

**KENDRIYA VIDYALAYA SANGATHAN (HQS)**  
**SPLIT-UP OF SYLLABUS FOR THE ACADEMIC SESSION 2026-27**

**CLASS: VII**

**SUBJECT: HINDI**

क्रम संख्या	माह	कार्य दिवस	पाठ/ विषय	शिक्षण में मददगार सामग्री,लिंक	परीक्षणमूल्यांकन/
1	अप्रैल मई/ 2026	24	माँ,कह एक कहानी (कविता)	<a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314312368642506752115068">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314312368642506752115068</a> कविता का सस्वर पाठ, फ्लैश कार्ड ,चित्र,विडियो , कवि परिचय	बहुविकल्पीय प्रश्न परीक्षण,मौखिक LAT परीक्षा
			अपठित गद्यांश		
			अपठित पद्यांश		
			पाठ के अंत में दी गई गतिविधियों का आयोजन		
2	जून 2026	7	तीन बुद्धिमान (लोक कथा)	मौन वाचन,नाट्य रूपांतरण ,वीडियो/ऑडियो,कठिन शब्दों के अर्थ का चार्ट ,चित्र ,फ्लैश कार्ड,मुख्य बिन्दुओं पर आधारित प्रश्नोत्तरी <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506402342060032126312">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506402342060032126312</a>	बहुविकल्पीय प्रश्न परीक्षण,मौखिक LAT परीक्षा
3	जुलाई 2026	26	फूल और काँटा (कविता (	कविता का सस्वर पाठ,गुलाब का पौधा,फूलकाँटों/ का चार्ट ,वीडियो <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_3143329103920988161235">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_3143329103920988161235</a>	बहुविकल्पीय प्रश्न परीक्षण,मौखिक ,आवधिक परीक्षा 1
			अनुच्छेद लेखन		
			पत्र लेखन,विशेषण	फ्लैश कार्ड	
			पाठ के अंत में दी गई गतिविधियों का आयोजन		

4	अगस्त 2026	23	पानी रे पानी (निबंध) संवाद लेखन अपठित पद्यांश ,अनुच्छेद लेखन पाठ के अंत में दी गई गतिविधियां	जल चक्र का चित्र,तालाबों नदियों के चित्र/,पानी की बर्बादी रोकने से संबंधित वीडियो	
5	सितंबर 2026	24	नहीं होना बीमार (कहानी) पुनरावृत्ति कार्य पाठ के अंत में दी गई गतिविधियां	वाचन,भूमिका निर्वाह, अस्पताल,डॉक्टर ,नर्स के चित्र,फ्लैश कार्ड,थर्मामीटर,चर्चा <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506412818669568126318">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506412818669568126318</a>	अर्धवार्षिक परीक्षा
6	अक्टूबर 2026	16	गिरिधर कविराय की कुंडलिया (कविता) अपठित गद्यांश पाठ के अंत में दी गई गतिविधियों का आयोजन	सस्वर गायन ,वीडियो,प्रश्नोत्तरी ,कार्यपत्रक, कवि परिचय <a href="https://diksha.gov.in/play/content/do_3143873854537809921610">https://diksha.gov.in/play/content/do_3143873854537809921610</a>	
7	नवंबर 2026	23	वर्षा (कविता) बहार- बिरजू महाराज से साक्षात्कार पाठ के अंत में दी गई गतिविधियों का आयोजन	कविता का सस्वर पाठ , बारिश के दृश्यों का वीडियो,वर्षा ऋतु से संबंधित लोकगीत या कविता का सस्वर पाठ ,चित्र,बादलों की गरज की ध्वनि <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_3143873890355445761754">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_3143873890355445761754</a> बिरजू महाराज के कथक नृत्य के वीडियो,जीवनी से संबंधित चित्र,वृत्तचित्र ,तबला हारमोनियम जैसे वाद्ययंत्र दिखाना ,फ्लैश कार्ड <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506419522363392120">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506419522363392120</a>	

8	दिसम्बर 2026	18	चिड़िया (कविता)	सस्वर पाठ चिड़ियों और उनके घोंसलों के चित्र, प्रकृति से जुड़े वीडियो, चहचहाहट की ऑडियो, फ्लैश कार्ड <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506421183307776121">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506421183307776121</a>	
			अपठित काव्यांश		
			पाठ के अंत में दी गई गतिविधियां		
9	जनवरी 2027	22	मीरा के पद (पद)	सस्वरपाठ, मीराबाई का चित्र, पदों के गायन का ऑडियो / वीडियो, फ्लैश कार्ड, पदों का वीडियो, फ्लैश कार्ड <a href="https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506433351401472154">https://diksha.gov.in/play/collection/do_31433794059689164811350?contentId=do_314506433351401472154</a>	
			शब्दकोश		
10	फरवरी 2027	23	पुनरावृत्ति कार्य		
11	मार्च 2027		सत्रांत परीक्षा		

क्रम संख्या	माह	कार्य दिवस	अध्याय / विषय	शिक्षण सहायक सामग्री / ई-सामग्री / नवाचार	मूल्यांकन / परीक्षण
1	अप्रैल-मई	24	प्रथमः पाठः वन्दे भारतमातरम् व्याकरण - शब्दरूप - अकारान्त पुं, अकारान्त नपुं, आकारान्त स्त्री, ईकारान्त स्त्री,	देशभक्ति गीत, वीडियो चर्चा गतिविधि	मौखिक प्रश्न
2	जून	7	द्वितीय पाठः नित्यं पिबामः सुभाषितरसम्, व्याकरण - धातु रूप - लट् लकार	श्लोक कार्ड, फ्लैश कार्ड, उच्चारण अभ्यास	कार्यपत्रिका
3	जुलाई	26	तृतीय पाठः मित्राय नमः; चतुर्थ पाठः न लभ्यते चेत् आरम्भः व्याकरण - धातु रूप -दा धातु (लट् लकार, लोट् लकार)	भूमिका निर्वाह, कहानी चर्चा	कक्षा कार्य
4	अगस्त	23	पञ्चमः पाठः सेवा हि परमो धर्मः, षष्ठः पाठःक्रीडामः वयमश्लोकान्त्याक्षरीम् व्याकरण - 'क्तवतु प्रत्ययः, स्म प्रयोगः, प्रश्ननिर्माणम्	खेल गतिविधि, चित्र कार्ड	लघु परीक्षण
5	सितम्बर	24	सप्तमः पाठः ईशावास्यमिदं सर्वम्, व्याकरण -सन्धि :	श्लोक वाचन, अर्थ चर्चा	लिखित अभ्यास

6	अक्टूबर	16	अष्टमः पाठः हितं मनोहारि च दुर्लभं वचः	फ्लैश कार्ड, समूह चर्चा	कक्षा परीक्षण
7	नवम्बर	23	नवमः पाठः अन्नाद् भवन्ति भूतानि	चार्ट, वीडियो ( <a href="https://diksha.gov.in/">https://diksha.gov.in/</a> )	मौखिक परीक्षण
8	दिसम्बर	18	दशमः पाठः दशमः कः? व्याकरण - संख्यावाचक पदानि,	संवाद गतिविधि, भूमिका निर्वाह	कार्यपत्रिका
9	जनवरी	22	एकादशः पाठः द्वीपेषु रम्यः अण्डमानः द्वादश पाठः वीराङ्गना पन्नाधायी, व्याकरण - अव्ययपदानि	भारत मानचित्र गतिविधि, वीडियो	लिखित कार्य
10	फरवरी	23	पुनरावृत्ति	क्विज, फ्लैश कार्ड	पुनरावृत्ति परीक्षण
11	मार्च	—	सत्रांत परीक्षा	—	वार्षिक परीक्षा

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
01	APRIL & MAY	24	<b>UNIT 1: Learning Together</b> <ul style="list-style-type: none"> <li>• <b>The Day the River Spoke</b></li> <li>• <b>Try Again</b></li> <li>• Grammar: Prepositions, Adverbs</li> <li>• Writing: Message Writing, Descriptive Paragraph</li> <li>• Grammar: Opposites</li> <li>• Letter Writing (Informal)</li> </ul>	<ul style="list-style-type: none"> <li>• Reading/Recitation</li> <li>• Storytelling</li> <li>• Listening activity</li> <li>• Role-play</li> <li>• Dialogue Writing</li> <li>• Letter Writing</li> <li>• Picture Based Story Narration</li> <li>• Crosswords Puzzle</li> <li>• Pronunciation Drill</li> <li>• Vocabulary drill (Antonyms, Homophones)</li> <li>• <u>Rhyme scheme</u></li> <li>• <u>Poetic Device (Simile, Metaphor)</u></li> <li>• <u>Spell Bee</u></li> <li>• <u>Vocabulary drill</u></li> </ul> <p><b>e-content:</b>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143875279102115841727">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143875279102115841727</a>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143881090642411521904">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143881090642411521904</a></p>	LAT (The Day the River Spoke)  LAT (Try Again)

02	JUNE	7	<ul style="list-style-type: none"> <li>• <b>Three Days to See</b></li> <li>• Descriptive Paragraph</li> <li>• Grammar: Modal Verbs</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Speaking: About one of the <b>senses</b> that you value the most</li> <li>• Writing a Describing Paragraph</li> <li>• Sensory Words</li> <li>• Let's Explore: Braille Language</li> </ul> <p><b>e-content:</b>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143881143741317121845">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143881143741317121845</a>  Explore the World of Sign Language:  <a href="https://ncert.nic.in/pdf/accessibility/ISL_200word_v15.pdf">https://ncert.nic.in/pdf/accessibility/ISL_200word_v15.pdf</a></p>	LAT  (Three Days to See)
03	JULY	26	<p><b>UNIT 2: Wit and Humour</b></p> <ul style="list-style-type: none"> <li>• <b>Animals, Birds and Dr. Dolittle</b></li> <li>• <b>A Funny Man</b></li> <li>• Grammar: Present Perfect Tense, Compound Words, Phrasal Verbs, Palindrome</li> <li>• Writing: Notice</li> <li>• Writing: Limerick</li> <li>• Writing: Message</li> </ul>	<ul style="list-style-type: none"> <li>• Reading / Recitation</li> <li>• Listening Activity</li> <li>• Writing Notice</li> <li>• Role-play</li> <li>• Spell Bee</li> <li>• Find palindrome words, phrases, sentences</li> <li>• Spoken Activity (Conversation between a doctor and a patient)</li> <li>• Pronunciation Drill</li> </ul> <p><b>e-content:</b>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143882265934888961957">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143882265934888961957</a>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143881357391790081853">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143881357391790081853</a></p>	PERIODIC TEST- I
04	AUGUST	23	<ul style="list-style-type: none"> <li>• <b>Say The Right Thing</b></li> <li>• Grammar: Kinds of Sentences, Present Perfect Continuous Tense, Suffixes</li> <li>• Writing: Story Writing</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Role-play</li> <li>• Enact the favourite part of the play</li> <li>• Rewrite the play as a short story</li> <li>• Listening Activity</li> <li>• Speaking with Intonation</li> <li>• Binomials</li> </ul>	LAT  (Say The Right Thing)

			<p><b>UNIT 3: Dreams and Discoveries</b></p> <ul style="list-style-type: none"> <li>• <b>My Brother's Great Invention</b></li> <li>• <b>Paper Boats</b></li> <li>• Grammar: Simple Past Tense &amp; Past Perfect Tense</li> <li>• Voice Idioms</li> <li>• Writing: Descriptive Paragraphs (Describing Vocation)</li> </ul>	<ul style="list-style-type: none"> <li>• Idioms</li> <li>• Literary Device (Onomatopoeia)</li> <li>• <u>Speaking: Pronunciation of the words ending with ‘-ough’</u></li> </ul> <p><b><u>e-content:</u></b></p> <p><a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_314501487309758464124673">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_314501487309758464124673</a></p> <p><a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143882315678269441871">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143882315678269441871</a></p>	<p>LAT</p> <p>(My Brother's Great Invention)</p>
05	SEPTEMBER	24	<ul style="list-style-type: none"> <li>• Antonyms</li> <li>• Writing: Diary Entry</li> <li>• Revision</li> </ul>	<ul style="list-style-type: none"> <li>• Recitation</li> <li>• Rhyme Scheme</li> <li>• Poetic Devices</li> <li>• Antonyms</li> <li>• Writing a diary entry</li> <li>• Riddles</li> <li>• Art Integration (craft using eco-friendly materials)</li> </ul> <p><b><u>e-content:</u></b></p> <p><a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143882372849336321872">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_3143882372849336321872</a></p>	<p>MID-TERM EXAMINATION</p>
06	OCTOBER	16	<ul style="list-style-type: none"> <li>• <b>North, South, East, West</b></li> <li>• Grammar: Subject-Verb Agreement</li> <li>• Writing: Application</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Listening activity</li> <li>• Speaking about your travel experience</li> <li>• Writing a leave application</li> <li>• Word grid</li> <li>• Crossword Puzzle</li> <li>• Exploring India's rich culture</li> </ul> <p><a href="https://indianculture.gov.in/stories/">https://indianculture.gov.in/stories/</a></p>	<p>LAT</p> <p>(North, South, East, West)</p>

07	NOVEMBER	23	<b>UNIT 4: Travel and Adventure</b> <ul style="list-style-type: none"> <li>• <b>The Tunnel</b></li> <li>• <b>Travel</b></li> <li>• Grammar: Punctuation Marks, Modals (would and used to)</li> <li>• Writing: Descriptive Paragraphs (Describing journey, places, people)</li> <li>• Writing: A Diamante Poem</li> </ul>	<ul style="list-style-type: none"> <li>• Reading/ Recitation</li> <li>• Role Play</li> <li>• Sound Words</li> <li>• Use of ‘would’ and ‘used to’ Rhyming words</li> <li>• Rhyme scheme</li> <li>• Poetic Devices</li> <li>• Writing a descriptive paragraph of your train journey</li> <li>• Listening</li> <li>• Let’s Explore about Indian Railways</li> </ul> <p><a href="https://artsandculture.google.com/story/a-history-of-indian-railways-national-rail-museum/cAVh7RwiKiTtKg?hl=en">https://artsandculture.google.com/story/a-history-of-indian-railways-national-rail-museum/cAVh7RwiKiTtKg?hl=en</a></p>	LAT        LAT  (Travel)
08	DECEMBER	18	<ul style="list-style-type: none"> <li>• <b>Conquering The Summit</b></li> <li>• Grammar: Articles, Nouns, Verbs, Adjectives, Adverbs</li> <li>• Writing: Letter (Formal)</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Speaking about adventure sports, qualities to play such sport</li> <li>• Use of Articles</li> <li>• Listening Activity</li> <li>• Speaking with the help of the prompts and vocabulary</li> <li>• Writing a formal letter</li> <li>• Prepare an information booklet about Indian mountaineers</li> </ul> <p><b>e-content:</b>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_31438883384999936011027">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_31438883384999936011027</a></p>	LAT        LAT  (Conquering The Summit)
09	JANUARY	22	<b>UNIT 5: Bravehearts</b> <ul style="list-style-type: none"> <li>• <b>A Homage to Our Brave Soldiers</b></li> <li>• <b>My Dear Soldiers</b></li> </ul>	<ul style="list-style-type: none"> <li>• Reading/ Recitation</li> <li>• Spell Bee</li> <li>• Vocabulary Drill</li> <li>• Pronunciation Drill</li> <li>• Prefix</li> <li>• Acrostic Poem</li> <li>• Art Integration (designing a badge)</li> </ul>	PERIODIC TEST-II

			<ul style="list-style-type: none"> <li>• Grammar: Clause, Describing Words</li> <li>• Writing: Letter Writing (informal)</li> </ul>	<ul style="list-style-type: none"> <li>• Collocation</li> <li>• Recitation Antonyms/Synonyms</li> <li>• Listening to audio/narration</li> <li>• Speaking about different professions and vocations</li> </ul> <p><b>e-content:</b>  <a href="https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_31438884101669683211030">https://diksha.gov.in/play/collection/do_314314440360067072116355?contentId=do_31438884101669683211030</a>  <a href="https://nationalwarmemorial.gov.in/">https://nationalwarmemorial.gov.in/</a>  <a href="https://www.gallantryawards.gov.in/awards">https://www.gallantryawards.gov.in/awards</a></p>	
10	FEBRUARY	23	<ul style="list-style-type: none"> <li>• <b>Rani Abbakka</b></li> <li>• Grammar: Reported Speech, Determiners</li> <li>• Writing: Dialogue Writing</li> <li>• Revision</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Comic Strip</li> <li>• Reported Speech</li> <li>• Vocabulary Drill</li> <li>• Pronunciation Drill, Silent Letters</li> <li>• Writing Conversation</li> </ul> <p><b>e-content:</b>  <a href="https://amritmahotsav.nic.in/unsung-heroes-detail.htm?56">https://amritmahotsav.nic.in/unsung-heroes-detail.htm?56</a></p>	
11	MARCH				<b>SESSION ENDING EXAMINATION</b>

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	1) Large Number Around Us  2) Arithmetic Expression	<p>SUGGESTED ACTIVITIES:</p> <p>Pattern in the products.</p> <p>School data collection.</p> <p>Place Value and Decimal system</p> <p>Indian number system and International number system.</p> <p><a href="https://youtu.be/GbjUcEqvV2s?si=5TIH2p6TNbZLAdjh">https://youtu.be/GbjUcEqvV2s?si=5TIH2p6TNbZLAdjh</a></p> <p>SUGGESTED ACTIVITIES:</p> <p>Expression card games. Prepare card with numbers and operators.</p> <p>Solve expressions using BODMAS rule.</p> <p>Solve expressions using distributive property.</p>	LAT after each chapter.

2	JUNE	7	3) A Peek Beyond the Point	<p>SUGGESTED ACTIVITIES:</p> <ul style="list-style-type: none"> <li>Tenth and Hundredth activity.</li> </ul> <p>Take a graph paper in that take 10 squares, ask students to colour 1 square, which shows <math>1/10^{\text{th}}</math> part.</p> <p>Take a graph paper select a 10x10 square grid, so total 100 squares. Now ask students to colour 1 square this shows <math>1/100^{\text{th}}</math> part.</p> <ul style="list-style-type: none"> <li>Measuring the length of some objects like pencil, eraser, sharpener etc and write their length in decimal form.</li> </ul>	2
3	JULY	26	<p>3) A Peek Beyond the Point</p> <p>4) Expressions Using Letter- Numbers</p>	<ul style="list-style-type: none"> <li>Decimal place value number chart (page 70)</li> <li>Addition and Subtraction of decimal numbers.</li> </ul> <p>SUGGESTED ACTIVITIES:</p> <ul style="list-style-type: none"> <li>Match the expression cards. Prepare 2 sets of cards. Statement card: Thrice a number minus 1 Expression cards: <math>3x - 1</math> Students will match Statement cards with Expression cards.</li> <li>Construct Algebraic expressions using number card, variable card and symbols card. Number card- 5,7,9 Variables card: x, y, p, q</li> </ul> <p>Symbols card: +, -, x</p>	PERIODIC TEST-1



				<p>Multiplication of fraction  <a href="https://diksha.gov.in/play/content/do_31444052823553638416867">https://diksha.gov.in/play/content/do_31444052823553638416867</a>  Division of fraction  <a href="https://diksha.gov.in/play/content/do_314475261414367232114688">https://diksha.gov.in/play/content/do_314475261414367232114688</a></p>	
6	OCTOBER	16	1) Geometric Twins	<p>SUGGESTED ACTIVITIES:</p> <p>Identify congruent shapes. (prepare several type of identical paper shapes and mix them. Students with identify congruent shapes by superimposing shapes.</p> <p>Congruence of triangle through paper folding activities.</p>	<b>HALF YEARLY EXAM</b>
7	NOVEMBER	23	2) Operation With Integers	<p>SUGGESTED ACTIVITIES:</p> <p><b>Addition and subtraction of integers.</b>  <a href="https://youtu.be/GbjUcEqvV2s?si=5TIH2p6TNbZLAdjh">https://youtu.be/GbjUcEqvV2s?si=5TIH2p6TNbZLAdjh</a>  <a href="https://youtu.be/y8XTN0fzHWY?si=pCwEY-r2O_FAyYle">https://youtu.be/y8XTN0fzHWY?si=pCwEY-r2O_FAyYle</a></p>	
			3) Finding Common Ground	<p>SUGGESTED ACTIVITIES:</p> <p>Finding HCF and LCM  <a href="https://youtu.be/kEzs-_5tpN8?si=f0P8H-W3MhfRIxX1">https://youtu.be/kEzs-_5tpN8?si=f0P8H-W3MhfRIxX1</a></p>	
8	DECEMBER	18	4) Another Peek Beyond The Point	<p>SUGGESTED ACTIVITIES:</p> <p>Shopping activity.</p> <p>Fake currency, and price tags (Rs.2.5Rs. 4.5 etc.)</p>	8

9	JANUARY	22	5) Connecting the Dots	<p>SUGGESTED ACTIVITIES:</p> <p>Collect marks of 11 students in maths quiz.</p> <p>Arrange them in ascending order.</p> <p>The middle data would be median.</p> <p>Average of data is mean.</p> <p>2) individual or small group project. (NCERT page- 132,133)</p>	
10	FEBRUARY	23	6) Constructions and Tilings  7) Finding the Unknown	<p>SUGGESTED ACTIVITIES:</p> <p>Draw perpendicular bisectors and angle bisectors.</p> <p>Covering a region using a set of shapes, without gapes.</p> <p>SUGGESTED ACTIVITIES:</p> <p>Weighing machine activities. (NCERT page- 165)</p> <p>Matchstick pattern activity (NCERT page-166)</p> <p>Match equation with their solutions.</p> <p>Cards with equation: <math>x-2 = 5</math></p> <p>Cards with answer: <math>x=7</math></p>	
	<b>MARCH</b>			<b>SESSION ENDING EXAM</b>	

S NO	MONTH	NO. OF WORKING DAYS	NAME OF THE CHAPTER	SUGGESTIVE TEACHING AIDS / E CONTENT LINKS / INNOVATIVE PRACTICES THAT CAN BE ADOPTED	ASSESSMENT / TESTS / EXAMINATION TO BE CONDUCTED
1	April/May	24	<b>CHAPTER 1</b> The Ever-Evolving World of Science	<b>Quiz</b> on Scientific Inventions and Discoveries. <b>Think-Pair-Share-</b> Science in Everyday Life <b>Role Play-</b> One day as a Scientist  <a href="https://ncert.nic.in/textbook.php?gecu1=1-12">https://ncert.nic.in/textbook.php?gecu1=1-12</a>	TERM-1 COMMENCES  ASSIGN MDP FOR TERM-1  <a href="#">SUGGESTED MDP TOPICS AND SAMPLES</a>
			<b>CHAPTER 2</b> Exploring Substances – Acidic, Basic, and Neutral	<b>Acidic substances</b> Lemon/Orange Juice, Vinegar <b>Basic substances-</b> Soap Solution, Baking Soda <b>Indicators</b> Litmus paper, Turmeric, Red cabbage <b>Hands on Activity-</b> Neutralization Reaction <b>Investigatory Project-</b> Testing the pH of Soil  <a href="https://ncert.nic.in/textbook.php?gecu1=2-12">https://ncert.nic.in/textbook.php?gecu1=2-12</a>	
2	June / July	7 / 26	<b>CHAPTER 3</b> Electricity – Circuits and their Components	<b>Electrical Components-</b> Connecting Wires, Electric Cell, LED or Bulb, Switch, Cardboard. <b>Experiential Learning-</b> Testing whether the given material is a Conductor or an Insulator <b>Inquiry Based Learning-</b> To investigate the effect of adding salt to water on its conductivity <b>Stem Activity-</b> Students build a Buzz Electric Circuit Game or Burglar Alarm  <a href="https://ncert.nic.in/textbook.php?gecu1=3-12">https://ncert.nic.in/textbook.php?gecu1=3-12</a>	LAT ON COMPLETION OF CHAPTER (10 Marks)  LEARNER'S DIARY ASSESSMENT (10 Marks)

			<p><b>CHAPTER 4</b> The World of Metals and Non-metals</p>	<p><b>Metals</b> Aluminium, Copper, Iron, Silver, Gold  <b>Non-Metals</b> Carbon, Oxygen, Nitrogen, Sulphur  <b>Flash Cards</b>-H, He, Li, Be, B, C, N, O, F, Ne  <b>Demonstrations</b>- Malleability, Ductility, Lustre, Sonority, Conductivity of substances  <b>Experiment</b>- Burning Magnesium and Sulphur in air and testing the nature of oxide formed.  <b>Investigation</b>- Conditions required for rusting of iron and methods to prevent corrosion.</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=4-12">https://ncert.nic.in/textbook.php?gecu1=4-12</a></p>	<p>SUBJECT ENRICHMENT ACTIVITIES (5 Marks)</p> <p>NOTEBOOK ASSESSMENT (5 Marks)</p> <p>PERIODIC TEST-1 (40 marks)</p>
4	August	23	<p><b>CHAPTER 5</b> Changes Around Us – Physical and Chemical</p>	<p><b>Peer Teaching Learning</b>- Physical and Chemical Changes examples from daily life.  <b>Brainstorming</b>- Let students list out characteristics of Physical and Chemical Changes  <b>Project Method</b>- Natural Changes around us- Types of Rocks, Formation of Soil, Erosion of Soil</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=5-12">https://ncert.nic.in/textbook.php?gecu1=5-12</a></p>	<p>LEARNER'S DIARY ASSESSMENT (10 Marks)</p> <p>SUBJECT ENRICHMENT ACTIVITIES (5 Marks)</p> <p>NOTEBOOK ASSESSMENT (5 Marks)</p>

5	September	24	<p><b>CHAPTER 6</b> Adolescence – A Stage of Growth and Change</p>	<p><b>Chart or Posters-</b> Changes at Puberty  <b>One Minute Talk-</b> on Personal Hygiene, Nutritional Needs, Social Media Use, Addiction.  <b>Question Box-</b> Queries of students about Physical, Emotional and Behavioural Changes.  <b>Video Lessons-</b> Reproductive Health and Development of Secondary Sexual Characters  <b>Integrated Learning-</b> Session on Cyber Security (Digital Literacy) and UNICEF, CPCRA Act 2005 and POCSO Act 2012 (Social Science)</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=6-12">https://ncert.nic.in/textbook.php?gecu1=6-12</a></p>	<p>LEARNER'S DIARY ASSESSMENT (10 Marks)</p> <p>SUBJECT ENRICHMENT ACTIVITIES (5 Marks)</p> <p>NOTEBOOK ASSESSMENT (5 Marks)</p> <p>HALF YEARLY EXAM (60 Marks)</p>
6	October	16	<p><b>CHAPTER 7</b> Heat Transfer in Nature</p>	<p><b>Demonstrations-</b> Mode of Heat Transfer- Conduction, Convection and Radiation  <b>Worksheet Solving-</b> Identify the mode by which heat gets transferred in different cases.  <b>Interdisciplinary Approach-</b> Sea Breeze and Land Breeze and Water Cycle (Geography)  <b>Inquiry Based Learning-</b> Woollen clothes and Blankets trap heat to keep us warm</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=7-12">https://ncert.nic.in/textbook.php?gecu1=7-12</a></p>	<p>TERM-2 COMMENCES</p> <p>ASSIGN MDP FOR TERM-2</p> <p><a href="#">HANDBOOK ON JOYFUL LEARNING</a></p>
7	November	23	<p><b>CHAPTER 8</b> Measurement of Time and Motion</p>	<p><b>DIY Activity-</b> Sundial, Water Clock, Candle Clock  <b>Hands on Activity-</b> Calculating Time Period of Simple Pendulum (Periodic Motion)  <b>Formula Learning-</b> Speed Time Distance Relationship and Numerical Solving  <b>Interdisciplinary Approach</b> Calculating speed of a moving object in m/s or km/hr (Mathematics)</p>	<p>LEARNER'S DIARY ASSESSMENT (10 Marks)</p>

				<p><b>Sports Integrated Learning-</b> Record time taken to cover 100 m and calculate your speed.</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=8-12">https://ncert.nic.in/textbook.php?gecu1=8-12</a></p>	SUBJECT ENRICHMENT ACTIVITIES (5 Marks)
7		23	<p><b>CHAPTER 9</b> Life Processes in Animals</p>	<p><b>Models / Charts / Visualizations-</b> Human Digestive and Respiratory System  <b>Worksheet Solving-</b> Labelling parts of Human Digestive System and Respiratory System.  <b>Role Play Method-</b> To explain and understand transportation of O<sub>2</sub> and CO<sub>2</sub> inside human body  <b>Experiential Learning-</b> Testing presence of CO<sub>2</sub> in the air that we breathe out by lime water test  <b>Investigatory Project Work -</b> Comparing the AQI of metro cities of India, Factors responsible for poor AQI and Respiratory Problems.</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=9-12">https://ncert.nic.in/textbook.php?gecu1=9-12</a></p>	NOTEBOOK ASSESSMENT (5 Marks)
8	December	18	<p><b>CHAPTER 10</b> Life Processes in Plants</p>	<p><b>Inquiry Based Learning-</b> Perform activities to understand conditions needed for plant growth.  <b>Practical Demonstration-</b> To detect the presence of starch in green leaves by iodine soln  <b>Herbarium</b> – Collect leaves of various medicinal plants and list their benefits in scrapbook.  <b>Demonstrations-</b> Observing stomata of leaves under a compound microscope.  <b>Art Integrated Learning-</b> Celery/Flower Dye Experiment (transportation in plants)  <b>Think Pair and Share-</b> Word Equation for Photosynthesis and Respiration</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=10-12">https://ncert.nic.in/textbook.php?gecu1=10-12</a></p>	<p>LEARNER'S DIARY ASSESSMENT (10 Marks)</p> <p>SUBJECT ENRICHMENT ACTIVITIES (5 Marks)</p> <p>NOTEBOOK ASSESSMENT (5 Marks)</p>
			<p><b>CHAPTER 11</b> Light – Shadows and Reflections</p>	<p><b>Hands on Experiment-</b> Classifying materials into Transparent, Translucent and Opaque objects.  <b>Let's Investigate-</b> Light travels in straight line  <b>Let's Explore-</b> Light and Shadow Formation</p>	PERIODIC TEST-2 (40 marks)

				<p><b>STEM Activity-</b> Making Kaleidoscope, Pin Hole Camera, Periscope, Mirror Maze, Hologram</p> <p><b>Fun Activity-</b> Write your Laterally Inverted name and observe in plane mirror (lateral inversion)</p> <p><b>Extended Learning-</b> Types of Mirrors, Virtual and Real Image (application in daily life)</p> <p><b>Real Time Experience-</b> Illusion Games, Paradox Museum, Mirror Maze House Visit</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=11-12">https://ncert.nic.in/textbook.php?gecu1=11-12</a></p>	
9	January	22	<p><b>CHAPTER 12</b> Earth, Moon, and the Sun</p>	<p><b>Globe and Lamp Activity-</b> Understanding rotation and tilt of earth on its own axis.</p> <p><b>Interdisciplinary Approach-</b> Revolution of Earth around Sun and major seasons experienced.</p> <p><b>Science Kit Demo-</b> Solar Eclipse &amp; Lunar Eclipse Phases of Moon (Full Moon and New Moon)</p> <p><b>Real Time Observations-</b> Night Sky and Stars, Constellations, Planetarium visits.</p> <p><b>Extended Learning-</b> Quiz on ISRO programs ADITYA L-1, CHANDRAYAAN-1, CHANDRAYAAN-2, CHANDRAYAAN-3</p> <p><a href="https://ncert.nic.in/textbook.php?gecu1=12-12">https://ncert.nic.in/textbook.php?gecu1=12-12</a></p>	<p>LEARNER'S DIARY ASSESSMENT (10 Marks)</p> <p>SUBJECT ENRICHMENT ACTIVITIES (5 Marks)</p> <p>NOTEBOOK ASSESSMENT (5 Marks)</p>
10	February	23	Revision for SEE	<a href="#">COMPETENCY BASED TEST ITEMS FOR TERM 2</a>	
11	March		Session Ending Examination		SESSION ENDING EXAM (60 Marks)

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	GEOGRAPHICAL DIVERSITY OF INDIA	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Physical Map of India – Different landforms like mountains, plains, deserts and coastal areas.</li> <li>• Relief Map / 3D Landform Model – To explain physical features clearly.</li> <li>• Picture Cards – Himalayas, Thar Desert, Western Ghats, Coastal Plains.</li> <li>• Region Information Charts – Climate, food habits, dress and lifestyle of different regions.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Map Puzzle Activity</li> </ul> <p>Students assemble a physical map of India.</p> <ul style="list-style-type: none"> <li>❖ Travel Planner Activity</li> </ul> <p>Students plan a journey covering different geographical regions of India.</p> <ul style="list-style-type: none"> <li>❖ Region–Lifestyle Connection</li> </ul>	LAT

			<p>Students match geographical features with occupations and lifestyle.</p> <p>❖ Picture Interpretation</p> <p>Students identify regions by observing landform pictures.</p> <p>❖ Group Poster Activity</p> <p>Groups present one geographical region with its features.</p>	
		<p>NEW BEGININGS: CITIES AND STATES</p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Ancient Cities Map – Showing locations of early cities and kingdoms.</li> <li>• Timeline Chart – Development of early states.</li> <li>• Images of Ancient Settlements – Houses, tools, pottery.</li> <li>• Kingdom Structure Chart – King, army, administration and citizens.</li> </ul> <p>Innovative Practices Adopted</p> <p>❖ Build a Timeline Activity</p> <p>Students arrange important events of early states chronologically.</p> <p>❖ Storytelling Method</p> <p>Teacher narrates stories related to early rulers and kingdoms.</p> <p>❖ Role Play Activity</p> <p>Students act as king, soldier, trader and farmer of an ancient city.</p>	<p>LAT</p>

				<p>❖ City Planning Activity</p> <p>Students design a simple layout of an ancient city.</p> <p>❖ Think-Pair-Share</p> <p>Students discuss why cities and states developed.</p>	
			<p>FROM THE RULER TO THE RULED</p> <p>(TYPES OF GOVERNMENTS)</p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Chart showing different forms of government – monarchy, democracy, dictatorship.</li> <li>• Diagram of Government Structure – showing ruler, ministers and citizens.</li> <li>• Picture Cards – examples of kings, parliaments and elections.</li> <li>• Timeline Chart – evolution from ancient rule to modern democracy.</li> </ul> <p>Innovative Practices Adopted</p> <p>❖ Mock Parliament Activity</p> <p>Students act as leaders, ministers and citizens to understand decision making.</p> <p>❖ Classroom Election Activity</p> <p>Students conduct a small election to understand democratic process.</p> <p>❖ Debate Activity</p> <p>Students discuss which form of government is better and why.</p>	LAT

				<p>❖ Comparison Chart Activity</p> <p>Students prepare a chart comparing monarchy and democracy.</p> <p>❖ Role Play Activity</p> <p>Students act as ruler, minister and citizen to understand responsibilities.</p>	
2	JUNE	7	UNDERSTANDING WEATHER	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Weather Instruments Chart – Thermometer, rain gauge, wind vane and barometer.</li> <li>• Newspaper Weather Report – To observe daily weather conditions.</li> <li>• Globe – To explain global weather patterns.</li> <li>• Weather Symbols Chart – Symbols used in weather forecasting.</li> </ul> <p>Innovative Practices Adopted</p> <p>❖ Classroom Weather Station</p> <p>Students record daily temperature and rainfall.</p> <p>❖ Weather Reporter Activity</p> <p>Students present daily weather reports in class.</p> <p>❖ Weather Diary</p> <p>Students record weather conditions for a week.</p> <p>❖ Graph Activity</p> <p>Students plot weekly temperature graphs.</p>	LAT

				<p>❖ Observation Activity</p> <p>Students compare sunny, cloudy and rainy conditions.</p>	
3	JULY	26	THE RISE OF EMPIRES	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Mauryan Empire Map – Expansion of the Mauryan Empire.</li> <li>• Pictures of Ashoka Pillars and Stupas.</li> <li>• Images of Coins and Inscriptions.</li> <li>• Empire Administration Chart – King, ministers and officials.</li> </ul> <p>Innovative Practices Adopted</p> <p>❖ Ashoka Edict Reading Activity</p> <p>Students interpret simplified Ashoka inscriptions.</p> <p>❖ Empire Administration Game</p> <p>Students manage different departments of an empire.</p> <p>❖ Debate</p> <p>Was Ashoka a great ruler?</p> <p>❖ Symbol Design Activity</p> <p>Students design their own empire symbol.</p> <p>❖ Source Analysis</p> <p>Students identify information from coins and inscriptions.</p>	<p>LAT/ PERIODIC TEST 1</p> <p><a href="https://youtu.be/ZYXaTM5URRk?feature=shared">https://youtu.be/ZYXaTM5URRk?feature=shared</a></p>

4	AUGUST	23	CLIMATES OF INDIA	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Climate Map of India.</li> <li>• Monsoon Wind Direction Diagram.</li> <li>• Rainfall Distribution Chart.</li> <li>• Seasonal Picture Cards.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Monsoon Simulation</li> </ul> <p>Teacher demonstrates monsoon winds using globe and fan.</p> <ul style="list-style-type: none"> <li>❖ Climate Comparison Activity</li> </ul> <p>Students compare climates of Rajasthan, Kerala and Himalayas.</p> <ul style="list-style-type: none"> <li>❖ Rainfall Graph Activity</li> </ul> <p>Students prepare rainfall graphs.</p> <ul style="list-style-type: none"> <li>❖ Group Discussion</li> </ul> <p>Importance of monsoon in agriculture.</p> <ul style="list-style-type: none"> <li>❖ Case Study</li> </ul> <p>Effects of floods and droughts in India.</p>	LAT
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			<p>THE AGE OF REORGANISATION</p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Map of Kingdoms after Mauryan Empire.</li> <li>• Dynasty Chart.</li> <li>• Timeline of Important Rulers.</li> <li>• Historical Picture Cards.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Dynasty Family Tree Activity</li> </ul> <p>Students create family trees of rulers.</p> <ul style="list-style-type: none"> <li>❖ Map Activity</li> </ul> <p>Students locate kingdoms on map.</p> <ul style="list-style-type: none"> <li>❖ History Quiz</li> </ul> <p>Quiz on dynasties and rulers.</p> <ul style="list-style-type: none"> <li>❖ Group Research Activity</li> </ul> <p>Groups study one dynasty.</p> <ul style="list-style-type: none"> <li>❖ Storytelling Method</li> </ul> <p>Teacher narrates stories of important rulers.</p>	LAT
			<p>THE CONSTITUTION OF INDIA( AN INTRODUCTION)</p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Preamble Chart.</li> <li>• Constitution Structure Diagram.</li> <li>• Fundamental Rights Poster.</li> <li>• Historical Images of Constitution Making.</li> </ul>	<p>LAT</p> <p><a href="https://youtu.be/iSfP1GtXuzU?si=yx-HMbjzxikVQgc0">https://youtu.be/iSfP1GtXuzU?si=yx-HMbjzxikVQgc0</a></p>

				<p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Preamble Reading Activity</li> </ul> <p>Students read and interpret the Preamble.</p> <ul style="list-style-type: none"> <li>❖ Rights and Duties Discussion</li> </ul> <p>Examples from daily life.</p> <ul style="list-style-type: none"> <li>❖ Classroom Constitution</li> </ul> <p>Students create rules for their classroom.</p> <ul style="list-style-type: none"> <li>❖ Case Study Method</li> </ul> <p>Discussion on simple situations of rights violation.</p> <ul style="list-style-type: none"> <li>❖ Poster Making Activity</li> </ul> <p>Students illustrate fundamental rights.</p>	<p><a href="https://youtu.be/4hUoIyUjHrI?si=k6dnwwaeFIoZ19P">https://youtu.be/4hUoIyUjHrI?si=k6dnwwaeFIoZ19P</a></p> <p>I</p>
			<p>UNDERSTANDING MARKETS</p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Pictures of Local Markets.</li> <li>• Supply and Demand Chart.</li> <li>• Price List Charts.</li> <li>• Market Structure Diagram.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Classroom Market Simulation</li> </ul> <p>Students act as buyers and sellers.</p> <ul style="list-style-type: none"> <li>❖ Market Survey Project</li> </ul>	<p>LAT</p>

				<p>Students collect price information of daily products.</p> <ul style="list-style-type: none"> <li>❖ Buyer-Seller Role Play</li> </ul> <p>Understanding market transactions.</p> <ul style="list-style-type: none"> <li>❖ Discussion</li> </ul> <p>Importance of markets in daily life.</p> <ul style="list-style-type: none"> <li>❖ Price Comparison Activity</li> </ul> <p>Students compare prices from different markets.</p>	
5	SEPTEMBER	24	THE GUPTA ERA : AN AGE OF TIRELESS CREATIVITY	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Ajanta Painting Images.</li> <li>• Chart of Gupta Achievements.</li> <li>• Biography Cards – Aryabhata, Kalidasa.</li> <li>• Gupta Empire Map.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Art Integration Activity</li> </ul> <p>Students recreate Ajanta style paintings.</p> <ul style="list-style-type: none"> <li>❖ Scientist Spotlight</li> </ul> <p>Students present discoveries of Aryabhata.</p> <ul style="list-style-type: none"> <li>❖ Think-Pair-Share</li> </ul> <p>Why Gupta period is called Golden Age.</p> <ul style="list-style-type: none"> <li>❖ Literature Activity</li> </ul>	<p>LAT</p> <p><a href="https://youtu.be/doW1AK2Sk4U?si=G0tlbQafobnDL DzF">https://youtu.be/doW1AK2Sk4U?si=G0tlbQafobnDL DzF</a></p>

				<p>Students read small excerpts of classical literature.</p> <p>❖ Achievement Poster</p> <p>Groups present one Gupta achievement.</p>	
			<p><b>HOW THE LAND BECOMES SACRED</b></p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Map of Pilgrimage Sites – Char Dham, Varanasi, Bodh Gaya, Amritsar.</li> <li>• Pictures of Sacred Places – Temples, rivers and religious sites.</li> <li>• Religious Symbols Chart – Symbols of different religions.</li> <li>• Cultural Heritage Images – Kumbh Mela and pilgrimage journeys.</li> </ul> <p>Innovative Practices Adopted</p> <p>❖ Map Activity Students locate major pilgrimage sites on the map of India.</p> <p>❖ Cultural Heritage Discussion Students discuss why certain places become sacred.</p> <p>❖ Storytelling Method Teacher narrates stories related to famous pilgrimage sites.</p> <p>❖ Poster Making Activity Students design posters of important pilgrimage places.</p> <p>❖ Think-Reflect Activity Students share their thoughts about respecting different beliefs.</p>	<p>LAT</p> <p><a href="https://youtu.be/On_HjraDUIo?si=DSTMGhwlfYCITIGf">https://youtu.be/On_HjraDUIo?si=DSTMGhwlfYCITIGf</a></p> <p><a href="https://youtu.be/IqdV1aMuxCk?si=w7-jun_IkOyamq0o">https://youtu.be/IqdV1aMuxCk?si=w7-jun_IkOyamq0o</a></p>

			<p>FROM BARTER TO MONEY</p> <p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Pictures of Old Coins.</li> <li>• Currency Notes Samples.</li> <li>• Trade and Barter System Chart.</li> <li>• Images of Ancient Markets.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Barter Market Activity</li> </ul> <p>Students exchange classroom items using barter system.</p> <ul style="list-style-type: none"> <li>❖ Trader Role Play</li> </ul> <p>Students act as buyers and sellers.</p> <ul style="list-style-type: none"> <li>❖ Discussion Activity</li> </ul> <p>Comparison between barter system and modern money.</p> <ul style="list-style-type: none"> <li>❖ Currency Design Activity</li> </ul> <p>Students design their own currency note.</p> <ul style="list-style-type: none"> <li>❖ Digital Payment Awareness</li> </ul> <p>Discussion on modern digital payment systems.</p>	LAT
6	OCTOBER	16	<p>THE STORY OF INDIAN FARMING</p> <p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Crop Picture Cards – Wheat, rice, cotton, sugarcane etc.</li> <li>• Farming Tools Models – Plough, tractor, irrigation tools.</li> <li>• Agriculture Map of India – Crop growing regions.</li> </ul>	LAT/ HALF YEARLY EXAMINATION

				<ul style="list-style-type: none"> <li>• Crop Calendar Chart – Sowing and harvesting seasons.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Farm to Table Activity</li> </ul> <p>Students trace the journey of food from farm to home.</p> <ul style="list-style-type: none"> <li>❖ Crop Calendar Activity</li> </ul> <p>Students prepare seasonal crop charts.</p> <ul style="list-style-type: none"> <li>❖ Farmer Role Play</li> </ul> <p>Students act as farmers, traders and consumers.</p> <ul style="list-style-type: none"> <li>❖ Discussion Activity</li> </ul> <p>Traditional farming vs modern farming methods.</p> <ul style="list-style-type: none"> <li>❖ Diagram Activity</li> </ul> <p>Students draw the farming cycle.</p>	
7	NOVEMBER	23	EMPIRES AND KINGDOMS : (6TH TO 10TH CENTURIES)	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Historical Maps – Major kingdoms during the period.</li> <li>• Timeline Chart – Important rulers and events.</li> <li>• Temple Architecture Images – North and South Indian styles.</li> <li>• Dynasty Family Tree Charts.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Timeline Construction</li> </ul> <p>Students arrange rulers in chronological order.</p>	<p>LAT</p> <p><a href="https://youtu.be/Q1SF1QQCa_Q?si=ZiK8a0iQ31Eao_bih">https://youtu.be/Q1SF1QQCa_Q?si=ZiK8a0iQ31Eao_bih</a></p>

			<ul style="list-style-type: none"> <li>❖ Historical Storytelling Teacher narrates stories about important rulers.</li> <li>❖ Kingdom Research Project Groups research one kingdom and present it.</li> <li>❖ Map Identification Activity Students locate kingdoms on the map.</li> <li>❖ Quiz Competition Quiz based on rulers and dynasties.</li> </ul>	
		INDIA AND HER NEIGHBOURS	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Political Map of Asia – Showing neighbouring countries.</li> <li>• Flags and Capital City Charts.</li> <li>• Cultural Images – Food, dress and monuments.</li> <li>• Trade and Connectivity Map.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Map Identification Activity Students locate neighbouring countries on the map.</li> <li>❖ Country Research Project Groups study one neighbouring country.</li> <li>❖ Cultural Presentation Students present traditions and festivals.</li> </ul>	<p>LAT</p> <p><a href="https://youtu.be/jNBQMzo6x9g?si=j1myNEJk4ShnDneQ">https://youtu.be/jNBQMzo6x9g?si=j1myNEJk4ShnDneQ</a> MAJOR SOMNATH SHARMA</p> <p><a href="https://youtu.be/g_7sBysq_h0?feature=shared">https://youtu.be/g_7sBysq_h0?feature=shared</a></p> <p>CAPTAIN VIKRAM BATRA</p> <p><a href="https://youtu.be/hnD4eh6xP6A?feature=shared">https://youtu.be/hnD4eh6xP6A?feature=shared</a></p> <p>CHINA AND INDIA</p>

				<ul style="list-style-type: none"> <li>❖ Quiz Activity</li> </ul> <p>Quiz on capitals, currencies and languages.</p> <ul style="list-style-type: none"> <li>❖ Comparison Activity</li> </ul> <p>Students compare India with neighbouring countries.</p>	
8	DECEMBER	18	THE STATE , THE GOVERNMENT, AND YOU	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Government Structure Chart – Local, State and Central government.</li> <li>• Constitution Diagrams – Roles and powers of government.</li> <li>• Civic Responsibility Posters.</li> <li>• Election Process Flow Chart.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Mock Election Activity</li> </ul> <p>Students conduct classroom elections.</p> <ul style="list-style-type: none"> <li>❖ Role Play Activity</li> </ul> <p>Students act as leaders and citizens.</p> <ul style="list-style-type: none"> <li>❖ Discussion Activity</li> </ul> <p>Importance of government in daily life.</p> <ul style="list-style-type: none"> <li>❖ Problem Solving Activity</li> </ul>	LAT

				<p>Students discuss solutions to local issues.</p> <p>❖ Poster Making Activity</p> <p>Students design posters on citizens' duties.</p>	
			<p>INFRASTRUCTURE : ENGINE OF INDIA'S DEVELOPMENT</p>	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Images of Roads, Railways, Airports and Ports.</li> <li>• Infrastructure Development Charts.</li> <li>• Transport Network Map of India.</li> <li>• Photographs of Communication Systems.</li> </ul> <p>Innovative Practices Adopted</p> <p>❖ City Planning Activity</p> <p>Students design a model of a well-developed city.</p> <p>❖ Group Discussion</p> <p>Importance of infrastructure for development.</p> <p>❖ Case Study Method</p> <p>Examples of modern infrastructure projects.</p> <p>❖ Transport Survey Activity</p> <p>Students observe transport facilities in their area.</p> <p>❖ Poster Activity</p> <p>Students illustrate types of infrastructure.</p>	LAT

9	JANUARY	22	TURNING TIDES : 11TH AND 12TH CENTURIES	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Political Maps – Dynasties and kingdoms.</li> <li>• Dynasty Charts – Important rulers.</li> <li>• Images of Historical Monuments.</li> <li>• Timeline Chart of Events.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Map Analysis Activity</li> </ul> <p>Students trace expansion of dynasties.</p> <ul style="list-style-type: none"> <li>❖ History Quiz Competition</li> </ul> <p>Quiz on rulers and historical events.</p> <ul style="list-style-type: none"> <li>❖ Role Play Activity</li> </ul> <p>Students enact historical characters.</p> <ul style="list-style-type: none"> <li>❖ Timeline Activity</li> </ul> <p>Students arrange events chronologically.</p> <ul style="list-style-type: none"> <li>❖ Monument Study Activity</li> </ul> <p>Students identify architectural features.</p>	REVISION /LAT/ PERIODIC TEST 2
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			BANKS AND THE MAGIC OF FINANCE	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Bank Forms – Deposit and withdrawal slips.</li> <li>• Pictures of ATM and bank services.</li> <li>• Digital Payment App Screenshots.</li> <li>• Flow Chart of Banking System.</li> </ul> <p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Bank Role Play</li> </ul> <p>Students act as bank manager, cashier and customers.</p> <ul style="list-style-type: none"> <li>❖ Savings Awareness Activity</li> </ul> <p>Discussion on importance of saving money.</p> <ul style="list-style-type: none"> <li>❖ Budget Planning Activity</li> </ul> <p>Students prepare a simple monthly budget.</p> <ul style="list-style-type: none"> <li>❖ Digital Payment Discussion</li> </ul> <p>Students learn about online transactions.</p> <ul style="list-style-type: none"> <li>❖ Banking Quiz Activity</li> </ul>	<p>LAT</p> <p><a href="https://youtu.be/m4WTNI3190M?feature=shared">https://youtu.be/m4WTNI3190M?feature=shared</a></p>
10	FEBRUARY	23	INDIA ,A HOME TO MANY	<p>Teaching Aids</p> <ul style="list-style-type: none"> <li>• Cultural Diversity Chart – Languages, dress, food.</li> <li>• Festival Picture Cards – Diwali, Eid, Christmas, Pongal etc.</li> <li>• Traditional Art Images – Dance, music and crafts.</li> <li>• Cultural Regions Map of India.</li> </ul>	REVISION /LAT

				<p>Innovative Practices Adopted</p> <ul style="list-style-type: none"> <li>❖ Unity in Diversity Discussion Students discuss importance of cultural harmony.</li> <li>❖ Festival Presentation Activity Students present one Indian festival.</li> <li>❖ Culture Poster Making Students highlight cultural diversity of India.</li> <li>❖ Group Presentation Students present traditions of different states.</li> <li>❖ Reflection Activity Students share how diversity makes India unique.</li> </ul>	
11	MARCH		TERM END EXAMINATION		TERM END EXAMINATION

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	<b>Chapter:1</b> Understanding Emotions <b>Chapter:5</b> Making Music	<b>Teaching Aids</b> <ul style="list-style-type: none"> <li>• Audio clips, speaker, emotion cards</li> </ul> <b>E-Content Link</b> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> </ul> <b>Innovative Practices to be Adopted</b> <ul style="list-style-type: none"> <li>• Identify and expresses action, expression and dialogue in varying intensities of emotions</li> <li>• Recalls sculptures of art work that show emotion in expression and action</li> <li>• Understanding the concept of cannon and is able to participate in singing a simple cannon.</li> <li>• Participate in chanting shlokas with clear enunciation and coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• What are emotions in performing arts?</li> <li>• How can facial expressions show emotions?</li> <li>• What is music?</li> <li>• Name two musical instruments.</li> </ul>
2	JUNE	7	<b>Chapter:10</b> Dance and Sculpture	<b>Teaching Aids</b> <ul style="list-style-type: none"> <li>• Dance costume pictures, videos</li> </ul> <b>E-Content Link</b> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> </ul> <b>Innovative Practices to be Adopted</b> <ul style="list-style-type: none"> <li>• Understand the use of upper and lower torso in dance</li> <li>• Understand the geometric shapes the body creates.</li> <li>• Understand the hastas in sculpture.</li> </ul>	<ul style="list-style-type: none"> <li>• How are dance poses similar to sculptures?</li> <li>• Name one Indian classical dance.</li> </ul>
3	JULY	26	<b>Chapter:2</b> Say More without Speech (Mime)	<b>Teaching Aids</b> <ul style="list-style-type: none"> <li>• Audio clips, speaker, emotion cards</li> <li>• Symbol charts, art examples</li> </ul>	<ul style="list-style-type: none"> <li>• What is mime?</li> </ul>

			<p><b>Chapter:15</b> Objects in Icons and Symbols</p>	<p><b>E-Content Link</b></p> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> <li>• <a href="https://www.youtube.com/watch?v=YQXk3n0v7C8">https://www.youtube.com/watch?v=YQXk3n0v7C8</a></li> </ul> <p><b>Innovative Practices to be Adopted</b></p> <ul style="list-style-type: none"> <li>• Understand the uniqueness of mime and its difference and similarities with drama.</li> <li>• Can visualise objects accurately in shape and size, weight for performance.</li> <li>• Observe object carefully and tries to draw them exactly like they look</li> <li>• Creates own icon that depict familiar objects.</li> <li>• Identifies the positive and negative space in icon and symbol.</li> <li>• Designs, creates and displays own signage.</li> </ul>	<ul style="list-style-type: none"> <li>• How do gestures help in mime performance?</li> <li>• What is a symbol in art?</li> <li>• Give one example of an icon used in art.</li> </ul>
4	AUGUST	23	<p><b>Chapter:6</b> Music, Emotions and Creativity <b>Chapter:11</b> Dance Vocabulary and Techniques</p>	<p><b>Teaching Aids</b></p> <ul style="list-style-type: none"> <li>• Audio clips of classical/folk music</li> </ul> <p><b>E-Content Link</b></p> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> </ul> <p><b>Innovative Practices to be Adopted</b></p> <ul style="list-style-type: none"> <li>• Understand story telling through lyrics and music</li> <li>• Learn new songs and forms of music.</li> <li>• Interpret a painting in words and stories.</li> <li>• Understand basic techniques of combining different parts of feet or movement.</li> <li>• Understand the importance of hand gestures as tool of communication.</li> <li>• Uses all techniques to express own self</li> </ul>	<ul style="list-style-type: none"> <li>• How does music express emotions?</li> <li>• Why is creativity important in music?</li> <li>• What is meant by dance vocabulary?</li> <li>• Why is body movement important in dance?</li> </ul>
5	SEPTEMBER	24	<p><b>Chapter:7</b> Ragas and Talas/Taal</p>	<p><b>Teaching Aids</b></p> <ul style="list-style-type: none"> <li>• Leaves, flowers, nature photographs</li> <li>• Audio clips of classical/folk music</li> </ul>	<ul style="list-style-type: none"> <li>• What is a raga?</li> <li>• What is tala in music?</li> </ul>

			<p><b>Chapter:16</b> Nature's Palette</p>	<p><b>E-Content Link</b></p> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> </ul> <p><b>Innovative Practices to be Adopted</b></p> <ul style="list-style-type: none"> <li>• Understand basic music terminologies such as Naada, Dhvani.</li> <li>• Understanding of notes of carnatic and Hindustani Talas.</li> <li>• Observes, draw and colour the detail of nature.</li> <li>• Practises colour exercise to create the colour tints and shades, tones.</li> <li>• Recognize moods, emotion and seasons expressed through colours in art work.</li> </ul>	<ul style="list-style-type: none"> <li>• What colours are found in nature?</li> <li>• How does nature inspire artists?</li> </ul>
6	OCTOBER	16	<p><b>Chapter:3</b> Let's Design-Stage Technicals 2</p> <p><b>Chapter:12</b> Dance, You and Creativity</p>	<p><b>Teaching Aids</b></p> <ul style="list-style-type: none"> <li>• Dance costume pictures, videos</li> <li>• Colour wheel chart, paints</li> <li>• Chart paper, markers, poster samples</li> </ul> <p><b>E-Content Link</b></p> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> <li>• <a href="https://www.youtube.com/watch?v=1qJxqFv3g8E">https://www.youtube.com/watch?v=1qJxqFv3g8E</a></li> </ul> <p><b>Innovative Practices to be Adopted</b></p> <ul style="list-style-type: none"> <li>• Understand the discipline and hard work involved in backstage work.</li> <li>• Compares historical backstage work to present day work.</li> <li>• Improve the skills of theatre discipline in everyday life.</li> <li>• Explores the use of props like mask or something else to enhance their characterisation.</li> <li>• Creatively uses all techniques learnt to make a dance.</li> </ul>	<ul style="list-style-type: none"> <li>• What is stage design?</li> <li>• Name two elements used in stage decoration.</li> <li>• How can dance show creativity?</li> <li>• Why is practice important in dance?</li> </ul>

				<ul style="list-style-type: none"> <li>Knowing about contemporary development of dance traditionally and in popular culture.</li> </ul>	
7	NOVEMBER	23	<p><b>Chapter:4</b> Story of India's Storytelling Tradition</p> <p><b>Chapter:8</b> The Music of the People</p> <p><b>Chapter:14</b> Natya</p>	<p><b>Teaching Aids</b></p> <ul style="list-style-type: none"> <li>Drama scripts, theatre clips</li> <li>Puppet models, torch for shadow puppetry</li> </ul> <p><b>E-Content Link</b></p> <ul style="list-style-type: none"> <li><a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> <li><a href="https://www.youtube.com/watch?v=JZkR0Wj9n7U">https://www.youtube.com/watch?v=JZkR0Wj9n7U</a></li> </ul> <p><b>Innovative Practices to be Adopted</b></p> <ul style="list-style-type: none"> <li>Understand story telling as a performing art that integrates music, dance and art.</li> <li>Compares contemporary story telling with older formats.</li> <li>Speak about the role of music in social reform.</li> <li>Appreciate the importance of diversity in music.</li> <li>Actively participates in making of Natya.</li> </ul>	<ul style="list-style-type: none"> <li>Name two traditional storytelling forms of India.</li> <li>How do storytellers use voice and actions?</li> <li>What is folk music?</li> <li>Give one example of Indian folk music.</li> <li>Which ancient text explains drama and dance in India?</li> </ul>
8	DECEMBER	18	<p><b>Chapter:9</b> Performance</p> <p><b>Chapter:13</b> Personalities</p> <p><b>Chapter:17</b> How You Feel</p>	<p><b>Teaching Aids</b></p> <ul style="list-style-type: none"> <li>Drama scripts, theatre clips</li> <li>Puppet models, torch for shadow puppetry</li> </ul> <p><b>E-Content Link</b></p> <ul style="list-style-type: none"> <li><a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> </ul> <p><b>Innovative Practices to be Adopted</b></p> <ul style="list-style-type: none"> <li>Performance enthusiastically for the performance through practice and rehearsal.</li> <li>Learn about the dance personalities.</li> <li>Creative presentation in a project work or journal.</li> <li>with confidence and collaborative spirit.</li> <li>Prepares</li> <li>Recognises Navarasas and emotions seen in Indians sculptures.</li> </ul>	<ul style="list-style-type: none"> <li>What is a stage performance?</li> <li>Name two types of performances.</li> <li>Name one famous Indian dancer or musician.</li> <li>What can we learn from great artists?</li> <li>How can art express feelings?</li> <li>Give one example of expressing emotions through art.</li> </ul>

				<ul style="list-style-type: none"> <li>• Makes a clay relief using appropriate tools and techniques.</li> <li>• Observe and depict the ratio and proportions of the human head.</li> </ul>	
9	JANUARY	22	<b>Chapter:18</b> Textiles and Traditions <b>Chapter:19</b> The Art of Calligraphy	<b>Teaching Aids</b> <ul style="list-style-type: none"> <li>• Madhubani/Warli art samples</li> <li>• Colour wheel chart, paints</li> </ul> <b>E-Content Link</b> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> <li>• <a href="https://www.youtube.com/watch?v=JZkR0Wj9n7U">https://www.youtube.com/watch?v=JZkR0Wj9n7U</a></li> </ul> <b>Innovative Practices to be Adopted</b> <ul style="list-style-type: none"> <li>• Identifies and draw common textile motifs seen in their culture and surroundings.</li> <li>• Create a textile art work using simple stitches or any other techniques.</li> <li>• Experiments with different mediums and tools while doing calligraphy.</li> <li>• Connects letter style with personal ideas and emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• What are textiles?</li> <li>• Name one traditional Indian textile.</li> <li>• What is calligraphy?</li> <li>• Why is handwriting important in calligraphy?</li> </ul>
10	FEBRUARY	23	<b>Chapter:20</b> Integration of All Art Forms- Sculptures Come Alive	<b>Teaching Aids</b> <ul style="list-style-type: none"> <li>• Clay, sculpting tools</li> </ul> <b>E-Content Link</b> <ul style="list-style-type: none"> <li>• <a href="https://epathshala.nic.in">https://epathshala.nic.in</a></li> <li>• <a href="https://www.youtube.com/watch?v=3oV6zY6JkHo">https://www.youtube.com/watch?v=3oV6zY6JkHo</a></li> <li>• <a href="https://www.youtube.com/watch?v=YQXk3n0v7C8">https://www.youtube.com/watch?v=YQXk3n0v7C8</a></li> </ul> <b>Innovative Practices to be Adopted</b> <ul style="list-style-type: none"> <li>• Activities connect students with India's rich heritage and culture.</li> </ul>	<ul style="list-style-type: none"> <li>• What is meant by integration of arts?</li> <li>• How can dance, music and sculpture be connected?</li> </ul>

				<ul style="list-style-type: none"> <li>Learn to bring history to life in an engaging and imaginative way.</li> </ul>	
11	MARCH			Revision	<ul style="list-style-type: none"> <li>Prepare a portfolio of drawings and crafts.</li> <li>Participate in a group performance.</li> <li>Answer oral questions about art, music, dance, and theatre.</li> </ul>

## VOCATIONAL EDUCATION

S.N o.	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	Project 1 – Plant Nursery	Suggested Activities: Students identify different types of seeds and learn about conditions required for germination. They observe the germination process by sowing seeds in soil or cotton and recording daily changes. Learners prepare small nursery beds or pots, fill them with soil and manure, and sow seeds carefully.	
2.			Project 1 – Plant Nursery	They practise watering plants properly, protecting seedlings, and transplanting young plants into larger pots or garden beds. Students also maintain a simple observation record of plant growth and discuss the importance of nurseries for agriculture and gardening.	LAT
3.	JUNE	7	Project 2 – School Habitat Garden	Suggested Activities: Students explore the school campus to identify a suitable space for creating a habitat garden. They discuss different types of plants that attract birds, butterflies, and insects and understand the concept of biodiversity.	LAT
4.	JULY	26	Project 2 – School Habitat Garden	Learners help in preparing soil by loosening it and adding compost or manure. They plant saplings or seeds and develop a simple watering and maintenance schedule.	REVISION/LAT/PT1

				Students observe insects, birds, and other living organisms visiting the garden and discuss how gardens support ecological balance.	
5.	AUGUST	23	Project 3 – Tie and Dye	<p>Students will explore various techniques used for tie and dye. They will learn to use tools and materials to create functional or artistic items, fostering creativity, problem-solving, and technical skills. This project will encourage innovation and creative thinking, preparing students for potential careers in design and fashion.</p> <p>Popular Tie and Dye techniques include the classic spiral, bullseye, sunburst, stripes, and folding methods etc.</p>	LAT
6.	SEPTEMBER	24	Project 4 – AI Assistant	Suggested Activities: Students are introduced to the concept of Artificial Intelligence and AI assistants used in daily life. They explore how voice-based assistants work and observe demonstrations of simple tasks such as asking questions, setting reminders, or checking weather information.	LAT
7.	OCTOBER	16	Project 5 – Story Time with Puppets	Suggested Activities: Students learn about puppetry as a form of storytelling and communication. They create simple puppets using paper, cloth, or socks and decorate them using colours and craft materials. Learners write short stories or dialogues for puppet characters and practise voice modulation and movements.	REVISION/LAT/HALF YEARLY
8.	NOVEMBER	23	Project 5 – Story Time with Puppets	In groups, students present a puppet show in the classroom, narrating a story with a message such as kindness, cooperation, or cleanliness. The activity	LAT

				encourages creativity, teamwork, and communication skills.	
9.	DECEMBER	18	Project 6 – Family Health Handbook	Suggested Activities: Students discuss the importance of health, hygiene, and balanced nutrition in daily life. They collect information about healthy practices followed in their family such as food habits, cleanliness routines, exercise, and medical care.	LAT

10.	JANUARY	22	Project 6 – Family Health Handbook	Learners prepare a Family Health Handbook where they record simple health tips, diet charts, and hygiene practices.	REVISION/LAT/PT2
11.	FEBRUARY	23	Project 6 – Family Health Handbook	Students also discuss ways to prevent common illnesses and the importance of sanitation and clean surroundings. Finally, they present their handbook and share healthy lifestyle ideas with classmates.	LAT
12.	MARCH			<b>TERM END EXAMINATION</b>	TERM END EXAMINATION

S.No	Month	Working Days	Chapter / Topic	Teaching Aids	Assessment
1	April–May	24	<b>Unit 1: Foundations basic of physical education and well-being-</b> <ul style="list-style-type: none"> <li>• The Ball Progression Game</li> <li>• Ghorpadiche shepoot</li> <li>• Nalugu Rallu Ata</li> <li>• Gidhada Gudkavan</li> <li>• Stand Up, Sneak Out</li> <li>• Harassment prevention skit</li> </ul> <b>Unit:6 Yoga- Chapter 1</b> <ul style="list-style-type: none"> <li>• Yoga for daily life</li> </ul>	Demonstration / Practical Activity <a href="https://youtu.be/xGtoPgGYtWA?si=MmKAg1a19h2ly_at">https://youtu.be/xGtoPgGYtWA?si=MmKAg1a19h2ly_at</a> <a href="https://youtube.com/playlist?list=PLdSESWZUe0sqzN1CNgHcFT5y7_eaZ3gC4&amp;si=RpKeMiKjvrvX2EIj">https://youtube.com/playlist?list=PLdSESWZUe0sqzN1CNgHcFT5y7_eaZ3gC4&amp;si=RpKeMiKjvrvX2EIj</a>	Observation / Skill Test
2	June	7	<b>Unit 2: Physical And Motor Fitness –</b> <ul style="list-style-type: none"> <li>• Set It Up, Knock It Down</li> <li>• Dhaan Ki Bori</li> <li>• Caterpillar Race</li> <li>• Count and Connect game</li> </ul> <b>Unit :6 Yoga- Chapter 1</b> <ul style="list-style-type: none"> <li>• Yoga For Daily life</li> </ul>	Demonstration / Practical Activity	Observation / Skill Test
3	July	26	<b>Unit 2: Physical And Motor Fitness</b> <ul style="list-style-type: none"> <li>• Skipping Race,</li> <li>• Atya -Patya</li> <li>• Food For Health</li> <li>• Dapo Nyarka Sunam</li> <li>• Madhu And Manu</li> <li>• Skipping Song</li> </ul> <b>Unit:6 Yoga- Chapter 2 Yoga</b> <ul style="list-style-type: none"> <li>• Yoga Sadhana</li> </ul>	Demonstration / Practical Activity	Observation / Skill Test

4	August	23	<b>Unit 3: Badminton –</b> <ul style="list-style-type: none"> <li>• Forehand Grip and Air Toss</li> <li>• Backhand Grip and Air Toss</li> <li>• Footwork Skills</li> <li>• Backhand Low Serve</li> <li>• Backhand Lift</li> <li>• Forehand Lift</li> <li>• Forehand Low Service</li> </ul> <b>Unit:6 Yoga: Chapter 2</b> <ul style="list-style-type: none"> <li>• Yoga Sadhana</li> </ul>	Demonstration / Practical Activity <a href="https://youtu.be/n2zzzA45wkw?si=Ds9zNDdpRRtX7uqn">https://youtu.be/n2zzzA45wkw?si=Ds9zNDdpRRtX7uqn</a>	Observation / Skill Test
5	September	24	<b>Unit 3: Badminton –</b> <ul style="list-style-type: none"> <li>• Forehand Drive,</li> <li>• Backhand Drive</li> <li>• Forehand Clear</li> <li>• Forehand Drop</li> <li>• Match Practice</li> </ul> <b>Unit :6 Yoga Chapter 1-2</b> <ul style="list-style-type: none"> <li>• Yoga Activity</li> </ul>	Demonstration / Practical Activity	Periodic Test (Last Week)
6	October	16	<b>Unit 4 Fundamental skills of sports-Football</b> <ul style="list-style-type: none"> <li>• Kicking the Ball with The Inside of the Foot</li> <li>• Receiving the Ball by Inside of The Foot</li> <li>• Passing the Rolling Ball</li> <li>• Step Trapping</li> <li>• Dribbling</li> <li>• Feinting</li> <li>• Kicking the Ball for Accuracy</li> <li>• Passing the Ball in The Air</li> </ul> <b>Unit :6 Yoga- Chapter 3</b> <ul style="list-style-type: none"> <li>• Asana</li> </ul>	Demonstration / Practical Activity <a href="https://youtu.be/iJgOa8WOIHs?si=Ak0r5CMChhRMdD6v">https://youtu.be/iJgOa8WOIHs?si=Ak0r5CMChhRMdD6v</a>	Half Yearly Exam (1st Week)

7	November	23	<p><b>Unit 4 Fundamental skills of sports-Football</b>  pass and move Relay drill  Interception  Front Block Tracking  Goal Keeping  5a side Match</p> <p><b>Unit :6 Yoga- Chapter 3</b></p> <ul style="list-style-type: none"> <li>• Activity yoga Asana</li> </ul>	<p>Demonstration / Practical Activity  <a href="https://youtu.be/iJgOa8WOIHs?si=Ak0r5CMChhRMdD6v">https://youtu.be/iJgOa8WOIHs?si=Ak0r5CMChhRMdD6v</a></p>	Observation / Skill Test
8	December	18	<p><b>Unit 5: Fundamental Skills Of Sports - Kabaddi –</b></p> <ul style="list-style-type: none"> <li>• Raiding Foot Work</li> <li>• Hand Touch</li> <li>• Toe Touch</li> <li>• Kick</li> <li>• Ankle -Hold</li> <li>• Thigh -Hold</li> <li>• Knee- Hold</li> </ul> <p><b>Unit 6: Yoga Chapter 4-</b></p> <ul style="list-style-type: none"> <li>• Pranayama</li> </ul>	<p>Demonstration / Practical Activity  <a href="https://youtu.be/X0h-6WJZkIk?si=CLt9I4Z4emE3FAgE">https://youtu.be/X0h-6WJZkIk?si=CLt9I4Z4emE3FAgE</a></p>	Observation / Skill Test
9	January	22	<p><b>Unit 5: fundamental skills of sports - Kabaddi –</b></p> <ul style="list-style-type: none"> <li>• Knee hold</li> <li>• wrist- hold</li> <li>• Chain- hold</li> <li>• Kabaddi match practice</li> </ul> <p><b>Unit :6 Yoga – Yoga Chapter 4-</b></p> <ul style="list-style-type: none"> <li>• Pranayama</li> </ul>	<p>Demonstration / Practical Activity  <a href="https://youtu.be/X0h-6WJZkIk?si=CLt9I4Z4emE3FAgE">https://youtu.be/X0h-6WJZkIk?si=CLt9I4Z4emE3FAgE</a></p>	Observation / Skill Test
10	February	23	Revision	Demonstration / Practical Activity	Observation / Skill Test
11	March		Annual Examination		