CLASS 5 SYLLABUS

2022-2023

English I

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

First Term Syllabus

- 1. Subject and Predicate
- 2. The Phrase
- 3. Kinds of Nouns
- 4. Gender
- 5. Singular and Plural
- 6. Adjectives- Kinds
- 7. Adjectives of Comparison
- 8. Articles
- 9. Pronouns- Kinds
- 10. Adverbs
- 11. Verbs
- 12. Active and Passive Voice
- 13. Tenses- only introduction
- 14. Word Order
- 15. Letter Writing- simple formal and informal letters.
- 16. Simple Composition.
- 17. Comprehension: 1) A Walk in Disneyland
 - 2) The One-Horned Rhino
 - 3) Onam
 - 4) Knowing Gurudev
 - 5) Surya's Magic Pot

Creative Writing / Activities.

- 1. Simple Projects
- 2. Dictation from unseen passages
- 3. Dramatisation and Recitation from seen and unseen passages and poems.

Teachicng Points and Learning Objectives

Writing Practice

By this time the children will have obtained some skill and fluency in writing, but nevertheless oral work should still form an essential prelude to written work. Children can be given more definite work.

Descriptive

- 1. Writing descriptions of various events held in School
- 2. Describe something seen eg. a bird's nest; an unusual bird, a tree.
- 3. Describe: A class visit.
- 4. Visit to a historical monument in your city.

CLASS 5 SYLLABUS

English I

2022-2023

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

Narrative

- 1. How do you spend your weekends?
- 2. My first visit to a circus/zoo and the like.
- 3. Describing one's family.

Second Term Syllabus

- 18. Tenses: Kinds
- 19. Prepositions
- 20. Conjunctions
- 21. Punctuation: Capital letters/ Full stops/ Question Marks.
- 22. Simple Idioms
- 23. Direct and Indirect Speech
- 24. Synthesis of sentences
- 25. Interjections
- 26. Possessives
- 27. The same word used as a different part of speech
- 28. Letter Writing and Composition to continue.
- 29. Comprehension: 1) The Magic Fruit
 - 2) Angus and His Friends
 - 3) Man Learns to Write
 - 4) Sinbad and the Valley of Diamonds.
 - 5) Royal Cars

Creative Writing / Activities.

- 1. Simple Projects
- 2. Teacher narration and interaction
- 3. Oral and aural exercises
- 4. Dramatisation and Recitation from seen and unseen passages and poems.

Teaching Points and Learning Objectives

Writing Practice

By this time the children will have obtained some skill and fluency in writing, but nevertheless oral work should still form an essential prelude to written work. Children can be given more definite work.

Descriptive

- 1. Writing descriptions of various events held in School
- 2. Describe something seen eg. a bird's nest; an unusual bird, a tree.
- 3. Describe: a visit to the some place.
- 4. Visit to a historical monument in your city.

CLASS 5 SYLLABUS

English I

2022-2023

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

Narrative

- 1. Any incident.
- 2. A journey by train
- 3. School Sports
- 4. Class Visits.
- 5. An adventure (clues given eg. my cycle brakes failed/had a puncture etc.)

Exposition

- 1. How to choose good mangoes/guavas etc.
- 2. How to look after a pet.
- 3. How to arrange a party.
- 4. How to arrange a picnic.
- 5. How to clean my room.

Letter Writing

- 1. Accepting an invitation to a friend's party.
- 2. Refusing an invitation to a friend's party.
- 3. A letter to the proprietor of a book store ordering some books..
- 4. A letter to an editor asking for a magazine subscription.
- 5. A letter for your uncle/aunt describing your school.

CLASS 5 SYLLABUS

2022-2023

English II

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

First Term Syllabus

- 1. Gulliver in Lilliput
- 2. Stuart in the Drain
- 3. Little Things
- 4. Tinku's New Friend
- 5. The Book of Nature
- 6. The Fly
- 7. The Heat-Ray
- 8. Maui's Kite
- 9. Books
- 10. The Cheshire Cat

Second Term Syllabus

- 11. The Great Ping Pong Ball Experiment
- 12. A Photograph
- 13. The Village Green
- 14. Ginger's Tale
- 15. Scaling Mount Everest
- 16. The Fog
- 17. Jatin and his Sandals
- 18. The Cloud
- 19. The Coral Island
- 20. Trains

Note : In Eng 2 Syllabus, words in Italics indicate poems

Teaching Points and Learning Objectives Criteria of Good Handwriting

- 1. It should be distinctive each letter should have a characteristic of its own.
- 2. It should be simple with no unnecessary flourishes.
- 3. Letters and words should be evenly spaced, neither too far apart nor crowded together.
- 4. There should be uniformity in size of letters, spacing, alignment and direction of slant.
- 5. The script should be such that it can be executed at a reasonable speed. It should not be laboured. It must however be emphasized that speed should not be aimed for in the earlier stages of writing. It should be kept in mind as a goal to be achieved by older pupils.

CLASS 5 SYLLABUS

2022-2023

English II

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

Spelling

- 1. Direct the children's attention to the appearance; sound and structure of the words and to irregularities among the words and so help them to acquire a feel for the underlying rules of spelling.
- 2. Give children a lot of practice so that good spelling becomes habitual and automatic.
- 3. Help pupils develop strategies for discovering correct spelling when they are in doubt. Help them in the correct use of the dictionary for this purpose.
- 4. Effective teaching of spelling must be geared to individual needs. Each child will have different needs and teaching spelling to a class as a whole or from word lists may not always be a satisfactory answer to individual problems. The pupil needs to practice those words, which he himself spells incorrectly.

Compilation of Dictionaries

- 1. One-way of creating an interest in spelling is to encourage pupils to compile their own dictionaries. The dictionary of each pupil will consist of words which he has used in writing work, or which he has misspelt. It should also include words which have aroused his interest and which he has come across in reading and which he would like to use.
- 2. Teachers can help their pupils to increase the vocabulary in their dictionaries by going through written work carefully and compiling lists of words, which are most commonly used in the class. To this may be added lists of words, which are commonly mis spelt.
- 3. The active (writing) vocabulary given in **Appendix II** is to be used as a "check" list. It should be regarded as the writing vocabulary to be acquired by the end of Standard 5.

CLASS 5 SYLLABUS

2022-2023

2nd Language - HINDI

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1st Term Syllabus

Gunjan Hindi Pathmala-5

- 1) Vah shakti Hame Do
- 2) Bhiksha Patra
- 3) Vadya Yantro Ki Anokhi Duniya
- 4) Ek Boond
- 5) Abraham Lincoln
- 6) Apna Sthan Swayam Banaye
- 7) Cricket ka Khel
- 8) Surajkund Mela

Bhasha Adhigam Evam Vyakaran-5

- 1) Bhasha Aur Vyakaran
- 2) Varna Vinyas
- 3) Shabd Rachana
- 4) Sangya
- 5) Sangya ke Vikar
- 6) Sarvanam
- 7) Paryaywachi Shabd
- 8) Anek Shabdon Ke Liye Ek Shabad
- 9) Vilom Shabd
- 10) Nibandh Lekhan/Kahani Lekhan
- 11) Patra Lekhan
- 12) Apatith Gadyansh

2nd Term Syllabus

<u>Gunjan Hindi Pathmala-5</u>

- 1) Suman Ek Upvan Ke
- 2) Bapu Ki Seekh
- 3) Hamari Naav chali
- 4) Mahadani Karna
- 5) Rakt Ki Kahani
- 6) Chota Jadugar
- 7) Dohe
- 8) Dani Pedh

CLASS 5 SYLLABUS

2022-2023

2nd Language - HINDI

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

Bhasha Adhigam Evam Vyakaran-5

- 1) Visheshan
- 2) Kriya
- 3) Kaal
- 4) Avikari Shabd
- 5) Vakya
- 6) Viram Chinah
- 7) Shrutisam-Bhinnarthak Shabd
- 8) Muhavare
- 9) Anekarthi Shabd
- 10) Nibandh Lekhan/Anuched Lekhan
- 11) Patra Lekhan
- 12) Apatith Gadyansh

CLASS 5 SYLLABUS

2022-2023

2nd Language – BENGALI(No Student)

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

Grammar

- 1) Bhasha
- 2) Saroborna 0 Banjanbarno
- 3) Shabdo, pad and Bakya
- 4) Uddayasha and Bedaho
- 5) Padh parechai (Bishasya, Bishasan, Sarbonam, Abbey, Kria)
- 6) Sandhi

Patra likhan – Byaktigat Anuched Bodh parakshan

Sahitya Path - Galpo

- 1) Sriramkrishna
- 2) Sonakhalir rather mela
- 3) Kalketu o Phullara
- 4) Jati bicher
- 5) Chiattarer Mannanter

Sahitya Path – Kabita

- 1) Kajadidi
- 2) Gandhabicher
- 3) Sabar ami Chatra
- 4) Bango Basha
- 5) Sankalpo

Galpo Sankalan

- 1) Vagya ganana Abonindanath Thakur
- 2) Lalur patha bali Sarat Chandra Chattapadhaya
- 3) Sabha kabi Sailojananda Mukhopadhya
- 4) Amer kushi Bibhuti bhushan Bandhapadhaya
- 5) Mama dadur ghorabaje Lila Majumder
- 6) Lucknowte Faluda Satyajit Roy
- 7) Atapurer dayta Shirshendu Mukhopadhya
- 8) Rajar bari cithi Nikhel Chandra Sarkar

CLASS 5 SYLLABUS

2022-2023

3rd Language – Bengali

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1st Semester

Sahaj Bagla Path – Prabeshika – 1 1-38 Pata Aami Likhi – 1- 24 Pata Chabir sathe Aksher parechai Sahaj Bakya rachana

2nd Semester

Sahaj bangle Path – Probesika-1 Pata 39- 64 Aamilikhi – 25-48 Pata chabi Sohojoge Aksher Parechai Sahaj Bakya rachana

CLASS 5 SYLLABUS

2022-2023

3RD Language – GUJARATI

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1ST TERM

- 1) Revision of Swar and Vyanjan
- 2) Barakhadi
- 3) Revision of all the Matras
- 4) Two and Three Letters Words
- 5) Numbers -1 to 20 in Words
- 6) Prathana Ame to Tara
- 7) Poem :- 1.Varsad
- 8) Prose :- 1. Gopal Bhai
- 9) Samanaya Gyan

2. Pankhio

2. Meghraja

2. Narmada

2ND TERM

- 1) Poem :-
- 2) Prose :- 1. Madhmakhi

1. Vadari

- 3) Vyakaran
- 4) Conversation
- 5) Samanaya Gyan
- 6) Genaral Question & Answer

CLASS 5 SYLLABUS

2022-2023

Mathematics

(Based on Curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1st Term syllabus

- 1. Numbers and Number Names
- 2. Addition and Subtraction
- 3. Multiplication and Division
- 4. Factors and Multiples
- 5. Common Fractions
- 6. Decimals
- 7. Metric Measurement
- 8. Basic geometrical concepts
- 9. Average

2nd Term syllabus

- 1. Money
- 2. Percentage
- 3. Integers
- 4. Geometry(continued)
- 5. Area and Volume, Perimeter
- 6. Patterns
- 7. Data Handling

CLASS 5 SYLLABUS

2022-2023

Social Studies

(Based on new syllabus issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1st Term

- Evolution of Human Beings
- The Iron Age
- Evolution of Transport
- Evolution of Communication
- Weather and Climate
- Solar and Lunar Eclipses

2nd Term

- India- A Diverse Country
- The Constitution of India
- Elections in India
- Locating Places on the Earth
- Natural Resources
- Agriculture in India
- Industries in India
- The Environment-The Major Concerns

CLASS 5 SYLLABUS

2022-2023

Computer Studies

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

<u>1st Term Syllabus:</u>

- 1. Evolution of Computers
 - History of computers
 - Characteristics of computers
 - Limitations of a computer
- 2. Types of Software
 - Types of software
 - System software
 - Operation support system
 - Utility software
 - Application software
- 3. Advanced Features of Word processor
 - Advance formatting tools like Format painter
 - Editing tools
 - Heading & footer
 - Inserting columns & column break
 - Tabs, indent text, margins
 - Page orientation and page size and Search and replace text
 - Working shapes
- 4. Presentation Software- Special Effects
 - Built in Templates
 - Enhancing the look of a presentation
 - Changing color scheme, background color
 - Specifying alignments
 - Inserting different objects like word art and shapes

2nd Term Syllabus

- 1. Algorithm and flowcharts
 - Features of an Algorithm
 - Symbols used in flowchart
 - Drawing flowchart
- 2. An Introduction to Scratch Programming
 - Brief Introduction of Scratch software
 - Use of basic commands in Scratch
- 3. Internet Services (Theory only)
 - Ways to connect to the Internet
 - Netiquettes while communicating online

Suggested Learning Resources:

- 1. Office 2013 (Microsoft Word and Power point)
- 2. Scratch Software

CLASS 5 SYLLABUS

2022-2023

Science

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1st Term

- 1. Human Body: The Circulatory system
 - Structure and function of heart
 - Yoga exercises for a healthy heart
 - Blood
- 2. Human Body: The skeletal system
 - Major bones of the human body
 - Joints-types of movable joints
 - Importance of bones, joints and muscles
 - Importance of rest, good posture and exercise
- 3. Food and health
 - Components of food and balanced diet
 - Ways to make diet healthier
 - Prevention of lifestyle diseases
 - Food adulteration
- 4. Pollination
 - Parts of a flower, Monosexual and bisexual flowers
 - Pollination process

5. Plant Reproduction

- Sexual reproduction in plants
- Structure of a seed, dispersal of seed
- Vegetative reproduction
- 6. Solids, liquids and gases
 - Properties of solids, liquids and gases
 - Types of solution
 - Separation of liquids from solids
 - Miscible and immiscible liquids
 - Properties of Air

CLASS 5 SYLLABUS

2022-2023

Science

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

2nd Term

- 1. Interdependence of Living Beings- Plants and Animals
 - Living components of the environment
 - Food chain, balance in nature
 - Causes of imbalance in nature
- 2. Sound and Noise
 - Sounds made by living beings, warning sounds
 - Pleasant and unpleasant sound
 - Noise pollution, harmful effects
- 3. Work and energy
 - Examples of work done, energy types
 - Work and energy differences
 - Renewable and non renewable sources of energy
- 4. Light and Shadow
 - Light travels in a straight line
 - Conditions required for formation of shadows
 - Movements of earth, eclipses
- 5. Simple Machines
 - Types of simple machines-lever, pulley
 - Wheel and axle, wedge
- 6. Cleanliness and Hygiene
 - Personal cleanliness
 - Diseases caused due to unclean surroundings and lack of hygiene
 - Measures to maintain good hygiene
 - Types, sources of waste. Problems caused by waste and ways to manage waste

CLASS 5 SYLLABUS

2022-2023

Socially Useful Productive Work (SUPW)

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD) Scope of syllabus as per School Compendium for teaching SUPW

- 1. Health and hygiene
- 2. Food
- 3. Shelter
- 4. Clothing
- 5. Culture and gardening
- 6. Community work and social service

Teaching Points and Learning Objectives

Activities practices, crafts and services Health and hygiene

- 1. Helping in work situations.
- 2. At home and in school.
- 3. Dusting of furniture.
- 4. Cleaning of classrooms, school buildings, school compound and its vicinity.
- 5. Manipulating simple materials with simple tools for creative self-expression.

Food

- 1. Learning about food habits/dishes of different parts of the country.
- 2. Vegetable gardening or pot culture or cooking of simple meals.

Shelter

- 1. Learning about different types of shelter.
- 2. Relationship between climate and types of shelter. Knowledge of clothing materials.
- 3. Construction with plastic pliable and rigid material.

Clothing

- 1. Clothing in different weather conditions.
- 2. Attire of people of different people in different parts of the country.
- 3. Stitching, mending, embroidery etc.

Culture and gardening

- 1. Participation in social and school activities and knowing about their significance.
- 2. Decorating the classroom, the school and flower gardening.
- 3. Participating in the celebration of special national days, festivals and school functions.

CLASS 5 SYLLABUS

2022-2023

Socially Useful Productive Work (SUPW)

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD) Scope of Syllabus as per School Compendium for teaching SUPW

Community work and social service

- 1. Knowing about the problems and needs of the community and ways of helping it, out of them.
- 2. Cleaning the neighborhood.
- 3. Preparation, maintenance and use of compost pit.
- 4. Planting and care of shady trees.
- 5. Running of cooperative stores, organizing school parliament etc.
- 6. Helping parents in family vocations.

Curriculum Transaction – Aspects of emphasis

Academic Areas

Knowledge of

- 1. Needs and problems of the community
- 2. Availability of resources

Concern for the community and environment

Interests, attitudes and values, concern for the community and the environment. Interest in the activity in which participating as demonstrated through:

- 1. Discipline
- 2. Dignity of labour
- 3. Initiative
- 4. Originality
- 5. Self reliance

Process of work

- 1. Planning and execution of work in the desired sequence.
- 2. Correct selection of tools as also their maintenance and manipulation.
- 3. Adherence to safety rules

Product of work

- 1. Quality of the finished product
- 2. Originality
- 3. Sale ability of the products

Report

Evaluation Criteria

- 1. Collection and interpretation of information
- 2. Self evaluation
- 3. Social usefulness of the task
- 4. Precautions taken
- 5. Results obtained

CLASS 5 SYLLABUS

2022-2023

Format of a teaching learning unit

- 1. Area under which the content unit falls
- 2. Class
- 3. Estimated time for the completion of the task
- 4. Other inputs/tools etc. as needed
- 5. Steps of operation
- 6. Procedures for evaluation

CLASS 5 SYLLABUS

2022-2023

Physical Education

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

General

- 1. Basic rules of games like tennis, table tennis and Chess
- 2. Exercises in general
- 3. Football and cricket tournaments for boys
- 4. Carom tournaments for girls

| Number of Periods | | |
|-------------------|---|---------------------------------|
| Physical | | |
| Exercises | 2 | Warm up exercises |
| | 2 | |
| | | Cooling down |
| | 3 | Skipping, Dumbbells |
| Games | 2 | Kho kho |
| | 2 | Javelin |
| | 2 | Discus |
| | 2 | Gymnastics |
| | 2 | Shot put |
| | 2 | Dodge Ball |
| | 3 | Football |
| | 2 | Table Tennis |
| | 3 | Carom |
| | 1 | Hand Ball |
| | 1 | Yoga |
| Theory | 2 | Basics of athletic |
| | 2 | Structure of 400mt track. |
| | 2 | Rules for carom and Table Tenni |
| | 2 | Kho kho, Dodge ball rules |
| | 1 | Olympics and other events |
| Videos | 1 | ICC WORLD CUP 1/4 FINALS |
| | 1 | ICC WORLD CUP SEM FNL |
| | 1 | ICC WORLD CUP FINALS |
| | 2 | ICC WC 2011 IND VS ENG |
| | 2 | IPL 2008 DISC 1 |
| | 2 | IPL 2008 DISC 2 |
| | | |

CLASS 5 SYLLABUS

2022-2023

General Knowledge

(Common to all Classes with varying degree of learning objective)

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

1. SUCCESS SKILL - PERSONALITY DEVELOPMENT

- The grooming of self-confidence begins with the developing of one communication skills.
- Just bookish knowledge is not enough
- To be successful in today's world, we must know how to express what we know.
- 2. SUCCESS SKILL LIFE SKILL
 - The relevant knowledge required for everyday existence.
 - To encourage students to be aware of what is happening around them and how to respond and react in their everyday environment.
- 3. SUCCESS SKILL GENERAL KNOWLEDGE
 - Relevant and useful information for everyday life.
 - Gradation of knowledge according to class.

4. SUCCESS SKILL – CREATIVITY AND THINKING SKILLS

- Like our bodies, our brain too needs regular exercise.
- Interactive exercises and mind games that will help the students to think logically and to stimulate their thought processes.

Note :

- Classwise detailed syllabus will be as per the series of the prescribed book. (The series number corresponds to the class)
- Classes I-IV Projects & worksheet based
 - Classes V-VIII -a) Written exams with grades
 - b) Quiz /Scrap books on different topics
 - c) Projects Current affairs, Geography, History etc
 - d) Quiz may be conducted by the students on any of the above mentioned subjects.
 - e) Question bank may be compiled.

CLASS 5 SYLLABUS

2022-2023

Value Education

(Common to all Classes with varying degree of learning objective)

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

<u>1st Term</u>

- 1. Speaking Confidently and Clearly
- 2. Saving Energy and Resources
- 3. Reading Habits
- 4. How Important Is Education in Our Life?
- 5. I Am a Leader

2nd Term

- 6. Using the Social Media Responsibly
- 7. Save the Honest Man
- 8. Introduction to Emotional Intelligence
- 9. Failure Is a Part of Life
- 10. My Country First

The above can be channelized into academics for senior students in the following ways-

- The writing skills can be channelised into literary works which involves imagination.
- Activities which involve public speaking and shouldering responsibilities, will embolden the student in the higher classes, to take up greater responsibilities like captainship, oral projects and literary events which require addressing a crowd.
- If Value education is taught to a small group, every child will get individual attention so students will be able to overcome their inhibitions and be interactive in academic sphere.

CLASS 5 SYLLABUS

2022-2023

Music

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition Nov 2016, Published by RDCD)

- 1. Develop competence in playing pieces in several parts.
- 2. Develop competence in presenting performances.
- 3. Develop competence in responding to music.
- 4. Develop competence in recording compositions
- 5. Songs for Rabindra Jayanti Celebration.
- 6. Song for Independence Day.
- 7. Songs for Republic Day.

CLASS 5 SYLLABUS

2022-2023

PHYSICAL EDUCATION

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition 14 June 2019, Published by RDCD)

First Term Syllabus

| Key Concepts | Suggested Processes/Activities | Suggested Learning Resources |
|--------------|--|---|
| Speed | 50 metres run Sprint and jog (interval training method) 10 metres sprint Jump on the spot, sprint and walk back | Race track Whistle/clapper |
| Agility | Hexagonal jump Shuttle run - (side-to-side run, forward- backward run) Ladder drills (variations) 'T' shaped cone run (straight, left, right and back run) | Hexagonal marking Ladder Cones Basketball/football |
| Flexibility | Quick feet around the ball Stretching exercises (solo and partner) Hip flexor Hamstring stretch Kicking Gymnastic skills | Gymnastic mats |
| Coordination | Double chain kho Football (passing, shooting), dribbling Basketball (passing, shooting), dribbling Hockey Dribbling (passing, shooting) Run and take-off (Long jump) | Kho-Kho ground marking Basketball, Football Goal post/marking with cones Basketball ring (appropriate height) Hockey stick and ball, field and goal post Long Jump pit |
| Balance | Single leg stand (knee hug) Handstand with partner Gymnastic skills example front roll and back roll Walk on toes in a straight line Turn on one foot | Flat surface |
| Endurance | 600 metres run and walk Skipping (on the spot) Shuttle run Sit-ups with knee bent Single leg hopping on left and right leg | Race track Skipping ropes Cones Lines marked on the ground Mats |
| Strength | Push-ups Medicine ball exercises (solo and partner) Pull ups Hurdle exercises Piggy back exercise | Flat surface Medicine ball - appropriate weight Horizontal Bar Hurdles- appropriate height |

CLASS 5 SYLLABUS

2022-2023

PHYSICAL EDUCATION

(Based on new curriculum issued by the council for the Indian School Certificate Examination, New Delhi First – Edition 14 June 2019, Published by RDCD)

<u>First Term Syllabus</u>

Games/Sports Skills

Team Game

- 1. Basket ball
- 2. Kho Kho
- 3. Gymnastic

Second Term Syllabus

Games/Sports Skills

Team Game

- 4. Football
- 5. Cricket
- 6. Athletics