

Syllabus for Class IV: Session 2023-2024

TERM - 1		
	Topics to be done	
	Abstract nouns and Concrete nouns	
	Use of Verbs	
	Helping Verbs	
	Creative writing	
May	Adjectives (Types) (Cambridge Integrated	
	Curriculum)	
June	Punctuation (Cambridge Integrated	
	Curriculum) Degrees of comparison	
	Unseen comprehension	
July	Subject verb agreement	
	(CambridgeIntegrated Curriculum)	
	Tenses- Simple and Continuous	
August	Pronouns	
	Paragraph writing (50 words) (Cambridge	
	Integrated Curriculum)	
September	Unseen comprehension	
	Revision and first term assessment	
April	Cooking with Salt Water-Part-I	
Мау	Cooking with Salt Water-Part-II	
	Shells and Stones (poem)	
June	How I Taught my Grandmother to Read	
July	Tigers in the Forest(poem)	
August	The Grand Eco-Friendly Birthday Party	
September	Laughable Limericks	
April	Grammar :	
	1)Sangya (Threebhed : jativachak aur	
	vyaktivachak, bhavachak)	
	2)Ling aur vachan	
May	3)Sarvanam(Four bhed :personal noun,	
	Indefinite noun, Interrogative and	
	Reflexive.)	
June	4) Visheshan Four Bhed: Qualitative,	
	Quantitative, Adjectives of number,	
July	Universal Adjective.)	
	5)KriyaaurKaal,Karata/karm	
August	7)Anekarthak aur Shrutisam bhinarthak	
	Month April May June June July August September April May July July August September May June July August September May June	

		8)Anek shabdo ke liye ek shabd ,
		Muhavare
	September	Revision and first term assessment
Hindi- Literature	April	Reading ,1) Ek kiran ae – chae (poem)
		2)Jhatpat singh (picture story)
	Мау	3)Ekta mai baal (prose)
	June	Vano ka mahatva(prose)
)Vir tum barae chalo (poem)
	July	7)Tithari or samudra(prose पौर ाण िक
		कथा)
		8)Chetak(Poem)
	August	9)Gram Jivan (ग्र ाम ज ीवन / पत्र ल ेखन)
	September	10)Chaturhans(prose)
2 nd language	April	NEW TOPIC :
Bengali -Language		Dhawni, Bornobishleshan
		Comprehension, Composition
	May	Revision of Borno
		NEW TOPIC:Noun
		Comprehension, Composition
	June	Revision of Borno,Noun.
		NEW TOPIC :Adjective,Pronoun
		Comprehension, Composition
	July	Revision of Pronoun, Adjective.
		NEW TOPIC:Conjunction,Verb
		Comprehension,Composition
	August	Revision of Pronoun,Adjective.
		Conjunction,Verb.
		NEW TOPIC: Tense, Synonyms
	September	Revision and First Term Assessment
		Revision of Borno Noun Adjustivo Bronoun
		Borno, Noun, Adjective, Pronoun, Conjunction, Verb
		Comprehension, Composition
2 nd language	April	Prose : Haricharan
Bengali -Literature	יייארי	Poem : Sabuj Tia
	May	Completion of Poem: Sabuj Tia
	June	Prose : Gurumoshai
	July	Completion of Gurumoshai
		Poem : Noukajatra
	August	Prose :Mayakanan
		Poem : Deyal.
	September	Revision and First Term Assessment

		Devicion of
		Revision of
		Prose: Haricharan, Gurumashai,
		Mayakanan
		Poem : Sabuj Tia,Noukajatra,Deyal
Math	April	Chapter 2. Numbers(Cambridge Integrated
		Curriculum); Use of symbols for
		mathematical operations
	Мау	Chapter 4. Addition
	June	Chapter 5. Subtraction
		Chapter 6. Multiplication
	July	Chapter 7. Division with Unitary method
		Chapter 11. Fractions (Cambridge
		Integrated Curriculum) ; decimals to the
		hundredths place
	August	Chapter 13. Geometry and
		Measure(Cambridge Integrated
		Curriculum) ;Comparison of Time zones
	September	Chapter 9. Tests of Divisibility
	•	Revision and First term assessment
Science	April	Chapter-4Plants in the Surroundings and
	•	Environment
	May	Chapter-5-Adaptation in Plants
	June	Chapter-5(Continuation and Completion)
		Chapter-6-Adaptation in Animals
		(Cambridge Integrated Curriculum)
		ECOSYSTEM: PREY AND PREDATORS
		PREY AND PREDATORS
	July	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat
	July	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum)
	July	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND
	July	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of
		PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound.
	July August	PREY AND PREDATORSChapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum)LIGHT AND SOUNDHow to change Volume and pitch of sound.Chapter-8—Materials and Solutions
		PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound. Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory
	August	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound. Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory System
		PREY AND PREDATORSChapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound.Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory SystemChapter-3-Continuation and Completion.
	August	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound. Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory System
	August September	PREY AND PREDATORS Chapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound. Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory System Chapter-3-Continuation and Completion. Revision and First Term Assessment
Computer	August September April	PREY AND PREDATORSChapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound.Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory SystemChapter-3-Continuation and Completion. Revision and First Term AssessmentChapter 1: Generations Of Computer
Computer	August September April May	PREY AND PREDATORSChapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound.Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory SystemChapter-3-Continuation and Completion. Revision and First Term AssessmentChapter 1: Generations Of Computer Chapter 6: Word Processor
Computer	August September April	PREY AND PREDATORSChapter-1-Human Body: Food We Eat (Cambridge Integrated Curriculum) LIGHT AND SOUND How to change Volume and pitch of sound.Chapter-8—Materials and Solutions Chapter-3—Digestive and Excretory SystemChapter-3-Continuation and Completion.

Δυσυςτ	Operating System (Handout will be given)
	File Management (Practical)
April	Chapter 1-The story of the past
•	Chapter 2-EVIDENCES OF HISTORY
May	Chapter 5-Motions of the earth
-	Chapter 5-Motions of the earth
June	(Continuation and completion)
	Chapter 6-The four domains of the earth
lulv	Chapter 7-Major landforms and water
July	bodies
August	Chapter 8- Directions and maps
	Revision and First term assessment
April	Chapter 1 – BONJOUR
	Chapter 2 - SE PRÉSENTER
May	Chapter 3 - À L'ÉCOLE FRANÇAISE
June	
July	Chapter 4 - QUI EST – CE ?
August	Chapter 5 - QUELQU'UN ET QUELQUE
September	CHOSE
April	Greetings
	Numbers
Мау	Fruits
June	Flowers
July	Pronouns
August	Verb 'to be'
September	Revision
April	CH 21- SAVE THE EARTH
	CH-10-BRAVE EXPLORERS
	CH-2-FIRST IN THE WORLD
May	CH-36-BEATING THE SUMMER
	CH-41-DELICIOUS FRUITS CH-7-WORLD LANDMARKS
luno	CH-9 YOGA ASANAS
JUIIC	CH-39-MUSIC MAKERS
	CH-12-NATURAL DISASTERS
lulv	CH-12-INATORAL DISASTERS
	CH-24-CREEPY CRAWLIES
,	CH-24-CREEPY CRAWLIES CH-23-INSECT EATING PLANTS
	June July August September April May June July

September	Revision and First Term Assessment
	CH-GREAT DAUGHTERS OF INDIA
	CH-29-PRIDE OF INDIA
August	Ch 1-Our National Emblem
	CH-19-DAYS TO REMEMBER

<u>TERM - 2</u>

Subjects	Month	Topics to be done
English - Language	October	Conjunctions
		Sequencing (short stories) (Cambridge
		Integrated Curriculum)
		Creative writing
	November	Prepositions (Cambridge
		Integrated Curriculum)
		Idioms and Proverbs (Cambridge
		Integrated Curriculum)
	December	Letter writing- informal (Cambridge
		Integrated Curriculum)
		Adverbs
	January	Synonyms
		Paragraph writing (100 words) (Cambridge
		Integrated Curriculum)
		Unseen comprehension
	February	Revision and Final Assessment
	March	
English- Literature	October	The Bed Monster's Secret
	November	The Friendly Beasts(poem)
	December	The Prince Who Gave up his Throne
	January	The Elephant's Child
		The Football Game is on TV(poem)
	February	Boy-the Sweet Shop
		Revision and Final Assessment
	March	Robinson Crusoe-Finding Friday
2 nd language	October	9)Vilom and Paryayavachi
Hindi- Language		10) Apathit Gadyansh
		11)Sudh – Asudh
	November	12)Creative writing
	December	13)PatraLekhan
	January	Revision and Final Assessment
	February	

Hindi- Literature	October	11)kon shikhata hai (poem)
	November	12)Haar ki jeet (prose)
	December	
	January	

	February	Revision and Final Assessment
	March	
2 nd language	October	NEW TOPIC:Punctuation,Lingo
Bengali -Language		Comprehension, Composition
	November	Revision of Punctution & Gender.
		NEW TOPIC:Bochon,Praisomoccharito
		shobdo
		Comprehension,Composition
	December	Revision of Punctution & Gender.
		Bochon, Praisomoccharito shobdo.
		NEW TOPIC :Subject Predicate,Synonyms
		Comprehension,Composition
	January	Revision of Subject Predicate
		NEW TOPIC :Purush
		Comprehension,Composition
	February	Revision of Subject Predicate
		NEW TOPIC : Types of sentences
		Picture Composition.
		Comprehension,Composition.
	March	
2 nd language-Bengali	October	Poem:Kabuler Poth e
Literature	November	Poem : Lichu Chore
	December	Prose : Natun chele Notobor
		Poem : Ek je chilo
	January	Completion of Ek je chilo.
		Prose : Naloke
	February	Revision and Final Assessment
		Kabuler poth e, : Natun chele Notobor,
		: Naloke
		Poem : Lichu Chore,
	March	FINAL ASSESSMENT
Math	October	Chapter 10. Factors and Multiples
	November	Chapter 12. Measurement
	December	Chapter 14. Perimeter and Area
	January	Chapter 16. Money

	February	Chapter 17. Data Handling (Activity) Chapter 3. Roman Numbers (Activity) Revision and Final Assessment
	March	Final Assessment
Science	October	Chapter—2—Human Body: The Teeth

	November	Chapter—2 Continuation and Completion. (Cambridge Integrated Curriculum) Air and light
	December	Chapter—2 Continuation and Completion. (Cambridge Integrated Curriculum) Materials and their structure: Main properties of water - boiling point, melting point and expansion on solidification
	January	Chapter 11—Push and Pull Friction of a Force (Cambridge Integrated Curriculum) Forces and Energy: Air And Water Resistance
	February	Chapter—12—Friction as a Force
	March	Chapter—10—Measurement
		(Cambridge Integrated Curriculum)
		Electricity and magnetism:
		Magnetic and non-magnetic materials
Commentan	Ostakan	Charter 5. Maltin adia
Computer	October	Chapter 5: Multimedia
	November	Internet (Handout will be given)
	December	Chapter 8: MS Power Point (Practical)
	January	Chapter 8: MS Power Point (Practical)
	February	Stepwise Thinking (Handout will be given)
	March	
Cocial Chudiae	Ostokar	Charter 14 India a busical divisions (next 1)
Social Studies	October	Chapter 14-India -physical divisions (part I)
	November	Chapter 15-India- physical divisions (part II)
		Map Pointing
		Chapter 16-Major rivers of India
	December	Map Pointing
		Chapter 17-People of India
		Map Pointing
	January	Chapter 18-Environmental pollution
		Map Pointing
	February	Revision and Final assessment

	March	Chapter 4-Responsibilities of a good
		citizen
and a		
3 rd language	October	Chapter 6 - À QUI – EST CE ?
French	November	Chapter 7 - LES GÔUTS ET LES
		PRÉFÉRENCES
	December	Chapter 8 -COMBIENS?
	January	Chapter 9 - MA FAMILLE
	February	Chapter 10 -L'NDE ET LA FRANCE
	March	
3rd language	October	Animals
Mandarin	November	Birds
		Verb 'to like'
		Conjunction 'and'
	December	My House
	January	Verb 'to have'
	February	Revision
	March	Final Assessment
General Knowledge	October	Ch-43-Folk Dances
		Ch-47-Well Known Personalities
	November	Ch-27-Knowledge Zone
	November	
	November	Ch-27-Knowledge Zone Ch-46-Anagrams Ch-44-Flower Puzzle
	November	Ch-27-Knowledge Zone Ch-46-Anagrams
	November	Ch-27-Knowledge Zone Ch-46-Anagrams Ch-44-Flower Puzzle Ch-30-Tallest Skyscrapers
		Ch-27-Knowledge Zone Ch-46-Anagrams Ch-44-Flower Puzzle Ch-30-Tallest Skyscrapers Ch-22-Body Quiz
		Ch-27-Knowledge Zone Ch-46-Anagrams Ch-44-Flower Puzzle Ch-30-Tallest Skyscrapers Ch-22-Body Quiz Ch-5-Naturopathy
		Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast Trains
		Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden Gardens
	December	Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden GardensCh-20-Figure Pattern
	December	Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden GardensCh-20-Figure PatternCh-28-Adventure Sports
	December	Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden GardensCh-20-Figure PatternCh-28-Adventure SportsCh-25-Famous Scientists
	December	Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden GardensCh-20-Figure PatternCh-28-Adventure SportsCh-25-Famous ScientistsCh-38-Amazing GadgetsCh-48-Ancient Indian ScientistsCh-16 Fragrant Flowers
	December January	Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden GardensCh-20-Figure PatternCh-25-Famous ScientistsCh-38-Amazing GadgetsCh-48-Ancient Indian Scientists
	December January	Ch-27-Knowledge ZoneCh-46-AnagramsCh-44-Flower PuzzleCh-30-Tallest SkyscrapersCh-22-Body QuizCh-5-NaturopathyCh-34-Superfast TrainsCh-33-Garden GardensCh-20-Figure PatternCh-28-Adventure SportsCh-25-Famous ScientistsCh-38-Amazing GadgetsCh-48-Ancient Indian ScientistsCh-16 Fragrant Flowers

		PERFORMING ARTS
Subjects	Month	Topics To BeDone
Art:	April	Introduction
		Creative Trees
	Мау	Summer Scenery
		Form Colour Shading Texture
	June	Zentangle: Peepal Leaf
		Shading With Lines Object Shading
		Complementary Colours
		Triad Colours
	July	Analogous Colours
		Shades Of Grey And
		ColourOil Pastel Control
		Brush Control Pg-1
	August	Brush Control Pg-2
	_	Brush Control Pg-3
		Independence Day
		Raksha Bandhan
	September	A Simple Tree
	-	A Round Shaped
		TreeArt Grading
		Pandal Hopping
	October	Live Drawing
		Simple Zentangle Patterns
		Just Doodle
		Day & Night
	November	All In One
		Optical Illusion City
		Reflections
		Pi Skyline
	December	Pi Circles
		Movement Collage
		Fibonacci Circle Art
	January	Quilled Puppet
		Moving Hand Skeleton
		Agamograph
		Festive Star
	February	Warli Wall Hanging
		Chinese Dragon
		Float
		Art Grading
	March	Birthday Cards

Dance:	April & May	Dance Exercises
		Definition Of Goan Dance
		Basic Steps Of Goan Dance Movements
		Advanced Steps Of Goan Dance
		Based On Goan Dance Form-Folk Dance
	June, July & August	Dance Exercises
		Definition Of Patriotic Dance
		Basic Steps Of Patriotic Dance Movements
		Advance Steps Of Patriotic Dance
		Based On Patriotic Dance – Patriotic Music
	September &	Dance Exercises
	October	Definition Of Bengali Folk Dance
		Basic Steps Of Bengali Folk Dance
		Advanced Steps Of Bengali Folk Dance
		Based On Bengali Folk-Dance Form-Theme Durga Puja
	November &	Dance Exercises
	December	Definition of Flamenco Dance
		Basic Steps Of Flamenco Dance
		Advance Steps Of Flamenco Dance
		Based On Flamenco Dance Form–Theme Christmas
	January & February	Dance Exercises
		Definition Of Indian Folk Dance
		Basic Steps Of Indian Folk Dance
		Advanced Steps Of Indian Folk-Dance Movements
		Based On Indian Folk Dance - Theme : Holi
	March	Revision Of Goan Dance-Folk Dance
		Revision Of Patriotic Dance-Patriotic Song
		Revision Of Bengali Folk Dance-Durga Puja
		Revision Of Flamenco Dance-Christmas
		Revision Of Indian Folk Dance-Holi
Music:	April, May, June	Tumhi Ho Mata
		Kothao Amar Hariye Jaoar
		God's Love Is So
		WonderfulJoyful Joyful
	July, August,	Biswapita Tumi
	September	Kadam Kadam Badhaye Ja
		All Things Bright And
		BeautifulLight The Candle
	October,	Prano Bhoriye
	November,	Teri Aradhana Karu
	December	Showers Of Blessing
		God Still Loves The World
	January, February,	Ore Grihobasi
	March	

	Itni Shakti Hume Deta
	Showers Of Blessing
	God Still Loves The Worlds

SubjectsMonthTopics to be doneAthletics:April & MayGeneral Warm-Up, General and specific exercises- Head-to-Toe orToe-to-Head exercises. Learning / improving basic athletic skills. 30 mts run. Introduction of general safety and competition rules and regulation. Relay race. Side and back running. Mass Drill exercisesJune, July & AugustGeneral warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe exercises. Awareness about sports terminologies. Sitting split. MassDrill Exercises. Ladder Drills Shuttle –Run. Zig Zag Run and Marching Drill. Develop sprinting like, SprintDistances of 20 to 30 mts. Developing Endurance. Short sprint 30 mts.September & OctoberGeneral warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe exercises. Flat Races & Obstacle Races. BackwardRunning & Side Running. Zig-Zag two leg jump. Mass Drill Exercises. Develop Reaction Sprint Practice. Skipping. Sports Day Practice.November & DecemberGeneral warm-up, General and specific exercises like Toe-to-head or Head-to-Toe Exercise. Different kinds ofRelays. Line Shuttle Run. Marching Orill. Mass Drill Exercises, Rhytthm Activity like marching on command. Short Sprint Races. Step-ups Sports Day Practice.January & FebruaryGeneral warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe Exercise. Conditioning training. Explore the various ways of jumping like standing board Jump. Sports day practice.January & FebruaryGeneral warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe Exercise. Conditioning training. Explore the various ways of jumping like standing board Jump. Sports day practice.MarchGeneral warm-up, General and specif	PHYSICAL EDUCATION		
Head-to-Toe or Toe-to-Head exercises. Learning / improving basic athletic skills. 30 mts run. Introduction of general safety and competition rules and regulation. Relay race. Side and back running. Mass Drill exercises June, July & August General warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe exercises. Awareness about sports terminologies. Sitting split. MassDrill Exercises. Ladder Drills Shuttle –Run. Zig Zag Run and Marching Drill. Develop sprinting like, SprintDistances of 20 to 30 mts. Developing Endurance. Short sprint 30 mts. September & October General warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe exercises. Flat Races & Obstacle Races. BackwardRunning & Side Running, Zig-Zag two leg jump. Mass Drill Exercises. Develop Reaction Sprint Practice. Skipping. Sports Day Practice. Mass Drill Exercises. November & December General warm-up, General and specific exercises like Toe-to-head or Head-to-Toe Exercise. Different kinds ofRelays. Line Shuttle Run. Marching Drill. Mass Drill Exercises, Rhythm Activity like marching on command. Short Sprint Races. Step-ups Sports Day Practice. January & February General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe Exercise. Conditioning training. Explore the various ways of jumping like standing board Jump. Sports day practice. Free play game. Bounding exercises like high knees and Mass Drill Exercises. March General warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe Exercise. Free Hand	Subjects	Month	Topics to be done
Toe-to-heador Head-to-Toe exercises. Awareness about sports terminologies. Sitting split. MassDrill Exercises. Ladder Drills Shuttle –Run. Zig Zag Run and Marching Drill. Develop sprinting like, SprintDistances of 20 to 30 mts. Developing Endurance. Short sprint 30 mts.September & OctoberGeneral warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe exercises. Flat Races & Obstacle Races. BackwardRunning & Side Running. Zig- Zag two leg jump. Mass Drill Exercises. Develop Reaction Sprint Practice. Skipping. Sports Day Practice. Mass Drill Exercises.November & DecemberGeneral warm-up, General and specific exercises like Toe-to-head or Head-to-Toe Exercise. Different kinds ofRelays. Line Shuttle Run. Marching Drill. Mass Drill Exercises, Rhythm Activity like marching on command. Short Sprint Races. Step-ups Sports Day Practice.January & FebruaryGeneral warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe Exercise. Conditioning training. Explore the various ways of jumping like standing board Jump. Sports day practice. Free play game. Bounding exercises like high knees and Mass Drill Exercises. Fiee Hand	Athletics:	April & May	Head-to-Toe orToe-to-Head exercises. Learning / improving basic athletic skills. 30 mts run. Introduction of general safety and competition rules and regulation. Relay race. Side and
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DecemberToe-to-head or Head-to-Toe Exercise. Different kinds ofRelays. Line Shuttle Run. Marching Drill. Mass Drill Exercises, Rhythm Activity like marching on command. Short Sprint Races. Step-ups Sports Day Practice.January & FebruaryGeneral warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe Exercise. Conditioning training. Explore the various ways of jumping like standing board Jump. Sports day practice. Free play game. Bounding exercises like high knees and Mass Drill Exercises.MarchGeneral warm-up, General and specific exercises like, Toe-to-heador Head-to-Toe Exercise. Free Hand		-	Toe-to-heador Head-to-Toe exercises. Flat Races & Obstacle Races. BackwardRunning & Side Running. Zig- Zag two leg jump. Mass Drill Exercises. Develop Reaction Sprint Practice. Skipping. Sports Day
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Toe-to-heador Head-to-Toe Exercise. Free Hand		January & February	like,Toe-to-head or Head-to-Toe Exercise. Conditioning training. Explore the various ways of jumping like standing board Jump. Sports day practice. Free play game. Bounding exercises like high knees and Mass
		March	Toe-to-heador Head-to-Toe Exercise. Free Hand

Cricket:	April, May & June	Class Formation (Standing Position) General Warm-Up Exercises, Jogging in straight line or
		groups. Specific Exercise and Free Hand Exercise
		Introduction of basic rules of Cricket
	July, August &	Develop basic catching technique
	September	
	October, November &	Develop catching with a partner, in groups and teams
	December	Teach the importance of Team Spirit
	January, February &	Develop Physical Fitness and Game Sense
	March	Develop Co-ordination Techniques with Team
Karate:	April, May & June	Warm up Exercise
larate.	April, May & Julie	Jogging
		Exercise
		Stretching, Neck, Shoulder, Arms, Heap, Leg
		Stance –
		ZenkutsuDachi (Forward Stance), And Advance punch
		Shikodachi (Horse Riding Stance) and Punch
	July, August &	Warm up Exercise
	September	ZenkutsuDachi (Forward Stance), Shikodachi (Horse
		Riding Stance)
		Zuki – Punch
		Jodan (Face), Chudan (Stomach) and Gedan (Lower)
		Punch
		Uke – Block – Jodan, chudan, Uchi, Gidan
		Kick – Front Kick (Maie Geri) Mawasigeri (Round use
		Kick)
		KATA – Tenno
	October, November &	Warm up Exercise
	December	ZenkutsuDachi (Forward Stance), Shikodachi (Horse
		Riding Stance) Zuki – Punch
		GyakuZuki (Reverse Punch), HirakenZuki, SandanZuki,
		Ura zuki
		Uke – Block – Jodan, chudan ,Uchi , Gidan
		Kata
	January, February &	Kick – Front Kick (Maie Geri) Mawasigeri
	March	Zuki – Punch
		GyakuZuki (Reverse Punch), HirakenZuki, SandanZuki,
		Ura zuki
		Uke – Block – Jodan, chudan ,Uchi , Gidan
		Kata

Football:	April & May	General Warm-Up, General and Specific Exercises like,
		Toe- to-head or Head-to-Toe Exercises. Basic
		introduction and rules and regulation, Running with
		Football, Free Play Game
		Technique Training: - Kicking, Passing, Receiving. Free
		play game.
	luna lulu Q August	
	June, July & August	General warm-up, General and specific exercises like,
		Toe-to-head or Head-to-Toe exercises. Technical
		training like dribbling, passing and shooting
		Physical fitness training. Tactics Individual and group
		tactics in attack. Small side game.
		Compound technical training (receiving a ball &
		kicking, Heading practice. Free play game.
	September &	General warm-up, General and specific exercises like,
	October	Toe-to-head or Head-to-Toe exercise. Attacking tactics
		and dribbling. Technique of a throwing ball. Free play
		game. Conditioning training. Technique of kicking a
		ball to clear it. Free play game.
	November &	General warm-up, General and specific exercises like
	December	Toe-to-Head or Head-to-Toe exercise. Tactics: -
		Individual and group tactics in Defense. Free play
		game. Defensive tactics in midfield. Crossing practice.
		Ball shooting in the goal post.
	January & February	General warm-up, General and specific exercises like,
		Toe-to-head or Head-to-Toe Exercise. Conditioning
		training. Compound technical exercise (Receiving a bal
		and kicking. Goal keeper.
	March	General warm-up, General and specific exercises like,
		Toe-to-head or Head-to-Toe exercise. Conditioning
		training
Basketball	April & May	General warm-ups like running, stretching exercises for
		endurance without a ball. normal Fun games at last.
		Cooling down session.
	Мау	General warm-ups like stretching, running etc. training
	laidy	
		with the ball (dribbling, passing etc.). Normal fun games
	•	at last. Cooling down session.
	June,	General warm-ups like stretching, running etc. Some
		dribbling skill development training. Fun games at last.
		Core exercises. Cooling down session.
	July	Physical fitness training (Endurance & strengthening
		without ball). Core exercises. Cooling down session.
	August	General warm-ups stretching, Runnings etc. Shooting
		development drills. Fun games Cooling down session.
	September	Physical fitness training (Endurance & strengthening
	Jepteniber	
		without ball). Core exercises. Cooling down session.

October	General warm-ups. Some drills in layup shorts &
	passing. Introducing 1st break pass. Shooting practice.
	Fun games. Core exercises. Cooling down.
November	Shooting practice. General warm-ups. Some drill for
	passing and shooting. Play fun games. Cooling down.
December	General warm-ups. Some drills in shorts & passing and
	dribbling. Fun games. Cooling down.
January	With & without ball fun games. Stretching warm ups.
	Drills on passings & shootings. Cooling down.
February	Shooting practice. Warm ups like running, stretching
	etc. Without dribbling games. Core exercise. Cooling
	down session.