

Term 1 Syllabus for Class V: Session 2023-2024
TERM - 1

Subjects	Month	Topics to be done
English Language	April	<ul style="list-style-type: none"> • Comprehension • Abstract & Concrete Noun • Use of Apostrophe in Singular & Plural Nouns • Nouns- Countable & Uncountable • Punctuation (Cambridge Integrated Curriculum)
	May	<ul style="list-style-type: none"> • Creative Writing • Adjectives & Types (Cambridge Integrated Curriculum)
	June	<ul style="list-style-type: none"> • Comparison of Adjectives • Verbs- Transitive & Intransitive • Paragraph Writing • Homophones & Homonyms
	July	<ul style="list-style-type: none"> • Verbs- Transitive & Intransitive (Continued) • Tenses (Present, Perfect, Continuous) • Notice Writing (Cambridge Integrated Curriculum) • Sequencing of Events • Comprehension
	August	<ul style="list-style-type: none"> • Informal Letter Writing (Cambridge Integrated Curriculum) • Pronouns & Types (Cambridge Integrated Curriculum) • Subject Verb Agreement (Cambridge Integrated Curriculum) • Irregular Verbs (Cambridge Integrated Curriculum)
	September	<ul style="list-style-type: none"> • Revision and First Term Assessment
English Literature	April	<ul style="list-style-type: none"> • Chapter 3 The Kabuliwala • Gulliver's Travels Chapters 1 & 2
	May	<ul style="list-style-type: none"> • Chapter 8 Bulb (Poem) • Gulliver's Travels Chapters 3&4
	June	<ul style="list-style-type: none"> • Chapter 8 Bulb (Poem) Continued

		<ul style="list-style-type: none"> • Chapter 5 Friends and Companions • Gulliver's Travels Chapters 5&6
	July	<ul style="list-style-type: none"> • Chapter 1 Proserpine and Pluto • Chapter 4 The Mouse and the Lion (Poem) • Gulliver's Travels Chapters 7, 8 & 9
	August	<ul style="list-style-type: none"> • Chapter 7 Charlie and The Chocolate Factory - Part 1 • Chapter 7: Charlie and The Chocolate Factory Part 2 • Gulliver's Travels- Part 2 Chapters 1 & 2
	September	<ul style="list-style-type: none"> • Revision and First Term Assessment
Bengali Language	April	<ul style="list-style-type: none"> • Dhawni • Bornobishleshan • Short revision of Parts of speech. • Comprehension • Composition
	May	<ul style="list-style-type: none"> • Revision of Dhawni • NEW TOPIC - Number, Sadhu Chalit • Comprehension • Composition
	June	<ul style="list-style-type: none"> • Revision of Borno • Bornobishleshan • Number • Sadhu chalit • New Topic : Tense • Comprehension • Composition
	July	<ul style="list-style-type: none"> • Continuation of Tense • Punctuation • Sentence: Subject and Predicate
	August	<ul style="list-style-type: none"> • Types of sentences • Samarthok shobdo, • Prai somochchrito bhinnarthak shabdo.
	September	<ul style="list-style-type: none"> • Revision and First Term Assessment

		<ul style="list-style-type: none"> • Revision of Dhani, Number, Sadhu Chalit • Tense • Punctution • Subject and predicate, • Types of sentences • Samarthok shobdo, • Prai somochchrito bhinnarthak shabdo.
Bengali Literature	April	<ul style="list-style-type: none"> • Prose : Baishe Shraavan • Poem : Baroari
	May	<ul style="list-style-type: none"> • Completion of Poem: Baroari
	June	<ul style="list-style-type: none"> • Prose : Sap
	July	<ul style="list-style-type: none"> • Completion of Sap • Poem : Bangla Ma
	August	<ul style="list-style-type: none"> • Prose : Kinuli • Poem : Mishti.
	September	<ul style="list-style-type: none"> • <u>Revision and First Term Assessment</u> • Revision of • Prose: Baishe Shraavan,Sap,Kinuli • Poem : Baroari,Bangla Ma,MIshti • New Topic: Bhaluk Bhuter Palla te
Hindi Language	April	<ul style="list-style-type: none"> • Sangya (paanch bhed : jativachak , vyaktivachak, bhavavachak
	May	<ul style="list-style-type: none"> • Ling aur vachan
	June	<ul style="list-style-type: none"> • Sarvanam aur uske bhed
	July	<ul style="list-style-type: none"> • Visheshan aur uske bhed
	August	<ul style="list-style-type: none"> • Kriya aur Kaal, kriya ke bhed
	September	<ul style="list-style-type: none"> • Revision and First Term Assessment
Hindi Literature	April	<ul style="list-style-type: none"> • Mittu
	May	<ul style="list-style-type: none"> • Hum jab honge badhey
	June	<ul style="list-style-type: none"> • Swaasthya Humaara Saccha Dhan
	July	<ul style="list-style-type: none"> • Kanthon Mein Raah Banatye hain
	August	<ul style="list-style-type: none"> • Armaan
	September	<ul style="list-style-type: none"> • Onam
Maths	April	<ul style="list-style-type: none"> • Chapter 2. Indian Number System

		<ul style="list-style-type: none"> • Chapter 3. International Number System (Cambridge Integrated Curriculum) • Use of symbols for mathematical operations
	May	<ul style="list-style-type: none"> • Chapter 5 Operations on Larger Numbers
	June	<ul style="list-style-type: none"> • Chapter 4 Roman numerals • Chapter 8 Factors and Multiples
	July	<ul style="list-style-type: none"> • Chapter 8 Factors and Multiples (Cont'd) • Chapter 9 Fractions (Cambridge Integrated Curriculum) • Relation of Quantities in direct proportion
	August	<ul style="list-style-type: none"> • Chapter 17 Perimeter and Area • Chapter 7 Unitary Method (excluding Inverse changes)
	September	<ul style="list-style-type: none"> • Chapter 6 Rounding Off-Estimation
Science	April	<ul style="list-style-type: none"> • Chapter 5 - Plant Reproduction • Thinking and working scientifically (Cambridge Integrated Curriculum)
	May	<ul style="list-style-type: none"> • Chapter 4 - Pollination • Scientific enquiry – Purpose and planning (Cambridge Integrated Curriculum)
	June	<ul style="list-style-type: none"> • Chapter 4 - Pollination (continued) • Chapter 2 - Human body - The skeletal system • Concept of fair test (Cambridge Integrated Curriculum)
	July	<ul style="list-style-type: none"> • Chapter 6- Solids, Liquids and Gases • Physical and chemical change (Cambridge Integrated Curriculum) • Properties of materials (Cambridge Integrated Curriculum) • Chapter 8 - Sound and noise
	August	<ul style="list-style-type: none"> • Chapter 3 - Food and Health
	September	<ul style="list-style-type: none"> • Revision and First Term • Chapter 7 – Interdependence in living beings • Food chain and food web. • Ecosystems (Cambridge Integrated Curriculum)
Computer	April	<ul style="list-style-type: none"> • Chapter1: Computer-A Versatile Machine

	May	<ul style="list-style-type: none"> Chapter 7: Microsoft Word (Formatting) (Practical)
	June	<ul style="list-style-type: none"> Chapter 8: Microsoft Word (Working with objects) (Practical)
	July	<ul style="list-style-type: none"> Chapter 2: Computer Memory
	August	<ul style="list-style-type: none"> Chapter 11: Algorithm
	September	<ul style="list-style-type: none"> Chapter 3: Classification of computers
Social Studies	April	<ul style="list-style-type: none"> Earliest Humans Natural Resources
	May	<ul style="list-style-type: none"> Natural Resources (Continued) Evolution Of Transport and Communication
	June	<ul style="list-style-type: none"> Evolution Of Transport and Communication (Continued) The Indian Constitution
	July	<ul style="list-style-type: none"> The Indian Constitution Democratic Government
	August	<ul style="list-style-type: none"> Elections
	September	<ul style="list-style-type: none"> Revision and First Term Assessment
Third Language Hindi	April	<ul style="list-style-type: none"> Introduction of swar varan along with words beginning with the respective varan
	May	<ul style="list-style-type: none"> Introduction of vyanjan varan along with words beginning with the respective varan
	June	<ul style="list-style-type: none"> Continuation of above
	July	<ul style="list-style-type: none"> Introduction of words without matra
	August	<ul style="list-style-type: none"> Introduction of aa and ie ki matra
	September	<ul style="list-style-type: none"> Revision and First Term Assessment
Third Language Bengali	April	<ul style="list-style-type: none"> Introduction : Swarabarno (Aw to Ou) Picture Identification. Numbers : 1 to 10 (Bengali Numbers)
	May	<ul style="list-style-type: none"> Revision : Swarabarno Introduction : Banjanbarno (Kaw to maw). Introduction: Barno Jojona.

		<ul style="list-style-type: none"> • Numbers : 10 to 50 (Bengali Numbers).
	June	<ul style="list-style-type: none"> • Revision : Swarabarno, Banjanbarno (Kaw to Maw). • Picture Identification. • Introduction: Ontostho Jaw to Chandra Bindoo. • Barno Jojona.
	July	<ul style="list-style-type: none"> • Revision : Banjanbarno, Barno Jojona. • Introduction : Aa – Matra. • Numbers : 50 to 80 (Bengali Numbers). • Passage reading. • Picture Identification.
	August	<ul style="list-style-type: none"> • Revision : Aa – Matra, Numbers 1-80. • Introduction : Rosso-I And Dirgho-I Matra. • Passage Reading • Picture Identification.
	September	<ul style="list-style-type: none"> • Revision: Aa- Matra, Rosso-I Matra & Dirgho-I Matra. • Numbers : 80-100 (Bengali Numbers). • Introduction: Rosso-U & Dirgho- U matra. • Passage reading • Picture identification.
Third Language French	April	<ul style="list-style-type: none"> • Connaissons La France • Un Visiteur De Zeon
	May – June	<ul style="list-style-type: none"> • Le Joli Papillon Achète Une Robe
	July	<ul style="list-style-type: none"> • C’est Mon Anniversaire
	August – September	<ul style="list-style-type: none"> • Un Nouveau Professeur
Third Language Mandarin	April	<ul style="list-style-type: none"> • Numbers
	May	<ul style="list-style-type: none"> • Measure words
	June	<ul style="list-style-type: none"> • Vegetables
		<ul style="list-style-type: none"> • Verb ‘to eat’
	July	<ul style="list-style-type: none"> • About School
	August	<ul style="list-style-type: none"> • Festivals

	September	<ul style="list-style-type: none"> • Revision
GK	April	<ul style="list-style-type: none"> • Chapter 25 – Knowledge Corner
	May	<ul style="list-style-type: none"> • Chapter 17 – Tourist Attractions • Chapter 18 – Grand Palaces
	June	<ul style="list-style-type: none"> • Chapter 31 – World Heritage Sites • Chapter 32 – Thinking Skills • Chapter 35 – Countries Clues
	July	<ul style="list-style-type: none"> • Chapter 29 – Plant Habitat • Chapter 43 – Meat eating animals • Chapter 36 – Herbal Healers • Chapter 6 – green energy
	August	<ul style="list-style-type: none"> • Chapter 9 – Famous Personalities • Chapter 26 – Great Inspiring Personalities • Chapter 1 - Forces
	September	<ul style="list-style-type: none"> • Chapter 2 – Social Media Founders • Chapter 24 - Networking • Revision and First Term Assessment

TERM – 2

Subjects	Month	Topics to be done
English Language	October	<ul style="list-style-type: none"> • Comprehension (Cambridge Integrated Curriculum) • Conjunctions
	November	<ul style="list-style-type: none"> • Prepositions • Use of Adverbs and Types • Comparison of Adverbs
	December	<ul style="list-style-type: none"> • Interjections • Active And Passive Voice (Cambridge Integrated Curriculum)
	January	<ul style="list-style-type: none"> • Direct & Indirect Speech • Story Writing (Cambridge Integrated Curriculum) • Comprehension (Cambridge Integrated Curriculum)
	February	<ul style="list-style-type: none"> • Proverbs and Idioms • Contractions • Revision and Final Assessment

	March	<ul style="list-style-type: none"> • Prefix & Suffix (Cambridge Integrated Curriculum) • Passage Summarization (Cambridge Integrated Curriculum)
English Literature	October	<ul style="list-style-type: none"> • Chapter 12 - These Old Shoes (Poem)
	November	<ul style="list-style-type: none"> • Chapter 13 - Heidi • Chapter 15- The Owl and the Pussy Cat (Poem) • Gulliver's Travels- Part-2 Chapters 3,4,5
	December	<ul style="list-style-type: none"> • Chapter 6 Swami Vivekananda- The Person • Gulliver's Travels- Part-2 Chapters 6,7,8
	January	<ul style="list-style-type: none"> • Chapter 10: The Water God's Challenge • Gulliver's Travels- Part-3 & 4
	February	<ul style="list-style-type: none"> • Revision and Final Assessment
	March	<ul style="list-style-type: none"> • Chapter 2: Bhima and Hanuman
2nd Lang Bengali Language	October	<ul style="list-style-type: none"> • Ek kothai prakash • letter writing (personal)
	November	<ul style="list-style-type: none"> • Letter writing (personal) • Picture Composition
	December	<ul style="list-style-type: none"> • Swara Sandhi • Letter writing (personal) • Picture Composition • Composition
	January	<ul style="list-style-type: none"> • Continuation of Swara Sandhi • Letter writing (personal) • Picture Composition • Comprehension • Composition
	February	<ul style="list-style-type: none"> • Revision of all topics.
	March	<ul style="list-style-type: none"> • Final Assessment
Bengali Literature	October	<ul style="list-style-type: none"> • Completion of Bhaluk bhuter Palla te • Prose: Rajar Asukh
	November	<ul style="list-style-type: none"> • Prose : Hans • Poem: Maer Dan
	December	<ul style="list-style-type: none"> • Completion of Maer Dan • Prose : Talnabami
	January	<ul style="list-style-type: none"> • Poem: Prarthana • Prose : Amar Chelebela

	February	<ul style="list-style-type: none"> • Revision and Final Assessment • PROSE: Rajarasukh, Hans, Talnabami, Amar chelebel • POEM : Bhaluk bhuter palate, Maer Dan Prarthana
	March	<ul style="list-style-type: none"> • Final Assessment
2 nd Language Hindi Language	October	<ul style="list-style-type: none"> • Paryayvachi aur Vilom
	November	<ul style="list-style-type: none"> • Anekarthak aur Shrutisam bhinarthak • Anek shabdo ke liye ek shabd.
	December	<ul style="list-style-type: none"> • Apathit Gadyansh • Chitra varnan .
	January	<ul style="list-style-type: none"> • Letter writing • Muhaavare
	February	<ul style="list-style-type: none"> • Upsarg • Pratyay • Creative writing.
	March	<ul style="list-style-type: none"> • Samvad Lekhan • Kavita lekhan
Hindi Literature	October	<ul style="list-style-type: none"> • Khilone ne shikhaya
	November	<ul style="list-style-type: none"> • Sabha ka khel
	December	<ul style="list-style-type: none"> • Adal-Badal
	January	<ul style="list-style-type: none"> • Swami Vivekananda
	February	<ul style="list-style-type: none"> • Revision • Final Assessment
	March	<ul style="list-style-type: none"> • Sindbaad ki Yatraa
Math	October	<ul style="list-style-type: none"> • Chapter 10. Decimal Fractions
	November	<ul style="list-style-type: none"> • Chapter 13. Percentage • Chapter 12. Simplification - BODMAS Rule
	December	<ul style="list-style-type: none"> • Chapter 15. Geometry (Cambridge Integrated Curriculum) • Sketching quadrilaterals based on its properties. • Area of Rectangles and Triangles.
	January	<ul style="list-style-type: none"> • Chapter 19. Money
	February	<ul style="list-style-type: none"> • Chapter 18. Volume • Chapter 20. Data Handling
	March	<ul style="list-style-type: none"> • Statistics and probability (Cambridge Integrated Curriculum) • Language of probability and proportion

		<ul style="list-style-type: none"> • Final Assessment
Science	October	<ul style="list-style-type: none"> • Chapter 1 -Human body - The Circulatory system • Circulatory systems of other animals (Cambridge Integrated Curriculum)
	November	<ul style="list-style-type: none"> • Chapter 9 - Work and Energy • Mass & weight (Cambridge Integrated Curriculum)
	December	<ul style="list-style-type: none"> • Chapter 10 - Light and shadow • Rocks and rock cycle (Cambridge Integrated Curriculum)
	January	<ul style="list-style-type: none"> • Chapter 11 - Simple Machines
	February	<ul style="list-style-type: none"> • Chapter 12 - Cleanliness and hygiene
	March	<ul style="list-style-type: none"> • Electricity and magnetism (Cambridge Integrated Curriculum)
Computer	October	<ul style="list-style-type: none"> • Chapter 9: Microsoft Power Point(Practical)
	November	<ul style="list-style-type: none"> • Chapter 9: Microsoft Power Point (Practical)
	December	<ul style="list-style-type: none"> • Chapter 6: Internet-Round the world
	January	<ul style="list-style-type: none"> • Introduction to scratch (Handout will be given) (Practical)
	February	<ul style="list-style-type: none"> • Introduction to scratch (Handout will be given) • (Practical)
Social Studies	October	<ul style="list-style-type: none"> • Parallels And Meridians • Map Pointing
	November	<ul style="list-style-type: none"> • Climatic Zones • Map Pointing
	December	<ul style="list-style-type: none"> • India: Climate • Map Pointing • Eclipse
	January	<ul style="list-style-type: none"> • Weather And Climate • Map Pointing • India: Natural Vegetation
	February March	<ul style="list-style-type: none"> • Revision and Final Assessment • Components of the Environment

3rd Language	October	<ul style="list-style-type: none"> • Introduction of ee and u ki matra
Hindi	November	<ul style="list-style-type: none"> • Introduction of oo and Ri ki matra
	December	<ul style="list-style-type: none"> • Introduction of ei and ai ki matra
	January	<ul style="list-style-type: none"> • Introduction of o and ou ki matra
	February	<ul style="list-style-type: none"> • Introduction of anuswar and visarg
	March	<ul style="list-style-type: none"> • Introduction of anunasik
3rd Language Bengali	October	<ul style="list-style-type: none"> • Revision : Rosso-U & Dirgho-U Matra. • Introduction : Ree- Matra & E- Matra. • Passage Reading, Comprehension
	November	<ul style="list-style-type: none"> • Revision : Ree- Matra & E- Matra. • Introduction: Oi- Matra , O- Matra & Ou- Matra. • Passage Reading, Comprehension. • Parts Of Body • Vegetables
	December	<ul style="list-style-type: none"> • Revision : Matras (Aw- Ou). • Introduction: Jaw- Fola, • Names Of Fruits and Flowers. • Composition (Very Short) • Comprehension.
	January	<ul style="list-style-type: none"> • Revision- Jaw Fola. • Introduction: Raw-Fola, • Names of birds, animals. • Uses of Khondo- Taw • Comprehension • Composition
	February	<ul style="list-style-type: none"> • Revision ; Jaw – Fola & Raw- Fola. • Introduction-Anuswar, Bishorgaw& Chandrabindoo (Application). • Introduction: Ref – Matra. • Composition
	March	<ul style="list-style-type: none"> • Comprehension • Composition.
French	October	<ul style="list-style-type: none"> • Le Weekend André
	November	<ul style="list-style-type: none"> • Le Petit Gourmand
	December	<ul style="list-style-type: none"> • La Maison Du Clown Petite Patate
	January	<ul style="list-style-type: none"> • La Chambre Du Clown Petite Patate
	February – March	<ul style="list-style-type: none"> • Le Rêve De Lucie

Mandarin	October	<ul style="list-style-type: none"> • Self-introduction
	November	<ul style="list-style-type: none"> • “Hello” • “How is your health?”
	December	<ul style="list-style-type: none"> • “Are you busy?” • “What is your name?”
	January	<ul style="list-style-type: none"> • “Let me introduce”
	February	<ul style="list-style-type: none"> • Revision
GK	October	<ul style="list-style-type: none"> • Chapter 13 – Animals Quiz • Chapter 10 – Knowledge Zone • Chapter 16 – Famous Animals Safaris • Chapter 19 – Guess My Name
	November	<ul style="list-style-type: none"> • Chapter 23 – Amazing Birds • Chapter 37 – Knowledge Desk • Chapter 41 – Surviving Successfully
	December	<ul style="list-style-type: none"> • Chapter 14 – Looking into Space • Chapter 30 – Different Aircrafts • Chapter 44 – Famous Airports • Chapter 15 – Mission Space
	January	<ul style="list-style-type: none"> • Chapter 20 - Gestures • Chapter 21 - Cleanliness • Chapter 39 – Yoga for Better Health • Chapter 44 – Public Speaking
	February	<ul style="list-style-type: none"> • Chapter 42 – Natural Phenomenon • Chapter 46 – How Is a Book Made? • Revision • Final Assessment

PERFORMING ARTS

Subjects	Month	Topics to be done
Art:	April	Introduction. Basic Drawings Of: House, Trees, Birds
	May	Scenery Drawing Make Your Own Patterns. Shapes.
	June	Line: Simple Line Drawing. Lines Making Patterns. Shapes In Shapes. Exploring Textures: Feel and Real.

	July	<p>Creating Textures:Landscape. Playing With Texture: A Portrait. Easy Level: Head Shapes. Medium: Hair. Medium Level: Front and Back.</p>
	August	<p>Shape Collage: Inspired by Matisse. Warli Evening. Independence Day. Raksha Bandhan Leafy Art Pg-1 Leafy Art Pg-2</p>
	September	<p>Value: Value Scale with Tints and Shades. Pg 1-3. Value Scaled Hatched, Blended and Graded. Pg 1-3. Pandal Hopping. Art Grading.</p>
	October	<p>Diwali. Halloween.Value Grid. Creating Textures: Landscape. Playing With Portrait.</p>
	November	<p>Space: Positive and Negative Art. Easy Level: Tulip. Medium Level: Apple. Hard Level: Fruit Composition. Line To Form: A Rope Basket.</p>
	December	<p>A Quilled Coaster. Christmas Party. Sports Day.</p>
	January	<p>Space: Making Space. Space: Peel Off Art: Discovering Positive and Negative Space. Positive & Negative with Stencils.</p>
	February	<p>Drawing & Colouring A Flower.Art Grading. Holi.</p>
	March	<p>Birthday Cards.</p>
Dance:	April & May	<p>Dance exercises Definition of Goan dance Basic steps of Goan dance Advance steps of Goan dance Based on Goan dance form – Folk Dance</p>
	June, July & August	<p>Dance exercises Definition of Patriotic dance Basic steps of Patriotic dance movements Advance steps of Patriotic dance Based on Patriotic dance – Patriotic music</p>

	September & October	Dance exercises 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 & December	Dance exercises Definition of Flamenco dance Basic steps of Flamenco dance Advance steps of Flamenco dance movements 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
Music:	April, May & June	Tumhi Ho MataMomo Chitte God's love is so wonderful Joyful Joyful
	July, August & September	Biswapita Tumi Sare Jahan Se Accha All things bright and beautiful Light the candle
	October, November & December	Prano Bhoriyе Itni Shakti Hume Dena Showers of Blessing God still loves the world
	January, February & March	Ore Grihobasi Ae Malik Tere Bande Hum Showers of Blessing God still loves the world

PHYSICAL EDUCATION

Subjects	Month	Topics to be done
Athletic:	April	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Learning / improving basic athletic motor skills. Walking, running, jumping.
	May	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Introduction of general safety and competition rules. Agility training. 50mts run.
	June	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Sprint and jog (Interval training method) Mass drill exercises.
	July	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Develop neuromuscular Co-ordination skill. Jump on the spot, Hexagonal jump, Shuttle run side to side run forward backward run
	August	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Developing endurance, strength through physical activity. Hip flexor. Hamstring stretch.
	September	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Develop sprinting like; sprint distances of 30 to 60 mts and practice. Single leg stand, Walk on toes in straight line. Ladder drill.
	October	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Develop reaction sprint, different kinds of relays and shuttle sprint over a distance. 200mts run and walk, piggy back exercises. Relay races.
	November	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Medicine ball exercises. Skipping and sit ups with knees bent. Mass drill exercises. Sports Day practice.
	December	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Mass drill exercises, Rhythm activity like marching on command etc. Single leg hopping on left and right leg. Sports Day Practice.

	January	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Hurdles exercise. Sprints 50-60 mts. Relay races. Sports Day Practice.
	February	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Improve physical fitness through various activities. Mass drill exercises. Free play game
	March	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Free hand exercises.
Cricket	April, May, June	<ul style="list-style-type: none"> • General Warm-Up Exercises, Jogging In Straight Line Or Groups. • Specific And Free Hand Exercise • Introduction Of Basic Rules • Basic Conditioning Training • Special Endurance Training Games • Technique:(High Catching) • Technique:(Close Catching)
	July, August, September	<ul style="list-style-type: none"> • Running Between the Wickets • Basics Of Batting Training (Defense)
	October, November, December	<ul style="list-style-type: none"> • To Play Match Among Them • Cover Drive (Batting)
	January, February, March	<ul style="list-style-type: none"> • Straight Drive (Batting) • High Catching Training • Through Game Improving Team Spirit.
Karate	April, May, June	<ul style="list-style-type: none"> • Warm up Exercise1. Jogging 2 . Exercise Stretching , Neck , Shoulder , Arms , Heap , Leg • Stance – Zenkutsu Dachi (Forward Stance) , advance chudan zuki Shikodachi (Horse Riding stance) and Punch , • Zuki – Punch - Jodan (Face) , Chudan (Stomach) and Gedan (Lower) Punch Kick – Swing kick into out and out to in kicks

	July, August, September	Combination attack defense with hand <ul style="list-style-type: none"> • Zuki – Punch All advance Punch in zenkutsu dachi Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch <ul style="list-style-type: none"> • Uke – Block - Jodan , chudan , Uchi , Gidan • Kick – Front Kick (Maie Geri) mawasi geri (Rounduse Kick) Side Kick (yoko geri) Ura geri (hook Kick) • KATA – Tenno , Chinno
	October, November, December	<ul style="list-style-type: none"> • Advance Gedanuki&Chudanzuki • Uchi Uke And Chudanzuki • Advance Gedanuki In Shikodachi Change In Chudanzuki In Zenkutsudachi Combination WithHand Leg • Kata – Pinannidan ,Pinansodan
	January, February, March	<ul style="list-style-type: none"> • Advance Mai Geri Jodanuki And Chudanzuki • Advance Mawasigeriuchi Uke And Chudanzuki • Kumite & Target Practice • KATA – Pinanyondan

Football	April	General warm-up, General and specific exerciseslike, Toe-to-head or Head-to-Toe exercises. Basic introduction and rules and regulation, running with football and passing, Free play game
	May	General warm-up, General and specific exerciseslike, Toe-to-head or Head-to-Toe exercises. Technique Training: - Kicking, Passing, Receiving.Free play game.
	June	General warm-up, General and specific exerciseslike, Toe-to-head or Head-to-Toe exercises.Technical training like dribbling, passing.
	July	General warm-up, General and specific exercises like,to-head or Head-to-Toe exercises Physical fitness training. Tactics Individual and gtactics attack. Crossing & shooting in to the goal. Free play game
	August	General warm-up, General and specific exerciseslike, Toe-to-head or Head-to-Toe exercises. Compound technical training (receiving a ball & kicking, Free play game.

	September	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Attacking tactics and dribbling. Attacking tactics – individual & collective attacks. Free play game.
	October	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning training. Crossing & shooting into the goal. Sports day practice. Free play game.
	November	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Tactics: - Individual and group tactics in defense Free play game
	December	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Defensive tactics in midfield. Crossing & shooting practice. Free play game
	January	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning training. Free play game
	February	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Compound technical exercise (Receiving a ball and kicking. Goal keeper. Free play game.
	March	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning training. Free play game

Basketball	April	General warm-ups like running, stretching exercises for endurance without a ball. normal Fun games at last. Coolingdown session.
	May	General warm-ups like stretching, running etc. training 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.Shooting practice.fun games Cooling downsession.
	September	Shooting practice.General warm-ups like stretching,runningetc.Some drills for shooting and passing .Shooting practice.fun games. Core exercises.cooling down.
	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 passingand 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