

**(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. The Sentence: Definition, Statements, Interrogative Sentences, Imperative Sentences, Exclamatory Sentences.
2. Subject and Predicate
3. The Phrase: Noun Phrases, Adjective Phrases, Adverb Phrases
4. Clauses – Noun Clauses, Adjective Clauses, Adverb Clauses
5. Sentence Patterns – Simple Sentence, Compound Sentence, Complex Sentence
6. Kinds of Nouns with Gender , Number
7. Adjectives- Kinds , Order of Adjectives, Adjectives used as Nouns
8. Adjectives of Comparison
9. Articles: Indefinite Articles, Definite Article, Omission of Articles, Repetition of Articles
10. Pronouns: Personal Pronouns, Relative Pronouns
11. Adverbs: kinds of Adverbs, Position of Adverbs, use of Adverbs
12. Active and Passive Voice
13. Tenses: Simple Present, Present Continuous, Simple Past, Past Continuous, Present Perfect, Present Perfect Continuous, Past Perfect, Past Perfect Continuous
14. Letter Writing- simple formal and informal letters.
15. Sound Words: Usage
16. Agreement of the Verb with the Subject
17. Determiners: few, a few, the few, little, a little, the little, each, every, much, many and so on.
18. Question Tags
19. Composition.- Descriptive, Narrative, Picture
20. Introduction to Precis writing
21. Comprehension: 1) Tagore's Thoughts on His Birthday
2) Searching for Snowy
3) Ladakh on a Bicycle
4) Loving Trees
5) Mother Teresa

Second Term Syllabus

22. Tenses: (Continued)
23. The Infinitive
24. The Participle
25. The Gerund
26. Prepositions
27. Words followed by prepositions
28. Conjunctions
29. The Interjection
30. Punctuation: Capital letters/ Full stops/ Question Marks.

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31. Idioms
32. Direct and Indirect Speech
33. Interjections
34. Possessives
35. The same word used as a different part of speech
36. Modals– Shall, Will, Should, Would, may, Might, Can, Could, Need, Dare, Must, Ought to, Used to
37. Conditional Sentences
38. Combination of simple sentences into simple sentence
39. Combination of simple sentences into one Compound Sentence
40. Combination of Simple Sentences into one Complex Sentence
41. Letter Writing and Composition to continue. (Continued)
42. Composition: , Narrative, Picture (Continued)
43. Comprehension: 1) Icarus and Daedalus
2) Leonardo da Vinci
3) The Art of Advertising
4) First Man on the Moon
5) Training for the Jungle

Note : High School English Grammar & Composition to be referred for further material on grammar.

Teaching Points and Learning Objectives

Correct language skills

1. Comparatives and superlatives (special difficulties), more than, than, even, very and positive, much and comparative.
2. The more (of two), the most (of more than two), very much.
3. Confusion of adjectives and adverbs (e.g., hard. hardly, late, lately, etc.).
4. Use of fairly and rather.
5. Adverbial use of no, not, and none.
6. The prop-word one (consistency throughout a sentence).
7. Negative verbs: cannot, has not, does not, is not, must not, not to, in questions.
8. Anticipatory it with noun clauses and adjective clauses, (e.g., it is wrong to steal.)
9. Verbs compounded with adverbs: the position of the object ("take off your hat" or "take your hat off").
10. Reported speech, simple exercises, (emphasis on correctness in the sequence of tenses).
11. Tenses: Correct use of tenses:
 - a. With since (e.g., I have not seen him since last Sunday).
 - b. In adverb clauses relating to the future (e.g., I shall call on you when I come to Delhi).
 - c. In adjective clauses referring to the future (e.g. you are to bring me the papers which you will find on my desk.
 - d. I shall get on the first bus that comes.)
 - e. In conditional sentences (e.g., if it rains the match will be cancelled, etc.)

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Oral communication

Speech Training

1. Reading of prepared passages from prose and poetry.
2. Dramatic representation of one-act plays.
3. Re-telling stories and episodes seen on T.V/films/books.
4. Description of persons from literature.
5. Narration of imaginary experiences/stories.
6. Exercises in oral comprehension of passages read by the teacher in class.
7. Exercises in reported speech.
8. Reading of original stories or poetry.
9. News reading.
10. Elocution.
11. Debates

Written communication

1. Re-telling of stories read in books.
2. Description of persons from literature.
3. Narration of imaginary experiences.
4. Narration of imaginary stories.
5. Description of processes with the emphasis on accuracy and conciseness.
6. Dialogues.
7. Dramatizing stories for class acting.
8. Writing of personal and official letters.
9. Reports on projects.
10. Fables and parables may be studied and imitated as a means of training pupils to write briefly and to the point. Further study on the structure of the paragraph and exercises in linking paragraph with paragraph.
11. Written exercises based on the study of passages of prose

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First Term Syllabus

1. Adrift at Sea
2. The Thief
3. *The Wild Swans at Coole*
4. The Vulture and the Great Spirit
5. *The Statue*
6. Salim's Journey
7. *Govinda's Disciple*
8. My Lost Dollar
9. *The Road Not Taken*
10. Adolf

Plays:

The Merchant of Venice
Julius Caesar

Second Term Syllabus

11. Meetings with a Maharaja
12. The Lottery Ticket
13. *O Captain! My Captain!*
14. The Little Ones
15. The Rogue
16. *Ozymandias*
17. The Adventure of the Speckled Band
18. *All the World's a Stage*
19. The Wolves of Cernogratz
20. *King Canute*

Plays:

A Midsummer Night's Dream
As You Like It

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

2. For Plays the text referred is Approach to Shakespeare (with an Introduction by Mrs. Andrew Lang) UBSPD

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Teaching Points and Learning Objectives

Literature in English

(i) Class Reading:

Drama of a suitably simple nature. A book of short stories (including Indian Stories) or a volume such as "The Adventure of Travel" in Longmans' Heritage of Literature series.

Poetry : The use is recommended of an anthology which contains poems somewhat more advanced in theme than those suitable for earlier years. Such an anthology should be used selectively with some balance being preserved between narrative, descriptive and lyrical verse. Some Indian verse must be included in the course.

(ii) 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- 8

- 1) Itne Unche utho
- 2) Khule Akash Mei
- 3) Lakh Ki Churiyan
- 4) Jeewan Ka Lakshya
- 5) Rang Jati Ek Ritu
- 6) Panchtatvo Ki Kahani
- 7) Rathchakra
- 8) Manavata Hi Vishav Satya
- 9) Ek Kutta Aur Ek Maina

Bhasha Adhigam Evam Vyakaran- 8

- 1) Bhasha,Lipi,Vyakaran Aur Hindi
- 2) Varna –Vinyas: Uccharan
- 3) Shabd Rachana Aur Shabd Bhandar
- 4) Upsarg,Pratyay
- 5) Sangya
- 6) Sangya ke Vikar
- 7) Sarvanaam
- 8) Anekarthi ,Paryayvachi ,vakyansho ke liye Ek shabd
- 9) Muhavare
- 10)Nibandh Lekhan
- 11)Patra Lekhan
- 12)Apatith Gadyansh

2nd Term Syllabus

Gunjan Hindi Pathmala- 8

- 1) Ek Swapn sakar Hua:Amar Jyoti
- 2) Mera Naya Bachpan
- 3) Dharti ka Suraksha kavach
- 4) Anokha Badla
- 5) Aath Abhimanyu

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- 6) Kapi Kari Hriday Vichar
- 7) Pardes Mei Basa Bharat
- 8) Rotiyan
- 9) Zayke Ka Safar

Bhasha Adhigam Evam Vyakaran-8

- 1) Visheshan
- 2) Kriya
- 3) Kaal
- 4) Vachya
- 5) Avyay
- 6) Vakya Vyavastha
- 7) Viram Chinh
- 8) Lokoktiyan
- 9) Ekarthi, Samshrut-Bhinnarthak Evam Vilom Shabd
- 10) Nibandh Lekhan
- 11) Patra Lekhan
- 12) Apatith Gadyansh

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1ST TERM

- 1) Veer Napoleon
- 2) Seekho
- 3) Guru Gobind Singh
- 4) Ek Gadha Aur Ek Kutta

GRAMMAR

- 1) Vilom Shabd
- 2) Paryay Vachi
- 3) Anek Shabdo Ke Liye Ek Shabd
- 4) Translation
- 5) Essay Writing
- 6) Letter Writing

2ND TERM

- 1) Daadhi Ka Kamal
- 2) Maa Durga Ka Avir Bhaav
- 3) Raja Ram Mohan Roy
- 4) Kshan Ka Mehatv

GRAMMAR

- 5) Vilom Shabd
- 6) Paryay Vachi
- 7) Anek Shabdo Ke Liye Ek Shabd
- 8) Translation
- 9) Essay Writing
- 10) Letter Writing

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GRAMMAAR (1st and 2nd Semester)

1. Bakya Poribartan (Saral - Jotil - Jougik)
2. Suddha Banan
3. Ek kothay Prokash
4. Sadhu Cholit
5. Samarthak Shobdo
6. Biporit Shobdo
7. Podantar
8. Somocharito Vinnarthak Shobdo
9. Bagdhara.
10. Letter Writing
11. Comprehension
12. Essay Writing

1ST SEMESTER

Shahitya Kotha – Prose

1. Shakuntalar Poti Grihe Yatra – Ishwar Chandra Vidyasagar.
2. Komolakanter Sakshyadan - Bankim Chandra Chottopadhyay.
3. Shoishober Smriti - Shibnath Shastri
4. Prachin Banger Joloyan – Haraprasad Shastri.
5. Himalay Bokkhe – Jolodhar Sen.

Shahitya Kotha – Poetry

1. Maricher Swarno Mrigo Rup Dharon – Krittibas Ojha
2. Annodar Aattoporichoy – Bharatchandra Roy
3. Aattobilap – Michael Madhusudan Dutta
4. Proshno – Rabindra nath Tagore
5. Mochho Aankhi - Chittaranjan Das

2ND SEMESTER

Shahitya Kotha – Prose

1. Rajarshi – Rabindranath Tagore
2. Chandragupta and Selucas – Drijendralal Roy
3. Jibon and Biggyan – Jagadishchandra Basu
4. Aaranyak - Bibhutibhushan Bandopadhyay
5. Khajanchi Babu - Tarasankar bandopadhyay

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Shahitya Kotha – Poetry

1. Bangladesh – Satyendranath Dutta
2. Tora Sob Joyodhoni kor – Kaji Najrul Ishlam
3. Aabol Tabol – Sukumar Roy
4. Jiban Vikkha – Karunanidhan Bandopadhyay
5. Kajla Didi – Jatrindramohon Bagchi.

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1st Semester

- Sahaj Bangla Path – (Part –Ii)
 1. Sadh
 2. Palki Chapa Bagh
 3. Abdul Majhir Golpo
 4. Bokamir Fol
 5. Tiya Pakhir Buddhi
 6. Chhoto Nodi
- Ami Likhi Pg.No- 1 To 24
- Easy Bengali English Sikkha
Pg.No - 29 To 40

2nd Semester

- Sahaj Bangla Path – (Part – Ii)
 1. Punnar Dekha Debota
 2. Parthona
 3. Sohrar O Rustam
 4. Netajir Antordhan
 5. Boro Puroskar
 6. Sakal –Dupur- Sandhya
- Ami Likhi Pg.No – 25 To 48
- Easy Bengali English Sikkha
Pg.No - 29 To 40, 80, 81, 84,

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1ST TERM

- | | | |
|--|------------------|----------------|
| 1) Porm :- | 1. Diwali | 2. Vanka Angha |
| 2) Prose :- | 1. Mithu nu Dhol | 2. Maja Pade |
| 3) Paragraph Writing | | |
| 4) Comprehension | | |
| 5) Vyakaran –Virodhi, Samanarthi Shabda, Vakya Rachna, Shabda Samuha, Ling | | |
| 6) Samanaya Gyan | | |

2ND TERM

- | | | |
|-------------------------------------|----------------------------|-------------------|
| 1) Prose :- | 1. Bhaise Bhanavyu Gam | 2. Unarani rajama |
| | 3. Maji ne Khawa Pav bhaji | |
| 2) Poem Aajab Ghajab | | |
| 3) Vyakaran- Revision of First Term | | |
| 4) Samanaya Gyan | | |
| 5) Genaral Question & Answer | | |
| 6) Paragraph Writing | | |
| 7) Comprehension | | |

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1st Term syllabus

1. Rational Numbers
2. Exponents and Powers
3. Squares and Square Roots
4. Cubes and Cube Roots
5. Playing with Numbers
6. Percentages and its Application
7. Simple and Compound Interest
8. Direct and Inverse Variation
9. Algebraic Expressions and Identities
10. Factorisation
11. Linear Equations and Inequalities in One Variable
12. Construction of quadrilaterals
13. Circle
14. Visualising Solid Shapes
15. Mensuration

2nd Term syllabus

1. Squares and Square Roots(Continued)
2. Cubes and Cube Roots(Continued)
3. Operations on sets, Venn diagram
4. Percentages and its Application(Continued)
5. Simple and Compound Interest(Continued)
6. Direct and Inverse Variation(Continued)
7. Factorisation (Continued)
8. Linear Equations and Inequalities in One Variable(Continued)
9. Understanding Quadrilaterals
10. Construction of quadrilaterals(Continued)
11. Symmetry Reflection and Rotation
12. Visualising Solid Shapes(Continued)
13. Mensuration(Continued)
14. Data Handling

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Term I

- Decline of the Mughal Empire
- Growth of the British Power in India
- Expansion of the British Rule
- Impact of the British Rule
- **Social Reformers**
- A Changing Time
- The Legislature
- The Executive
- The Judiciary

Term II

- The Great Uprising of 1857
- **Social Reformers**
- Rise of Indian Nationalism
- Struggle for freedom(1905-1939)
- Achievement of Independence(1923-1950)
- Early Nationalist Movement
- United Nations Organisations.
- UN Agencies

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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1ST Term Syllabus

1. Representation of Geographical features.
2. Population Dynamics
3. Migration
4. Study of Continents: Asia
5. Human Resources

2nd Term Syllabus

1. Urbanisation.
2. Natural and man made disaster.
3. Study of the Continents: India

Map Marking

1. Asia
2. India

Project

1. Population Dynamics
2. India: Climate

Teaching Points and Learning Objectives

Physical Geography

Representation of Geographical features.

1. Use of Contours.
2. Identification of Landforms.
3. Patterns of Settlement.
4. Interpretation of Topographical Sheet.

Population Dynamics

1. Factors Affecting the population of a region.
2. Composition of Population.
3. Population Pyramid.

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Migration

1. Types of Migration.
2. Impact of migration.

Urbanisation

1. Causes of urbanisation.
2. Impact of Urbanisation.
3. Satellite cities.
4. Smart Cities.

Disaster: Natural and Man made.

1. Types of Disasters.
2. Disaster Management.
3. Case Studies.

Asia

1. Physical features- Northern Lowlands, Central Highland, plateau, river basins, islands
2. Climate and Natural Vegetation -- Tundra. Taiga., Steppe, desert, Monsoon
3. Agriculture.
4. Population - awareness and impact of fast population growth.

India

1. Political divisions (through map).
2. Location — five broad physical divisions — Northern mountains. Northern plains, peninsular India. coastal plains, islands.
3. Climate — brief climatic characteristics, three seasons with reference to North East and South West Monsoons.
4. Flora and Puma — tropical rain forest, deciduous vegetation, desert, tidal, alpine.
5. Representation at wild life sanctuaries and biospheres only through map.

India: Human Resouces.

1. Distribution of population in India
2. Human Resources in India.

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1st Term Syllabus:

1. Operating System and Graphical User Interface - Role and Functions
2. Algorithms and Flow Charts
3. Program Coding

2nd Term Syllabus:

1. App Development
2. Spreadsheet - Ranges and Functions
3. Charts in MS-Excel
4. Networks

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1st Term Syllabus

1. Matter
2. Physical Quantities and Measurement
3. Force and pressure
4. Energy
5. Light Energy

2nd Term Syllabus

1. Heat Transfer
2. Sound
3. Electricity
4. Revision chapters of 1st Term Evaluation

1. THEME – MATTER

- Kinetic theory of Matter – 3 states of matter with respect to the movement of particles
- Energy content in 3 states
- Explicit explanation related to boiling, vaporization, Fusion, Freezing, Evaporation, Condensation, Sublimation, Deposition using Kinetic theory of Matter

2. THEME – PHYSICAL QUANTITIES AND MEASUREMENT

- Measurement of density of irregular solids using Eureka can, Measuring Cylinder
- Basic concepts of Measurement of Density of fluids, comparison of densities in three states
- Floatation and Sinking

3. THEME – FORCE AND PRESSURE

- Moment of force, definition, concept and calculation and units
- Definition of Pressure, units, calculation in simple cases
- Pressure exerted by liquids and gases

4. THEME – ENERGY

- Work – concept, definition, units, simple numericals
- Basic concepts of Kinetic and potential energy, calculations, energy transformations
- Energy and power

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5. THEME – LIGHT ENERGY

- Refraction – definition, examples
- Curved mirrors – convex and concave, focus, principal axis, centre of curvature, radius of curvature etc.
- Real and virtual images
- Rays required to construct the ray diagrams
- Ray diagrams
- Dispersion, rainbow and spectrum

6. THEME – HEAT TRANSFER

- Boiling and evaporation
- Thermal expansions – linear, superficial and cubical
- Expansivity in solids, liquids and gases, examples and applications

7. THEME – SOUND

- Pitch and frequency – definitions and their significances in musical instruments both wind, membrane and string instruments
- Monotone
- Loudness and amplitude and their units

8. THEME – ELECTRICITY

- Household consumption of Electrical energy (kWh), identifying live, neutral and earth wire in terms of the energy and their direction of travel
- Safety components like fuse and circuit breakers
- Static electricity and conservation of charges, conduction and induction, electroscope and lightning conductor
- Cells and Battery
- Risks and dangers of electricity

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1st Term

1. Matter

- Kinetic molecular theory of matter
- Change in state of matter
- Law of conservation of mass

2. Physical & chemical change

- Types of changes
- Physical & chemical change
- Characteristic of physical and chemical change
- Sign of physical change and chemical change

3. Element and compound & mixture

- Pure substance –element
- Element symbols
- Chemical formula
- How to represent compound
- Mixture- types-separation of mixture

4. Atomic structure

- Earlier views of atomic structure
- Dalton's atomic theory
- J.J Thomson's cathode ray experiment
- Goldstein experiments
- Thomson's plum pudding model
- Discovery of atomic nucleus
- Rutherford's model of atom
- Discovery of neutrons
- Bohr's model of atom
- Atomic no. ,atomic mass, electronic configuration, valencys, ions and radicals

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2nd term

5. Language of chemistry

- Element, its representation, compound, its presentation.
- Chemical formula
- Formula of chlorides, oxides, sulphides
- Chemical reaction –reactant and product
- Law of conservation
- Molecular mass
- Balancing of chemical equation
- What do balance chemical equation convey
- Limitation of chemical equation

6. Chemical reaction

- Types of chemical reaction -Combination, decomposition, simple displacement, double displacement
- Neutralization
- Reactivity series
- Endothermic & thermodynamic reaction
- Oxides- classification of oxides

7. Hydrogen

- Occurrence, preparation , laboratory preparation
- Bosch 's process
- Use of hydrogen

8. Water

- Water cycle – properties of water
- Water as universal solvent
- Solutions- types of solution
- Suspension
- Colloids
- Water as crystallization

And chapter 4- atomic structure.

Biology

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1st Term

1. Transport of food and minerals in plants
2. Reproduction in plants
3. Reproduction in humans
4. Ecosystems
5. Endocrine system in humans

2nd Term

6. Circulatory system in humans
7. Nervous system in humans
8. Health and hygiene
9. Food production and its management

Test paper 1

Test paper 2

Teaching Points and Learning objectives

Transport of food and minerals in plants

1. Xylem and phloem
2. Absorption of water and minerals
3. Transpiration and absorption
4. Translocation, importance of transpiration

Reproduction in plants

1. Asexual and sexual reproduction
2. Vegetative propagation –natural, artificial, advantages and disadvantages
3. Sexual reproduction in plants- structure of a flower
4. Pollination-natural, artificial
5. Fertilisation , seed formation, fruit and germination of seed

Reproduction in humans

1. Sexual reproduction in humans-organs of the male and female reproductive system
2. System of classification, drawbacks of two-kingdom classification
3. Ovulation and menstruation
4. Fertilisation-embryonic development

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Ecosystems

1. Ecosystem and its components-biotic and abiotic
2. Food chain, food web
3. Cultural components
4. Symbiosis, parasitism, predation
5. Types of ecosystem

Endocrine system in humans

1. Types of glands
2. Endocrine glands- details, hormones and functions
3. Adolescence and accompanying changes
4. Personal hygiene and stress management

Circulatory System in Humans

1. The human heart- structure ,chambers of the heart,valves
2. Heart's natural pacemaker
3. Blood vessels, circulation of blood
4. Heartbeat and cardiac cycle
5. Blood pressure, blood grouping and transfusion
6. Lymphatic system

Nervous system in Humans

1. Neuron-structural unit of the nervous system
2. Types of nerves ,organs of nervous system
3. CNS,PNS and ANS
4. Brain and spinal cord, reflex action, sense organs

Health and hygiene

1. Communicable diseases
2. Vectors, prevention
3. Immunity,vaccination
4. Cleanliness and hygiene, first aid

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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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Certificate Examination, New Delhi
First – Edition Nov 2016, Published by RDCD)
Scope of Syllabus as per School Compendium for teaching SUPW**

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.

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General

1. Exercises - warming up and cooling down
2. Stretching exercises
3. Exercises related to particular sports
4. Table tennis, cricket, soccer tournaments for boys
5. Table tennis and caroms tournament for girls
6. Volley ball and badminton for girls
7. Exercising on trade mills, steppers, cycles, twisters
8. Coaching camps for students - cricket and football
9. Fitness camp for students on every Saturday

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Physical Exercises	Number of Periods	
	2	Abdominal Exercises
	2	Aerobics
	2	Pilates
	3	Skipping, Dumbbells, Swiss ball
	4	Free Hand Exercises
Games	2	Khokho
	2	Dart Throwing
	3	Table Tennis
	2	Carom
	2	Javelin
	2	Discus
	2	Gymnastics
	2	Shot put
	3	Football
	1	Hand Ball
	1	Yoga
Theory	1	Basics of athletic
	1	Structure of 400mt track.
	2	March Past-commands
	3	IOC,BCCI,ICC-SPORTS ORG
	1	KINANTHROPOMETRY
Videos	2	THE GREATEST ASHES CD1
	2	THE GREATEST ASHES CD2
	2	THE GREATEST ASHES CD3
	1	IND VS PAK 1999 WC CRK
	1	HISTORY OF FOOTBALL DISC 1
	1	HISTORY OF FOOTBALL DISC 2

Value education

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

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1st Term

1. Making the Best Use of Your Strengths
2. Taking the Right Decisions in Life
3. Happiness Lies in Contentment
4. Creativity, Enthusiasm and Passion
5. Importance of Emotional Intelligence for Success
6. Beat the Exam Stress

2nd Term

7. Interacting with Others
8. Managing Anger and Self-control
9. Doing Things the Right Way
10. Gender Equality
11. Internet Is a Knowledge Hub
12. Impact of the 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
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First – Edition 14 June 2019, Published by RDCD)**

First Term Syllabus

Key Concepts	Suggested Processes/Activities	Suggested Learning Resources
Speed	100 metres run Relay race Sprint (on the spot) and release Jump plus sprint and walk back Running between the wickets (Cricket) Arm swing command	Race track Baton Wickets
Agility	T' run (straight, left, right and back run) Ladder drills (variations) Hexagonal jump (in and out) Star run Shuttle run Box Running	Cones Ladder Hexagon Marking Box Marking
Flexibility	Stretching exercises (free hand - solo and partner, with medicine ball) Sit and reach (Toe touch - Sitting down with leg straight and feet together) Stand and reach (Hamstring stretch) Gymnastic skills Back bend kick over Back stroke in swimming	Medicine ball (appropriate weight) Gym mats, balance beam Swimming Pool
Coordination	Handball (shooting) Over arm and Under arm service in volleyball Backhand and forehand in Table Tennis Butterfly stroke Right and left pole dive in kho-kho Straight punch in Boxing Single leg stand with look up and arms raised	Handball, goal post Volleyball Table Tennis Table, Table Tennis Racquet and T.T ball Swimming Pool Kho-Kho ground, poles Boxing Gloves
Balance	Cartwheel Handstand Single leg hop Toes up on one leg	Gym mats Swiss Ball

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CLASS 8 SYLLABUS

2020-2021

Endurance	Balance on swiss ball	
	1000 metres run	
	Breast stroke in Swimming	Race track
	Line shuttle run	Cones
	Step-ups	Swimming pool
Strength	Stair drills (Jogging up and down the stairs, jogging 2 steps at a time, side step left and right side)	Lines marked on ground
	Jump shuffle jump to left and then to right	Step (appropriate height)
	Jump shuffle jump to left and then to right	Flat surface
		Stairs
	Push-ups	Flat surface
	Plank	Medicine ball (Appropriate weight)
		Horizontal Bar
	Pull ups	Stair
	Medicine ball exercises (solo and partner)	Jumping pit
	Double leg hop (stair drill)	
	Vertical Jump	

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

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