

KENDRIYA VIDYALAYA SANGATHAN
Split-Up of Syllabus for the Academic Session 2026-27

Class-4

हिंदी

| क्रम संख्या | माह | कार्य दिवसों की संख्या | पढ़ाए जाने वाले पाठ / विषय का नाम | शिक्षण सहायक सामग्री / ई-सामग्री लिंक / अपनाई जाने वाली नवाचारी शिक्षण विधियाँ | आयोजित किए जाने वाले मूल्यांकन / परीक्षण / परीक्षा |
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| 1 | अप्रैल – मई | 24 | 1. चिड़िया का गीत मति की उड़ान(पठन हेतु) | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ चिड़िया, पेड़, घोंसला आदि के रंगीन चित्र। ❖ कागज़ से चिड़िया और घोंसले का मॉडल। ❖ चिड़िया की कठपुतली (puppet)। <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ भूमिका अभिनय-बच्चों को चिड़िया, पेड़, सूरज आदि की भूमिका देकर कविता का अभिनय करवाना। ❖ प्रकृति डायरी: बच्चों से कहें कि वे रोज़ाना देखी गई चिड़ियों का नाम और उनकी विशेषता लिखें। ❖ ध्वनि पहचान: बच्चों से कहें कि वे चिड़ियों की आवाज़ की नकल करें और पहचानें। <p>➤ https://youtu.be/B6ayGm7nPGs?si=Slh6h6GB6JBIAdy6</p> | <ul style="list-style-type: none"> ● लैट ● बहुविकल्पीय प्रश्न ● अध्याय से शब्दावली को पूछना ● तुकांत शब्द कार्यपत्रिका |

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| | | | <p>2. बगीचे का घोंघा</p> <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ मिट्टी या कागज़ से घोंघे का छोटा मॉडल बनाना। ❖ घोंघे या बगीचे से संबंधित छोटा वीडियो ❖ पत्ते, फूल, मिट्टी <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ बगीचे की सैर: बच्चों को स्कूल के बगीचे में ले जाकर छोटे जीव-जंतु दिखाएँ और उनके महत्व पर चर्चा करें। ❖ समूह कार्य: बच्चों को समूह में बाँटकर “बगीचा” का चित्र या पोस्टर बनवाना ❖ चित्रों के साथ कहानी के क्रम को दिखाना ➤ https://www.youtube.com/live/diPpN7FfXGg?si=W9HUIhQjI7-1nDsm | <ul style="list-style-type: none"> ● अपने शब्दों में कहानी कथन ● अध्याय से जुड़े कुछ वाक्य बनाना ● तुकांत शब्द कार्यपत्रिका ● लैट |
| 2 | जून | 7 | <p>3. नीम</p> <p>भाँति-भाँति की पतियाँ(पठन हेतु)</p> <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ नीम के पेड़, पत्ते और फल (निम्बोली) के चित्र ❖ नीम के पेड़ और उसके उपयोग से जुड़ा छोटा वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ करते हुए सीखना: बच्चों से नीम के पत्ते देखकर उनकी आकृति और रंग बताने को कहना। ❖ प्रकृति भ्रमण: बच्चों को स्कूल के आसपास के पेड़ दिखाना और नीम के पेड़ की पहचान कराना। ❖ समूह कार्य: बच्चों को समूह में बाँटकर “पेड़ों के लाभ” पर पोस्टर बनवाना। | <ul style="list-style-type: none"> ● नैतिक मूल्य लेखन ● लैट ● अध्याय से शब्दावली को पूछना ● तुकांत शब्द कार्यपत्रिका |

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| | | | | <ul style="list-style-type: none"> ❖ बच्चों को पेड़ लगाने और पर्यावरण बचाने के महत्व के बारे में बताना। ➤ https://youtu.be/YcYMa5uaVdg?si=UUZ5P1d-zkK5KHL6 | |
| 3 | जुलाई | 26 | 4. हमारा आहार | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ वास्तविक वस्तुएँ: फल, सब्जियाँ, दाल या अनाज ❖ चार्ट पर संतुलित आहार का चित्र ❖ स्वस्थ भोजन और पोषण से संबंधित छोटा वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ बच्चों से स्वस्थ और अस्वस्थ भोजन के चित्र अलग-अलग करवाना। ❖ समूह कार्य: बच्चों को समूह में बाँटकर संतुलित आहार की थाली का पोस्टर बनवाना। ❖ बच्चों से अपनी रोज़ की खाने की सूची लिखवाना और उसमें से स्वस्थ भोजन पहचानना। ❖ चर्चा विधि: बच्चों से उनके पसंदीदा भोजन और उसके फायदे के बारे में चर्चा करना। ➤ https://youtu.be/EF3M8KwDTr0?si=kXVIA6ukdPJPWA7x | <ul style="list-style-type: none"> ● अपने शब्दों में कहानी कथन ● लघु अनुच्छेद लेखन ● लैट <p>एवं प्रथम आवधिक परीक्षा</p> |

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| | | | <p>5. आसमान गिरा</p> <p>चेरापूँजी के मेहमान(पठन हेतु)</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ आसमान, पेड़, पत्ते और जानवरों के रंगीन चित्र। ❖ कहानी के पात्रों की कठपुतली। ❖ कहानी से संबंधित वीडियो या एनिमेशन दिखाना। <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ कहानी विधि: शिक्षक भाव और हाव-भाव के साथ कहानी सुनाए ताकि बच्चों की रुचि बढ़े। ❖ गतिविधि आधारित शिक्षा: बच्चों से कहानी के चित्र सही क्रम में लगाने को कहना। ❖ रचनात्मक लेखन गतिविधि: बच्चों से कहानी का अलग अंत सोचकर लिखने को कहना। ❖ रचनात्मक और आलोचनात्मक सोच: बच्चों से पूछना कि बिना सोचे-समझे अफवाह फैलाने से क्या नुकसान हो सकता है <p>➤ https://youtu.be/keyr1aL0Ldo?si=WyPkyZ13LFxCGxG0</p> | <ul style="list-style-type: none"> ● गद्यांश और पद्यांश कार्यपत्रिका ● बहुविकल्पीय प्रश्न ● मौखिक मूल्यांकन ● लैट |
| 4 | अगस्त | 23 | <p>6. जयपुर से पत्र गोलगप्पा (पठन हेतु)</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ जयपुर के प्रसिद्ध स्थानों के चित्र (जैसे किले, महल, बाजार आदि)। ❖ भारत का नक्शा ❖ पत्र का प्रारूप | <ul style="list-style-type: none"> ● पत्र लेखन ● मौखिक मूल्यांकन ● अध्याय से शब्दावली पूछना ● लैट |

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| | | | <ul style="list-style-type: none"> ❖ असली लिफाफा, डाक टिकट और पोस्टकार्ड <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ करते हुए सीखना: बच्चों से अपने मित्र या परिवार के सदस्य को छोटा पत्र लिखवाना ❖ भूमिका अभिनय: कुछ बच्चों को डाकिया, पत्र लिखने वाला और पत्र पाने वाला बनाकर अभिनय करवाना। ❖ चर्चा विधि: बच्चों से पूछना कि आज के समय में लोग पत्र की जगह कौन-कौन से साधनों से संदेश भेजते हैं। ❖ खेल गतिविधि: पत्र के भागों को अलग-अलग कार्ड पर लिखकर बच्चों से सही क्रम में लगाने को कहना। | |
| | | <p>7. नकली हीरे</p> <p>हवा और धूल (पठन हेतु)</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ हीरे, आभूषण, बाजार और पात्रों के चित्र। ❖ असली और नकली आभूषण (जैसे प्लास्टिक या काँच के हीरे) ❖ हीरे और आभूषण से संबंधित छोटा वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ भूमिका अभिनय: बच्चों को कहानी के पात्र बनाकर नकली हीरे की घटना का अभिनय ❖ रचनात्मक गतिविधि बच्चों से पूछना कि अगर वे कहानी के पात्र होते तो क्या करते। ❖ गतिविधि आधारित शिक्षा: बच्चों को कुछ वस्तुएँ दिखाकर असली और नकली की पहचान करवाना। | <ul style="list-style-type: none"> ● अपने शब्दों में कहानी कथन ● नाटकीय रूपांतरण के समय अवलोकन ● बहुविकल्पीय प्रश्न ● लैट |

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| | | | | <p>➤ https://youtu.be/TL1O-3TU38?si=ODL4u8apeRxVIKNv</p> | |
| 5 | सितंबर | 24 | 8. ओणम के रंग | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ ओणम त्योहार, फूलों की सजावट (पुक्कलम), नाव दौड़ और पारंपरिक पोशाक के चित्र। ❖ केरल राज्य का पारंपरिक भोजन ❖ ओणम, नाव दौड़ और पारंपरिक नृत्य का वीडियो ❖ फूलों या रंगीन कागज़ से पुक्कलम बनाने की सामग्री <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ गतिविधि आधारित शिक्षा: बच्चों से रंगीन कागज़ या फूलों से पुक्कलम (फूलों की रंगोली) बनवाना। ❖ भूमिका अभिनय: बच्चों से ओणम के त्योहार की छोटी झांकी या अभिनय करवाना। ❖ चर्चा: बच्चों से पूछना कि वे अपने घर में कौन-कौन से त्योहार मनाते हैं। ❖ सांस्कृतिक जागरूकता गतिविधि: बच्चों को भारत के अलग-अलग राज्यों के त्योहारों के बारे में बताना। <p>➤ https://www.youtube.com/live/dIGLko_lq14?si=aMv7IIItRLmgNNum</p> | <ul style="list-style-type: none"> ● गद्यांश और पद्यांश कार्यपत्रिका ● अध्याय से जुड़े कुछ वाक्य बनाना ● तुकांत शब्द कार्यपत्रिका ● लैट |
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| 6 | अक्टूबर | 16 | <p>9. मिठाइयों का सम्मेलन</p> <p>जलेबी(पठन हेतु)</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ विभिन्न प्रकार की मिठाइयाँ जैसे – लड्डू, जलेबी, बर्फी, रसगुल्ला आदि के चित्र। ❖ कुछ असली मिठाइयाँ ❖ कहानी से संबंधित छोटा एनिमेशन या वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ भूमिका अभिनय: बच्चों को कहानी के पात्र बनाकर मिठाइयों के सम्मेलन का अभिनय करवाना(उदाहरण- मिठाइयाँ आपस में बातें कर रही हैं।) ❖ इंद्रिय आधारित सीख: बच्चों को मिठाइयों की सुगंध और स्वाद से पहचान करवाना। ❖ गतिविधि आधारित शिक्षा: कहानी का अलग अंत (Alternate Ending) सोचकर लिखवाना। ❖ चर्चा: बच्चों से पूछना कि उन्हें कौन-सी मिठाई सबसे पसंद है और क्यों। <p>➤ https://youtu.be/ahs7zyCyCmI?si=l666ukB6TmqocSO9</p> | <ul style="list-style-type: none"> ● नाटकीय रूपांतरण के समय अवलोकन ● अध्याय से शब्दावली को पूछना ● तुकांत शब्द कार्यपत्रिका ● लैट |
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| 7 | नवंबर | 23 | <p>10. कैमरा</p> <p>सुन, इमली के दाने सुन!(पठन हेतु)</p> <p>ठहाके (पठन हेतु)</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ वास्तविक वस्तु- कैमरा या मोबाइल कैमरा ❖ पुराने कैमरे, डिजिटल कैमरे और मोबाइल कैमरे के चित्र। ❖ कार्डबोर्ड ❖ कैमरा कैसे काम करता है या फोटो कैसे ली जाती है, इसका छोटा वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ करते हुए सीखना: बच्चों को कैमरे से फोटो लेने का अनुभव करवाना। ❖ भूमिका अभिनय: कुछ बच्चों को फोटोग्राफर और मॉडल बनाकर छोटा अभिनय करवाना। ❖ गतिविधि आधारित शिक्षा: बच्चों से अपने पसंदीदा दृश्य की फोटो (कल्पना में) बनाकर चित्र बनवाना। ❖ चर्चा: बच्चों से पूछना कि वे किस अवसर पर फोटो खिंचवाते हैं। <p>➤ https://youtu.be/IKEsWBpXiBI?si=BVLhxBc4R4ImedHP</p> | <ul style="list-style-type: none"> ● नाटकीय रूपांतरण के समय अवलोकन ● अपने शब्दों में कहानी कथन ● मौखिक मूल्यांकन ● लैट |
| 8 | दिसंबर | 18 | <p>11. कविता का कमाल</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ लय और भाव के साथ ऑडियो या वीडियो ❖ कविता कार्ड ❖ कविता में बताए गए दृश्यों के छोटे मॉडल या चित्र <p>नवाचारपूर्ण शिक्षण विधियाँ</p> | <ul style="list-style-type: none"> ● भूमिका अभिनय के समय अवलोकन ● कविता पठन मूल्यांकन |

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| | | | | <ul style="list-style-type: none"> ❖ भूमिका अभिनय: बच्चों को कविता के पात्र या भाव बनाकर अभिनय करवाना। ❖ गतिविधि आधारित शिक्षा: कविता की पंक्तियों को सही क्रम में लगाने का खेल करवाना। ❖ रचनात्मक लेखन: बच्चों से कविता से प्रेरित होकर छोटी कविता या दो-तीन पंक्तियाँ लिखवाना। ❖ संगीत और लय गतिविधि: कविता को ताल और लय के साथ गाकर या ताली बजाकर पढ़वाना। <p>➤ https://youtu.be/IEaR1st17nE?si=-nln7azjgDlrVJuO</p> | <ul style="list-style-type: none"> ● तुकांत शब्द कार्यपत्रिका ● लैट |
| 9 | जनवरी | 22 | 12. शतरंज में मात | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ शतरंज का बोर्ड और मोहरे ❖ शतरंज के मोहरों (राजा, रानी, हाथी, घोड़ा, ऊँट, प्यादा) के चित्र। ❖ शतरंज कैसे खेलते हैं या उसका छोटा वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ करते हुए सीखना: बच्चों को शतरंज का बोर्ड देकर सरल तरीके से चाल चलना सिखाना। ❖ भूमिका अभिनय: बच्चों को राजा, रानी, घोड़ा, हाथी आदि की भूमिका देकर शतरंज के खेल का अभिनय करवाना। ❖ समूह कार्य: बच्चों को समूह में बाँटकर शतरंज का बड़ा बोर्ड बनवाना। | <ul style="list-style-type: none"> ● भूमिका अभिनय के समय अवलोकन ● बहुविकल्पीय प्रश्न ● पठन कौशल मूल्यांकन ● लैट <p>द्वितीय आवधिक परीक्षा</p> |

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| | | | | <ul style="list-style-type: none"> ❖ चर्चा: बच्चों से चर्चा करना कि शतरंज खेलने से सोचने और रणनीति बनाने की क्षमता कैसे बढ़ती है। ➤ https://youtu.be/jSsew5bBYG8?si=3F08f2f9wOMv4413 | |
| 10 | फरवरी | 23 | <p>13. हमारा आदित्य</p> <p>हम सब सुमन एक उपवन के(पठन हेतु)</p> | <p>शिक्षण सहायक सामग्री</p> <ul style="list-style-type: none"> ❖ सूर्य, ग्रह, सौरमंडल और पृथ्वी के चित्र ❖ सौरमंडल का मॉडल, ग्लोब ❖ सूर्य और सौरमंडल से संबंधित शैक्षणिक वीडियो <p>नवाचारपूर्ण शिक्षण विधियाँ</p> <ul style="list-style-type: none"> ❖ समूह कार्य: बच्चों को समूह में बाँटकर सौरमंडल का पोस्टर या मॉडल बनवाना ❖ ग्लोब की मदद से दिन और रात कैसे होते हैं यह समझाना। ❖ गेंद और टॉर्च की मदद से सूर्य, पृथ्वी और दिन-रात का प्रयोग करके दिखाना। ❖ बच्चों से “अगर सूर्य एक दिन न निकले तो क्या होगा?” पर छोटे वाक्य लिखवाना। <ul style="list-style-type: none"> ➤ https://youtu.be/gcnHt7YFXu8?si=-j_LO5XLvpe1kI2P ➤ https://youtu.be/lKgkhYBVB9Y | <ul style="list-style-type: none"> ● नाटकीय रूपांतरण के समय अवलोकन ● अध्याय से शब्दावली को पूछना ● लघु अनुच्छेद लेखन ● लैट |
| 11 | मार्च | | | वार्षिक परीक्षा | |

ENGLISH

| S No . | Month | No. of working days | Name of the Chapter/ Topic to be covered | Teaching Aids / E-Content Link / Innovative Practices to be Adopted | Assessment / Test / Examination to be Conducted |
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| 1 | April/May | 24 | Together We Can | <p>Teaching Aids</p> <ul style="list-style-type: none"> •Flashcards showing teamwork (cleaning, planting trees, helping friends) •Chart paper with the word Teamwork •Short motivational video about cooperation <p>Innovative Practices.</p> <ul style="list-style-type: none"> • Circle Discussion: Students sit in a circle and share one good act they did for others. •Class Responsibility Chart: Assign weekly classroom duties. Group Tower Activity: Students build a tower using paper cups/sticks in groups to understand teamwork. •Think–Pair–Share: Ask “When did someone help you?” Students discuss with partners. •Role Play: Students act scenes where friends help each other. | <ul style="list-style-type: none"> •Observation checklist (participation, cooperation) •Short paragraph: “Why teamwork is important.” <p>LAT, DICTATION, ACTIVITY SHEET, PT-1</p> |
| 2 | June | 7 | The Tinkling Bells | <p>Teaching Aids –</p> <ul style="list-style-type: none"> •Audio of bells •Picture cards of animals •Story sequence cards <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Sound and related emotion activity, students describe how different sounds make them feel. •Creative Drawing: Draw a scene from the story. •Sound Guessing Game: Play different bell sounds and students identify them. •Picture Sequencing: Arrange story pictures in correct order. | <p>Assessment –</p> <ul style="list-style-type: none"> •Oral questions •Sequence arrangement worksheet •Vocabulary matching <p>LAT, DICTATION, ACTIVITY SHEET</p> |

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| 3 | July | 26 | <p>Be Smart, Be Safe</p> <p>One Thing at a Time</p> | <p>Teaching Aids –</p> <ul style="list-style-type: none"> •Safety rule posters •Flashcards of safe/unsafe actions •Traffic sign charts •Multitasking vs focus pictures •Timer or stopwatch •Story illustration cards <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Safety Pledge: Students write one safety rule they will follow. •School Safety Walk: Identify safe and unsafe areas. •Mindfulness Minute: 1minute silent focus before starting work. •Task Chart: Students list their daily tasks in order. | <p>Assessment –</p> <ul style="list-style-type: none"> •Worksheet on safety rules •Short speech on “How to stay safe.” •Write three sentences about the lesson’s moral. <p>LAT, DICTATION, ACTIVITY SHEET, PT-1</p> |
| 4 | August | 23 | The Old Stag | <p>Teaching Aids –</p> <ul style="list-style-type: none"> •Pictures of deer and forest animals •Story mapping chart •Animal fact cards <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Animal Conservation Discussion •Story Ending Activity: Students create a different ending. (extension of story) | <p>Assessment –</p> <ul style="list-style-type: none"> •Identify characters and moral •Vocabulary worksheet <p>LAT, DICTATION, ACTIVITY SHEET</p> |

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| 5 | September | 24 | Braille | <p>Teaching Aids –</p> <ul style="list-style-type: none"> •Braille alphabet chart •Sandpaper dots to simulate Braille •Blindfolded games (created by teacher) <p>Innovative Practices –</p> <ul style="list-style-type: none"> • Discussion on inclusive Education •Video demonstration of Braille reading | <p>Assessment –</p> <ul style="list-style-type: none"> •Short paragraph: “How Braille helps people.” •Oral discussion or evaluation <p>LAT, DICTATION, ACTIVITY SHEET</p> |
| <p>REVISION HALF YEARLY EXAM</p> | | | | | |
| 6 | October | 16 | Fit Body, Fit Mind, Fit Nation | <p>Teaching Aids –</p> <ul style="list-style-type: none"> •Exercise charts •Pictures of sports •Short fitness video • <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Fitness Diary for One Week •School Fitness Challenge •Traditional Games Day •Students talk about games from their region | <p>Assessment –</p> <ul style="list-style-type: none"> • Write 5 steps of the game •Group participation, observation <p>LAT, DICTATION, ACTIVITY SHEET</p> |

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| 7 | November | 23 | The Lagori Champions, Hekko | <p>Teaching Aids- Stones or stackable cups •Game demonstration video •Play Lagori in Playground •Write Rules of the Game •Team Strategy Discussion •Character pictures •Story chart</p> <p>Innovative Practices – •Traditional Games Day •Students talk about games from their region •Comic Strip Creation •Dialogue Writing</p> | <p>Assessment– •Write 5 steps of the game •Group participation observation •Short answer questions •Character traits worksheet LAT, DICTATION, ACTIVITY SHEET</p> |
| 8 | December | 18 | The Swing | <p>Teaching Aids – •Picture of swing •Swing related festivals •Visit to the school park •Poem audio recording Innovative Practices – •Outdoor Observation Activity •Students create their own 4-line poem</p> | <p>Assessment- •Recitation evaluation •Identify rhyming words •Mathematical reasoning LAT, DICTATION, ACTIVITY SHEET,</p> |

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| 9 | January | 22 | A Journey, to the Magical Mountains | <p>Teaching Aids –</p> <ul style="list-style-type: none"> •Mountain landscape pictures •Map of mountain regions •Videos & discussion on various types of adventures, pilgrimages, excursion <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Virtual Travel Video •Creative Writing: My Dream Mountain Trip | <p>PT-2</p> <p>Assessment –</p> <ul style="list-style-type: none"> •Descriptive paragraph •Vocabulary quiz <p>LAT, DICTATION, ACTIVITY SHEET</p> |
| 10 | February | 23 | Maheshwar | <p>Teaching Aids-</p> <ul style="list-style-type: none"> •Photos and videos of Maheshwar •Map of Madhya Pradesh •Handloom fabric samples <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Heritage Project Work •Students present famous places in India •Culture Discussion •Map Activity locating Maheshwar •Weaving demonstration video | <p>Assessment–</p> <ul style="list-style-type: none"> •Short note on Maheshwar •Map labelling <p>LAT, DICTATION, ACTIVITY SHEET</p> <p>(Final Examination)</p> |
| MARCH --SESSION ENDING EXAMS | | | | | |

MATHS

| S no. | Month | No. of working days | Name of the chapter/topic to be covered | Teaching Aids / E-Content Link / Innovative Practices to be Adopted | Assessment / Test / Examination to be Conducted |
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| 1 | April/ May | 24 | 1.Shapes Around Us | <p>As per NEP Innovative Teaching practices : Integration with ARTS</p> <p>Draw 2D and 3D shapes Make a sphere like shape with paper strips. (Craft, page no. 3) Make 3D shapes using straws and plasticine/ thread.(page no. 4) Integration with PE Circle games like ghoda ha Jamal ka etc. Teaching aids- wooden/ plastic blocks,straw, dot paper , cubes from JADUI PITARA Jodo Straws (Jodo Gyan) https://ncert.nic.in/textbook.php?dem1=1-14</p> | <p>LAT</p> <p>WORKSHEET</p> <p>MODEL ASSESSMENT</p> <p>IDENTIFICATION ASSESSMENT</p> |
| 2 | June | 7 | 2.Hide and Seek | <p>As per NEP Innovative Teaching practices : Integration with ARTS Draw side view, front view and top view of some given objects. Make different buildings using empty matchboxes. Draw a sight map to show the way from your school entrance to your classroom. Integration with PE Grid game Grid game –treasure hunt (page 30) Jump on the number mat Teaching aids- toys, empty matchboxes, wooden or plastic 3d shapes from Jadui Pitara, brick ,puzzles</p> | <p>LAT</p> <p>WORKSHEET</p> <p>MAP DRAWING ASSESSMENT</p> <p>GRID GAME ASSESSMENT</p> |

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| | | | 6.Measuring Length | <p>Make a paper scale. Draw outline of your palm and measure its length Integration with PE- Long jump, high jump , ball throw https://epathshala.nic.in/QR/?id=0433CH06</p> | WORKSHEET |
| 5 | September | 24 | 7.The Cleanest Village | <p>Teaching aids-measuring tape, Real life things , rope Innovative Teaching practices : Integration with ARTS Draw picture of a village Draw pictures of some fruits and vegetables. Integration with PE- Let us play (page no. 100) Let's play the market game Teaching aids- fake currency, fruits or toy fruits, balance with weights, https://epathshala.nic.in/QR/?id=0433CH07</p> | <p>Half Yearly Exam OBSERVATION GROUP ACTIVITY ASSESSMENT</p> |
| | | | Revision | HALF YEARLY EXAM | |
| 6 | October | 16 | 8.Weigh it, Pour it | <p>Innovative Teaching practices : Integration with ARTS- Dramatization of vegetable market Integration with PE- Lifting some heavy things and estimation of weights of these things. Walking race- fill a glass of water and keep it on your head and walk. Teaching aids- weighing machine or pan balance with weight box. Different packets of packed item like sugar , poha , salt ,empty plastic bottles, measuring cans link https://epathshala.nic.in/QR/?id=0433CH08</p> | <p>LAT WORKSHEET ESTIMATION OF WEIGHT</p> |

TWAU

| S.No. | Month | No. of working days | Name of the chapter/topic to be covered | Teaching Aids / E-Content Link / Innovative Practices to be Adopted | Assessment / Test / Examination to be Conducted |
|-------|----------------|---------------------|---|---|---|
| 1 | APRIL/ MAY | 24 | LIVING TOGETHER | <p>Teaching Aids - Tools used by mason, carpenter, cleaner etc</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices-</p> <ul style="list-style-type: none"> ● Role Play Activity: Students act as family members and discuss responsibilities. ● Family Tree Chart: Children draw and present their family tree. | <ul style="list-style-type: none"> ● LAT ● Oral Question Answers ● MCQ Question Worksheet |
| 3 | JUNE / JULY | 7 + 26 | EXPLORING OUR NEIGHBOURHOOD NATURE TRAIL | <p>Innovative Practices-</p> <p>Neighbourhood Mapping: Students draw a map of their locality (school, park, hospital, shop).</p> <p>Field Walk: Short walk around school to observe places.</p> <p>Teaching Aids- Real Leaves and Flowers, Magnifying Glass, Small Plants / Pots, Pictures of Birds and Insects, Food Items with Tools for Different Types of Beaks</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT ● Map reading ● MCQ Question Worksheet |

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| | | | | <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices- Nature Walk: Observe plants, insects, birds in the school garden. Leaf Collection Activity: Collect different leaves and paste in notebook.</p> | <ul style="list-style-type: none"> ● PT-1 |
| 4 | AUGUST | 23 | GROWING UP WITH NATURE | <p>Teaching Aids- Pictures of Palash flowers or local flowers, video on solar energy and solar panels, pictures/real samples of farming tools and bamboo baskets, medicinal plants, first aid box</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices- Model Making – students create village houses using clay, grass, sticks. Kitchen Garden – If possible, students will create a kitchen garden in the school campus to gain first-hand experience. Natural Dye Experiment – prepare colour from flowers/leaves and paint cloth.</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT ● MCQ Question Worksheet |
| 5 | SEPTEMBER | 24 | FOOD FOR HEALTH | <p>Teaching Aids- Real aids (food items of different tastes), video of different methods of cooking food, wrappers of different food items, flashcards of healthy and junk food, balanced diet chart etc.</p> <p><i>Community lunch</i></p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices-</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT ● MCQ Question Worksheet |

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| | | | | <p>Healthy Plate Activity: Students make a balanced diet chart using pictures.</p> <p>Cooking without fire: Students will prepare healthy food items in the class e.g. Fruit chaat, Channa chaat, Lassi, Bhel, Lemonade</p> <p>Food Sorting Game: Healthy vs junk food cards.</p> | |
| REVISION HALF YEARLY EXAM | | | | | |
| 6 | OCTOBER | 16 | HAPPY AND HEALTHY LIFE | <p>Teaching Aids- Real food grains and pulses, Journey of grains chart, Peanut / dry fruit for mindful eating, Healthy habits flashcards etc.</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices- Outdoor physical activity or mini sports session.</p> <p>Practice simple yoga poses in class.</p> <p>Class talks on safe and unsafe touch awareness.</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT ● MCQ Question Worksheet |
| 7 | NOVEMBER | 23 | HOW THINGS WORK | <p>Teaching Aids- Real aids (coin, bangle, pencil, spinning top, leaf, bowl etc)</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices-</p> <p>Lattu Demonstration – Show traditional spinning toy (lattu).</p> <p>Floating and Sinking Prediction Game – Students guess before testing objects in water.</p> <p>Shape Change Experiment – Aluminium foil ball vs cup shape floating test.</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT ● MCQ Question Worksheet |

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| 8 | DECEMBER | 18 | HOW THINGS ARE MADE | <p>Teaching Aids- Real aids (turmeric, spinach, henna, beetroot etc), different types of paper (newspaper, art paper, tissue paper etc)</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices-</p> <p>Craft Activity: Making paper bags from newspapers.</p> <p>Making recycled paper .</p> <p>Video Demonstration: How paper is made.</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT ● MCQ Question Worksheet |
| 9 | JANUARY | 22 | DIFFERENT LANDS, DIFFERENT LIVES | <p>Teaching Aids- Visuals of mountains, coastal areas, desert, plains, real aids (bandhani, dupatta, ghaghras, sarangi, shankh), videos of local folk songs and dances</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices-</p> <p>Map Activity: Locate desert, mountains, plains on map.</p> <p>Dress & Culture Day: Show pictures of people from different regions.</p> | <ul style="list-style-type: none"> ● PT-2 ● Oral Question Answers ● LAT ● MCQ Question Worksheet |
| 10 | FEBRUARY | 23 | OUR SKY | <p>Teaching Aids- Model of rocket, video of phases of moon</p> <p>Launch of Chandrayaan video</p> | <ul style="list-style-type: none"> ● Oral Question Answers ● LAT |

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| | | | <p>REVISION</p> <p>E-Content Link- https://diksha.gov.in/resources/play/collection/do_31430470734418739218299?contentType=TextBook</p> <p>Innovative Practices-</p> <p>Moon Phases Diary – Students draw the shape of the moon for 7–10 days.</p> <p>Shadow Experiment – Use a torch and objects to show how shadows are formed.</p> | <ul style="list-style-type: none"> • MCQ Question Worksheet |
| 11 | MARCH | | SESSION ENDING EXAM | |

ART EDUCATION (BANSURI)

| .No. | Month | No. Of working days | Name of the chapter/topic to be covered | Teaching Aids / E-Content Link / Innovative Practices to be Adopted | Assessment / Test / Examination to be Conducted |
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| 1. | APRIL/ MAY | 24 | <p><u>VISUAL ARTS</u></p> <p>01: ARRANGEMENS OF OBJECTS</p> <p>Activity 1: Complete the picture</p> <p>Activity 2: A picture gallery</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – EXPLORE!</p> <p>Activity 1: “Ram says....”</p> <p>MUSIC – SING AND PLAY</p> <p>Activity 1: Vocal warm-ups</p> <p>Activity 2: Match the pitch</p> <p>Activity 3: Find your range</p> <p>DANCE – MY BODY IN DANCE</p> <p>Activity 1: Dance to a festival song</p> <p>Activity 2: Movements in everyday life</p> | <p><u>VISUAL ARTS</u></p> <p>Variety of markers and pencils, paper with different texture, paintings made by Nandalal Bose</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Open space, create action cards with instructions like sit, down and jump to help students follow the activity.</p> <p>MUSIC – flashcards of Sargam patterns, musical instruments (tanpura, harmonium, keyboard etc)</p> <p>DANCE - Visuals of dance forms of different states</p> <p>Refer Chapter 4 of The World Around Us</p> | LAT |
| 2. | JUNE | 7 | <p><u>VISUAL ARTS</u></p> <p>01: ARRANGEMENS OF OBJECTS</p> <p>Activity 1: Arrange and draw objects</p> | <p><u>VISUAL ARTS</u></p> <p>Real aids: Pencils, erasers, books, bags, clothes and foot wears, vessels, grooming objects (toothbrush, soap, comb etc), tools used in</p> | LAT |

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| | | | <p><u>PERFORMING ARTS</u></p> <p>THEATRE – EXPLORE!</p> <p>Activity 1: Wild walks and animal antics</p> <p>MUSIC – SING AND PLAY</p> <p>Activity 1: Animal and bird sounds</p> <p>DANCE – MY BODY IN DANCE</p> <p>Activity 1: Head, Neck and Eye movements</p> | <p>farming, carpentry, plumbing, tailoring etc, musical instruments</p> <p>Integration with TWAU: Field visit – Visit a market and observe how objects are arranged and displayed by vendors.</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE –JaaduiPitara (animal cards), open space, sound effect, Panchatantra story book</p> <p>Integration with DL: Videos of animals walk and their actions</p> <p>MUSIC – Audio clipsod birds and animal sounds, Puppets and masks of animals</p> <p>DANCE - Open space, flashcards of different emotions</p> | |
| 3. | JULY | 26 | <p><u>VISUAL ARTS</u></p> <p>01: ARRANGEMENS OF OBJECTS</p> <p>Activity 1: Visual hide and seek with objects</p> <p>Activity 2: Make a diorama</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – IMAGINE</p> <p>Activity 1: Panchatantra exercise</p> <p>MUSIC – MAKING MUSIC</p> <p>Activity 1: Carnatic music</p> | <p><u>VISUAL ARTS</u></p> <p>Variety of markers and pencils, paper with different texture, colours (light and dark tones of the same colour), empty matchboxes, pieces of rags</p> <p>Integration with Maths: Pattern</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Collaboration tools</p> <p>MUSIC – videos of songs (Vande Meenakshi, sriGanaNatha,namankarchatur), harmonium, tabla</p> <p>DANCE - Videos to show movement styles of different animals, animal dances</p> | PT-1 |

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| | | | <p>Activity 2: Hindustani music</p> <p>DANCE – MY BODY IN DANCE</p> <p>Activity 1: Animal movements</p> | | |
| 4. | AUGUST | 23 | <p><u>VISUAL ARTS</u></p> <p>02: TEXTURES IN NATURE</p> <p>Activity 1: Imagine a wish-fulfilling tree (kalpavriksha)</p> <p>Activity 2: Frottage</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – IMAGINE</p> <p>Activity 1: Object improvisation: Group</p> <p>MUSIC - SONGS AND STORIES</p> <p>Activity 1: Identify the genre</p> <p>Activity 2: Harvest songs</p> <p>DANCE – MY DANCE TELLS STORIES</p> <p>Activity 1: Animal game</p> <p>Activity 2: Guess my secret animal</p> | <p><u>VISUAL ARTS</u></p> <p>Variety of markers and pencils, colour pencils, crayons, paper with different texture, geometric shapes and rulers etc</p> <p>Integration with TWAU: Visit to school garden</p> <p>Refer chapter 4 of The world around us</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Recall theatre game (Grade 3), water bottle, ball, pencil box etc</p> <p>MUSIC – Audios of raga bhupali, ye dosti hum nahitodenge, RabindraSangeet, Kesariyabalam</p> <p>Integration with TWAU: Harvest festivals</p> <p>DANCE - Animal masks, open space to perform various movements of animals, flash cards of animals</p> | LAT |
| 5. | SEPTEMBER | 24 | <p><u>VISUAL ARTS</u></p> <p>02: TEXTURES IN NATURE</p> <p>Activity 1: Collage of trunk and branches</p> <p>Activity 2: Print the leaves</p> | <p><u>VISUAL ARTS</u></p> <p>Dry twigs, leaves, sheets, water colour, sketch pens</p> <p><u>PERFORMING ARTS</u></p> | |

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| | | | <p><u>PERFORMING ARTS</u></p> <p>THEATRE – IMAGINE</p> <p>Activity 1: Group seen building</p> <p>MUSIC- SONGS AND STORIES</p> <p>Activity 1: Lullaby – EnnammaThozhi</p> <p>Activity 2: Patriotic songs</p> <p>Activity 3: Songs for Unity</p> <p>DANCE – MY DANCE TELLS STORIES</p> <p>Activity 1: Birds in action</p> <p>Activity 2: Bird flight formations</p> | <p>THEATRE- Open space, role play scenario, flash cards of themes (fear, anger, nature, school. travel etc), chairs</p> <p>MUSIC – Videos of popular patriotic songs (nanhamunharahihu, aaobachchontumhedikhaye , vandemataram)</p> <p>DANCE - Story books (Panchatantra, Hitopadesha and Puranas), Visuals of different bird flight formations, Open space to create formations</p> | |
| | | REVISION HALF YEARLY EXAM | | | |
| 6. | OCTO BER | 16 | <p><u>VISUAL ARTS</u></p> <p>03: AQUA WORLD</p> <p>Activity 1: Droplets, ripples and waves</p> <p>Activity 2: Shells and scales</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE - LET’S CREATE</p> <p>Activity 1: Mirror exercise</p> <p>MUSIC - THINK, FEEL, CREATE</p> <p>Activity 1: Aural forest</p> <p>Activity 2: The four friends</p> | <p><u>VISUAL ARTS</u></p> <p>Jaadupitara (chart ocean), colours, pencils, beads, pistachio shells, peanut shells, pencil peels etc</p> <p>Integration with DL: Videos and pictures of beaches, ocean and aquatic creatures</p> <p>Integration with TWAU: Formation of droplets, ripples etc</p> <p>Integration with Math: Patterns</p> <p><u>PERFORMING ARTS</u></p> <p><u>THEATRE</u> – imitation in pairs,</p> <p>Integration with Maths: Symmetry</p> | LAT |

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| | | | <p>DANCE – CREATING MY DANCE</p> <p>Activity 1: Rhythmic steps</p> <p>Activity 2: Circular movements</p> | <p>MUSIC – Music and sound effects,</p> <p>DANCE - Open space</p> | |
| 7. | NOVEMBER | 23 | <p><u>VISUAL ARTS</u></p> <p>03: AQUA WORLD</p> <p>Activity 1: Reflection in water</p> <p>Activity 2: Underwater professionals</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE - LET’S CREATE</p> <p>Activity 1: Role play Challenge 1 - Interactive</p> <p>MUSIC - THINK, FEEL, CREATE</p> <p>Activity 1: Listening to a performance</p> <p>Activity 2: Interpreting music</p> <p>DANCE – CREATING MY DANCE</p> <p>Activity 1: Dance with props</p> <p>Activity 2: Elements of movement</p> | <p><u>VISUAL ARTS</u></p> <p>Mirror, a tub filled with water, Book of panchatantra story (Lion and his reflection), variety of pencils, erasers, colours, ruler etc</p> <p>Integration with TWAU: Professions</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Open space, props, masks of characters of the story, music and sound effects to make the scene realistic</p> <p>MUSIC - Field trip to watch a live music performance, arrange a local musician to visit the classroom, make a band of musicians in your class</p> <p>DANCE - colored sheets, pencils, sketch pens, golden lace, ribbon , cardboard, pompoms, flags, flashcards</p> | LAT |
| 8. | DECEMBER | 18 | <p><u>VISUAL ARTS</u></p> <p>03: AQUA WORLD</p> <p>Activity 1: Kolams</p> <p>Activity 2: Mobile- A moving artwork</p> <p><u>PERFORMING ARTS</u></p> | <p><u>VISUAL ARTS</u></p> <p>Stone powder, rice flour, chalk, Coloured thread, rope, straw, origami sheets</p> <p>Refer chapter 4 of The world around us</p> <p>Integration with DL: Pictures of kolam designs</p> | LAT |

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| | | | <p>THEATRE - LET'S CREATE</p> <p>Activity 1: Role play Challenge 2 – Switch</p> <p>MUSIC - THINK, FEEL, CREATE</p> <p>Activity 1: Recording yourself and listening back</p> <p>Activity 2: A song of nature</p> <p>SOUNDS AND INSTRUMENTS</p> <p>Activity 1: If you're happy and you know it</p> <p>DANCE – CREATING MY DANCE</p> <p>Activity 1: Team creativity</p> <p>EMOTION AND EXPRESSION IN DANCE</p> <p>Activity 1: Emotions</p> | <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Open space, props, masks of characters of the story, music and sound effects to make the scene realistic</p> <p>MUSIC - Recording device, audio clips of traditional folk songs of different states, open and quiet space</p> <p>DANCE - Open space, flash cards of different emotions</p> | |
| 9. | JANUARY | 22 | <p><u>VISUAL ARTS</u></p> <p>04: PEOPLE IN ACTION</p> <p>Activity 1: Visual journal</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – LOOK AROUND</p> <p>Activity 1: Look around the country</p> <p>Hulivesha / Pilivesha</p> <p>MUSIC - SOUNDS AND INSTRUMENTS</p> | <p><u>VISUAL ARTS</u></p> <p>Sheets of paper, pencil,</p> <p>Integration with Language: Action words</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Masks and puppets of tiger, body paint (yellow and black) sound effects (drum beats)</p> <p>Integration with ICT - Visuals of HuliVesha</p> | PT-2 |

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| | | | <p>Activity 1: Superheroes without capes</p> <p>Activity 2: What is that sound?</p> <p>DANCE - EMOTION AND EXPRESSION IN DANCE</p> <p>Activity 1: Animal emotions</p> | <p>\MUSIC - Posters on don't waste plastic, don't waste food, Musical instruments, sounds of different musical instruments</p> <p>DANCE - animal masks, stick puppet (emotions)</p> | |
| 10 | FEBRUARY | 23 | <p><u>VISUAL ARTS</u></p> <p>04: PEOPLE IN ACTION</p> <p>Activity 1: Drawing body movements</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – LOOK AROUND</p> <p>Activity 1: Look around the country</p> <p>Hulivesha / Pilivesha</p> <p>MUSIC - SOUNDS AND INSTRUMENTS</p> <p>Activity 1: What is that sound?</p> <p>Activity 2: Classify the instrument</p> <p>DANCE – DANCES AROUND ME</p> <p>Activity 1: My dance and nature</p> | <p><u>VISUAL ARTS</u></p> <p>Spherical and cylindrical cutouts,</p> <p>Integration with Maths: shapes</p> <p><u>PERFORMING ARTS</u></p> <p>THEATRE – Animal masks, costumes, energetic music</p> <p>Integration with TWAU: States and popular folk art</p> <p>MUSIC - Musical instruments</p> <p>DANCE - Visuals of dance forms of different states and their names</p> <p>Refer to a nature song from music class</p> | LAT |
| 11 | | | MARCH---- SESSION ENDING EXAM | | |

KHEL YOGA

| S.No. | Month | No. of working days | Name of the chapter/topic to be covered | Teaching Aids: / E-Content Link / Innovative Practices to be Adopted | Assessment / Test / Examination to be Conducted |
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| 1. | April/May | 24 | <p>Warm-up and Cool-down</p> <p>Unit 1— Basic Motor Movements</p> <p>Chapter 1: Throwing and Catching-</p> <ol style="list-style-type: none"> 1. Throwing 2. Catching 3. Overhead Reverse Toss 4. Throw it Back 5. Bucket it up 6. Run and Catch 7. Coordinate and Conquer | <p>Warm-up and Cool-down Teaching Aids: Whistle, open ground, yoga mats Innovative Practices Adopted: Light jogging, stretching, arm rotation (warm-up); slow walking and deep breathing (cool-down). Audio: https://youtu.be/zh6PqW0HwRk?si=Rh0yyHaHnXu07L_y</p> <p>Chapter 1: Throwing and Catching- Teaching Aids: Soft balls, bucket/target, chalk circles, cones Innovative Practices Adopted: Pair throw-catch, overhead toss, throw-back game, bucket target throw, run-and-catch activity. https://ncert.nic.in/textbook/pdf/deky101.pdf Audio: https://youtu.be/nS0UCpCanrM?si=Mqbrk73rkKEBSMYD</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |

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| | | | <p>8. Meethe Angoor</p> <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games-</p> <ol style="list-style-type: none"> 1. Anti Pil 2. Majhya Mamcha Patra Haravla, Tech Mala Sapatla | <p>Chapter 5: Local and Traditional Games- Teaching Aids: Chalk for boundary, cones, whistle</p> <p>Innovative Practices Adopted: Group chasing games, circle running activity, quick position change games for teamwork and alertness.</p> <p>https://ncert.nic.in/textbook/pdf/deky105.pdf</p> <p>Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</p> | |
| 2 | June | 7 | <p>Unit 3— Yoga</p> <p>Chapter 6: Yoga for Daily Life</p> <ol style="list-style-type: none"> 1. Ahara, Vihara, Achara, Vichara and Nidra | <p>Chapter 6: Yoga for Daily Life Teaching Aids: Yoga mats, charts of yoga principles</p> <p>Innovative Practices Adopted: Discussion on healthy habits (Ahara, Vihara), value-based activities on Yama, Niyama, Satya and Santosha.</p> <p>https://ncert.nic.in/textbook/pdf/deky106.pdf</p> <p>Audio: https://youtu.be/k2OHPA5zPUM?si=EPA2iZvubJruBebJ</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |

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| 3 | July | 26 | <p>Unit 1— Basic Motor Movements Chapter 2: Kicking and Receiving-</p> <ol style="list-style-type: none"> 1. Kicking 2. Receiving 3. Dribble and Pass 4. Drop it to Kick it 5. Between the Door 6. Kick Through 7. Zig-zag Kicking 8. Foot Baseball <p>Unit 2— Our Games Chapter 5: Local and Traditional Games-</p> <ol style="list-style-type: none"> 1. Indur Beral 2. Tekeli Bhonga <p>Unit 3— Yoga</p> | <p>Chapter 2: Kicking and Receiving- Teaching Aids: Football/soft ball, cones, chalk lines, whistle</p> <p>Innovative Practices Adopted: Kick–receive practice, dribble and pass game, zig-zag kicking drill, goal target kick, foot baseball team game. https://ncert.nic.in/textbook/pdf/deky102.pdf</p> <p>Audio: https://youtu.be/y4xI07iEJ5g?si=HmgcenoGO7e1XEg2</p> <p>Chapter 5: Local and Traditional Games- Teaching Aids: Chalk for boundary, cones, whistle</p> <p>Innovative Practices Adopted: Circle running games, chasing/tag activity, quick position-change games for teamwork. https://ncert.nic.in/textbook/pdf/deky105.pdf</p> <p>Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</p> <p>Chapter 6: Yoga for Daily Life Teaching Aids: Yoga mats, yoga value charts</p> | <p>PT-1</p> <ul style="list-style-type: none"> ● Oral questioning / discussion ● Teacher checklist / rubric ● Anecdotal records ● Portfolio of student activities ● Project / activity-based assessment ● Game performance assessment ● Health and fitness observation ● Reflective feedback from students |
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| | | | <p>Chapter 6: Yoga for Daily Life</p> <ol style="list-style-type: none"> Ashtanga Yoga Yama | <p>Innovative Practices Adopted: Discussion on Ashtanga Yoga, role-play on Yama (truth, kindness), short breathing and meditation practice. https://ncert.nic.in/textbook/pdf/deky106.pdf</p> <p>Audio: https://youtu.be/k2OHPA5zPUM?si=EPA2iZvubJruBebJ</p> | |
| 4 | August | 23 | <p>Unit 1— Basic Motor Movements</p> <p>Chapter 3: Strike the Shuttlecock-</p> <ol style="list-style-type: none"> Striking the Shuttlecock with a racket Balloon Race <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games-</p> <ol style="list-style-type: none"> Rinky Pinky Ponk <p>Unit 3— Yoga</p> <p>Chapter 6: Yoga for Daily Life-</p> <ol style="list-style-type: none"> Niyama | <p>Chapter 3: Strike the Shuttlecock- Teaching Aids: Badminton rackets, shuttlecock, balloons, cones</p> <p>Innovative Practices Adopted: Racket strike practice, balloon race game, pair rally activity. https://ncert.nic.in/textbook/pdf/deky103.pdf</p> <p>Audio: https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH</p> <p>Chapter 5: Local and Traditional Games- Teaching Aids: Chalk for circle, cones, whistle</p> <p>Innovative Practices Adopted: Circle passing game, quick reaction running game, teamwork activity. https://ncert.nic.in/textbook/pdf/deky105.pdf</p> <p>Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</p> <p>Chapter 6: Yoga for Daily Life- Teaching Aids: Yoga mats, value charts</p> <p>Innovative Practices Adopted: Discussion on Niyama, role-play on Satya (truth), gratitude activity for Santosha (contentment).</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |

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| | | | <p>5. Santosha 6. Satya</p> | <p>https://ncert.nic.in/textbook/pdf/deky106.pdf Audio: https://youtu.be/k2OHPA5zPUM?si=EPA2iZvubJruBebJ</p> | |
| 5 | September | 24 | <p>Unit 1— Basic Motor Movements Chapter 3: Strike the Shuttlecock- 1. Bowling 2. Tap the Ball</p> <p>Unit 2— Our Games 3. Gaiind Tora 4. Sundarikku Abhusuman Kuthal</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 5. Preparatory practices</p> | <p>Chapter 3: Strike the Shuttlecock- Teaching Aids: Rackets, soft balls/shuttlecock, cones Innovative Practices Adopted: Bowling target activity, tap-the-ball control drill, partner practice game. https://ncert.nic.in/textbook/pdf/deky103.pdf Audio: https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH</p> <p>Chapter 3: Strike the Shuttlecock- Teaching Aids: Chalk for boundary, cones, whistle Innovative Practices Adopted: Team chasing game, circle running activity, cooperative group play. https://ncert.nic.in/textbook/pdf/deky105.pdf Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, yoga posture charts Innovative Practices Adopted: Simple stretching warm-up, breathing practice, follow-the-teacher yoga preparation. https://ncert.nic.in/textbook/pdf/deky107.pdf Audio: https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |

| REVISION HALF YEARLY EXAM | | | | | |
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| 6 | October | 16 | <p>Unit 1— Basic Motor Movements</p> <ol style="list-style-type: none"> 1. Sky Shuttlecock 2. Place the Shuttlecock 3. Play it Together <p>Unit 2— Our Games Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> 4. Chho Chho <p>Unit 3— Yoga Chapter 7: Yoga Sadhana-</p> <ol style="list-style-type: none"> 5. Asana | <p>Chapter 3: Strike the Shuttlecock- Teaching Aids: Badminton rackets, shuttlecock, cones/targets Innovative Practices Adopted: High hit practice (Sky Shuttlecock), target placement game, pair rally activity (Play it Together). https://ncert.nic.in/textbook/pdf/deky103.pdf Audio: https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk for boundary, cones, whistle Innovative Practices Adopted: Running and chasing activity, teamwork tag game, quick reaction movement game. https://ncert.nic.in/textbook/pdf/deky105.pdf Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, asana charts Innovative Practices Adopted: Teacher demonstration of asanas, follow-the-teacher yoga practice, balance posture activity. https://ncert.nic.in/textbook/pdf/deky107.pdf</p> | <ul style="list-style-type: none"> ● Oral questioning / discussion ● Teacher checklist / rubric ● Anecdotal records ● Portfolio of student activities ● Project / activity-based assessment ● Game performance assessment ● Health and fitness observation |

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| | | | | <p>Audio: https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</p> | <ul style="list-style-type: none"> ● Reflective feedback from students |
| 7 | November | 23 | <p>Unit 1— Basic Motor Movements Chapter 4: Little Steps- 1. Roll Around 2. Cross Together</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games – 1. Puchi Khela 2. Silent Kabaddi</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana 1. Relaxation Technique</p> | <p>Chapter 4: Little Steps- Teaching Aids: Mats, chalk markings, cones Innovative Practices Adopted: Rolling movement activity, cross-step coordination drill, balance practice. https://ncert.nic.in/textbook/pdf/deky104.pdf Audio: https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk for boundary, cones, whistle Innovative Practices Adopted: Puchi Khela chasing game, Silent Kabaddi teamwork activity. https://ncert.nic.in/textbook/pdf/deky105.pdf Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</p> <p>Chapter 7: Yoga Sadhana Yoga mats, calm music Innovative Practices Adopted: Deep breathing relaxation, guided body relaxation exercise. https://ncert.nic.in/textbook/pdf/deky107.pdf Audio: https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |

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| 8 | December | 18 | <p>Unit 1— Basic Motor Movements Chapter 4: Little Steps- 1. Movement Circuit</p> <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games – 1. Dhop Khela</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Pranayama</p> | <p>Chapter 4: Little Steps- Teaching Aids: Cones, hula hoops, chalk markings, mats Innovative Practices Adopted: Station-based movement circuit with running, jumping, and balance activities. https://ncert.nic.in/textbook/pdf/deky104.pdf Audio: https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk boundary lines, cones, whistle Innovative Practices Adopted: Running and chasing activity to improve speed, alertness, and teamwork. https://ncert.nic.in/textbook/pdf/deky105.pdf Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, breathing exercise charts Innovative Practices Adopted: Slow inhaling–exhaling practice, guided breathing with counting for relaxation and focus. https://ncert.nic.in/textbook/pdf/deky107.pdf Audio: https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |
| 9 | January | 22 | <p>Unit 1— Basic Motor Movements Chapter 4: Little Steps- 1. Push Circuit</p> | <p>Chapter 4: Little Steps- Teaching Aids: Mats, cones, chalk markings Innovative Practices Adopted:</p> | PT-2 |

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| | | | <p>2. Leg Circuit</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games – 1. Anding Oka</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Hasta Mudras</p> | <p>Push circuit for arm strength (push-ups, crawling), leg circuit for jumps and squats. https://ncert.nic.in/textbook/pdf/deky104.pdf Audio: https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk for boundary lines, cones, whistle Innovative Practices Adopted: Running and chasing teamwork game improving speed and coordination. https://ncert.nic.in/textbook/pdf/deky105.pdf Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, mudra charts Innovative Practices Adopted: Demonstration of different hand mudras, follow-the-teacher practice with breathing. https://ncert.nic.in/textbook/pdf/deky107.pdf Audio: https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</p> | <ul style="list-style-type: none"> ● Oral questioning / discussion ● Teacher checklist / rubric ● Anecdotal records ● Portfolio of student activities ● Project / activity-based assessment ● Game performance assessment ● Health and fitness observation ● Reflective feedback from students |
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| 10 | February | 23 | <p>Unit 1— Basic Motor Movements Chapter 4: Little Steps- 1. Run into Hula Hoops 2. Balancing on the Lines</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games – 1. Turai Kar</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Krida Yoga 2. Yoga for Daily Life</p> | <p>Chapter 4: Little Steps- Teaching Aids: Hula hoops, chalk lines, cones Innovative Practices Adopted: Run into hula hoops coordination game; balance walking on lines. https://ncert.nic.in/textbook/pdf/deky104.pdf Audio: https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk for boundary, cones, whistle Innovative Practices Adopted: Group chasing game improving speed, teamwork, and alertness. https://ncert.nic.in/textbook/pdf/deky105.pdf Audio: https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, yoga charts Innovative Practices Adopted: Krida Yoga activity-based yoga practice and discussion on healthy daily yoga habits. https://ncert.nic.in/textbook/pdf/deky107.pdf Audio: https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</p> | <ul style="list-style-type: none"> ● Participation in games and yoga ● Yoga posture assessment ● Health and fitness observation ● Peer assessment ● Self-assessment ● Observation during activities |
| 11 | March | | Session Ending Examination | | |