

Kendriya Vidyalaya Sangathan (HQs)
Split-Up of Syllabus for the Academic Session 2026–27

CLASS-5

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
1	अप्रैल – मई	24	पाठ -1 किरण , पेड़ का जादू- (केवल पठन हेतु) ,	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ सूर्य और किरणों की चित्रावली ❖ सूर्य का मॉडल <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ “किरण खोजो” खेल (कक्षा में रोशनी से संबंधित वस्तुएँ ढूँढना) ❖ “सही किरण चुनो” खेल-शिक्षक कुछ अच्छे और बुरे व्यवहार के कार्ड दिखाएँ। बच्चे बताएँ कि कौन-सा व्यवहार अच्छी किरण (अच्छा गुण) है। ❖ “प्रकाश प्रयोग”-टॉर्च और कागज का उपयोग करके दिखाएँ कि प्रकाश कैसे फैलता है। <p>लिंक https://youtu.be/IJQErkoYI0c?feature=shared</p>	<ul style="list-style-type: none"> ● लैट ● बहुविकल्पीय प्रश्न ● कविता पठन मूल्यांकन

			<p>पाठ -2 न्याय की कुर्सी</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ स्थिति कार्ड (Situation Cards) – अलग-अलग परिस्थितियाँ जिन पर बच्चों को निर्णय देना होगा। ❖ कहानी चित्र कार्ड – कहानी के मुख्य घटनाओं के चित्र। ❖ कार्डबोर्ड से न्याय की कुर्सी का छोटा मॉडल <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ “न्याय की कुर्सी बनाओ” गतिविधि <p>बच्चे कार्डबोर्ड या चार्ट पेपर से कुर्सी का छोटा मॉडल बनाएँ। उस पर सत्य, ईमानदारी, न्याय जैसे शब्द लिखें।</p> <ul style="list-style-type: none"> ❖ निर्णय दो गतिविधि <p>बच्चों को छोटी कहानी या समस्या दी जाए। बच्चे सोचकर बताएँ कि न्याय क्या होना चाहिए।</p> <ul style="list-style-type: none"> ❖ (नकली न्यायालय) <p>कक्षा में छोटा न्यायालय बनाया जाए। एक बच्चा न्यायाधीश दो बच्चे वकील बाकी बच्चे पक्षकार बनेगे बच्चे मिलकर समस्या का न्यायपूर्ण निर्णय देंगे।</p> <p>लिंक https://youtu.be/O4yA3H5hYYY?si=LfuYJtqjgrM0gJ9j</p>	<ul style="list-style-type: none"> ● लैट ● नैतिक मूल्य लेखन ● अपने शब्दों में कहानी कथन
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2	जून	7	<p>पाठ -3 चाँद का कुरता</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ (चाँद के रूप का चार्ट) <p>अमावस्या, अर्धचंद्र और पूर्णिमा के चित्र।</p> <ul style="list-style-type: none"> ❖ माइंड मैप चार्ट – कविता के मुख्य विचार। ❖ पेपर प्लेट और खराब वस्त्र <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ पेपर प्लेट से चाँद बनाना और उस पर कुर्ता डिज़ाइन करना। ❖ चाँद के रूप पहचानो" खेल <p>शिक्षक चाँद के अलग-अलग चित्र दिखाएँ और बच्चे बताएँ –</p> <p>पूर्णिमा अर्धचंद्र अमावस्या</p> <p>इससे बच्चों को कविता की कल्पना और चाँद के रूप दोनों समझ में आते हैं।</p> <ul style="list-style-type: none"> ❖ किसी भी खराब वस्त्र से अपनी कल्पना के अनुसार चाँद का एक कुरता सीले (माता-पिता की सहायता से) <p>लिंक https://youtu.be/lSzJUAC5Cb0?feature=shared</p>	<ul style="list-style-type: none"> ● लैट ● कविता पठन मूल्यांकन ● पद्यांश कार्यपत्रिका
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3	जुलाई	26	<p>जागो प्यारे – (केवल पठन हेतु) पाठ –4 साङ्केत</p> <p>आवधिक परीक्षा प्रथम</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ➤ भारत का नक्शा (Map) – अरुणाचल प्रदेश का स्थान दिखाने के लिए। ➤ चित्र कार्ड –पारंपरिक वेशभूषा और उत्सव के चित्र। ➤ माइंड मैप चार्ट – त्योहार की मुख्य बातें। <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ पत्रिका या अखबार से चित्र काटकर “भारत के त्योहार” का कोलाज बनाना। ❖ त्योहार पहचानो खेल <p>शिक्षक अलग-अलग त्योहारों के चित्र दिखाएँ।बच्चे पहचानें और उनके नाम बताएँ।</p> <ul style="list-style-type: none"> ❖ मैप पज़ल गतिविधि <p>भारत का कटा हुआ नक्शा (Puzzle) दें। बच्चे उसे जोड़कर अरुणाचल प्रदेश ढूँढ़ें।</p> <p>लिंक https://youtu.be/z-yj2jbDJPM?feature=shared</p>	<ul style="list-style-type: none"> ● आवधिक परीक्षा प्रथम
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4	अगस्त	23	<p>होली आई होली आई (केवल पठन हेतु)</p> <p>पाठ-5 सुंदरिया</p> <p>हाथी और चींटी (केवल पठन हेतु)</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ कठपुतली (Puppet) – पात्रों की पेपर कठपुतली बनाकर कहानी सुनाना। ❖ कहानी के पात्रों के मास्क ❖ कहानी का चित्र <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ कठपुतली बनाओ गतिविधि <p>बच्चे कागज या पेपर बैग से पात्रों की कठपुतली बनाएं। फिर कठपुतली के माध्यम से कहानी सुनाएँ।</p> <ul style="list-style-type: none"> ❖ चरित्र मुखौटा गतिविधि <p>बच्चे कहानी के पात्रों के मास्क पहनकर अभिनय करेंगे। इससे बच्चों को पात्रों का स्वभाव और कहानी समझने में मदद मिलेगी।</p> <ul style="list-style-type: none"> ❖ कहानी अनुक्रमण खेल – कहानी के चित्रों को सही क्रम में लगाना। <p>लिंक https://youtu.be/77uY673Tlw0?si=yHWc_kpGVcO7gybg</p>	<ul style="list-style-type: none"> ● लैट ● नाटकीय रूपांतरण के समय अवलोकन ● अध्याय से जुड़े कुछ वाक्य बनाना
			<p>पाठ -6 चतुर चित्रकार</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ रंग , सफेद कागज , ब्रश, चित्रकारी सामग्री । <p>नवाचारी शिक्षण पद्धतियाँ-</p> <p>रंगों से अपनी कल्पना का चित्र बनाना और उसका वर्णन करना।</p> <ul style="list-style-type: none"> ❖ कहानी क्रम गतिविधि- कहानी के चित्र कार्ड बच्चों को दें और उन्हें सही क्रम में लगाने को कहें। ● आधा चित्र (ड्राइंग) पूर्ण करो”-शिक्षक आधा चित्र बनाएँ। बच्चे उसे अपनी कल्पना से पूरा करें। <p>लिंक https://youtu.be/E05I_FtAuto?feature=shared</p>	<ul style="list-style-type: none"> ● लैट ● मौखिक मूल्यांकन ● नाटकीय रूपांतरण के समय अवलोकन ● अध्याय से शब्दावली को पूछना

5	सितंबर	24	<p>दो मेंढकों की यात्रा (केवल पठन हेतु)</p> <p>पाठ -7 मेरा बचपन</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ चना-चबेना के लिए खाद्य- सामग्री -- मक्का, चिउड़ा, मुरमुरे, भुने हुए दाने, भुने हुए चावल, चना, मटर और मूँग, भुना हुआ हरा व उबला चना ❖ चित्र क्रम कार्ड (Picture Sequencing Cards) – घटनाओं को क्रम में लगाने के लिए। ❖ दिन के चार पहर का चित्र। <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ छात्रों द्वारा चना-चबेना बनवाया जाए । ❖ कहानी अनुक्रमण गतिविधि- <p>कहानी की घटनाओं वाले चित्र कार्ड बच्चों को दें। वे उन्हें सही क्रम में लगाएँ।</p> <ul style="list-style-type: none"> ❖ छात्रों को बताना होगा कि छात्र एक दिन में आने वाले चारों पहरों में क्या-क्या करते हैं। <p>लिंक https://youtu.be/A0hsb4XiBnA?feature=shared</p>	•
<p>● अर्धवार्षिक परीक्षा</p>					

6	अक्टूबर	16	<p>पाठ – 8 काजीरंगा राष्ट्रीय उद्यान की यात्रा</p> <p>घूमो-देखो (केवल पठन हेतु)</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ भारतीय मानचित्र ❖ जानवरों के चित्र / चार्ट – गैंडा, हाथी, हिरण आदि के चित्र। ❖ माइंड मैप चार्ट – उद्यान, जानवर और प्रकृति से जुड़ी जानकारी। <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ भारतीय मानचित्र में सभी राष्ट्रीय उद्यानों को दर्शाए। ❖ पशु मास्क गतिविधि- <p>बच्चे कागज से जानवरों के मास्क बनाएं (जैसे गैंडा, हाथी)। फिर वे उस जानवर के बारे में 2-3 वाक्य बोलें।</p> <ul style="list-style-type: none"> ❖ छात्रों को चिड़ियाघर का दौरा करवाने के लिए लेकर जाए। <p>लिंक https://youtu.be/oHTxStcp-7s?feature=shared</p>	<ul style="list-style-type: none"> ● लैट ● बहुविकल्पीय प्रश्न ● तुकांत शब्द कार्य पत्रिका
7	नवंबर	23	<p>पाठ –9 न्याय</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ कठपुतली (Puppets) – पात्रों को दिखाने के लिए। ❖ मुकुट / जज की टोपी <p>जज के लिए कागज से टोपी बनाकर “न्यायाधीश” लिखें। भूमिका-अभिनय में उपयोग करें।</p> <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ न्याय का निर्णय <p>बच्चों को एक छोटी-सी परिस्थिति दें (जैसे दो बच्चों का झगड़ा)। छात्र चर्चा करके बताएँ कि सही न्याय क्या होना चाहिए।</p> <ul style="list-style-type: none"> ❖ छात्रों द्वारा कहानी का अभिनय <p>लिंक https://youtu.be/TN6YctKh2jk?feature=shared</p>	<ul style="list-style-type: none"> ● लैट ● बहुविकल्पीय प्रश्न ● अध्याय से शब्दावली को पूछना

8	दिसंबर	18	<p>पाठ -10 तीन मछलियाँ</p> <p>द्वितीय आवधिक परीक्षा</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ कठपुतली ❖ धागे या रस्सी ❖ तीन अलग-अलग मछलियों के चित्र बनाकर उनके नाम लिखें। <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ कागज या कपड़े से मछलियों की कठपुतली बनाकर कहानी सुनाएँ। ❖ जाल का मॉडल-धागे या रस्सी से छोटा जाल बनाकर दिखाएँ। ❖ भूमिका-अभिनय (Role Play)- कुछ बच्चों को तीन मछलियाँ और एक मछुआरा बनाएं। <p>लिंक</p> <p>https://youtu.be/HdwUyalwdqU?si=06wEhHARSCikFa7t</p>	
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9	जनवरी	22	पाठ – 11 हमारे ये कलामंदिर	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ भारत का नक्शा (Map) ❖ मिट्टी से गुफा का छोटा मॉडल। ❖ फ्लिप बुक (Flip Chart) <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ नक्शा गतिविधि <ul style="list-style-type: none"> ○ बच्चों से भारत के नक्शे में अजंता-एलोरा का स्थान ढूँढने को कहें। ○ नक्शे में महाराष्ट्र राज्य और औरंगाबाद (जहाँ गुफाएँ हैं) दिखाएँ। ❖ फ्लिप बुक (Flip Chart) <p>छोटे-छोटे पन्नों की किताब बनाएं। हर पन्ने पर गुफाओं से जुड़ी जानकारी और चित्र।</p> <ul style="list-style-type: none"> ❖ गाइड बनो गतिविधि <p>एक छात्र टूर गाइड बने और बाकी छात्र पर्यटक। गाइड गुफाओं के बारे में जानकारी लिंक https://youtu.be/3TgJnu_7m0Y?feature=shared</p>	<p>द्वितीय आवधिक परीक्षा</p> <ul style="list-style-type: none"> ● लैट ● बहुविकल्पीय प्रश्न ● अध्याय से जुड़े कुछ वाक्य बनाना
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10	फरवरी	23	<p>पाठ – 12 गंगा की कहानी</p> <p>गगनयान (केवल पठन हेतु)</p>	<p>शिक्षण सहायक सामग्री-</p> <ul style="list-style-type: none"> ❖ भारत का नक्शा (Map) ❖ फ्लैश कार्ड ❖ जल चक्र चार्ट <p>नवाचारी शिक्षण पद्धतियाँ-</p> <ul style="list-style-type: none"> ❖ पानी के स्रोत और नदियों के बनने की प्रक्रिया जल चक्र चार्ट द्वारा । ❖ स्वच्छता अभियान रोल प्ले <p>कुछ छात्र नदी को गंदा करने वाले लोग और कुछ नदी को साफ रखने वाले लोग बनें। इससे बच्चों को पर्यावरण का महत्व समझ आएगा।</p> <ul style="list-style-type: none"> ❖ नक्शा गतिविधि <p>बच्चों से भारत के नक्शे में गंगा नदी का मार्ग दिखाने को कहें। लिंक- https://youtu.be/nz-Hpl4S_ws?si=o9fk7NP_hi8RAN_o</p>	<ul style="list-style-type: none"> ● नैतिक मूल्य लेखन ● लैट ● तुकांत शब्द कार्य पत्रिका ● अपने शब्दों में कहानी कथन
11	मार्च		वार्षिक परीक्षा		

SUBJECT – 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
1	April/May	24	Papa's Spectacles	<p>Teaching Aids</p> <ul style="list-style-type: none"> •Real spectacles for demonstration, •Picture cards showing family, •Story sequence cards, Chart papers, •Smart board- ppt slides. <p>Innovative Practices</p> <ul style="list-style-type: none"> •Role Play- Student act as Papa and Children •Guess the object -Game using classroom items •Observation activity- find the hidden object. •Make a list of words in your language that you use to call your father. <p>https://epathshala.nic.in/topic.php?id=0532CH01</p>	<p>Assessment</p> <ul style="list-style-type: none"> •Short comprehension worksheet •Speaking Activity- Describe a family member •Intonation of voice- dialogue delivery during role play. •MCQ, • Story retelling in student's own words. •LAT, PT-1, DICTATION
2	June	7	Gone with the Scooter	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Toy scooter model, traffic signal flash cards, • story sequence cards/chart papers, smart board presentation. <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Role play showing the scooter journey, traffic safety •Awareness discussion, story sequencing activity, draw and describe your favourite vehicle. <p>https://epathshala.nic.in/topic.php?id=0532CH02</p>	<p>Assessment</p> <ul style="list-style-type: none"> ● Comprehension worksheet, Vocabulary test from the lesson, Group storytelling activity, ● MCQs ● Write five sentences about a memorable journey. ● Group discussion ● LAT, PT-1, DICTATION

3	July	26	<p>Gone with the scooter</p> <p>The Rainbow</p>	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Rainbow colour chart, prism demonstration to show rainbow formation, colour flash cards, art materials for drawing rainbow, <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Poetry recitation competition, art integration activity by drawing and colouring rainbow, rhyming word identification game, •Nature observation, discussion after rain. <p>https://epathshala.nic.in/topic.php?id=0532CH03</p>	<p>Assessment</p> <ul style="list-style-type: none"> • Poem recitation evaluation, worksheet on rhyming words, • short comprehension worksheet, MCQs, •Write three sentences about rain or rainbow. <p>LAT, PT-1, DICTATION</p> <p>PT 1</p>
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4	August	23	The Wise Parrot	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Parrot puppet, story chart papers, flashcards showing characters, •Smart board slides (PPT) •Flashcards showing characters <p>Innovative Practices</p> <ul style="list-style-type: none"> •Puppet storytelling •Value based discussion – Importance of wisdom •Create your own ending to the story •Group storytelling (creating their own story) <p>https://epathshala.nic.in/topic.php?id=0532CH04</p>	<p>Assessment –</p> <ul style="list-style-type: none"> •Write the moral of the story •Comprehension worksheet •MCQs •Oral question–answer session •Story retelling in own words. <p>LAT, DICTATION</p>
5	September	24	The Frog	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Frog life cycle chart •Animal picture flashcards •Story cards •Smart board animation <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Nature walk discussion about frogs •Animal sound guessing game •Draw frog habitat activity •Group discussion on animals <p>https://epathshala.nic.in/topic.php?id=0532CH05</p> <p>REVISION</p>	<p>Assessment –</p> <ul style="list-style-type: none"> • Write ways to save water, comprehension worksheet, •Poster presentation, •MCQs, short paragraph writing. <p>LAT, DICTATION</p>
				HALF YEARLY EXAM	

6	October	16	What a Tank	<p>Teaching Aids –</p> <ul style="list-style-type: none"> • Water conservation posters, model of water tank, •Charts showing water cycle and storage methods, smart board slides and videos. •Map reading and location of states. <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Poster making activity on saving water, class discussion on water conservation methods, •Group project on water saving at home and school, •Environmental awareness- pledge activity. <p>https://epathshala.nic.in/topic.php?id=0532CH06</p>	<p>Assessment –</p> <ul style="list-style-type: none"> • Write ways to save water, comprehension worksheet, • Poster presentation, MCQs, • Short paragraph creative writing. <p>LAT, PT-2, DICTATION</p>
7	November	23	Gilli Danda	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Real gilli danda sticks, •Sports picture cards, •Playground demonstration, smart board slides, <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Outdoor demonstration of traditional game gilli danda, •Discussion on traditional Indian games, •comparison between modern games and traditional games, •Draw your favourite outdoor game. <p>https://epathshala.nic.in/topic.php?id=0532CH07</p>	<p>Assessment–</p> <ul style="list-style-type: none"> •Paragraph writing on favourite game, •Vocabulary worksheet, • Oral discussion activity, •MCQs •Story retelling in own words. <p>LAT, PT-2, DICTATION</p>

8	December	18	The Decision of the Panchayat	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Panchayat system chart, role play cards(Panchayati Raj) • Village governance pictures, •Smart board presentation. <p>Innovative Practices –</p> <ul style="list-style-type: none"> • Mock Panchayat role play in classroom, •Debate activity on fairness and justice, •Group discussion on decision making in society, •Story dramatization activity. <p>https://epathshala.nic.in/topic.php?id=0532CH08</p>	<p>Assessment–</p> <ul style="list-style-type: none"> •Case study discussion, comprehension worksheet, • MCQs, Activity sheets •Oral questioning session, •Write the moral or message of the story. <p>LAT, PT-2, DICTATION</p>
9	January	22	Vocation	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Community helper charts, •Occupation flashcards, •Career posters, smart board slides (PPT) and videos <p>Innovative Practices –</p> <ul style="list-style-type: none"> •Career day activity in classroom, •Interview a community helper activity (Inviting a parent to the class if possible) •Draw your dream profession, •Class discussion on different occupations and their importance. <p>https://epathshala.nic.in/topic.php?id=0532CH09</p>	<p>Assessment –</p> <ul style="list-style-type: none"> • Write about your dream job, •Vocabulary matching worksheet, •Oral presentation about professions, • MCQs, •Poem recitation <p>LAT, DICTATION</p> <p>PT 2</p>

10	February	23	Glass Bangles	<p>Teaching Aids –</p> <ul style="list-style-type: none"> •Real bangles for demonstration and videos •Cultural picture charts, craft materials, •Smart board presentation, videos <p>Innovative Practices –</p> <ul style="list-style-type: none"> • Cultural discussion about traditional crafts and artisans, •Craft activity using coloured paper bangles, •Story discussion on kindness and empathy <p>https://epathshala.nic.in/topic.php?id=0532CH10</p> <p style="text-align: center;">REVISION</p>	<p>Assessment–</p> <ul style="list-style-type: none"> •Character description creative writing, •Comprehension worksheet, •MCQ questions, •Oral explanation, •Story retelling in own words. • LAT, DICTATION
11	March			SESSION ENDING EXAMS	

SUBJECT - MATHEMATICS

Sr. 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	1.We the Travellers	<p>Innovative Teaching practices</p> <ul style="list-style-type: none"> • Role play (Traveller & Guide) <p>Material Required - Number Cards (Jodo Gyan), Math mat (10*10), Digit Cards, Dienes blocks, Token Cards E- content https://ncert.nic.in/textbook.php?eemml=1-15</p>	LAT WORKSHEET ACTIVITY BASED ASSESSMENT
2	June	7	2.Fractions	<p>Innovative Teaching practices:</p> <p>Fraction Pizza / Roti Activity</p> <ul style="list-style-type: none"> • Bring paper pizzas or rotis. • Divide into 1/2, 1/4, 1/8 pieces. • Students combine pieces to make one whole. <p>Material Required - Fraction Dice, Fraction Kit, Coloured Dominos (Jodo Gyan), Roti or Pie Model, e-book https://ncert.nic.in/textbook.php?eemml=2-15</p> <p>Audio Book - https://www.youtube.com/watch?v=GFIV2-pxc8A&list=PLUgLcpnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=15</p>	LAT WORKSHEET QUIZ ACTIVITY BASED ASSESSMENT

3	July	26	<p>3. Angles as Turns,</p> <p>4. We the Travellers II</p> <p>Revision</p>	<p>Innovative Teaching practices: Human Clock Game-</p> <ul style="list-style-type: none"> • Students will stand in a circle. • Teacher calls: <ul style="list-style-type: none"> ○ Quarter turn ○ Half turn ○ Full turn <p>NCERT AudioBook CL 5 Math Mela Eng CH 03 Angles as Turns https://ncert.nic.in/textbook.php?eemm1=3-15</p> <p>We the Travellers 2</p> <p>Innovative Teaching practices: Travel Budget Game</p> <ul style="list-style-type: none"> • Give students a travel chart with distances and costs. • Students calculate total travel expenses. • Map reading activity <p>Material Required-Geoboard (Jodo Gyan), clock, ice cream sticks, compass, Protractor set (Jodo Gyan), Ganit mala 1000 beads E-Content</p> <p style="text-align: center;">,</p> <p>https://ncert.nic.in/textbook.php?eemm1=4-15</p> <p>Audio Book (We the Travellers 2)</p> <p>https://www.youtube.com/watch?v=e2THhpM_YzE&list=PLUgLcpnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=12</p>	<p>Periodic Test 1</p> <p>FULL TURN ASSESSMENT (with the help of hands)</p> <p>MAP READING ASSESSMENT</p> <p>WORKSHEET</p> <p>GROUP ACTIVITY ASSESSMENT</p> <p>PT 1</p>
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5	September	24	7.Shapes and Patterns	<p style="text-align: center;">Shapes and Patterns</p> <p>Innovative Teaching practices: Rangoli / Pattern Making</p> <ul style="list-style-type: none"> • Use coloured papers or rangoli powder. • Students create geometric patterns. <p>TLM - RANGOMETRY (JODO GYAN), Tessellation Kit https://ncert.nic.in/textbook.php?eemml=7-15</p> <p>Audio Book https://www.youtube.com/watch?v=cLGh17uQgqE&list=PLUgLcpnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=9</p>	Half Yearly Exam
			Revision		ACTIVITY BASED ASSESSMENT
HALF YEARLY EXAMS					
6	October	16	8.Weight and Capacity	<p>Innovative Teaching practices: Classroom Shop</p> <ul style="list-style-type: none"> • Set up a mini grocery shop. • Students weigh objects using balance. <p>TLM - WEIGHING SCALE, VOLUME MEASURING SET https://ncert.nic.in/textbook.php?eemml=8-15</p> <p>Audio Book - https://www.youtube.com/watch?v=y1Q7Nok7rto&list=PLUgLcpnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=8</p>	LAT
					WORKSHEET ESTIMATION ACTIVITY

7	November	23	9.Coconut Farm	<p>TLM - Equal Distribution using marbles, seeds etc, Innovative Teaching practices: Multiplication Tree-</p> <ul style="list-style-type: none"> • Draw a coconut tree. • Each coconut has a multiplication problem. <p>Innovative Teaching practices Audio Book (Coconut Farm) https://www.youtube.com/watch?v=uzDKp82II3Y&list=PLUgLcpcnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=7 E-Content https://ncert.nic.in/textbook.php?eemml=9-15,</p>	LAT WORKSHEET ACTIVITY BASED ASSESSMENT
			10.Symmetrical Designs	<p>Symmetrical Designs- Rangometry, Tessellation Kit, Mirror, Alphabet & Number Sets, Paper folding.</p> <p>Match objects with their number of lines of symmetry</p> <p>E-Content https://ncert.nic.in/textbook.php?eemml=10-15</p> <p>Audio Book (Symmetrical Designs) https://www.youtube.com/watch?v=Qym2ULuuHCo&list=PLUgLcpcnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=6</p>	PAPER FOLDING ASSESSMENT MATCH OBJECTS WITH THEIR NUMBER OF LINES OF SYMMETRY
8	December	18	11.Grandmother's Quilt	<p>TLM -Rope & Thread, Innovative Teaching practices: -Arrange pieces to make quilt patterns E-Content https://ncert.nic.in/textbook.php?eemml=11-15 Audio Book https://www.youtube.com/watch?v=L0zEFaUdiQo&list=PLUgLcpcnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=5</p>	LAT PICTURE SEQUENCING
			12.Racing Seconds	<p>Racing Seconds - 24 hours clocks, Digital clock, Analog clock, Stop watch E-Content https://ncert.nic.in/textbook.php?eemml=12-15</p>	OBSERVATION METHOD

9	January	22	<p>12.Racing Seconds (contd.)</p> <p>13.Animal Jumps</p>	<p>TLM - Number Line</p> <p>e-Content - https://ncert.nic.in/textbook.php?eemml=12-15., Audio Book (Racing Seconds) https://www.youtube.com/watch?v=5Q8YjyUL-Dk&list=PLUgLcpnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=4</p> <p>Innovative Teaching practices: Animal Jump Game https://ncert.nic.in/textbook.php?eemml=13-15</p> <p>Audio Book (Animal Jumps) https://www.youtube.com/watch?v=V0Ns6T7ushE&list=PLUgLcpnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=3</p>	<p>Periodic Test 2</p> <p>PRACTICAL ACTIVITY ASSESSMENT (Use a stopwatch or clock)</p> <p>GAME BASED ASSESSMENT</p> <p>PT 2</p>
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10	February	23	14. Maps and Location	<p>TLM - Metro Map, Compass, School Map. E-Content (Maps and Location) https://ncert.nic.in/textbook.php?eemml=14-15, Audio Book – (Maps and Location) https://www.youtube.com/watch?v=bNYi_c1ycg0&list=PLUgLcpcnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=1</p>	MAP ACTIVITY ASSESSMENT
			15. Data Through Pictures,	<p>Data Through Pictures - Pictograph, Bar graph, Data Through Pictures Innovative Teaching practices: Favourite Fruit Survey</p> <ul style="list-style-type: none"> • Students collect data from classmates. • Create bar graph on chart paper. 	LAT
			Revision	<p>https://ncert.nic.in/textbook.php?eemml=15-15</p> <p>Audio Book – (Data Through Pictures) https://www.youtube.com/watch?v=psF5WQUPbDo&list=PLUgLcpcnv1YicQ-sj9DrtRmP8N6xVYVvOe&index=2</p>	WORKSHEET
11	March		Session Ending Exam		

SUBJECT – 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	Water-The Essence of Life	<p>Teaching Aids – Rainwater harvesting model, water purifier model, pictures of dams and wells, measuring bottle, water cycle flashcards.</p> <p>E-Content Link- https://epathshala.nic.in/topicc.php?id=0535CH01</p> <p>Innovative Practices-</p> <ul style="list-style-type: none"> ● Making a simple rainwater harvesting model ● Water filtration activity using sand, gravel and cloth 	<ul style="list-style-type: none"> ● LAT ● Oral Question Answers ● Map Reading ● MCQ Question Worksheet
2	JUNE	7	Journey of a River	<p>Teaching Aids – Map of India showing rivers, river model, pictures of river life etc.</p> <p>E-Content Link- https://epathshala.nic.in/topicc.php?id=0535CH02</p> <p>Innovative Practices-</p> <ul style="list-style-type: none"> ● Map activity marking major rivers of India. ● River flow demonstration using a sand and water tray model. 	<ul style="list-style-type: none"> ● LAT ● Oral Question Answers ● Map Reading ● MCQ Question Worksheet

3	JULY	26	Journey of a River The Mystery of Food	<p>Teaching Aids – Chart of types of teeth, Flashcards of food preservation methods, Microscope picture for microbes, Pictures of fermented food (idli, dosa, curd), Video on food spoilage and microbes.</p> <p>E-Content Link- https://epathshala.nic.in/topicc.php?id=0535CH03</p> <p>Innovative Practices-</p> <ul style="list-style-type: none"> ● Spoilage Experiment: Keep bread inside and outside the fridge and observe changes for 2–3 days. ● Sun Drying Activity: Dry tomato or potato slices in sunlight and observe the change. 	<ul style="list-style-type: none"> ● PT-1 ● Oral Question Answers ● Map Reading ● MCQ Question Worksheet <p>PT 1</p>
4	AUGUST	23	Our School- A Happy Place	<p>Teaching Aids – Green and blue dustbins, Waste segregation flashcards, Thermometer and two glasses (sun–shade activity), Traffic signs flashcards, Fire safety equipment picture chart, First aid box.</p> <p>E-Content Link- https://epathshala.nic.in/topicc.php?id=0535CH04</p> <p>Innovative Practices-</p> <ul style="list-style-type: none"> ● Waste Segregation Game: Children place picture cards into wet waste, dry waste and recycle bins. ● Fire Safety Drill: Practice safe exit and assembly point. 	<ul style="list-style-type: none"> ● LAT ● Oral Question Answers ● Map Reading ● MCQ Question Worksheet

5	SEPTEMBER	24	Our Vibrant Country	<p>Teaching Aids – Political map of India, traditional dress pictures, pictures of National symbols, Indian currency notes, monument pictures etc.</p> <p>E-Content Link- https://epathshala.nic.in/topicc.php?id=0535CH05</p> <p>Innovative Practices-</p> <ul style="list-style-type: none"> ● Currency Detective Activity: Students observe currency notes to identify symbols, languages and monuments. ● Local Diversity Observation: Students observe their surroundings and list different languages, foods and festivals in their community. 	<ul style="list-style-type: none"> ● LAT ● Oral Question Answers ● Map Reading ● MCQ Question Worksheet <p>REVISION</p>
				HALF YEARLY EXAM	
6	OCTOBER	16	SOME UNIQUE PLACES	<p>INNOVATIVE PRACTICES</p> <ul style="list-style-type: none"> ● Coral reef Model – 3D coral reef model using clay and coloured paper. ● Map exploration activity – Student will locate some places on physical map. ● Bird nest making - Create a bird nest using twigs, cotton and leaves. <p>Teaching Aid – Physical map of India, colour sticker or flag, picture of unique places and flash card of their features.</p> <p>E-Content https://youtu.be/bk9XMLOfwyY?si=NqMP4RTwwJECsr5j</p>	<ul style="list-style-type: none"> ● LAT ● Oral Question Answers ● Map Reading ● MCQ Question Worksheet <p>Participation, creativity and engagement during activity</p>

7	NOVEMBER	23	ENERGY – HOW THINGS WORK	<p>INNOVATIVE PRACTICES</p> <ul style="list-style-type: none"> ● Balloon Rocket experiment ● Pin Wheel Activity – Make a paper pin wheel and run with it (wind energy cause movement) ● Rubber band guitar - Stretch rubber bands on a box and pull them to make sound. ● Field Walk – Short walk in school to observe how we use energy for different tasks. <p>Teaching Aid – Flash card of energy sources and its use, torch, battery, chart of renewable vs. Non-renewable energy.</p> <p>E-Content</p> <ul style="list-style-type: none"> ● https://youtu.be/SgxQclvpE1E?feature=shared ● https://youtu.be/efF6zXUvVqo?si=8jcYtH Dtfjqs07v ● https://youtu.be/KbCcJ5uCAzk?si=VFx-ZQMhzQxlCwkh 	<ul style="list-style-type: none"> ● LAT ● Application in daily life (Saving Energy) ● Observing their creativity, critical thinking during activity. ● Write five ways to save energy. <p>Oral presentation on “A day without Electricity”</p>
8	DECEMBER	18	CLOTHES – HOW THINGS ARE MADE	<p>INNOVATIVE PRACTICES</p> <ul style="list-style-type: none"> ● Paper Mat Weaving Activity - Make a mat using coloured paper strips. ● Old Cloth recycling and stitch activity - Make a cloth bag stitching old clothes. ● Fabric Collage – Make a collage of different types of fabrics. <p>Teaching Aid – Life cycle chart of silk, cardboard loom (weaving frame model), fibre and fabric samples, sewing kit, picture of different types of embroidery.</p> <p>E-Content</p> <ul style="list-style-type: none"> ● https://youtu.be/sojip6b5j74?si=E5sYvpamX2HQ t vN ● https://youtu.be/f5p3q0vVzXA?si=zt 5Nxe vOog3htKC 	<ul style="list-style-type: none"> ● LAT ● Participation, engagement and understanding the weaving practice ● Oral question answers ● Sorting of synthetic and natural fibres ● Worksheet on embroidery

SUBJECT – BANSURI

SN.NO	MONTHS	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	Visual Arts: - Ch-1 Objects on the move Theatre: - Ch-6 Create a scene Music: -Ch-10 Sing and Play Dance: - Ch-15 My Everyday Activities in modes of dance Continued...	https://epathshala.nic.in/topicc.php?id=0537CH01 https://epathshala.nic.in/topicc.php?id=0537CH06 https://epathshala.nic.in/topic.php?id=0537CH10 https://epathshala.nic.in/topic.php?id=0537CH15	LAT
2	JUNE	7	Visual Arts: - Ch-1 Objects on the move Theatre: - Ch-6 Create a scene Music: -Ch-10 Sing and Play Dance: - Ch-15 My Everyday Activities in modes of dance	https://epathshala.nic.in/topicc.php?id=0537CH01 https://epathshala.nic.in/topicc.php?id=0537CH06 https://epathshala.nic.in/topic.php?id=0537CH10 https://epathshala.nic.in/topic.php?id=0537CH15	LAT
3	JULY	26	Visual Arts: - Ch-2 Peeping Out of the Window Music: - Ch-11 Music around Me Dance: - Ch-16 Dancing with Rhythm and Tempos Continued....	https://epathshala.nic.in/topicc.php?id=0537CH02 https://epathshala.nic.in/topicc.php?id=0537CH11 https://epathshala.nic.in/topic.php?id=0537CH16	PT-1

4	AUGUST	23	Visual Arts: - Ch-2 Peeping Out of the Window Music: - Ch-11 Music around Me Dance: - Ch-16 Dancing with Rhythm and Tempos	https://epathshala.nic.in/topicc.php?id=0537CH02 https://epathshala.nic.in/topicc.php?id=0537CH11 https://epathshala.nic.in/topic.php?id=0537CH16	LAT
5	SEPTEMBER	24	Visuals Arts: -Ch-3 Picturing Stories Theatre: -Ch-7 Stitch it for a story Music: - Ch-12 Sounds and Instruments Dance: -Ch-17 Dances of my Nation CONTINUED....	https://epathshala.nic.in/topicc.php?id=0537CH03 https://epathshala.nic.in/topicc.php?id=0537CH07 https://epathshala.nic.in/topic.php?id=0537CH12 https://epathshala.nic.in/topic.php?id=0537CH17	
HALF YEARLY					
6	OCTOBER	16	Visuals Arts: -Ch-3 Picturing Stories Theatre: -Ch-7 Stitch it for a story Music: - Ch-12 Sounds and Instruments Dance: -Ch-17 Dances of my Nation	https://epathshala.nic.in/topicc.php?id=0537CH03 https://epathshala.nic.in/topicc.php?id=0537CH07 https://epathshala.nic.in/topic.php?id=0537CH12 https://epathshala.nic.in/topic.php?id=0537CH17	LAT
7	NOVEMBER	23	Visual Arts: - Ch-4-Imaginary Beings Theatre: -Ch-8-Time, Team, Technique Dance: - Ch-18 My Dance Express emotions and narrate Stories, Music: - Ch-13 Building Blocks Continued.....	https://epathshala.nic.in/topicc.php?id=0537CH04 https://epathshala.nic.in/topicc.php?id=0537CH08 https://epathshala.nic.in/topicc.php?id=0537CH18 https://epathshala.nic.in/topic.php?id=0537CH13	LAT

8	DECEMBER	18	Visual Arts: - Ch-4- Imaginary Beings Theatre: - Ch-8-Time, Team, Technique Dance: - Ch-18 My Dance Express emotions and narrate Stories, Music: - Ch-13 Building Blocks	https://epathshala.nic.in/topicc.php?id=0537CH04 https://epathshala.nic.in/topicc.php?id=0537CH08 https://epathshala.nic.in/topicc.php?id=0537CH18 https://epathshala.nic.in/topic.php?id=0537CH13	LAT
9	JANUARY	22	Visual Arts: - Ch-5 Spreading the message Theatre: -Ch-9 View and Review Music: - Ch-14 Ideas and Inspirations Dance: - Ch-19 My Dance and Your Dance Continued.....	https://epathshala.nic.in/topicc.php?id=0537CH05 https://epathshala.nic.in/topicc.php?id=0537CH09 https://epathshala.nic.in/topic.php?id=0537CH14 https://epathshala.nic.in/topicc.php?id=0537CH19	PT-2
10	FEBRUARY	23	Visual Arts: - Ch-5 Spreading the message Theatre: -Ch-9 View and Review Music: - Ch-14 Ideas and Inspirations Dance: - Ch-19 My Dance and Your Dance	https://epathshala.nic.in/topicc.php?id=0537CH05 https://epathshala.nic.in/topicc.php?id=0537CH09 https://epathshala.nic.in/topic.php?id=0537CH14 https://epathshala.nic.in/topicc.php?id=0537CH19	
11	MARCH	SESSION ENDING EXAM			

SUBJECT – 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
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. Hush Hush Throw 4. Count and Rep 5. Pass and Score 6. Hand the Ball 7. Catch and Hit 8. Bull’s Eye <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games-</p> <ol style="list-style-type: none"> 1. Nadan Panthu Kali 	<p>Warm-up and Cool-down</p> <p>Teaching Aids: Whistle, cones, open ground</p> <p>Innovative Practices Adopted: Light jogging, stretching; slow walking and deep breathing.</p> <p>Audio: https://youtu.be/1eIQmvBnRLQ?si=FRQdowMfXjLiZrSN</p> <p>Chapter 1: Throwing and Catching-</p> <p>Teaching Aids: Soft balls, bucket/target, cones</p> <p>Innovative Practices Adopted: Pair throw–catch, quiet passing game, counting throws, pass-and-score team game, bull’s-eye target throw.</p> <p>https://ncert.nic.in/textbook/pdf/feky101.pdf</p> <p>Audio: https://youtu.be/GY_jrEIDlow?si=-yg968VX6BNUJhYN</p> <p>Chapter 5: Local and Traditional Games-</p> <p>Teaching Aids: Soft ball, chalk boundary lines</p> <p>Innovative Practices Adopted: Team ball throwing and dodging game to improve speed, teamwork and coordination.</p> <p>https://ncert.nic.in/textbook/pdf/feky105.pdf</p> <p>Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</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

2	June	7	<p>Unit 3— Yoga</p> <p>Chapter 6: Yoga for Daily Life-</p> <ol style="list-style-type: none"> 1. The joyful journey of Yoga 2. Paths of Yoga 3. Karma Yogi Jadav Molai Payeng 	<p>Chapter 6: Yoga for Daily Life-</p> <p>Teaching Aids: Yoga mats, yoga charts, story cards</p> <p>Innovative Practices Adopted:</p> <ul style="list-style-type: none"> * Joyful Journey of Yoga: Discussion on benefits of yoga and simple breathing practice. * Paths of Yoga: Group discussion on Karma Yoga, Bhakti Yoga and Jnana Yoga. * Karma Yogi Jadav Molai Payeng: Storytelling activity to inspire students about service and nature protection. <p>https://ncert.nic.in/textbook/pdf/hekv106.pdf</p> <p>Audio: https://youtu.be/G1HzzaQp2BY?si=ZEiIguIQYL7fq5i</p>	
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3	July	26	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 2: Kicking and Receiving-</p> <ol style="list-style-type: none"> 1. Kicking 2.Receiving 3. Friendly Goal 4. Clear the Centre 5. Wall Goal 6. Foot Cricket 7. Kick in the Square 8. Hit the Potato <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games-</p> <ol style="list-style-type: none"> 1. Attakalam <p>Unit 3— Yoga</p> <p>Chapter 6: Yoga for Daily Life-</p> <ol style="list-style-type: none"> 1. Jnana Yoga 2. Swami Chinnmayananda 3.Bhakti Yoga 	<p>Chapter 2: Kicking and Receiving- Teaching Aids: Football/soft ball, cones, chalk lines</p> <p>Innovative Practices Adopted: Kick–receive practice, friendly goal game, wall goal target kick, foot cricket team game, zig-zag kicking drill.</p> <p>https://ncert.nic.in/textbook/pdf/feky102.pdf</p> <p>Audio: https://youtu.be/2LQev8xniTs?si=v7JfX1f34LTnzzKs</p> <p>Chapter 5: Local and Traditional Games- Teaching Aids: Chalk boundary lines, cones, whistle</p> <p>Innovative Practices Adopted: Traditional running and chasing game improving teamwork, speed and coordination.</p> <p>https://ncert.nic.in/textbook/pdf/feky105.pdf</p> <p>Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 6: Yoga for Daily Life- Teaching Aids: Yoga mats, charts of yoga paths</p> <p>Innovative Practices Adopted: Discussion on Jnana Yoga, storytelling about Swami Chinmayananda, and devotional activity explaining Bhakti Yoga.</p> <p>https://ncert.nic.in/textbook/pdf/heky106.pdf</p> <p>Audio: https://youtu.be/G1HzzaQp2BY?si=ZEilguIQYL7fiq5i</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 <p>PT 1</p>
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4	August	23	<p>Unit 1— Basic Motor Movements Chapter 3: Strike the Ball- 1.Striking the Object with a Bat/Racquet/Stick 2. Receiving the object with a Racquet 3. Handle with care</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games- 1. Jodi Baki</p> <p>Unit 3— Yoga Chapter 6: Yoga for Daily Life- 1. Ashtanga Yoga 2. Yama 3. Asteya</p>	<p>Chapter 3: Strike the Ball- Teaching Aids: Bat/racket/stick, soft balls, cones Innovative Practices Adopted: Object striking practice, partner receive-and-return drill, “handle with care” control game. https://ncert.nic.in/textbook/pdf/fekv103.pdf Audio: https://youtu.be/FmtJrmkGnVE?si=XflyDI63c7uZNC8t</p> <p>Chapter 5: Local and Traditional Games- Teaching Aids: Chalk boundary lines, cones, whistle Innovative Practices Adopted: Pair running and chasing game improving teamwork and coordination. https://ncert.nic.in/textbook/pdf/fekv105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 6: Yoga for Daily Life- Teaching Aids: Yoga mats, yoga charts Innovative Practices Adopted: Discussion on Ashtanga Yoga, role-play on Yama, and activity explaining Asteya (non-stealing). https://ncert.nic.in/textbook/pdf/hekv106.pdf Audio: https://youtu.be/G1HzzaQp2BY?si=ZEIguIQYL7fiq5i</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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5	September	24	<p>Unit 1— Basic Motor Movements Chapter 3: Strike the Ball- 1. Balloon Strike 2. Catch to Win 3. Corner Tennis</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games – 1. Nakal Kho 2. Mai Bhi Maidhak</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Preparatory Practices 2. Asana 3. Relaxation Technique</p>	<p>Chapter 3: Strike the Ball- Teaching Aids: Balloon, rackets/bats, soft balls, cones Innovative Practices Adopted: Balloon strike coordination game, catch-to-win team activity, corner tennis rally practice. https://ncert.nic.in/textbook/pdf/fekv103.pdf Audio: https://youtu.be/FmtJrmkGnVE?si=XflyDI63c7uZNC8t</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk boundary lines, cones, whistle Innovative Practices Adopted: Nakal Kho running and chasing game; Mai Bhi Maidhak frog-jump movement game. https://ncert.nic.in/textbook/pdf/fekv105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, yoga posture charts Innovative Practices Adopted: Preparatory stretching exercises, simple asana practice, and guided relaxation technique. Audio: https://youtu.be/WwPf7CSbCUU?si=uBayk-4wJ1KGp8II</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
HALF YEARLY EXAM					

6	October	16	<p>Unit 1— Basic Motor Movements Chapter 3: Strike the Ball- 1. Hit and Cover 2. Hidden Ball</p> <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games – 1. Damru Relay</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Pranayama 2. Hasta Mudra</p>	<p>Chapter 3: Strike the Ball- Teaching Aids: Bat/racket, soft balls, cones Innovative Practices Adopted: Hit-and-cover striking game, hidden-ball searching activity to improve focus and coordination. https://ncert.nic.in/textbook/pdf/feky103.pdf Audio: https://youtu.be/FmtJrmkGnVE?si=XflyDI63c7uZNC8t</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Cones, chalk lines, relay object (ball/stick) Innovative Practices Adopted: Team relay running game improving speed, coordination and teamwork. https://ncert.nic.in/textbook/pdf/feky105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, yoga charts Innovative Practices Adopted: Pranayama breathing practice and demonstration of different hasta mudras with guided meditation. Audio: https://youtu.be/WwPf7CSbCUU?si=uBayk-4wJ1KGp8II</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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7	November	23	<p>Unit 1— Basic Motor Movements Chapter 4: Little Steps- 1. Crab Wheel 2.Listen Carefully</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games – 1. Aahwan Kabaddi 2. Bhukha Sher</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana 1. Kriya</p>	<p>Chapter 4: Little Steps- Teaching Aids: Mats, cones, whistle Innovative Practices Adopted: Crab-wheel movement activity to build strength; listening-and-reaction game for coordination. https://ncert.nic.in/textbook/pdf/feky104.pdf Audio: https://youtu.be/8EOsEoBVmCc?si=nqmg3mUNocUdNpRJ</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk boundary lines, cones, whistle Innovative Practices Adopted: Aahwan Kabaddi teamwork game; Bhukha Sher chasing and running activity. https://ncert.nic.in/textbook/pdf/feky105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 7: Yoga Sadhana Teaching Aids: Yoga mats, yoga charts Innovative Practices Adopted: Simple kriya breathing and cleansing exercises with guided relaxation. Audio: https://youtu.be/WwPf7CSbCUU?si=uBayk-4wJIKGp8II</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. Push and Pull</p> <p>Unit 2— Our Games Chapter 5: Local and Traditional Games – 1. Ghar Pehchano 2. Daicholu</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Dhyana</p>	<p>Chapter 4: Little Steps- Teaching Aids: Mats, cones, whistle Innovative Practices Adopted: Partner push–pull activity to develop strength, balance, and teamwork. https://ncert.nic.in/textbook/pdf/feky104.pdf Audio: https://youtu.be/8EOsEoBVmCc?si=nqmg3mUNocUdNpRJ</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk boundary lines, cones, whistle Innovative Practices Adopted: Ghar Pehchano – students quickly move to their home/base on signal. Daicholu – traditional running and chasing game improving speed and alertness. https://ncert.nic.in/textbook/pdf/feky105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, calm music Innovative Practices Adopted: Guided dhyana (meditation) with deep breathing and concentration practice. Audio: https://youtu.be/WwPf7CSbCUU?si=uBayk-4wJ1KGp8II</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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9	January	22	<p>Unit 1— Basic Motor Movements Chapter 4: Little Steps- 1. Run and Cross the River</p> <p>Unit 2— Our Games- Chapter 5: Local and Traditional Games – 1. Chikka-Chikka</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Dhyana</p>	<p>Chapter 4: Little Steps- Teaching Aids: Chalk lines, cones, whistle Innovative Practices Adopted: Students run and jump across marked “river” lines to improve speed, balance, and coordination. https://ncert.nic.in/textbook/pdf/feky104.pdf Audio: https://youtu.be/8EOsEoBVmCc?si=nqmg3mUNocUdNpRJ</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk boundary lines, cones Innovative Practices Adopted: Running and chasing traditional game to develop teamwork, alertness, and quick movement. https://ncert.nic.in/textbook/pdf/feky105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, calm music Innovative Practices Adopted: Guided dhyana (meditation) with deep breathing and concentration practice. Audio: https://youtu.be/WwPf7CSbCUU?si=uBayk-4wJ1KGp8II</p>	<p>PT-2</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. Side Roll</p> <p>Unit 2— Our Games- Chapter 5: Local and Traditional Games – 1. Gochu Paari</p> <p>Unit 3— Yoga Chapter 7: Yoga Sadhana- 1. Krida Yoga</p>	<p>Chapter 4: Little Steps- Teaching Aids: Mats, cones, whistle Innovative Practices Adopted: Side rolling activity on mats to improve body coordination and balance. https://ncert.nic.in/textbook/pdf/fekv104.pdf Audio: https://youtu.be/8EOsEoBVmCc?si=nqmg3mUNocUdNpRJ</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Chalk boundary lines, cones Innovative Practices Adopted: Running and chasing traditional game to improve speed, teamwork, and alertness. https://ncert.nic.in/textbook/pdf/fekv105.pdf Audio: https://youtu.be/fGJm-HInr0I?si=9T4hJXY1bscftVf</p> <p>Chapter 7: Yoga Sadhana- Teaching Aids: Yoga mats, yoga charts Innovative Practices Adopted: Activity-based Krida Yoga games to develop flexibility, balance, and concentration. Audio: https://youtu.be/WwPf7CSbCUU?si=uBayk-4wJ1KGp8II</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			<p>Session Ending Examination</p>	