

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. Singular and Plural
3. Kinds of Nouns
4. Gender
5. Adjectives- Kinds
6. Adjectives of Comparison
7. Countable and Uncountable Nouns
8. Collective Nouns
9. Articles
10. Pronouns- Kinds
11. Adverbs
12. Verbs
13. Active and Passive Voice
14. Tenses
15. Letter Writing- simple formal and informal letters.
16. The Phrase
17. Sound Words: Usage
18. Composition.- Descriptive, Narrative, Picture
19. Comprehension: 1) My Breaking In
2) Growing Tea
3) The Myth behind Rome
4) Drawing Clouds
5) The Flamingo

Creative Writing / Activities.

1. Simple Projects
2. Dictation from unseen passages
3. Dramatisation and Recitation – from seen and unseen passages and poems both from "Comprehension and More" and "A Magic Place".

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.

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Descriptive

1. Writing descriptions of various events held in School
2. Describe something seen in and around the child.
3. Describe: A class visit, a family function, Annual Sports or function.
4. Visit to a historical monument in your city.

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

20. Tenses: Kinds
21. Prepositions
22. Conjunctions
23. Active and Passive Voice
24. Punctuation: Capital letters/ Full stops/ Question Marks.
25. Simple Idioms
26. Direct and Indirect Speech
27. Synthesis of sentences
28. Interjections
29. Possessives
30. The same word used as a different part of speech
31. Letter Writing and Composition to continue. (Continued)
32. Composition: Descriptive, Narrative, Picture (Continued)
33. Comprehension:
 - 1) A Mischievous Ghost
 - 2) The Red Cross
 - 3) Saving the Rhino
 - 4) The Tradition of Gifts
 - 5) Abhinav Bindra

Creative Writing

1. Writing on Class Visits and other activities held in school.
2. Writing on general topics like seasons, festivals and the like.

Teaching Points and Learning Objectives

Speech Training

1. Reading of prepared passages of prose and poetry.
2. Dramatic representation of scenes from suitable plays.
3. News reading.
4. Re-telling stories using selected phrases and vocabulary from the original stories.

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5. Narration of personal experiences from prepared material.
6. Elocution.
7. Oral comprehension of passages read in class- to take up passages that are not included under 'Comprehension' from "Comprehension and More."

Written Communication

Written communication in the middle school must not only serve to make English structures functional, but also provide opportunity for written expression which is spontaneous, specific and meaningful. Written expression at this stage should be a natural extension of oral expression.

Remembering that written expression is for communication, it is necessary to make the child want to communicate. Instead of giving set topics out of the blue, it is necessary to choose themes which are of immediate interest/and which cause maximum oral participation; discussion is an essential part of the writing experience

Note: The length of a composition should be about 150-200 words.

1. Expanding words into phrases, and phrases into clauses.
2. Compressing clauses into phrases, and phrases into single words.
3. Correct placing of words and phrases in sentences.
4. Extension of vocabulary, with the use of a dictionary.
5. Reproduction of information acquired by reading.
6. Reproduction of information acquired by listening.
7. Written answers testing comprehension of a passage.
8. Re-telling stories.
9. Descriptions, picking out outstanding characteristics.
10. Picture compositions using the cartoon strip to consolidate narrative techniques.
11. Simple narratives with sequencing and selection of details.
12. Dialogues.
13. Simple letters of thanks, invitations and polite refusal, sympathy, congratulation, complaint, apology.
14. To explain processes: washing clothes, planting trees.
15. To be able to give a short life-sketch of people.
16. To be able to describe objects and customs.
17. To be able to draw up rules, for games, clubs, book societies etc.
18. To express opinions.

Correct Language Skills

(Emphasize on full sentences referring to actual situations).

1. The sentence: subject and predicate.
2. Agreement of verb and subject.
3. Correct use of the articles.
4. Prepositions (i) expression of place. (ii) expression of time.

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5. Simple and progressive forms of the present tense.
6. Simple and progressive forms of the past tense.

English II

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First Term Syllabus

1. The Fun They Had
2. The Tournament at Ashby
3. *Daffodils*
4. Morning at Green Gables
5. *A Bird came down thje Walk*
6. Home on the Veld
7. *The Rock and the Bubble*
8. Priyanka's Little Turtle
9. *Uphill*
10. The Surprise Party

Second Term Syllabus

11. Birdman of India
12. The Tin of Pineapple
13. *Lord Ullin's Daughter*
14. Taipan by the Tail
15. Macbeth
16. *A Wonderful World*
17. The Winning Team
18. *My Shadow*
19. Sir Isaac Newton
20. *The Song of the Brook*

Note : In Eng 2 Syllabus, words in Italics indicate poems
Teaching Points and Learning Objectives

Literature In English

Class Reading:

1. One-act plays.
2. Prose narrative, e.g. stories of adventure, legends, tales of different nations.
3. Poetry: tales in verse, both humorous and serious; ballads; short lyrical Indian verse.

Extensive Reading:

It is recommended that pupils should read at least *six* books out of class, under the direction of the teacher, and discuss them informally in class. In addition, one period or more per week should be devoted to extensive reading.

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1st Term Syllabus

Gunjan Hindi Pathmala-6

- 1)Himalaya aur hum
- 2)Vibhu Kaka
- 3)Album
- 4) Akshay Urja-Bhavishay Ki Urja
- 5)Dr.Muttulakhsmi Reddy
- 6)Aa Rahi Ravi Ki Sawari
- 7)Gobhi Ka Phool
- 8)Ek Patra Maa ke Naam
- 9)Koi Nahi Paraya

Bhasha Adhigam Evam Vyakaran-6

- 1)Bhasha,Lipi Aur Vyakaran
- 2)Varn-Vinyas
- 3)Shabd Rachana
- 4)Upasarg Aur Pratyaya
- 5)Shabd Bhandar
- 6)Sangya
- 7)karak
- 8) Sarvanam
- 9) Paryaywachi,Vilom evam Anekarthi Shabd
- 10)Patra Lekhan
- 11)Nibandh lekhan/Kahani/Anuched Lekhan/Chitra Varnan
- 12)Apatith Gadyansh

2nd Term Syllabus

Gunjan Hindi Pathmala-6

- 1)Suraj Ka Intazaar
- 2)Tamil Nadu
- 3)Saccha Veer
- 4)Phagun Mein Sawan
- 5)Venka Ki Chitthi
- 6)Bin Chidiya Ka Jungle
- 7)Meera Magan Bhai
- 8)Bharat Ki Vastukala
- 9)Bodh

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Bhasha Adhigam Evam Vyakaran-6

- 1) Visheshan
- 2) Kriya
- 3) Kaal
- 4) Avyay
- 5) Vakya
- 6) Viraam-Chinha
- 7) Muhavare
- 8) Samskrut-Bhinnarthak Evam Anek Shabdo ke Liye Ek Shabd
- 9) Nibandh Lekhan/Diary Lekhan
- 10) Patra Lekhan
- 11) Apatith Gadyansh

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1ST TERM

SAHITYA MALA

- 1) Eesh Vandana
- 2) Santan Aur Sona
- 3) Suno Kahani Nani Se
- 4) Ajeeb Dhobi

GRAMMAR

- 1) Vakya Shudhikaran
- 2) Vilom Shabad
- 3) Vachan
- 4) Translation

2ND TERM

SAHITYA MALA

- 1) Hamare Parv
- 2) Kalkatta
- 3) Maa Ka Sapna
- 4) Bharat Ki Santan
- 5) Hamare Parosi Pashu

GRAMMAR

- 1) Vilom Shabad
- 2) Paryayvachi
- 3) Anek Shabado Ke Liye Ek Dhabad
- 4) Translation

2nd Language – Bengali (NO STUDENTS)

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- 1) Padh parechai (Bishasya , Bishasan,Sarbonam,Abbey o Kria)
- 2) Kria – Samapika o Asamapika
- 3) Sanjojok Abby o Beyojok Abboy
- 4) Alankarik Abboy
- 5) Karok
- 6) Sandhi-Sarosandhi o banjoyn sandhi
- 7) Samartheke sabdo
- 8) Beporit Sabdo
- 9) Bakya – saral bakya
- 10) Patra Likhen – Baykeyigago o Bedhalaya sankranto
- 11) Anuched rachana
- 12) Bodh parekshen

Sahethya prosango – Galpo

- 1) Japan – Rabindra nath Thakur
- 2) Atithi – Sarat Chandra Chattapadhya
- 3) Janani gandharir Khama – Nripendra Krishna Chattapadhya
- 4) Amader bsabhumi – Surjendu bikash kar Mahapatra
- 5) Bone pahare – Bibhuti bhushen Bandhapadhya
- 6) Aak bocharer raja – Sukumer Roy
- 7) Sahid Sushil Sen – Sunil Gunguli
- 8) Sadhinata – Bonofool

Sahethya prosango – Kabita

- 1) Parthana -- Rabindra nath Thakur
- 2) Sankalpo sadhan – Hemchandra Bandhapadhya
- 3) Rakhel raja – Kaji Najrul Islam
- 4) Ahauan – Sukanta Bhattacharyya
- 5) Apochae – Kalidas Roy
- 6) Barsha rani – Mankumari Basu
- 7) Sargo o narok – Fajlul karim
- 8) Mahim – Rahim – Sunirmal Basu

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Galpo sankalan

- 1) Rather mela – Bankim Chandra Chattopadhyaya
- 2) Sonali jagya – Bibakananda
- 3) Jadukar – Prabhat Mukhopadhyaya
- 4) Apur PathShala – Bibhuti bhushan Bandhopadhyaya
- 5) Madhu master – Tara Sankar Bandhopadhyaya
- 6) Utshab – Probadh kumar Synnal
- 7) Kalu Sarder – Premendra Mitra
- 8) Pash Fail – Manik Bandhopadhyaya

3rd Language – Bengali

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1st Term

- Sahaj Bangla Path - 2
Nije Poro - 1 To 8
- Ami Likhi – Pg No. 1-24
- Sahaje Bangla Ingraji Shiksha
Pg No.- 17 To 24

2nd Term

- Sahaj Bangla Path - 2
Nije Poro - 10, 11,12,17,19,20
- Ami Likhi – Pg No. 25-48
- Sahaje Bangla Ingraji Shiksha
Pg No.- 28,29,54,56,69

3rd Language – GUJARATI

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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 30 in Words
- 6) Prathana :-
1. Mara Aaganiye
2. Mara Ganapati
- 7) Prose :-
1. Aapno Tahevar
2. Aame Badha
- 8) Samanaya Gyan
- 9) Vyakaran –Virodhi, Samanarthe Shabda, Vakya Rachna, Relationship, Translation

2ND TERM

- 1) Poem :-
1. Deevasari
- 2) Prose :-
1. Vad Dada
- 3) Vyakaran
- 4) Conversation
- 5) Samanaya Gyan
- 6) Genaral Question & Answer

Mathematics

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1st Term syllabus

1. Knowing Our Numbers.
2. Whole Numbers
3. Integers
4. Playing with Numbers.
5. Sets
6. Fractions
7. Decimals
8. Algebra
9. Basic Geometrical concepts
10. Practical Geometry
11. Understanding elementary shapes
12. Mensuration

2nd Term syllabus

13. Fractions(Continued)
14. Decimals(Continued)
15. Ratio and Proportion
16. Algebra(Continued)
17. Symmetry
18. Practical Geometry(Continued)
19. Mensuration(Continued)
20. Data Handling

History

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Term – 1

1. The River Valley Civilization
2. The Vedic Village
3. Mahavira and Buddhism
4. Preparing for Civic life
5. The Rural Local Self Government

Term- 2

1. Rise of Kingdoms and Republicanism
2. The Mauryan Empire
3. The Golden age of Gupta Empire
4. The Urban Local Self Government

Note: All the chapters highlighted in blue will be considered as 20% of the First Term in the Annual Evaluation.

Geography

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First Term

1. Use of Globes and Maps
2. The Earth: Our habitat in the solar system
3. Australia: The Land and its Resources
4. Australia: The People and their Economic Activities
5. Sugarcane Cultivation in Queens land

Second Term

6. Four Realms of the Earth
7. Africa: The land and resources
8. Africa: The People and their Economic Activities
9. Arab Republic of Egypt
10. Cocoa Cultivation in Ghana

Map Marking

1. Australia
2. Africa

Project

1. Different Types of maps with examples, finding directions from the map and Conventional symbols.
2. Africa-Location, Natural Vegetation and Wildlife

Teaching Points and Learning Objectives

Practical Work

1. Measuring distance.
2. Diagram showing four cardinal and four intermediate directions.
3. Drawing of conventional signs – international boundary, state boundary, district boundary, capital city, river, metallic road and nonmetallic road.

The earth our Habitat in the Solar System

Celestial bodies – nebula – universe – stars – planets – satellites – meteors – asteroids – comets.

Major Landforms and Water Bodies of the Earth

1. Continents, mountains, plateaus, plains, islands.
2. Oceans, seas, bays, lakes, rivers.

Australia and New Zealand

1. Location – area.
2. Physical features – the Eastern Highlands, the Central Lowlands, the great Western Plateau, the Great Artesian Basin, the Great Barrier Reef, Rift Valley of Australia.
3. Climate

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4. Resources and their utilization – natural vegetation, wild life, agriculture, sheep rearing, cattle rearing, minerals and industries.
5. Political divisions (through map) and important cities.

Case study

1. Aborigines of Australia.
2. Sugarcane cultivation in Queensland.

Africa

1. Location – area.
2. Physical features – mountains and plateaus, deserts, rift valleys, rivers.
3. Climate and natural vegetations.
4. Natural resources and their utilization – water resources, forests, wild life, minerals, crops.
5. The People
6. Political divisions of Africa (through map).

Case study

1. Gift of the Nile – the Arab republic of Egypt.
2. Life of Bushmen.
3. Cocoa cultivation in Ghana.

Computer Studies

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1st Term Syllabus:

1. The Categories of Computers and Computer languages
2. File Management - Organization of Data
3. Word Processor - Tabular Presentation
4. Word Processor - Mail Merge

2nd Term Syllabus

1. Presentation - Visual Effects
2. Scratch Programming - Introduction to Game Creation
3. HTML - An introduction
4. Internet - Online Surfing

Physics

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1st Term Syllabus

1. Matter
2. Physical Quantities and Measurement
3. Force and Friction
4. Simple Machines

2nd Term Syllabus

1. Light
2. Magnetism
3. Revision chapters of 1st Term Evaluation

1. **THEME – MATTER**

- Matter – Its meaning and composition
- States of matter – solids, liquids and gases and their characteristics
- Their distinguishing properties

2. **THEME – PHYSICAL QUANTITIES AND MEASUREMENT**

- Measurement of length, its concept as a distance between two points, units with symbols
- Measurement of mass, its concept as matter contained in an object, units with symbols
- Measurement of time, its concept and explanation in terms of hours, minutes and seconds, measurement of time using clock, watch and stop watch, units with symbols
- Measurement of temperature, its concept as a measure of degree of hotness or coldness of a body, measurement of temperature using clinical thermometer and laboratory thermometer, normal temperature of human body, units with symbols

3. **THEME – FORCE**

- Force as a push or pull
- Effects of Force by giving examples on
 - Mass
 - Speed
 - Direction
 - Change in shape or size
- Force of friction, types of friction – rolling, sliding and static, their advantages and disadvantages

4. **THEME – ENERGY**

- Simple Machines, its basic concepts, Mechanical Advantage, Types of simple Machines – Levers, Wheel and Axle, Pulley, Inclined Plane, Wedge, Screw
- Different orders of levers
- Numerical based on Mechanical Advantage or leverage,
 $Load \times Load\ Arm = Effort \times Effort\ Arm$

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5. THEME – LIGHT

- Rectilinear Propagation of Light and its applications
- Pinhole Camera, principle and working, factors on which the size of the image formed depends
- Shadows – Umbra, Penumbra, and eclipses

6. THEME – MAGNETISM

- Magnetic and Non-magnetic substances
- Magnets – Characteristics, properties
- Magnetic field of a magnet and of earth
- Permanent and temporary magnets and their uses, electromagnets, making of magnets and how to store them
- Demagnetisation of Magnets

Chemistry

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1st Term

1. Introduction of chemistry
 - Introduction-what is chemistry?
 - Development, importance in daily life and use in various field.
2. Elements , compound and mixtures
 - Elements its classification.
 - Use of symbols to represents elements.
 - Compounds , molecules
 - Mixture- methods of separating of mixture.
3. Matter
 - Properties of matter
 - Composition of matter
 - State of matter
 - Intermolecular space or distance and force
 - Effect of heat on matter
 - Chemical changes
 - Change in state of matter.

2nd Term

4. Water
 - Uses, sources.
 - Water as universal solvent
 - Solubility
 - Importance of water for sustenance of life on earth.
 - Water pollution – effect
 - Method to prevent water pollution.
 - Conservation of water.
5. Air and atmosphere
 - Composition of air
 - Importance of air
 - Balancing of carbon dioxide and oxygen in nature
 - Rusting
 - Atmosphere

Biology

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1st Term

1. The Leaf
2. The Flower
3. The Cell
4. Digestive system in humans

2nd Term

5. Respiratory system in humans
6. Circulatory system in humans
7. Health and hygiene
8. Adaptations in plants and animals

Socially Useful Productive Work

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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. Making of tooth powder, chalk sticks, candles, shoe polish, soap, detergents, broom, wastepaper baskets, dust bins, compost manure etc.
2. Preparation of health posters.
3. Keeping of health records.
4. Keep the neighbourhood clean.
5. Working at health centres.
6. Growing medicinal plants.
7. Working for eradication of communicable diseases.
8. Provision of para-medical series.

Food

1. Growing of selected vegetables, ornamental plants.
2. Seed collection, soil testing.
3. Experimentation with different kinds of soil, different kinds of manure.
4. Vegetative propagation by cutting, breeding, grafting.
5. Vegetative reproductivity layering, soil conservation.
6. Making jam, jelly, ketchup, pickles, bakery items. Running canteens for specific periods.
7. Working in Agro – industries and on kitchen gardening, pot culture, crop and seed production, soil conservation and desert control , bee-keeping, poultry, bakery, confectionery, cooking.

Shelter

1. Making articles of use with the help of available material.
2. Polishing doors, windows and furniture.
3. Casual labour tasks in school.
4. Bamboo work, house carft, carpet weaving, etc.
5. Working on potter.
6. Mechanical, electrical and electronic workshop practice.

Socially Useful Productive Work

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Clothing

1. Making school bags, school flags, table cloths, pillow cases, table mats.
2. Production of cotton/wool/silk and other fibres. Dress making, knitting hosiery work, embroidery, leather work.

Culture and Gardening

1. Toy making, making of artificial flowers, items, games material etc.
2. Preparing cards for festivals, designing fancy covers for books, book-binding, fancy candle-making, puppets, musical instruments, and photography.

Community work and social service

1. Helping adults in their work.
2. Keeping the school and its neighbourhood clean.
3. Helping in the care of the sick at home, in school and in the community.
4. Offering first aid when needed.
5. Helping organizers at festivals and during functions.
6. Helping police and public in traffic control.
7. Helping in literacy campaigns.
8. Surveys of the activities of business and industrial set ups in the neighbourhood.

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

Socially Useful Productive Work

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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

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

Evaluation of proficiency levels coverage

1. In regard both product and service oriented activities evaluation may have the following criteria.
 - Subject matter
 - Skills
 - Work attitudes
 - Interests
2. Evaluation of all segments of growth.
3. Evaluation of both product and process performance.
4. Evaluation by the teacher who teaches with appropriate checks and balances for containing biases.
5. Evaluation in real life situations and not in hypothetical or contrived settings.

Physical Education

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General

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

Number of Periods

Physical Exercises

- 1 Warm up exercises
- 2 Aerobics
- 1 Cooling down
- 5 Skipping, Dumbbells, Swiss ball

Games

- 2 Khokho
- 2 Dodge ball
- 3 Table Tennis
- 2 Javelin
- 2 Discus
- 2 Gymnastics
- 2 Shot put
- 3 Football
- 2 Carom
- 1 Hand Ball
- 1 Yoga

Theory

- 1 Basics of athletic
- 1 Structure of 400mt track.
- 4 March Past-commands
- 1 Khokho, Dodge ball rules
- 2 Major Sports events

Videos

- 2 IPL 2008 DISC 1
- 2 IPL 2008 DISC 2
- 1 ICC WORLD CUP FINALS
- 1 BSET GOALS OF FIFA
WORLD CUP FOOTBALL
- 1 BOYS FROM BRAZIL
- 2 BSET 50 GOAL OF
UEFA CUP FOOTBALL

General Knowledge

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

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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-VII – 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.

Value Education

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

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1st Term

1. Handling Peer Pressure
2. Philanthropy and Charity
3. Self-confidence
4. Being Tolerant
5. Taking Initiative and Being Adventurous
6. Quest for Being the Best

2nd Term

7. Importance of Sports and Sportsmanship
8. Importance of Teamwork and Cooperation
9. Global Warming and Climate Change
10. Managing Your Moods
11. Internet and Mobile Etiquette
12. Time Management in the World of Social Media

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.

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 meters run Relay races Chasing the ball Sprint (on the spot) and release Push- up, sprint and walk back	Race track Batons Cricket ball/tennis ball
Agility	'T' run (straight, left, right and back run) Hexagonal jump (in and out) Star run Zig-zag run (variations)	Cones Flat surface for appropriate marking
Flexibility	Stretching exercises (free hand - solo and partner, with medicine ball) Gymnastic skills	Medicine ball (appropriate weight) Gym mats
Coordination	Football (dribbling, passing, shooting) Basketball (dribbling, passing, shooting) Hockey (dribbling, passing, shooting) Floor Aerobics	Cones Football and goal post Basketball and ring (appropriate height) Hockey stick and ball, field, goal post Appropriate music
Balance	Head stand with wall Cartwheel Single leg stand while holding the ball overhead Walk with rotation (semi/full) 3-way leg swing	Flat surface Gym mats Ground Wall
Endurance	Step aerobics Double leg hopping	Cones
Strength	Modified Push-ups Exercise with resistant band Hurdle exercises Standing broad jump High jump	Flat surface Resistant band Hurdles (appropriate height) High jump post, cross bar and landing cushion

PHYSICAL EDUCATION

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First Term Syllabus

Games/Sports Skills

Team Game

1. Basket ball
2. Kho Kho
3. Gymnastic
4. Table Tennis
5. Kabaddi

Second Term Syllabus

Games/Sports Skills

Team Game

6. Football
7. Cricket
8. Athletics
9. Badminton
10. Volleyball
11. Atyapatya