहित्य सुरभि :- पाठ - 3 आओ मात्राओं का ज्ञान करें (पृष्ठ संख्या 35 से 49) व्याकरण :- पाठ - 3 मात्राएँ और संयुक्त अक्षर पाठ - 4 शब्द और वाक्य * मेरा परिचय	आम का चित्र चिपकाकर कुछ पंक्तियाँ लिखें। अरुणाचल प्रदेश से संबंधित फल बनाकर उसमें रंग भरें। कविता वाचन	

		* फलों के नाम		
JULY	साहित्य सुरभि:- पाठ - 3 आओ मात्राओं का ज्ञान करें (पृष्ठ संख्या 50 से 59) पाठ - 4 विनती पाठ - 5 जब सीखा सबक (पठन हेतु / रचनात्मक कार्य) व्याकरण :- पाठ - 5 नाम बताने वाले शब्द (संज्ञा) पाठ - 7 लिंग की पहचान * सब्जियों के नाम * रंगों के नाम	प्रस्तुत कविता का अपने सहपाठियों के साथ लय और भाव के साथ कक्षा में गायन कीजिए। नाम वाले शब्द (संज्ञा) के चित्र चिपकाइए।	P.A. I साहित्य सुरभि :- पाठ - 3 (पृष्ठ संख्या 35 से 50) पाठ -4 व्याकरण :- पाठ - 3 ,4 * मेरा परिचय	
AUGUST	साहित्य सुरभि :- पाठ - 6 कोमल हाथ पाठ - 7 गुब्बारे (मौखिक) (पठन हेतु /रचनात्मक कार्य) व्याकरण :- पाठ - 6 नाम के बदले आने वाले शब्द (सर्वनाम) पाठ - 8 एक या अनेक (वचन)	किसी ऐसे व्यक्ति का चित्र चिपकाकर नाम लिखिए जिसने अपना संपूर्ण जीवन मानव सेवा में व्यतीत किया हो । कविता वाचन		
SEPTEMBER	अर्द्धवार्षिक परीक्षा (पुनरावृत्ति कार्य)		HALF YEARLY साहित्य सुरभि :- पाठ :- 1,2,3,4,6 व्याकरण :- पाठ - 1 से 8 * मेरा परिचय * फलों के नाम * रंगों के नाम * सब्जियों के नाम	
OCTOBER	साहित्य सुरभि :- पाठ - 8 तिरंगा (पठन हेतु / रचनात्मक कार्य) पाठ - 9 चालाक लोमड़ी पाठ - 10 रोटी का बँटवारा व्याकरण :- पाठ - 9 काम बताने वाले शब्द (क्रिया) पाठ - 11 एक वस्तु के अनेक नाम (समानार्थी शब्द) * अनुच्छेद - तिरंगा	तिरंगे का चित्र बनाकर रंग भरें और कुछ पंक्तियाँ लिखें। कविता वाचन		

	NOVEMBER	साहित्य सुरभि :- पाठ - 11 सैर सपाटा पाठ - 12 हमारा आहार (पठन हेतु / रचनात्मक कार्य) व्याकरण :- पाठ - 10 गुण बताने वाले शब्द (विशेषण) पाठ - 12 विपरीत अर्थ वाले शब्द(विलोम शब्द) पाठ -13 गिनती की संख्याएँ * दिनों के नाम	पौष्टिक भोजन तथा उसके चित्र चिपकाइए। दिए गये अंकों के आधार पर चित्र बनाइए ।	UNIT TEST-II साहित्य सुरभि :- पाठ - 9 ,10 व्याकरण :- पाठ - 9 , 11 * अनुच्छेद - तिरंगा	
	DECEMBER	साहित्य सुरभि :- पाठ - 13 त्योहारों की उमंग व्याकरण :- पाठ - 14 निबंध लेखन पाठ - 15 कहानी लेखन * महीनों के नाम * अनुच्छेद - होली	अरुणाचल प्रदेश में मनाए जाने वाले प्रमुख त्योहारों के चित्र चिपकाइए। कविता वाचन	P.A. II साहित्य सुरभि :- पाठ - 11 ,13 व्याकरण :- पाठ - 10,12 * अनुच्छेद – होली	
	JANUARY	साहित्य सुरभि :- पाठ - 14 वृक्ष हमारे रक्षक हैं व्याकरण :- पाठ - 16 चित्रों के आधार पर कहानी रचना			
	FEBRUARY	वार्षिक परीक्षा (पुनरावृत्ति कार्य)	ANNUAL EXAMINATION		
			साहित्य सुरभि :- पाठ - 9 , 10 , 11 , 13 , 14	व्याकरण :- पाठ - 9 से पाठ - 16 * अनुच्छेद - तिरंगा / होली * महीनों के नाम * दिनों के नाम	
SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS	
MATHS	APRIL	Unit- 1 (Revision) Unit- 2 (Numbers up to 20) Counting from 1 to 100 Back counting from 100 to 1 Number names from 1 to 100 Missing numbers from 1 to 100 *Table of 2 & 3	Observe and compare flowers found in Arunachal Pradesh to understand the concept of big, small. Number hunt	UNIT TEST-I Unit 1,2 Concepts- Count and write numbers Odd one out Counting (1 to 100) Number names (1 to100) Missing numbers (1 to 100) Write the before and after numbers (1 to 100) Write the number that comes in between (1 to 100) Table of 2 & 3 All work done in book and notebook.	
	MAY	Unit- 3 (Addition of numbers up to 20) Counting 101 to 200 Missing numbers from 101 to 200 Number names from 101 to 150 What comes before, after & between (101 to 150) * Table 2 to 5	Count and write the number of languages spoken in Arunachal Pradesh and write in words also.		
	JULY			P.A. I	

		Unit- 4 (Subtraction of numbers up to 20) Unit- 5 (Numbers up to 100) Counting 201-300 Number Names 151 to 200 Ascending order & Descending order (1 to100) What comes before,after & between (150 to 200) * Tables 2 to 6	Poem-Five Little Monkeys (subtraction) Fruit Basket Subtraction	Unit-3 Concepts- Number names (1 to 150) Table (2 to 5) Addition (single digit) What comes before, after & between (1 to 150)
AUGUST		Unit- 6 (Addition of numbers up to 99) Unit: 7 (Subtraction of numbers up to 99) Addition (Double digit) Subtraction (Double digit) Number Names 251 to300 Ascending order & Descending order 201 to 300 What comes before, after& between (200 to 300) *Tables 2 to 7	Rolling of two dices to teach addition. Children will make flash cards of different combinations by pasting 'Bindi'.	
SEPTEMBER	REVISION (Term -I syllabus) Practice of Olympiad Questions Practice of Mental Maths Questions	REVISION	HALF YEARLY Unit-1,2,3,4,5,6,7 Tables 2 to 6 All work done in book and notebook.	
OCTOBER		Unit- 8 (Multiplication of numbers) Unit- 9 (Ordinal numbers) Names of Days and Months Tables 2 to 8	Hopscotch Game (ordinal numbers) Poem-Ten little bells standing in a row (ordinal numbers)	
NOVEMBER		Unit- 10(Money) What comes before, after & between 1 to 300 Numbers names from 1 to 300 Tables 2 to 9	Roleplay of shopkeeper and customer-market scene.	UNIT TEST-II Unit- 8 Multiplication Concepts- Addition (Double digits) Subtraction (Double digits) Number names (1 to 300) Write the before and after numbers (1 to 300) Write the number that comes in between (1 to 300) Tables of 2 to 7 All work done in book and notebook
DECEMBER		Unit- 11(Time) Tables 2 to 10 Name of the days and months.	Make a model of clock Write down the timings of sunrise and sunset of Arunachal Pradesh. (Time)	P.A. II Unit-9 Concepts- Number name (1 to 300) Addition Subtraction Multiply What comes before, after and between (1 to 300)
JANUARY		Unit- 12 (Geometrical Shapes) REVISION (Term-II Syllabus) Emphasize on tables Practice of Mental Math	Understanding shapes through surroundings like Mobile, Laptop, Window, door etc. Cut different shapes and create a scenery of Arunachal Pradesh	*Tables 2 to 8

	FEBRUARY	REVISION (Term-II Syllabus) Emphasize on tables Practice of Mental Maths	ANNUAL EXAMINATION
			Unit 8, 9, 10,11,12 Tables-2 to 10 All work done book and notebook. Mental Maths Questions

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS
EVS	APRIL	Ch-1 Me, Myself Ch-2 Body Tour Ch-3 Take Care	Draw the same number of birthday candles on the cake as your age. Draw sense organs.	UNIT TEST-I Ch- 1 & 2 All book and notebook work
	MAY	Ch-4 What's on My Plate? Ch-5 Clothes We Wear	Paste/draw pictures of food that comes from plants and animals. Paste/draw pictures of summer, winter and rainy clothes.	
	JULY	Ch-6 Sweet Home (Activity Based Learning) Ch-7 Good Habits Ch-8 Meet My Family	Paste/draw pictures of pucca house and kuchcha house. Draw a family tree and speak few lines about your family.	P.A. I Ch- 3 & 4 All book and notebook work.
	AUGUST	Ch-9 In My City Ch-10 Busy People Ch-11 All About My School (Activity Based Learning)	Role play of people who help us Name the most important places in your neighbourhood Write few lines on your school.	
	SEPTEMBER	Revision (Term I syllabus) / Half yearly Examination		HALF YEARLY Ch-1, 2, 3, 4, 5, 7, 8, 9 and 10 All book and notebook work. Diagrams.
	OCTOBER	Ch-12 Festivals and Celebrations (Activity Based Learning) Ch-13 Moving Around Ch-14 Being Safe Ch-15 Getting in Touch	Write few lines on your favourite festival. Picture of means of transport (land, air, water).	
	NOVEMBER	Ch-16 Green Plants Ch-17 Animal Kingdom (Activity Based Learning) Ch-18 Living and Non-Living Things	Draw and label parts of plant. Paste picture of wild, domestic animals of Arunachal Pradesh.	UNIT TEST-II Ch- 13 and 14 All book and notebook work.
	DECEMBER	Ch-19 Air Ch-20 Water	Draw some sources of water.	P.A. II Ch- 15 and 16 All book and notebook work.
	JANUARY	Ch-21 Round The Clock Ch-22 Oh My, What a Sky!	Draw the different shapes of the moon.	
	FEBRUARY	Revision		ANNUAL EXAMINATION Ch-13, 14, 15, 16, 18, 19, 20, 21 and 22. All book and notebook work. Diagrams.


SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS
AI & ROBOTICS	APRIL	Ch 1 – My Buddy Computer	Paste or Draw the parts of Computer Crossword and Maze	UNIT TEST-I Chapter - 1
	MAY	Ch 3- Magic of Keyboard	Typing in Wordpad and Tux Typing	
	JULY	Ch 2 – My First Digital Art (Practical based)	Drawing objects Using Shapes in MS Paint	P.A. I Chapter – 3
	AUGUST	Ch 4- AI Around Us	AI-based -Thing Translator	
	SEPTEMBER	REVISION (Term –I Syllabus)	HALF YEARLY Chapter – 1,3,4	
	OCTOBER	Ch 5- Patterns and AI	Sorting Things and Matching Patterns	
	NOVEMBER	Ch 7- Use Screen Wisely	Make a collage or list of good online behaviour	UNIT TEST-II Chapter – 5
	DECEMBER	Ch 6- Play with Blocks (Practical based)	Use Scratch Jr and show various movement.	P.A. II Chapter – 7
	JANUARY	Ch 8- Robot: My Friend	Draw a Robot and colour it.	
	FEBRUARY	REVISION (Term –II Syllabus)	ANNUAL EXAMINATION Chapter – 5,7,8	

SUBJECT	MONTH	CHAPTERS	EXAMS	
G.K.	APRIL	OUR NATURE Animals are special • Animal Sounds	• The World of Animals • Beautiful Birds • Fantastic Flower UNIT TEST-I	
	MAY	INCREDIBLE INDIA • National Symbols • Our Country	• Famous Sites • I Love My India • Our Festivals • India Quiz	
	JULY	AROUND THE WORLD Transport Places of Worship	World Leaders World Trip Learning Geography P.A. I	
	AUGUST	ENTERTAINMENT Star Kids in India TV & Cinema Rhyme Time Cartoon Capers Instruments In the News	The Sound of Music WORDS & MORE What Goes Together! Good Words Word Puzzles Opposites Current Affairs	
	SEPTEMBER	REVISION	HALF YEARLY	
			OUR NATURE-9 (page no.6,7,8,10,11) INCREDIBLE INDIA (Page no-12,13,14,15,16,17) AROUND THE WORLD (Page no- 19,22)	ENTERTAINMENT (Page no 25,26) WORDS & MORE (Page no-29,30,31,32) CURRENT AFFAIRS

	OCTOBER	SCIENCE AROUND US Odd One Out	What Is It Made of ? Quick Thinking Where Does It Come From?	
	NOVEMBER	SPORTS FUN Shadow Game Sports Special Sports Time Sports Quiz	THINK LOGICAL Number Fun A Thinking Game Numbers and Logic Find Out Pattern Power Sequences	UNIT TEST-II
	DECEMBER	MIXED BAG • Shapes • Check Your IQ • Number Fun	• Parts of Our Body • Brain Wise • Alphabetical Animals	P.A. II
	JANUARY	Spot The Differences Current Affairs		
	FEBRUARY	REVISION	ANNUAL EXAMINATION	
		SCIENCE AROUND US (Page no -33,34,35,36) SPORTS FUN (Page no-37,38,40,41)	THINK LOGICAL (Page no-42,43,44,45,46,47) MIXED BAG (Pg. no 48,49,50,51,52,53,54) CURRENT AFFAIRS	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS
M.Sc.	APRIL	Ch-1 A Prayer to God	Discussion of things God has provided us	UNIT TEST-I
	MAY	Ch-2 Cleanliness Counts!	Classroom cleaning Activity	
	JULY	Ch-3 I am Obedient	Story Time & Discussion	P.A. I
	AUGUST	Ch-4 The value of Co-operation	Sharing and Helping Activity	
	SEPTEMBER	REVISION	HALF YEARLY Ch- 1, 2, 3, 4 and Situation based Questions	
	OCTOBER	Ch-5 Greed Destroys Everything	Role Play	
	NOVEMBER	Ch-6 The Power of Truth Ch-7 The Light Of Wisdom	Oral Activity-Speak few lines on Honesty	UNIT TEST-II
	DECEMBER	Ch- 8 The Joy of Friendship	Circle Time With Friends	P.A. II
	JANUARY	Ch-9 I Can Say "NO"	Good Touch & Bad Touch Discussion	
	FEBRUARY	REVISION	ANNUAL EXAMINATION Ch – 5, 6, 7, 8, 9 and Situation based Questions	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT	EXAMS
DANCE	APRIL	Namaskaram Single hand gestures Bollywood dance choreography	1.namaskaram 2.pataka to katkamukha 3.bum bum bole 4.tara rum pum	UNIT TEST-I
	MAY	Namaskaram Single hand gestures Bharatnatyam adavus and bollywood dance choreography	1.namaskaram 2.pataka to katkamukha 3.natta adavu 1,3 and 5 4.tara rum pum	
	JULY	Bharatnatyam adavus, bollywood dance choreography Single hand gestures	Natta adavu revision 1, 3 and 5 bollywood dance revision 3.suchi to trishula 4.natta adavu 1 to 8.	P.A. I
	AUGUST	Patriotic dance choreography	1.suno gaur se duniya 2.dil hai hindustani 3.yaha ke hum sikander	
	SEPTEMBER	Namaskaram Single hand gestures Natta adavu Bollywood dance choreography	Revision of everything taught till september	HALF YEARLY Namaskaram Single hand gestures Natta adavu Bollywood dance choreography
	OCTOBER	Double hand gestures Parval adavu Bollywood dance choreography	Anjali to shivlinga Parval adavu	
	NOVEMBER	Samyukta hasta Kuddit adavu Western dance choreography	Katkavardhan to avahi Kuddit adavu western dance choreography	UNIT TEST-II
	DECEMBER	Christmas songs choreography	Christmas songs choreography in semi classical and western dance style	P.A. II
	JANUARY	Namaskaram single hand gestures double hand gestures adavus western dance choreography and semi classical dance choreography	Single hand gestures pataka to trishula double hand gestures, natta adavu, kuddit adavu paraval adavu western dance choreography	
	FEBRUARY	Revision of everything taught till january		ANNUAL EXAMINATION Single hand gestures Double hand gestures, natta adavu, kuddit adavu paraval adavu western dance choreography semi classical dance choreography

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
MUSIC	APRIL	<u>Introduction to Music.</u> Musical Notes Pitch Recognition Prayer Song	Identify Lower and higher pitches Liberation Song
	MAY	<u>Vocals-</u> Sargam, Swar Vistaar, Pitch Recognition <u>Instrumental- Key Recognition.</u> <u>Solfège</u>	Aaroha Avroha on A# scale 
	JULY	<u>Vocals-</u> Basic Alankaars Introduction to Raagas <u>Instrumental-</u> Scales (definition, purpose) C Major scale	Practice of Alankaars accompanied by the instruments. Play C Major Scale
	AUGUST	<u>Vocals-</u> Raaga Parichaya of Bhupali Sargam geet on the following Raaga <u>Instrumental-</u> Rhymes on C major Scale Exercises on C major Scale	Sargam Geet on Teen Taal. Different pattern of Alankaars. Patriotic Song for Independence Day Finger Pattern for C major Scale. 'Happy Birthday' on C major scale
	SEPTEMBER	Term 1 Evaluation	<u>Vocals</u> Students will perform Sargam Geet on Raag Bhupali for their Exam. <u>Instrumental</u> Students will Play Happy Birthday on C major scale for their Exam.
	OCTOBER	Vocals – Prayer Songs (Hindi & English) Bandish of Raaga Bhupali Instrumental- If you're happy and you know it on piano.	Breathing Exercises Musical games (word on beat) Raag Bhupali (Sthaayi & Antara) Play on beat. Learn the melody and rhythm of the song.
	NOVEMBER	Vocals- Alankaar in Aakar. Paltas Vocal Projection Instrumental- Parts of Bongo Simple Rhythm on Bongo	Exercises to improve Vocal Projection. Maintain Pitch Accuracy while singing the Alankaar & Paltas. Learn the pattern and Rhythmic flow on Bongo.
	DECEMBER	Christmas Carols	Christmas Carols
	JANUARY	Patriotic Songs and Marching Beat on Bongo.	Revision of previous Lessons Patriotic Song for Republic Day Marching Beat on Bongo
	FEBRUARY	Term 2 Evaluation	Comprehensive Test

SUBJECT	MONTH	CHAPTERS
ART AND CRAFT	APRIL	Drawing- Knowledge of Colours, Penguin Craft- Windmill
	MAY	Drawing-Bird Craft-Flower
	JULY	Drawing-Juicy Tomato Craft-Peacock
	AUGUST	Drawing-Brinjal Craft- Sticker pasting
	SEPTEMBER	Revision
	OCTOBER	Drawing-Cute cat Craft-Santa shoes
	NOVEMBER	Drawing-Whale Craft-Tear and paste
	DECEMBER	Drawing-Car Craft-Button pasting
	JANUARY	Drawing- Cartoon Craft-Vase
FEBRUARY	Revision	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT
HEALTH AND PHYSICAL EDUCATION	APRIL	Sprint Race	50-meter sprints relay
	MAY	Formation, alignment & mass P.T	In three lines demonstration of all turns
	JULY	Indoor games	Carrom & Ludo
	AUGUST	Rhythmic and wellness	Yoga ,aerobics
	SEPTEMBER	EXAMINATION	
	OCTOBER	Endurance	Jumping jacks in one minute & Fire in the mountain
	NOVEMBER	Adventure race	Obstacle race
	DECEMBER	Calisthenics exercise	Squats ,wall push up ,free hand exercise
	JANUARY	Strength recreational games	Broad jump & Ball throw
FEBRUARY	EXAMINATION		