

URSULINE CONVENT SR. SEC. SCHOOL, GREATER NOIDA

ANNUAL SYLLABUS (2025-2026)

CLASS-VII

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</u>
ENGLISH	APRIL/MAY	Literature- Ch1 Tigers forever Ch2 The Magic bonbons Grammar- Ch1 The Sentence Ch2. Nouns Ch5. Pronouns Writing- Paragraph Writing Activity Book Unit1-Play the game	1. Write a biography of any poet/author of Arunachal Pradesh 2. Find out the name of famous dessert of Arunachal Pradesh and write about it and also paste picture
	JULY	Literature- Ch3 The Seven Cream jugs Ch4 A song from the Suds Grammar- Ch3 Adjectives Ch 6,7,8,9 - Verbs Writing- Story Writing Activity Book- Unit2- On The Move	Write 5 lines on your favourite place and underline the adjectives used.
	AUGUST	Literature- Ch5 Idgah Ch6 Mowgli, the Wolf- Child Grammar- Ch10 Modals Ch 4 Articles Ch12 Active Passive Voice Writing- Informal letter Activity Book - Unit3-A Laugh Riot	Write a letter to the tourism minister of Arunachal Pradesh and suggest him how he can attract more tourist to the state and appreciate the state.
	SEPTEMBER	Revision	
	OCTOBER	Literature- Ch7 oft, in the stilly night Ch8 The Strange man's Arrival Grammar- Ch17 Phrases Ch 18 Clauses Ch11 Non-finite Forms Writing- Advertisement Activity Book- Unit4 -One World Unit 5-Hallow, Mr. Ghost	On A4 sheet Write an advertisement for sale of health camp in your society and draw related pictures
	NOVEMBER	Literature- Ch9-Says Dogberry to the watch Ch10 The Morning After	Write a paragraph on beauty of Arunachal Pradesh and mention the names of places to visit.

English		Grammar-. Ch13 Adverbs Ch14Prepositions Ch21 Punctuation &Capital Letters Writing- Email writing Activity Book- Unit6-Building Bridges	
	DECEMBER	Literature- Ch11 Leaving the Valley Grammar-. Ch15-Conjunctions Ch16 Direct-Indirect Speech Ch20. Transformation of sentences Writing- Informal writing Activity Book- Unit7-Pictures of the Past	Write a paragraph on the capital of Arunachal Pradesh
	JANUARY	Literature- Ch8 The Battle of Blenheim Grammar-. Ch19 Sentences-Simple, complex &Compound Ch17-Phrases Ch 23,24 ,25,26 Words Writing- Informal & formal Letter	
	FEBRUARY	Revision	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
HINDI	अप्रैल	विमल इंदु की विशाल किरणे <ul style="list-style-type: none"> नादान दोस्त भाषा लिपि और व्याकरण वर्ण विचार <ul style="list-style-type: none"> पत्र 	<ul style="list-style-type: none"> ईश्वर द्वारा रचित कोई पाँच वस्तुओं का चित्र बनाइए तथा उनसे होने वाले लाभों का वर्णन करते हुए ईश्वर को धन्यवाद देते हुए एक प्रार्थना लिखिए। पाठ -2 नादान दोस्त – सामूहिक कार्य विभिन्न पक्षियों के चित्र एकत्रित कर कक्षा में लाकर चार्ट पर चिपकाएंगे नाम भी लिखिए। प्रत्येक छात्र किसी एक पक्षी के बारे में जानकारी देगा। अरुणाचल प्रदेश एवं की वेश-भूषा के बारे में संक्षिप्त में लिखिए चित्र के साथ।
	मई	<ul style="list-style-type: none"> तीर्थयात्रा अतिथि देवो भव संज्ञा, लिंग वचन, कारक <ul style="list-style-type: none"> अनुच्छेद 	<ul style="list-style-type: none"> पाठ - 3 तीर्थ यात्रा – सामूहिक कार्य -5-5 छात्र विभिन्न धार्मिक तीर्थ स्थानों के चित्र एकत्रित कर कोलाज बनाइए पाठ-4 अतिथि देवो भव 'आओं अतिथि का सम्मान करें' शीर्षक से एक कविता लिखिए (व्यक्तिगत कार्य)
	जुलाई	<ul style="list-style-type: none"> हींगवाला अमर शहीद आजाद मेरी माँ सर्वनाम शब्द विचार विलोम पर्यायवाची शब्द भण्डार अपठित गद्यांश व पद्यांश 	<ul style="list-style-type: none"> 'मेले की सैर' शीर्षक से एक अनुच्छेद चित्र सहित लिखिए। अमर शहीद आजाद पाठ पर आधारित नाटक करिए। 'मेरी माँ' शीर्षक से एक कविता लिखिए।
	अगस्त	<ul style="list-style-type: none"> वीरों की पूजा अशोक का शस्त्र त्याग शब्द-रचना (उपसर्ग . प्रत्यय समास) विशेषण 	<ul style="list-style-type: none"> वीरों की पूजा – सामूहिक क्रियाकलाप राजस्थान के लोकगीत तैयार करे तथा समूह गीत प्रस्तुत करिए। अशोक का शस्त्र त्याग – सामूहिक क्रियाकलाप
	सितम्बर	<ul style="list-style-type: none"> बदला तो मैंने भी लिया समश्रुत मुहावरे एकार्थी 	<ul style="list-style-type: none"> खेल से सम्बन्धित साम्रागी उपलब्ध करवाने के लिए अपने प्रधानाचार्य को पत्र लिखें।

		<ul style="list-style-type: none"> ● संवाद लेखन ● अनुच्छेद 	
	अक्टूबर	<ul style="list-style-type: none"> ● गिल्लू ● भाग्य की दस्तक केवल पठन हेतु ● शब्द भण्डार ● क्रिया 	<ul style="list-style-type: none"> ● गिल्लू क्रियाकलाप – (वन्य जीवों की रक्षा उचित या अनुचित) वाद विवाद प्रतियोगिता
	नवम्बर	<ul style="list-style-type: none"> ● ठाकुर का कुँआ ● कोशिश करने वालों की ● अविकारी शब्द ● ई-मेल लेखन 	<ul style="list-style-type: none"> ● सामूहिक कार्य – कोलाज वर्क ● कोशिश करने वालों की क्रियाकलाप –व्यक्तिगत कार्य जीवन सफल बनाएं शीर्षक से एक कविता लिखिए ।
	दिसम्बर	<ul style="list-style-type: none"> ● अकबरी लोटा केवल पाठन हेतु ● सुनेली का कुआँ ● दोहा दशक <ul style="list-style-type: none"> ● वाक्य –विचार 	<ul style="list-style-type: none"> ● कबीर दास के दोहों को गाकर सुनाइए। ● सुनेली का कुआँ सामूहिक कार्य (5-5 छात्र) राजस्थानी लोकगीत को या राजस्थानी लोक नृत्य प्रस्त करिए । ● अरुणाचल प्रदेश के नृत्य एवं कला के बारे में संक्षिप्त में लिखे चित्र के साथ ।
	जनवरी	<ul style="list-style-type: none"> ● भारत के महान वैज्ञानिक ● विराम चिह्न ● वाक्यशोधन <ul style="list-style-type: none"> ● अनुच्छेद 	<ul style="list-style-type: none"> ● भारत में किन-किन वैज्ञानिकों को नोबेल पुरस्कार मिला है? उनके नाम व कार्य सचित्र लिखिए।
	फरवरी	<ul style="list-style-type: none"> ● कुंडलियां <ul style="list-style-type: none"> ● पत्र 	<ul style="list-style-type: none"> ● कोई एक कुंडलि कक्षा में गाकर सुनाईए
	मार्च	<ul style="list-style-type: none"> ● वार्षिक परीक्षा की तैयारी हेतु पुनरावृत्ति कार्य प्रारंभ। 	

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Science	APRIL/MAY	Ch1- Nutrition in plants Ch3-Structure of Matter Ch6-Acid, Bases & Salts	<ul style="list-style-type: none"> Write the symbols of some common elements on A4 sheet. ART INTEGRATED ACTIVITY- Paint 2 white handkerchief using natural indicator (eg : tumeric,china rose etc). On one handkerchief draw any flora of Arunachal Pradesh using acidic substance and on other draw any flora using basic substance to observe colour change with indicator.
	JULY	Ch2 Nutrition in Animals Ch4- Heat and its effects Ch5- Flow of heat	<ul style="list-style-type: none"> With the help of activity show that dark coloured objects absorb and lose radiant heat more quickly than the light-coloured object.
	AUGUST	Ch7-Physical & Chemical Changes Ch8-Respiration	<ul style="list-style-type: none"> Show the chemical and physical changes with the help of activity at home. Make respiratory system on A4 sheet and label its name
	SEPTEMBER	Revision (Term I syllabus) / Half yearly Examination	
	OCTOBER	Ch9-Transportation of materials in animals and plants Ch11-Motion and Time	<ul style="list-style-type: none"> Make a simple stethoscope and discuss its working. Show uniform and non- uniform motion with explanation.
	NOVEMBER	Ch10-Reproduction in Plants Ch12-Light Ch13- Electric current and its effects	<ul style="list-style-type: none"> Draw reproductive parts of a flower Make a Newton disc to show that white light consists of seven colours. Collect information about different types of fuses and MCB and discuss in the class how they work.
	DECEMBER	Ch14- Our Forests	ART INTEGRATED ACTIVITY-make a scrap book Collecting information with pictures of different types of Flora (Plants) and Fauna (Animals) found in the state of Arunachal Pradesh
	JANUARY	Ch15- Waste water management	Make Line Diagram of the sewage route.
	FEBRUARY	Annual examination	

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MATHS	APRIL	CH-1 INTEGERS CH-2 FRACTIONS (Excluding Ex-2C Q11-Q17) CH-3 DECIMALS (Excluding Ex-3D Q11-Q17)	<ul style="list-style-type: none"> Assign specific colors to different integers range (eg. blue for positive no and red for negative no). Incorporate visual aids like shapes, colors, and patterns to represent fractions. To represent the following products of decimal numbers on a square by drawing horizontal vertical lines and shading. 0.2×0.5
	MAY	CH-13-LINES AND ANGLES CH-18 REFLECTION AND ROTATION SYMMETRY (ACTIVITY) CH-19 THREE DIMENSIONAL SHAPES (ACTIVITY)	<ul style="list-style-type: none"> Show different lines & angles using tooth pick on A-4 sheet. Make two dimensional and three-dimensional shapes using colourful papers.
	JULY	CH-4 RATIONAL NUMBERS CH-5 EXPONENTS CH-22 BAR GRAPH	<ul style="list-style-type: none"> To make a model to learn the properties of Rational number using Colored A-4 sheet. Worksheet. To compare the marks obtained in all the subjects by a student in the first and second term examination by drawing a bar graph using paper cutting and pasting.
	AUGUST	CH-8 RATIO AND PROPORTION (Excluding Ex 8A Q3-Q6, Q15- Q22, Ex8B Q13-Q15) CH-10 PERCENTAGE (Excluding Ex- 10B Q14-Q27) CH-23 PROBABILITY	<ul style="list-style-type: none"> Two squares have sides of length 3 cm and 4 cm respectively. Find the area and perimeters of both squares. Write down the ratio of their (a)length, (b)areas and (c)perimeters. Create a mosaic representing a pizza with different toppings, each covering a specific percentage of pizza.
	SEPTEMBER	CH-12 SIMPLE INTEREST (Excluding Ex- 12A Q16-Q25)	<ul style="list-style-type: none"> Make a poster of simple interest formulae
	OCTOBER	CH-6 ALGEBRAIC EXPRESSIONS (Excluding Ex- 6A Q3, Q4, Ex- 6B Q20-Q25, Ex- 6C Q13, Q14, Q20-Q26, Ex- 6D) CH-7 LINEAR EQUATION IN ONE VARIABLES (Excluding Ex 7A Q27-Q30, Ex 7B Q21-35)	<ul style="list-style-type: none"> Worksheet To show linear equations using a see -saw on an A-4sheet.
	NOVEMBER	Ch 9-UNITARY METHOD (Excluding Ex 9B Q6- Q12) CH-11 PROFIT AND LOSS (Excluding Ex 11A Q11-Q22)	<ul style="list-style-type: none"> Find the ratio of some fraction in paper cutting and pasting method. Create a comic strip representing a business transaction, with profit and loss calculations illustrated.
	DECEMBER	CH-21 COLLECTION AND ORGANISATION OF DATA CH-15 PROPERTIES OF TRIANGLES (Ex-15 C, Ex-15D Q11-Q18) CH-20 MENSURATION (Excluding Ex 20A Q13-Q20, Ex - 20B Q8-Q16, EX-20C Q11-Q16, Ex -	<ul style="list-style-type: none"> Make a graph: Find the maximum and minimum temperature of Delhi for one week. To get a median of a triangle, from any vertex by paper folding. To verify that in a triangle, medians by through a common point by paper folding Find the order of rotational symmetry of pentagon, hexagon, triangle

MATHS		20D Q11-Q24, Ex- 20E Q11-Q21, Ex- 20F Q11-Q16)	<ul style="list-style-type: none"> • To find the perimeters and areas of squares and triangles obtained by folding a square piece of paper. To compare the perimeters and areas of shapes, formed at various stages of the folding
	JANUARY	CH-17 CONSTRUCTIONS	<ul style="list-style-type: none"> • Construct angle of 120 degrees, 60 degree and 90 degrees
	FEBRUARY	CH-14 PROPERTIES OF PARALLEL LINES (Excluding Ex 14 Q9-Q15)	<ul style="list-style-type: none"> • Properties of Parallel lines on A-4 sheet

<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTER</u>
G.K	APRIL	Unit-1 The Nature 1. Natural Beauties 2. Plants and trees 3. Ornamental Plants 4. Medicinal Plants 5. Animal Kingdom 6. Maine Invertebrate 7. Lobsters and Crabs 8. Interesting Facts
	MAY	Unit-2 Our Great India 9. Great Kings 10. Memorials of Great Leaders 11. Famous Nicknames 12. Tourism In India 13. The Indian Constitution 14. Union Territories 15. Neighbours of India 16. Noble Indians 17. Indian Defense Programs 18. Interesting Fact
	JULY	Unit-3 Lovely Language 19. Famous Authors and Their Books 20. Famous Poets 21. English Language 22. Kinds of Sentences 23. 'Watch out' for Words! 24. Fun with Words 25. Interesting Facts 26. Computer Class
	AUGUST	Unit-4 Entertainment Time 27. Dadasaheb Phalke Award 28. Film Stars 29. Famous TV Stars 30. Musical Instruments 31. International Cinema 32. Best Directors in Bollywood 33. Famous Entertainers
	SEPTEMBER	Half-Yearly Examination
	OCTOBER	Unit-5 Sports Time 34. World of Sports 35. Famous Sportspersons (India) 36. Sports Terms 37. Standard Measurement in Sports

		38. National Sports Awards of India 39. Ball and balls 40. The Great Indian Cricket Captains 41. Yoga Asanas 42. Indian Boxer: MaryKom 43. Famous Sportspersons (International) 44. Interesting Facts
	NOVEMBER	Unit-6 Miscellaneous 45. Gods and Goddesses 46. Different Styles of Houses 47. Water Vehicles 48. Abbreviations 49. Amazing Facts 50. The Royal Figures 51. Famous Birthplaces
	DECEMBER	Unit-7 The World 52. Great Leaders 53. Famous People 54. Women Empowerment 55. The Mysterious Grid 56. Around The World 57. Newspapers of the World 58. Worlds Famous Waterfalls 59. United Nations
	JANUARY	Unit-8 Science Mystery 60. Father of Science 61. Science World 62. Our Bones 63. Physics Lab 64. Medical Instruments 65. Our Environment 66. Great Scientists 67. Interesting Facts
	FEBRUARY	REVISION

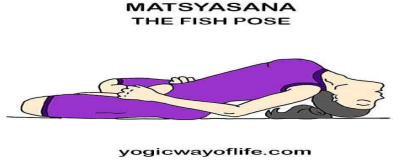


<u>SUBJECT</u>	<u>MONTH</u>	<u>CHAPTERS</u>	<u>ACTIVITY/PROJECT/ART INTEGRATED ACTIVITY</u>
S.Science	April	1. Environment (Geography) 2. On Equality (Civics) Tracing Changes Through a Thousand Years (History)	Make a timeline of tracing changes through thousand years.
	May	1. Inside our Earth (Geography)	Find Out the traditions and customs of Arunachal Pradesh and make a comparative study with Uttar Pradesh.
	July	1. New Kings and Kingdom. (History) 2. Role of The Government in Health (Civics) Our Changing Earth (Geography)	Learn the preamble of our constitution, On an outline map of India mark various Kingdoms during medieval period. Write and draw the chart of causes of soil erosion.
	August	3. The Delhi Sultans (History) 4. Air (Geography) 5. How The State Government Works (Civics) 4. Growing Up Boys and Girls (Civics)	Mark all the main cities of Mughal empire. Draw a pie diagram and show the composition of air and percentage of various gases Make a poster on 'SAVE GIRL CHILD '
	SEPTEMBER	Revision	
	OCTOBER	1. Women Change the World (civics) 2. The Mughal Empire (History) Water (Geography)	Make a timeline of all Mughal rulers from Babur to Aurangzeb. Draw the Hydrological cycle And write its importance on pastel sheet.
	NOVEMBER	3. Tribes , Nomads And Settled Communities (History) 4. Understanding Media (civics) 3. Human Environment Interactions. (Geography)	Write about 2 Tribes of Arunachal Pradesh and paste picture of clothes and food they eat and wear. Design a social advertisement to promote social awareness among people
	DECEMBER	1. Markets Around Us (Civics)	Conduct a survey of your nearby markets and paste pictures of different markets around


		2. Devotional Paths to the Divine (History)	
	JANUARY	1. The Making of Regional Culture (History) 2. Life in the Desert (Geography) A Shirt in the Market (Civics)	Draw the diagram of drip irrigation used by the people of Ladakh.
	FEBRUARY	Eighteenth Century Political Formation (History) Revision	On map of India trace the boundaries of the new states that emerged after the fall of Mughal Empire

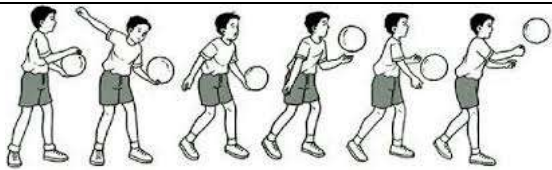
SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
संस्कृत	अप्रैल	1- वंदना 2- कृष्णजन्माष्टमी पर्व 3- लङ्. लकार (प्रथम पुरुष) 4. शब्द रूप – रमा, देव, धातु रूप भू (पाँचों लकार)	कृष्ण जन्माष्टमी पर्व पर एक कोलाज तैयार करें।
	मई	1 लङ्. लकार (मध्यम पुरुष)	
	जुलाई	1. लङ्. लकार (उत्तम पुरुष) 2. मुख्याः राजकुमाराः 3 शब्द रूप – नदी, धातु रूप गम्	
	अगस्त	1. सुभाषितानि 2. प्रत्ययाः (कत्वा, तुमुन, ल्यप्) 3 विलोम शब्द, पर्यायवाची शब्द पुस्तक में दिये सभी नाम जैसे अनाज, समय, वस्तु, इत्यादि	श्लोक वाचन
	सितम्बर	1. गो सेवा (अर्धवार्षिक परीक्षा)	
	अक्टूबर	1. भूपतिः मायादासः 2. सिद्धार्थस्य विरक्तिः 3 शब्द रूप – राम	महात्मा बुद्ध के उपदेशों की सुंदर तथा साफ शब्दों में ए-4 शीट पर लिखें
	नवम्बर	1. अस्माकं देशः 2. धातु रूप – पा (पाँचों लकार)	भारत के मानचित्र पर विविधता में एकता को दर्शाते हुए पाठ के श्लोक को लिखना।
	दिसम्बर	1. पुनः मुषकः भवः 2. महाकविः कालिदास,	

		3. शब्द रूप इदम् (स्त्री लि०)	
	जनवरी	1. विद्या महिमा 2. ईद पर्व 3. धातु रूप – अस् उपसर्ग (पाँचों लकार)	श्लोक वाचन
	फरवरी	1. महात्मा गाँधी 2. पुस्तक में दिये सभी नाम जैसे अनाज, समय, वस्तु, इत्यादि (पाँचों लकार)	‘महात्मा गाँधी’ की जीवनी चित्र सहित वर्णित करना
	मार्च	वार्षिक परीक्षा	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
DANCE	APRIL	<ul style="list-style-type: none"> Basic dance stretching exercises and body postures, With some basics of Classical Dance and its choreography. 	To make students to learn bharatnatyam postures, mudras and use of body. Stretching exercises and Classical Dance choreography
	MAY	Starting with some basic western steps and Stunts	Showing them some basic western dance steps and stunts. And teaching them step by step.
	JULY	Contemporary dance choreographies	Teaching the Contemporary dance in some soft music.
	AUGUST	Patriotic Dance Choreographies.	Selection of the students and making the group for Patriotic Dance
	SEPTEMBER	Revision and revaluation	Solo dance performance of each student and observing the improvement in them
	OCTOBER	Folk Dance of Tamil Nadu and use of various props.	Teaching Tamil folk like Silambam, Tappattam and use of various props.
	NOVEMBER	Continuing with Tamil folk dance and it's props	Teaching the students some interesting stunts with the props
	DECEMBER	Christmas Dance choreographies.	Selection of the students and making a group for Christmas Dance.
	JANUARY	Revision and Revaluation	Solo Dance performance by every student and observing the improvement in all

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SPORTS	April	UNIT-1-HEALTH RELATED PHYSICAL FITNESS I) Exercise to develop muscular Strength II) Exercise to develop muscles III) Cardio Vascular endurance IV) To increase flexibility of the body UNIT-6 MAJOR SPORTS UNIT-3 STUDY OF YOGA <ul style="list-style-type: none"> MATSYASANA 	https://www.youtube.com/watch?v=hLZ44KBWEbo Volleyball (How to play) 
	May	Unit-2-HEALTH EDUCATION I) diet ii) obesity iii) rest and sleep iv) use and maintenance of equipment v) dos and don'ts to be followed in the playground Unit-6-MAJOR SPORTS Unit-3 STUDY OF YOGA <ul style="list-style-type: none"> HALASANA ARDHA MATSYASANA 	https://www.youtube.com/watch?v=i65xqdrnPBA Football (Foul during the play) 
	July	Unit2-FIRST AID The ultimate objective of giving someone first aid is to save their life. However, besides this, if someone is given first aid in time, it helps reduce the chances of getting an infection, needing longer medical care, or getting the situation worse.	
		Unit3-STUDY OF YOGA MUDRAS <ul style="list-style-type: none"> YOGA MUDRA BRAHMA MUDRA 	Brahma Mudra 1. Take a comfortable seat, either on the floor or on a chair. Sit with good posture and your face forward, and close your eyes. 2. Inhale slowly (over 4-6 seconds) as you slowly turn your head to the right. 3. Exhale slowly (over 4-6 seconds) and make the sound "ah" as you slowly turn your head to center.

		<div><p>BENEFITS OF BRAHMA MUDRA</p><ul style="list-style-type: none">• Calms the Mind and Reduces Stress• Enhances Concentration and Mental Clarity• Boosts Energy and Vitality• Harmonizes the Body and Mind• Promotes Self-Realization and Spiritual Growth• Alleviates Tension and Headaches• Balances the Chakras for Overall Well-Being</div>	<p>4. On your next slow inhalation, slowly turn your head to the left.</p> <p>5. On your slow exhalation, make the sound “uuu” as you slowly turn your head to the center.</p> <p>6. On your next slow inhalation, slowly tip your head back, keeping the back of your neck long.</p> <p>7. On your slow exhalation, make the sound “eee” as you slowly tip your head back to the center.</p> <p>8. On your next slow inhalation, slowly tip your head down, bringing your chin toward your chest.</p> <p>9. On your slow exhalation, make the sound “mmm” as you slowly bring your head back to the center.</p> <p>Repeat the Brahma Mudra for 3-12 rounds.</p>
August	<p>Unit5-DRILL</p> <ul style="list-style-type: none">• Keep excess pounds at bay• Increase your stamina, fitness and strength• Ward off viral illnesses• Reduce your health risks• Manage chronic conditions• Strengthen your heart• Keep your arteries clear• Boost your mood	<p>https://youtu.be/WzXlqNjnDV8?si=kzUJxLkGpKwg6jMo (Mass Drill)</p> <p>https://youtube.com/watch?v=6XFXYQbrfj4&feature=shared (Clap Clap Song for coordination)</p>	
September	<p>Unit-4-ATHLETICS TRACK & FIELD EVENT</p> <ul style="list-style-type: none">• RELAY RACE• Improved cardiovascular health• Increased physical fitness• Promotes teamwork and communication• Boosts self-confidence and motivation• Provides a fun and social way to exercise	<p>How to hold the Baton in relay</p> <p>https://youtu.be/kYQ0AD5dUFg?si=1L7LOZKdsE_J55Z</p> 	
October	<p>Unit4-ATHLETICS TRACK & FIELD EVENT</p> <ul style="list-style-type: none">• RUNNING <p>Regular physical activity such as running can significantly improve mental health, self-confidence, healthy ageing, and quality of life.</p>		
November	<p>MAJOR SPORTS VOLLEYBALL</p>	<p>How to do Service</p> <p>https://www.youtube.com/watch?v=hLZ44KBWEbo</p>	

		<p>It helps students learn about dedication, organization, teamwork, and communication.</p> <p>Unit-11 Aerobics</p> <ul style="list-style-type: none"> • Burn Calories and Blast Away Fat • Improve Your Coordination • Work Out Your Whole Body • Get Your Aerobics On • Build Anaerobic Endurance • Get Addicted to Exercise • Zumba Is Appropriate for All Ages • Boost Your Confidence. 	 <p>https://youtu.be/9WLZHTHWwil?si=wq6z492LlfkmlG0J</p>
	December	<p>Unit8- CHESS</p> <ul style="list-style-type: none"> • Brings People Together. • Teaches You How to Win and Lose. • Helps Children Realize the Consequences Of Their Actions. • Can Help You Focus. • Chess Is an Educational Tool. • Develops Creativity. • Builds Confidence. • Develops Problem-Solving Skills. <p>Unit5-CARROM</p> <ul style="list-style-type: none"> • Quick Thinking: • Helps to Improve Analytical Thinking. • Better Focus. • Sharpens the Mind. <p>Better Predictions.</p>	<p>In Chess, White moves first, then players alternate moves.</p> <p>https://www.youtube.com/watch?v=CtLfUSaVhUM</p> <p>https://www.zupee.com/blog/carrom-rules/</p>
	January	<p>Aerobics</p> <ul style="list-style-type: none"> • It's fun 	<p>https://youtu.be/9WLZHTHWwil?si=wq6z492LlfkmlG0J</p>

		<ul style="list-style-type: none"> • Great for weight loss • Tones your entire body • Boosts your heart health • Helps you de-stress • Improves coordination <p>Makes you happy</p>	
	February	INTERNAL ASSESSMENT AND TERM 2	

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
MUSIC	APRIL	Introduction to Music/Mother's Day Song/Music Theory	Key Identification/Scales and its types/Mother's Day song/ 7 musical notes/Sharps & Flats
	MAY	Prayer song/ Song on C major Scale	Lord, I need you/ Instrumental Playing on C major Scale
	JULY	Scales and Chords	Formula to find Different Scales and Chords
	AUGUST	Patriotic Songs/ Tempo, Rhythm, and other Terminologies	Patriotic Songs/Learn different Terminology of Music and instruments
	SEPTEMBER	Music Evaluation	Oral Evaluation of prayer songs and Music Theory
	OCTOBER	Mastering Time Signatures	Instrument playing on different rhythmic pattern and Time Signatures
	NOVEMBER	Minor Scales	Play Minor scales/how to find them? / Their use and feel
	DECEMBER	Christmas Carols	Multiple Carols in Hindi and English / Along with Instrumental parts in it
	JANUARY	Chord Families	Learn about Chord Families and their Implementation

SUBJECT	MONTH	CHAPTER	
MORAL SCIENCE	APRIL	Chapter- 1 Song of a dream Chapter - 2 Peepal Baba	Back to school writing prompt (Page No. 70)
	MAY	Chapter - 3 IF	Consciousness Bingo (Page No. 72)
	JULY	Chapter - 4 Madiba-Nelson Mandela Chapter - 5 The Caged bird	Mindful or Unmindful (Page No. 73)
	AUGUST	Chapter - 6 The Cracked pot Chapter - 7 Do It Anyway	Gratitude Flower (Page No. 75)
	SEPTEMBER	REVISION	
	OCTOBER	Chapter -8 Ananya's Audition Chapter -9 Gender Equality Pledge	Mindfulness Exercise - The Present Moment (Page No. 76-77)
	NOVEMBER	Chapter - 10 The Oak Tree Chapter -11 Be Good, Do Good	Mindfulness Exercise - The Present Moment (Page No. 78)
	DECEMBER	Chapter -12 One Chapter-13 Diya and the Magic Seeds	Step-by-Step Word Puzzle Personal Core Values Word Search (Page No. 79-80)
	JANUARY	REVISION	

SUBJECT	MONTH	CHAPTERS
ART AND CRAFT	APRIL	Name Plate, Knowledge of Colours, Still Life Flower with Tissue Paper
	MAY	Design a Rectangle, Wall hanging
	JULY	Nature Drawing, Butterfly With Pastel Sheet
	AUGUST	Animal Drawing, Flower Vase
	SEPTEMBER	Landscape, Cards
	OCTOBER	Bird Nest with Plastic Bottle
	NOVEMBER	Life Study, Christmas Decoration
	DECEMBER	Poster for Save Forest, Bookmark
	JANUARY	Revision

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJEC
COMPUTER	APRIL	Chapter 11- Concept of Smart Living	Write a story of one page, imagining that you are spending time in a smart home. Also draw or paste the relevant pictures of the devices you want in your smart home.
	MAY	Chapter 2- Advanced Features of Excel (To be assessed by practical) Chapter 9- Algorithmic Intelligence	
	JULY	Chapter 7- More on HTML5	
	AUGUST	Chapter 8- Lists and Tables in HTML5	
	SEPTEMBER	MID TERM	
	OCTOBER	Chapter 1- Number System	Create a webpage on 'Scarcity of water' using different tags, attributes and text properties. Add relevant information from the science textbook. Now create a scrapbook on methods to prevent water scarcity.
	NOVEMBER	Chapter 10- Conditional Statements in Python	
	DECEMBER	Chapter 5- Google Apps Chapter 6- App Development	
	JANUARY	Chapter 3 Layers in Krita (To be assessed by practical) Chapter 4 Animation in Krita (To be assessed by practical)	
	FEBRUARY	Revision	