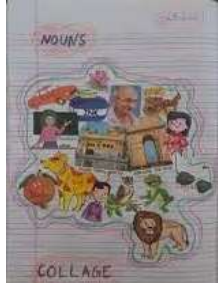





## URSULINE CONVENT SR. SEC. SCHOOL, GREATER NOIDA

## ANNUAL SYLLABUS (2025-2026)


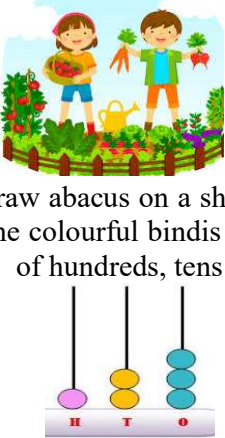
## CLASS II


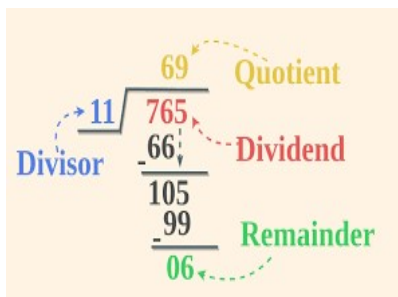

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
ENGLISH	APRIL	<p><b><u>LITERATURE:</u></b></p> <ul style="list-style-type: none"> <li>Ch-1 Sports Day</li> <li>Poem: The Swing</li> </ul> <p><b><u>GRAMMAR:</u></b></p> <ul style="list-style-type: none"> <li>Sentences</li> <li>Noun:(Naming words)</li> </ul> <p><b><u>COMPOSITION:</u></b></p> <ul style="list-style-type: none"> <li>Comprehension</li> <li>Picture Composition</li> <li>Creative Writing: My School</li> </ul>	<p>Make a picture collage with naming words.</p> 
	MAY	<p><b><u>LITERATURE:</u></b></p> <ul style="list-style-type: none"> <li>Ch 2: Mary and the Mouse</li> </ul> <p><b><u>GRAMMAR:</u></b></p> <ul style="list-style-type: none"> <li>Noun: Proper and Common</li> </ul> <p><b><u>COMPOSITION:</u></b></p> <ul style="list-style-type: none"> <li>Picture Composition</li> <li>Comprehension</li> <li>Creative Writing: My Classroom</li> </ul>	<p>Find some special flowers of Arunachal Pradesh and mention their names.</p> 
	JULY	<p><b><u>LITERATURE:</u></b></p> <ul style="list-style-type: none"> <li>Ch 3 The Fly</li> <li>Ch 4 A Christmas Song</li> </ul> <p><b><u>GRAMMAR:</u></b></p> <ul style="list-style-type: none"> <li>Pronouns</li> <li>The Noun: Numbers</li> <li>The Noun: Genders</li> </ul> <p><b><u>COMPOSITION:</u></b></p> <ul style="list-style-type: none"> <li>Comprehension</li> <li>Picture composition</li> <li>Creative Writing: My Best Friend</li> </ul>	<p>Make a fish using colourful sheets and write different genders on it.</p> 
	AUGUST	<p><b><u>LITERATURE:</u></b></p> <ul style="list-style-type: none"> <li>The Squirrel</li> </ul> <p><b><u>GRAMMAR:</u></b></p> <ul style="list-style-type: none"> <li>This, That, These, Those</li> <li>Adjectives</li> <li>Articles: A, An, The</li> <li>Verbs(action words)</li> </ul> <p><b><u>COMPOSITION:</u></b></p> <ul style="list-style-type: none"> <li>Comprehension</li> <li>Picture composition</li> <li>Creative writing: Independence Day</li> </ul>	<p>Draw a scenery of Arunachal Pradesh and write few adjectives for the picture.</p> 



	SEPTEMBER	● <b>REVISION</b>	
	OCTOBER	<ul style="list-style-type: none"> <li>● <b><u>LITERATURE:</u></b></li> <li>● Ch 5 The Golden Bucket</li> <li>● Ch. 6 Pipat's Journey</li> <li>● Poem: If I Find a Fairy</li> <li>● <b><u>GRAMMAR:</u></b></li> <li>● Is, Am, Are</li> <li>● Is, Am, Are + Verb + ing</li> <li>● <b><u>COMPOSITION:</u></b> <ul style="list-style-type: none"> <li>● Comprehension</li> <li>● Picture composition</li> <li>● Creative writing: Diwali</li> </ul> </li> </ul>	Make a poster showing various act of kindness on an A 4 size sheet.
	NOVEMBER	<ul style="list-style-type: none"> <li>● <b><u>LITERATURE:</u></b></li> <li>● Ch .7 Lets Make Friends</li> <li>● <b><u>GRAMMAR:</u></b></li> <li>● Was, Were</li> <li>● Was, Were + verb + ing</li> <li>● Has, Have, Had</li> <li>● <b><u>COMPOSITION:</u></b></li> <li>● Comprehension</li> <li>● Picture Composition</li> <li>● Creative writing: Morning walk</li> </ul>	Role Play activity
	DECEMBER	<ul style="list-style-type: none"> <li>● <b><u>LITERATURE:</u></b></li> <li>● Ch. 8 The Four Friends</li> <li>● Poem: A House</li> <li>● <b><u>GRAMMAR:</u></b></li> <li>● Adverbs</li> <li>● Preposition</li> <li>● Compound Words</li> <li>● <b><u>COMPOSITION:</u></b></li> <li>● Comprehension</li> <li>● Picture composition</li> <li>● Creative writing: Christmas</li> </ul>	<p>Paste a picture of <b>stilt house</b> found in Arunachal Pradesh and write few sentences about it.</p> <p>Make a list of things that you can share with your friends.</p>
	JANUARY	● <b>REVISION</b>	




SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
HINDI	APRIL	पाठ 1 सुबह हो गई पाठ 2 शारा की अनोखी यात्रा  व्याकरण :- <ul style="list-style-type: none"> <li>भाषा</li> <li>वर्णमाला</li> <li>मात्राएँ एवं शब्द</li> <li>गिनती</li> </ul>	पाठ में आए किसी भी एक जीव- जन्तु का चित्र बनाकर उसके बारे में वाक्य लिखिए।  जल जमीन व आसमान के जीव जंतुओं के चित्र चिपकाएँ।
	MAY	पाठ 3 महात्मा और चुहिया  व्याकरण :- <ul style="list-style-type: none"> <li>वाक्य</li> <li>संज्ञा</li> </ul>	चित्र वर्णन  पशु - पक्षियों के घरों के नाम सोचिए और बताइए।
	JULY	पाठ 4 और बुलाओ एक जना पाठ 5 भीमा गधा पाठ 6 छाता (पठन हेतु/रचनात्मक कार्य)  व्याकरण :- <ul style="list-style-type: none"> <li>लिंग</li> <li>वचन</li> <li>सर्वनाम</li> </ul> अनुच्छेद :- मेरा विद्यालय	पाठ में आए सभी पात्रों के चित्र चिपकाइए।  अरुणाचल प्रदेश में खेले जाने वाले खेलों के चित्र कॉपी में चिपकाइए।
	AUGUST	पाठ 7 सातवीं पूड़ी पाठ 8 बीरबल की बुद्धिमानी (पठन हेतु / रचनात्मक कार्य)  व्याकरण :- <ul style="list-style-type: none"> <li>विशेषण</li> <li>विलोम शब्द</li> <li>पर्यायवाची शब्द</li> <li>अपठित गद्यांश</li> </ul> अनुच्छेद :- रक्षाबंधन	अरुणाचल प्रदेश के फल व सब्जियों का कोलाज बनाइए।  शब्द लड़ी
	SEPTEMBER	पुनरावृत्ति कार्य अर्द्धवार्षिक परीक्षा हेतु	
	OCTOBER	पाठ 9 नया नवेला मौसम (पठन हेतु/ रचनात्मक)	अरुणाचल प्रदेश में बहने वाली महत्वपूर्ण नदियों के नाम लिखिए।

		<p>कार्य)</p> <p>पाठ 10 बलवान कौन?</p> <p>पाठ 11 पानी</p> <p>व्याकरण :-</p> <ul style="list-style-type: none"> <li>क्रिया</li> <li>अनेक शब्दों के लिए एक शब्द</li> </ul> <p>अनुच्छेद :- दशहरा/ दीपावली</p>	<p>पानी है अनमोल पर छोटी कविता लिखिए ।</p>
	NOVEMBER	<p>पाठ 12 कुल्हाड़ी का दिलिया</p> <p>पाठ 13 बकरी के बच्चे</p> <p>व्याकरण :-</p> <ul style="list-style-type: none"> <li>चित्र वर्णन</li> </ul>	<p>अरुणाचल प्रदेश में खाए जाने वाले विभिन्न व्यंजनों के चित्र चिपकाएँ ।</p> <p>आओ कहानी बुनें</p>
	DECEMBER	<p>पाठ 14 अगर पेड़ भी चलते होते</p> <p>(पठन हेतु/रचनात्मक कार्य)</p> <p>व्याकरण :-</p> <ul style="list-style-type: none"> <li>कहानी लेखन</li> </ul> <p>अनुच्छेद :- पेड़</p>	<p>अरुणाचल प्रदेश में पाए जाने वाले महत्वपूर्ण पेड़ों के चित्र चिपकाएँ ।</p> <p>बूझो तो.....</p>
	JANUARY	<p>पुनरावृत्ति कार्य वार्षिक परीक्षा हेतु</p>	



SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
MATHS	APRIL	<b><u>Unit: 1(Revision)</u></b> <ul style="list-style-type: none"> <li>➤ Number names (1 to 500)</li> <li>➤ Tens and Ones.</li> <li>➤ Skip counting(2s, 3s, 4s, 5s, and 10s)</li> <li>➤ Ordinal Number (1 to 20)</li> <li>➤ After / Before / Between numbers</li> <li>➤ Smallest / biggest numbers.</li> <li>➤ Simple addition</li> <li>➤ Subtraction</li> <li>➤ Multiplication</li> <li>➤ Tables 2-10</li> </ul>	<p>*An activity on Ordinal numbers will be done by children. Placing the different small objects on the given ordinal numbers.</p> 
	MAY	<b><u>Unit :2 (Numbers up to 1000)</u></b> <ul style="list-style-type: none"> <li>➤ Place value and face value</li> <li>➤ Expanded and short form</li> <li>➤ Hundred /tens/ones</li> <li>➤ Comparison of numbers</li> <li>➤ Greater than / less than</li> <li>➤ Ascending and descending order</li> <li>➤ Tables 2-10</li> </ul>	<p>*Exploring The Garden(collecting the things in order of smallest to biggest.)</p>  <p>*To draw abacus on a sheet with the help of some colourful bindis and showing the place of hundreds, tens and ones</p>
	JULY	<b><u>Unit:3 (Addition)</u></b> <ul style="list-style-type: none"> <li>➤ Addition by forward counting</li> <li>➤ Addition on number line</li> <li>➤ Addition of two / three-digit numbers (without carrying)</li> <li>➤ Addition of two / three-digit numbers (with carrying)</li> <li>➤ Word Problems</li> <li>➤ Tables 2-10</li> </ul>	<p><b>*Bucket and the Balls activity</b> An activity will be done in the class to clear the concept of addition (with bucket and balls )</p> <p><b>*Circle Time activity</b></p>
	AUGUST	<b><u>Unit :4(Subtraction)</u></b> <ul style="list-style-type: none"> <li>➤ Subtraction of single digit number</li> <li>➤ Subtraction of two/three</li> </ul>	<p>*Number line game.</p>

	digit numbers (without borrowing) ➤ Subtraction of two/three numbers (with borrowing)	
SEPTEMBER	REVISION	REVISION
OCTOBER	<b><u>Unit :5 (Multiplication)</u></b> <ul style="list-style-type: none"> <li>➤ Multiplication as repeated addition</li> <li>➤ Properties of multiplication</li> <li>➤ Table 2 to 10</li> <li>➤ Multiplication of two/three-digit numbers by one-digit numbers (with/without carrying)</li> <li>➤ Word Problems</li> </ul> <b><u>Unit :6 (Division)</u></b> <ul style="list-style-type: none"> <li>➤ Division as equal distribution</li> <li>➤ Division as repeated subtraction</li> <li>➤ Division of two-digit numbers</li> <li>➤ Word Problems</li> <li>➤ Tables 2-12</li> </ul>	Activity in singing way will be done in the class to make them learn tables    *Division as repeated subtraction (outdoor activity)  
NOVEMBER	<b><u>Unit: 7 (Fractions)</u></b> <ul style="list-style-type: none"> <li>➤ Fractions</li> <li>➤ One-third and Two- thirds</li> <li>➤ Three-fourths.</li> </ul> <b><u>Unit:8 (Money)</u></b> <ul style="list-style-type: none"> <li>➤ Indian Money, Indian Coins</li> <li>➤ Indian Notes</li> <li>➤ Changing Money</li> <li>➤ Converting rupees to paise</li> <li>➤ Converting rupees and paise to paise</li> <li>➤ Addition of Rupees and paise</li> <li>➤ Subtraction of Rupees and paise</li> </ul>	*To draw different figures (Pizza,Kite,apples etc)and colour them according to the given fraction. *Chocolate activity.   *Activity based on Money: Show and tell the value of different coins 50 paise, 1rupee, 2rupees, 5rupees and 10 rupees coins.
DECEMBER	<b><u>Unit:9(Metric Measurements)</u></b>	*Children will be asked to measure their stationaries like pencil,eraser,notebook

	<ul style="list-style-type: none"><li>➤ Measures of length</li><li>➤ Measures of mass</li><li>➤ Measures of capacity</li><li>➤ Addition / subtraction of above measurements.</li></ul> <p><b><u>Unit:10 (Time)</u></b></p> <ul style="list-style-type: none"><li>➤ Reading the time</li><li>➤ Half-past</li><li>➤ Quarter past</li><li>➤ Quarter to</li><li>➤ A.M. to P.M.</li><li>➤ Days of the week</li><li>➤ Months in a year</li></ul> <p><b><u>Unit: -11 (Geometrical shapes)</u></b></p> <ul style="list-style-type: none"><li>➤ Point, line, straight and curved</li><li>➤ Plain figures</li><li>➤ Solid figures</li><li>➤ Rolling and sliding shapes</li></ul>	<p>and write on a sheet.</p> <p>*Make a working model of clock.</p>  <p>*Use different cutouts of shapes to make house, joker, tray , table etc.</p> 
JANUARY	Revision	Revision

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
EVS	APRIL	<ul style="list-style-type: none"> <li>Ch 1 Want to Know Me? (<b>Activity Based Learning</b>)</li> <li>Ch 2 How The Body Works</li> <li>Ch 3 Bones and Muscles</li> </ul>	<ul style="list-style-type: none"> <li>Showing external parts of the body.</li> </ul>  <ul style="list-style-type: none"> <li>Poem with action.</li> </ul>
	MAY	<ul style="list-style-type: none"> <li>Ch 4 Eat Healthy</li> </ul>	<ul style="list-style-type: none"> <li>Make a collage of healthy food and junk food.</li> <li><b>Art Integrated Activity:</b> Collect some pictures of seasonal fruits found in Arunachal Pradesh</li> </ul> 
	JULY	<ul style="list-style-type: none"> <li>Ch 5 My Clothes</li> <li>Ch 6 Houses Around us</li> </ul>	<ul style="list-style-type: none"> <li>Collect samples of some clothes material and discuss about it.</li> <li><b>Art Integrated Activity:</b> Paste the pictures of different houses of Arunachal Pradesh.</li> </ul>
	AUGUST	<ul style="list-style-type: none"> <li>Ch 7 Manners and Habits</li> <li>Ch 8 Together we are family (<b>Activity Based</b>)</li> <li>Ch 9 All about my school</li> </ul>	<ul style="list-style-type: none"> <li>Identify and name some of the places which are around our house.</li> <li>Make a family tree.</li> <li>Draw/Paste the pictures of our helpers.</li> </ul>
	SEPTEMBER	Ch 10 In my Town	<b>Revision</b>
	OCTOBER	<ul style="list-style-type: none"> <li>Ch 11 At Work</li> <li>Ch 12 Let us Celebrate</li> <li>Ch 13 Our Country India</li> </ul>	<ul style="list-style-type: none"> <li>Draw/Paste the pictures of different means of transport.</li> <li>Make a model of traffic lights</li> </ul>  <ul style="list-style-type: none"> <li>Draw a plant and label its parts.</li> <li><b>Art Integrated Activity:</b> Cut and paste the pictures of different types of the animals of Arunachal Pradesh.</li> </ul>




	NOVEMBER	<ul style="list-style-type: none"> <li>Ch 14 Things that Go (<b>Activity based</b>)</li> <li>Ch 15 Be Safe</li> <li>Ch 16 Growing Plants</li> </ul>	<ul style="list-style-type: none"> <li>Draw different types of transport</li> <li>Draw a flow chart of different plants</li> </ul>
	DECEMBER	<ul style="list-style-type: none"> <li>Ch 17 Call of the Wild</li> <li>Ch 18 Fresh Air</li> <li>Ch 19 Water is Life</li> <li>Ch 20 Time and Directions (Activity Based)</li> </ul>	<ul style="list-style-type: none"> <li><b>Art Integrated Activity</b> Make a chart of different types of animals found in Arunachal Pradesh.</li> </ul> 
	JANUARY	<ul style="list-style-type: none"> <li>Ch 21 Weather and Seasons</li> <li>Ch 22 Heavenly Bodies</li> <li>Ch 23 Beautiful Earth</li> </ul>	<ul style="list-style-type: none"> <li>Draw different kinds of clothes we use in different seasons.</li> <li>Draw a rainbow.</li> </ul> 
SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
Computer	APRIL	Ch 1 A Computer Smart and Useful Machine	Visit lab and identify computer and its various parts
	MAY	Ch 2 Parts of Computer	Draw all parts of Computer .
	JULY	Ch 3 How Does A Computer Work Ch 4 Operating A Computer	Steps to start and shut down a computer
	AUGUST	Ch 7 Playing with Tux Math( <b>Activity Based Learning</b> )	Type few lines about Arunachal Pradesh on Wordpad/MS Word (Use of keyboard)  To learn typing by playing with TUX typing
	SEPTEMBER	<b>Revision (Term-I Syllabus)/ Half Yearly Examination</b>	
	OCTOBER	Ch 5 Know More About The Keyboard Ch 6 Mouse Functions	Movements of the mouse
	NOVEMBER	Ch 8 Drawing and Colouring with MS Paint ( <b>Activity Based Learning</b> )	Use MS Paint
	DECEMBER	Ch 9 Paint with Tux Paint Ch 10 File Management - An Introduction	Draw a tree using TUX Paint.
	JANUARY	<b>Revision (Term-II Syllabus)</b>	

SUBJECT	MONTH	CHAPTERS
<b>Drawing and Craft</b>	<b>APRIL</b>	Knowledge of Colours, Parrot, Traffic Light
	<b>MAY</b>	Fish, Pencil Shaving Work
	<b>JULY</b>	Queen, Butterfly with bindis
	<b>AUGUST</b>	Cock, Night Sky with foil
	<b>SEPTEMBER</b>	Pineapple, Penguin with sandpaper
	<b>OCTOBER</b>	Cow, Wood Powder Pasting
	<b>NOVEMBER</b>	Landscape, Origami Fox
	<b>DECEMBER</b>	Cat, Goggles with Sequins

SUBJECT	MONTH	CHAPTERS	
G.K	APRIL	<b>OUR NATURE</b> *Animals- Our Friends * Leaves * The Fascinating World of Insects * Fruits Found in the World	
	MAY	<b>INCREDIBLE INDIA</b> *Know Your Country *Going Places * Our Neighbouring Countries *My India Dances of India	
	JULY	<b>AROUND THE WORLD</b> *Famous personalities *Influential Inventions * Continents and Oceans *Largest in the World	<b>ENTERTAINMENT</b> * Disney Magic *Loving Sports * Famous Faces Lights..... Camera.....Action
	AUGUST	<b>WORDS &amp; MORE</b> *Do You Know The Right Worlds? * Anagrams *Words and Riddles * Compounds Words *Group Names	
	SEPTEMBER	<b>SCIENCE AROUND US</b> * Heavenly Bodies * Sequences Knowing the Computer (CURRENT AFFAIRS)	
	OCTOBER	<b>SCIENCE AROUND US</b> * Ancient Explorer *Making Light <b>SPORTS FUN</b> *What With? * Sport-Spotting * The Olympic Games * Children's Games	
	NOVEMBER	<b>Think Logical</b> *Tall, Taller , Tallest * Spot the difference *Quick thinking * Odd One Out * Think on your own	
	DECEMBER	<b>Mixed Bag</b> * Types of Houses * Gadgets *Hobby Time * Road Signs *Good Manners	
	JANUARY	REVISION (CURRENT AFFAIRS)	

<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>	<b>ACTIVITY/PROJECT/ART INTEGRATED PROJECT</b>
<b>Dance</b>	<b>APRIL</b>	Basic knowledge of Bharatnatyam dance and Naskaram	To make students to learn Bharatnatyam postures, mudras and use of body in Naskaram.
	<b>MAY</b>	Starting with basic facial expressions and commonly used hand gestures ( mudras)	Showing how to express through face and how to show gestures by hand.
	<b>JULY</b>	Commonly used Positions(leg gestures) in Bharatnatyam	Teaching commonly used leg gestures in bharatnatyam with their names.
	<b>AUGUST</b>	Patriotic Dance choreography	Selection of the students and make a group for patriotic Dance.
	<b>SEPTEMBER</b>	Revision and revaluation	Solo Dance performance of each student and observing the improvement in students.
	<b>OCTOBER</b>	Tatta adavu 1 to 4	Teaching the adavus from 1 to 4.
	<b>NOVEMBER</b>	Tatta adavu 5 to 8	Teaching adavu from 5 to 8.
	<b>DECEMBER</b>	Christmas Dance choreography	Selection of students and making a group for Christmas Dance.
	<b>JANUARY</b>	Natta adavu 1 to 4	Teaching natta adavu from 1 to 4.
	<b>FEBRUARY</b>	Revision and revaluation	Solo Dance performance by students and observing the improvement of the students.
<b>SUBJECT</b>	<b>MONTH</b>	<b>CHAPTERS</b>	<b>ACTIVITY/PROJECT/ART INTEGRATED PROJECT</b>
<b>Music</b>	<b>APRIL</b>	Introduction of music, musical notes	Start with 7 shudh swars, Prayer song -sansar ke maali ne
	<b>MAY</b>	Mother's day song	Motivational song and mother's day song
	<b>JULY</b>	Introduction of Raagas	Importance of classical music and raagas. Racha hai shrusti ko
	<b>AUGUST</b>	Patriotic song	Song related to our soldiers, freedom fighters.
	<b>SEPTEMBER</b>	English paper prayer Evaluation	Oral music exam.
	<b>OCTOBER</b>	Prayer song	Sargam geet
	<b>NOVEMBER</b>	Environmental song	The earth is my home.
	<b>DECEMBER</b>	Christmas songs	In Hindi and English
	<b>JANUARY</b>	Patriotic song Instrumental practice	Suraj par hum kare sawari

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
<b>MORAL SCIENCE</b>	<b>APRIL</b>	1. Being Good	Write five good habits.
	<b>MAY</b>	2. True Friendship	Write four situations when and how you helped your friends. (Page no:13)
	<b>JULY</b>	3. The Principle of politeness 4. Honesty is a Virtue	Oral Activity “ Speak few lines on Honesty” OR “ Speak few lines about Politeness”.
	<b>AUGUST</b>	5. Keep Patience	List the conditions in which you have to show patience at home and in the class.
	<b>SEPTEMBER</b>	6. The Art of Concentration	Circle all the bugs that are same. (Page no: 31)
	<b>OCTOBER</b>	7. Co-operation brings Success 8. Shun Your Greed	Think of at least ten places where can find team works working in co-operation with one another. Story Telling” Greedy Dog”
	<b>NOVEMBER</b>	9. Always Respect Others	How will you show respect towards self, others and surroundings.
	<b>DECEMBER</b>	10. We Are Safe	Draw this in a pastel sheet. 
	<b>JANUARY</b>	Revision	Revision

SUBJECT	MONTH	CHAPTERS	ACTIVITY/PROJECT/ART INTEGRATED PROJECT
<b>SPORTS</b>	<b>APRIL</b>	Sprint Races	50 M, Hurdles 50 M Sprint 50 M Relay
	<b>MAY</b>	Formation of alignments Mass P.T	. In three's . Right turn . left turn      Drills . About turn
	<b>JULY</b>	Indoor Games	Chess, Carrom, Table Tennis
	<b>AUGUST</b>	Rhythmic and Wellness	Yoga, Aerobics
	<b>SEPTEMBER</b>	EXAMINATION	
	<b>OCTOBER</b>	Adventure Races	Obstacles Race

	<b>NOVEMBER</b>	Endurance	Jumping jacks in 1 minute Fire in the mountains
	<b>DECEMBER</b>	Calisthenics Exercises	.Squats .Wall Push up . Hand and Leg Exercises
	<b>JANUARY</b>	Strength Recreational Games	Broad Jump Fire in the mountain