



Syllabi for Class VII : Session 2023- 24

Subject	Month	Topics to be done
English Language	April	Punctuation Sentences and Phrases
	May	Verbs Expressing Past, Present and Future. Essay writing (Descriptive and Narrative).
	June	Subject Verb Agreement Determiners
	July	Informal letter writing Adjectives (Kinds, Degrees and Placement).
	August	Active and Passive Voice Comprehension.
	September	Revision
	October	Prepositions E-Mail Notice Writing
	November	Conjunctions Formal letter writing. (Principal / Teacher)
	December	Tenses Direct and Indirect Speech.
	January	Essay writing Story writing (Elements of story writing, Practice of story writing) Comprehension.
	February	Revision and Exam
	English Literature	April
May		The Meaning of Milkha (Prose)
June		The Winter's Tale (Prose)
July		The Hero (Poem Handout)
		The Trojan Horse (Prose Handout)

	August	Pandora's Box (Prose) Mama's Hands (Poem)
	September	Revision
	October	Hamlet (Prose)
	November	A Perfect Moment (Prose) Stopping by Woods on a Snowy Evening. (Poem Handout).
	December	The Thief Story (Prose) Balloon Seller (Poem)
	January	The Lumber Room (Prose handout) How To Tell Wild Animals (Poem)
	February	Winter Oak (Prose) Revision
Hindi 2nd Language	April	LANGUAGE· पत्र (औपचारिक और अनौपचारिक) · क्रिया, काल · शुद्ध अशुद्ध LITERATURE· चिड़िया की सीख
	May	LANGUAGE· विलोम , पर्यायवाची · निबंध LITERATURE· फूल का मूल्य
	June	LANGUAGE· विशेषण- (शब्द बनाना) · अनेक शब्दों ले लिए एक शब्द · अपठित गद्यांश LITERATURE· प्रियतम
	July	LANGUAGE· क्रिया विशेषण, उपसर्ग-प्रत्यय · निबंध · मुहावरे LITERATURE· सुनेली का कुँआ · राई और पर्वत
	August	LANGUAGE· पत्र लेखन (अनौपचारिक), · अपठित गद्यांश · विलोम, पर्यायवाची , निबंध LITERATURE· रक्तदान महादान
	September	LANGUAGE· अभ्यास कार्य LITERATURE· अभ्यास कार्य Revision of Term - 1

	October	LANGUAGE· कारक LITERATURE· कर्मवीर
	November	LANGUAGE· विलोम ,पर्यायवाची,विराम - चिह्न, LITERATURE· सबसे बड़ा गरीब
	December	LANGUAGE· अपठित गद्यांश, विराम - चिह्न, · पत्र लेखन (औपचारिक) · अनेक शब्दों ले लिए एक शब्द LITERATURE· अद्भुत कलाकृति
	January	LANGUAGE· महावरे · अनेक शब्दों के लिए एक शब्द, विराम - चिह्न · निबंध LITERATURE· अन्याय का विरोध · माँ कह एक कहानी
	February	LANGUAGE· अभ्यास कार्य LITERATURE· अभ्यास कार्य Revision of Final Term
Hindi 3rd Language	April	LANGUAGE· वर्णमाला · मात्रा LITERATURE· देश हमारा · बौना और तीन भाई
	May	LANGUAGE· संयुक्ताक्षर LITERATURE· हाथी और चींटी
	June	LANGUAGE· संज्ञा · चित्र वर्णन LITERATURE· मधुमक्खी
	July	LANGUAGE· लिंग · वचन LITERATURE· अभय का कमाल · दादी माँ का जन्मदिन
	August	LANGUAGE· सर्वनाम · अपठित गद्यांश LITERATURE· गुरु द्रोण
	September	LANGUAGE· अभ्यास कार्य LITERATURE· अभ्यास कार्य
	October	LANGUAGE· क्रिया LITERATURE· परियोजना कार्य

	November	LANGUAGE· विशेषण, दिनों के नाम , महीनों के नाम LITERATURE· दीप से दीप जलाओ
	December	LANGUAGE· शब्द विचार LITERATURE· घमंडी ऊँट
	January	LANGUAGE· चित्र वर्णन · अपठित गद्यांश LITERATURE· दीना दर्जी
	February	LANGUAGE· अभ्यास कार्य LITERATURE· अभ्यास कार्य
Bengali 2nd Language	April	ব্যাকরণ - প্রবন্ধ রচনা, পদ-প্রকরণ ,বাক্য- গঠনমূলক । গদ্য- হাঁসুলি বাঁকের শোভা । বানান ও বোধ - পরীক্ষণ / বই এর প্রশ্ন - উত্তর ।
	May	ব্যাকরণ - প্রবন্ধ রচনা, পত্র -লিখন , গল্প বিধান ও যন্ত্র বিধান , পদ্য - শিক্ষাগুরুর মর্যাদা বানান , পাঠ্যের অনুশীলনী ।
	June	ব্যাকরণ - ব্যঞ্জন সন্ধি,সমার্থক শব্দ । বানান ও বোধ - পরীক্ষণ গদ্য- রবিস্মৃতি / ক্ষিতি মোহন সেন ।
	July	ব্যাকরণ - ব্যঞ্জন সন্ধি, সংখ্যাবাচক ও পূরণ বাচক শব্দ । রচনা। গদ্য- ছেলেধরা / শরৎচন্দ্র চট্টোপাধ্যায় পদ্য - গাছ কেটো না / নীরেন্দ্রনাথ চক্রবর্তী বানান , পাঠ্যের অনুশীলনী । UNIT TEST -1
	August	ব্যাকরণ -তর ও তম ব্যবহার ,পদান্তর ও বিপরীত শব্দ । পদ্য- কিশোর / গোলাম মোস্তাফা বানান ও বোধ- পরীক্ষণ ।
	September	FIRST TERMINAL EXAMINATION
	October	TERM-2 ব্যাকরণ - বিসর্গ সন্ধি ঃ সূত্র - [১- ৪] ,ছেদ-যতি চিহ্নের ব্যবহার , রচনা ও বোধ - পরীক্ষণ । বানান সংশোধন । গদ্য - জাপান রবীন্দ্রনাথ ঠাকুর ।
	November	UNIT TEST PROJECT বিসর্গ সন্ধি ঃ সূত্র - [১- ৪] , প্রায় সমোচ্চারিত ভিন্নার্থক শব্দ ।

		নাটক- বিদ্যাসাগর ।
	December	ব্যাকরণ - বাক্যের প্রকারভেদ - সরল ,জটিল, যৌগিক । এক কথায় প্রকাশ। পদ্য- হাট /যতীন্দ্রনাথ সেনগুপ্ত । বানান , পাঠ্যের অনুশীলনী ।
	January	ব্যাকরণ - বাক্যের প্রকারভেদ - সরল ,জটিল, যৌগিক । পত্র লিখন ,রচনা । পদ্য- সবার আমি ছাত্র /সুনির্মল বসু ।
	February	ANNUAL EXAMINATION
Bengali 3rd Language	April	দুই বর্ণের যুক্তাক্ষর ,তিন বর্ণের যুক্তাক্ষর । বিচিত্র পাঠ- প্রথম অধ্যায় ।
	May	গল্প - ভপোবনের ছবি , বইয়ের অনুশীলনী
	June	কবিতা- বাঘকে বাঁচাও । বঙ্গানুবাদ ।
	July	কথায় লেখা ও সংখ্যায় লেখা (১-৫০) অনুচ্ছেদ রচনা । UNIT TEST
	August	কবিতা- নৌকাযাত্রা পশুপাখি ও প্রাণীর নাম সপ্তাহের সাত দিনের নাম ।
	September	পুনরায় পাঠ ও সংশোধন । FIRST TERMINAL EXAMINATION
	October	TERM-2 UNIT TEST গল্প - সিংহ আর খরগোশের গল্প । দুই বর্ণের যুক্তাক্ষর ,তিন বর্ণের যুক্তাক্ষর । বোধ- পরীক্ষণ
	November	প্রজাপতি কবিতা । গল্প - দুই সঙ্গী । বইয়ের অনুশীলনী
	December	কথায় লেখা ও সংখ্যায় লেখা (১-১০০) বঙ্গানুবাদ
	January	বাংলায় ১২ মাস ও ছয় ঋতু । অনুচ্ছেদ রচনা । বোধ- পরীক্ষণ ।
	February	ANNUAL EXAMINATION [FULL SYLLABUS]

<p>French 2nd Language</p>	<p>April</p>	<p>Une Boum, Telephoner, Former les phrases, Rappeler les verbes</p> <p><u>La grammaire</u></p> <p>Les articles, Les conjonctions, Les adjectifs possessifs, Les adverbs de quantite, Les verbes irreguliers, Les pieces</p>
	<p>May</p>	<p>Jeanne d’Arc, Decrier une personne, Parler de la famille, Raconter une histoire</p> <p><u>Grammaire</u></p> <p>L’adjectif “tout”, Les nom – masculine, feminine, pluriel, La negation, Les professions, les adverbs</p>
	<p>June</p>	<p>La vie d’un mannequin, est-elle facile?, Decrier la journee, Dire l’heure, Repondre negativement</p> <p><u>Grammaire</u></p> <p>Les interrogations, Les expressions negatives, Les verbes pronominaux, Les articles de toilette, Les adverbs interrogatifs</p>
	<p>July</p>	<p>On Voyage, Parler des voyages, Faire une reservations, Se situer dans l’espace, Faire une fiche d’identite</p> <p><u>La grammaire</u></p> <p>Les prepositions, Les moyens de transports, L’orientation, la situation, Les animaux, Les trains francais</p>
	<p>August</p>	<p>Bon voyage!, Situer une action dans le passé, Raconter un événement du passé</p> <p><u>Grammaire</u></p> <p>Le passé composé (avoir), Les tissus et les matieres, Les vetements</p>

	September	<p>Revision /</p> <p>Des nouvelles de Lyon, Raconter une histoire au passé composé, Ecrire une lettre</p> <p><u>La Grammaire</u></p> <p>Le passé composé (être), Répondre aux questions (au passé), En ville</p>
	October	<p>Bon appetit, Faire une recette, Parler des achats</p> <p><u>La Grammaire</u></p> <p>Les expressions négatives et le passé composé, L'imperatif "affirmative, négative, pronominal", La nourriture, les boutiques spécialisées</p>
	November	<p>Des Invitations, Laisser un message, Inviter quelqu'un, Accepter ou refuser une invitation, Raconter une histoire au passé</p> <p><u>La Grammaire</u></p> <p>Le passé composé des verbes pronominaux, Les écoles françaises, Les études, Les objets dans la classe</p>
	December	<p>Aneesh partira bientôt, Parler de l'avenir, Parler des fêtes françaises, Parler de loisirs et des sports, Faire la réservation</p> <p><u>La Grammaire</u></p> <p>Le futur simple, Expressions avec avoir et être, Le futur proche</p>
	January	La Revision
	February	La Revision

<p>French 3rd Language</p>	<p>April</p>	<p>Voila le frère et la soeur de Manuel, Decrier une personne</p> <p><u>La Grammaire</u></p> <p>Les verbes en – er, Les pronoms sujets, Les articles defines, Le corps d’humain</p>
	<p>May</p>	<p>A la cafeteria, Choisir quelquechose a la cafeteria</p> <p><u>La Grammaire</u></p> <p>Le pluriel de noms, Les verbes en – ir, Les articles defines</p>
	<p>June</p>	<p>Mon pays – la France, Dire la nationalite</p> <p><u>La Grammaire</u></p> <p>Le feminine et le pluriel des adjectifs</p>
	<p>July</p>	<p>Les parents de Manuel, Donner des informations personelles, Demander l’identite d’un objet ou d’une personne</p> <p><u>La Grammaire</u></p> <p>La negation, Les verbes en – ger, Les professions</p>
	<p>August</p>	<p>La revision</p>
	<p>September</p>	<p>C’est Noel, Parler des saisons</p> <p><u>La Grammaire</u></p> <p>Les verbes en – eter, eler, cer, La negation, Les expressions avec faire</p>
	<p>October</p>	<p>Allons a l’ecole</p>

		<p>Localiser des objets</p> <p><u>La Grammaire</u></p> <p>Les prepositions, Les verbes en – re et irreguliers, Les ordinaux et cardinaux</p>
	November / December	<p>Dans un grand magasin, Demander et proposer quelque chose</p> <p><u>La Grammaire</u></p> <p>Les articles contractes, L'interrogation, Les verbes irreguliers, Les vetements, Les adjectifs possessifs</p>
	January	La Revision
	February	La Revision
Mandarin 3rd Lang	April	<p>Greetings</p> <p>Family Relations</p>
	May	Seasons
	June	<p>Numbers I</p> <p>Days and Months</p>
	July	<p>Pronouns</p> <p>Sentence Structures</p>
	August	Revision
	September	Numbers II
	October	Measure Words
	November	Chinese Currency
	December	Time
	January	Introducing Oneself

	February	Revision
Mathematics	April	Integers Rational Numbers Fractions
	May	Ratio & Proportion Lines & Angles
	June	Fundamental Concepts Probability
	July	Decimal Fractions[only Ex- 4C & 4D] Exponents Unitary method
	August	Triangles Percentage Simple Linear Equations Symmetry [only Ex-19A]
	September	Sets Constructions(incircle and circumcircle are omitted)
	October	Profit, Loss and Discount Pythagoras Theorem
	November	Simple Interest

		Recognition of Solids Congruency
	December	Mensuration Data Handling
	January	Revision
	February	Revision
Physics	April	Physical quantities and Measurements
	May	Motion
	June	Motion continues
	July	Energy
	August	Light
	September	Revision of selected topics
	October	Heat
	November	Sound
	December	Magnetism and Electricity
	January	Magnetism and Electricity continues
	February	Revision of selected topics
Chemistry	April	Matter and its Composition
	May	Physical and Chemical Changes
	June	Elements ,Compounds and Mixtures
	July	Elements ,Compounds and Mixtures- to be continued
	August	Metals and Non-metals(Comparative study of general properties of Metals and Non-metals , uses of common metals , non-metals and inert gases.)
	September	Metals and Non-metals - to be continued and Revision for First terminal Examination

	October	Atomic structure
	November	Language of Chemistry
	December	Air and Atmosphere
	January	Air and Atmosphere- to be continued
	February	Revision for Annual Examination
Biology	April	Photosynthesis
	May	Human Excretory System
	June	Classification of Animals
	July	Classification of Animals (Contd)
	August	Respiration in Plants
	September	Revision
	October	Classification of Organisms
	November	Tissues
	December	Allergy
	January	The Nervous System
	February	Revision
History /Civics	April	Medieval Europe- Rise and Spread of Christianity
	May	The Constitution of India
	June	Rise and Spread of Islam
	July	The Turkish Invasion & Delhi Sultanate-I
	August	Delhi Sultanate-II
	September	Revision
	October	The Directive Principles of State Policy
	November	The Arrival of the Mughals
	December	Akbar the Great & Jahangir, Shah Jahan and Aurangzeb

	January	Vijayanagar & Bahmani Kingdom
	February	Revision
Geography	April	Representation of Geographical Features.Pg 9 to 12
	May	Atmosphere
	June	Greenhouse Effect and Global Warming
	July	Weather and Climate
	August	Africa: Location and Physical Features.Map marking of Physical Features
	September	Revision of all chapters included in 1st Term
	October	Representation of Geographical Features,Full chapter. Project Antarctica- The Snow Continent
	November	Weathering and Soil Formation
	December	Industries
	January	Energy and Power Resources
	February	Europe Political and Physical Features and Map Marking.Revision for annual exam
Computer	April	1. Introduction to Computers 2.More on Windows 7
	May	1. More on MS-Excel 2007:Formulae and Functions 2.Getting started with C++(Theory)
	June	1.Computer Virus 2. Charts in MS-Excel 2007
	July	1.Getting started with C++ (Programs)
	August	1.More on internet
	September	1.Getting started with Java
	October	1.More on MS-Excel 2010
	November	1.Revision on Blue J
	December	1.Revision on C++ 2. Project
	January	1.Revision on Ms Excel

	February	1.Revision on Internet
PA (Art)	April	Lines Shapes and forms Shading
	May	SummerTypes of colours Textures,Craft
	June	Gradient, tones, shades Object drawing
	July	Monsoon Geometric shapes Rule of thirds
	August	Independence Day Garden layout Craft
	September	Perspective study Proportion
	October	Festival Portrait drawing Craft
	November	Light festival Human hand, nose study
	December	Christmas Face drawing Animal drawing Craft
	January	Winter Folk painting Dress design
	February	Favorite place to visit Miniature painting Landscape drawing
PA (Music)	April	School song
	May	Light the candle Humko manki shakti dena
	June	Teri Aradhana karu Ode to joy

	July	God still loves the world Teri hain zameen
	August	Song on Independence Day
	September	Aye malik tere bande hum Maqke me a channel
	October	Song on Puja
	November	Song on Diwali
	December	Aya masih charni mein tu Song on Christmas
	January	Revision
	February	Assessment
PA(Dance)	April	Introduction of Drama Class
	May	Contemporary dance - Dreams forever
	June	Group Activity - Drama
	July	Contemporary Dance - temptations
	August	Patriotic Dance
	September	Drama Practice - revision
	October	Dance on Durgapuja
	November	Drama on Diwali
	December	Dance on christmas
	January	Revision
	February	Assessment
PE(Athletics)	April	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Learning / improving basic athletic motor skills. Game
	May	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Introduction of general safety and competition rules.Game

	June	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Awareness about sports terminologies. Develop running in variation and Improve control in movement skills relevant to games like jumping changing speed etc. Free play (games and sports)
	July	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Develop long distance running like time-run, shuttle –run. Improving health and fitness .Free play game
	August	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Develop sprinting like, sprint distances of 30 to 70 mts and practice Bunch or Bullet start.Developing endurance and strength through physical activities.Free play (games and sports) Improving team spirit
	September	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Flat races & obstacle races.Mass drill exercises. Practice types of sprint start Sports day practice. Free play
	October	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Develop reaction sprint practice .Develop base for sports performances. Sports day practice. Free play Game
	November	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Different kinds of relays. Develop games and various races with a partner or with groups. Sports Day practice. Free play Game
	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. short sprint races. Sports Day Practice. Free play game
	January	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.Free play game
	February	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Bounding exercises like high knees and Mass drill exercises. Free play game
PE(Basketball)	April	Special endurance. Develop foot work. Technique of one vs onewith the ball. Technique of one vs one without the ball. Basketball match.
	May	Special endurance. Develop foot work. Technique of one vs onewith the ball. Technique of one vs one without the ball. Basketball match.
	June	Special endurance. Develop foot work. Technique of one vs onewith the ball. Technique of one vs one without the ball. Basketball match.
	July	Develop motor quality (endurance, strength, balance, speed). Technique of man to man defense. Technique of zone defense. Basketball match.
	August	Develop motor quality (endurance, strength, balance, speed). Technique of man to man defense. Technique of zone defense. Basketball match.
	September	Develop motor quality (endurance, strength, balance, speed). Technique of man to man defense. Technique of zone defense. Basketball match.
	October	Development of footwork. Technique of driving. Technique of cutting. Basketball match. Sports day practice.
	November	Development of footwork.

		<p>Technique of driving. Technique of cutting. Basketball match. Sports day practice.</p>
	December	<p>Development of footwork. Technique of driving. Technique of cutting. Basketball match. Sports day practice.</p>
	January	<p>Develop footwork and body fitness. Technique of pressing defense. Technique of block out. Basketball match</p>
	February	<p>Develop footwork and body fitness. Technique of pressing defense. Technique of block out. Basketball match</p>
PE (Cricket)	April	<p>.WARM UP (GENERAL AND SPECIFIC) . TECHNIQUE TRAINING- CATCHING AND THROWING . FULL PITCH GAME</p>
	May	<p>.WARM UP (GENERAL AND SPECIFIC) . TECHNIQUE TRAINING- CATCHING AND THROWING . FULL PITCH GAME</p>
	June	<p>.WARM UP (GENERAL AND SPECIFIC) . TECHNIQUE TRAINING- CATCHING AND THROWING . FULL PITCH GAME</p>
	July	<p>WARM UP (GENERAL AND SPECIFIC) . TECHNIQUE TRAINING- BATTING AND BOWLING .GAME</p>
	August	<p>WARM UP (GENERAL AND SPECIFIC) . TECHNIQUE TRAINING- BATTING AND BOWLING .GAME</p>

	September	<p>WARM UP (GENERAL AND SPECIFIC)</p> <p>. TECHNIQUE TRAINING- BATTING AND BOWLING</p> <p>.GAME</p>
	October	<p>. WARM UP</p> <p>. DEVELOP SPEED ENDURANCE AND EXPLOSIVE STRENGTH</p> <p>. TECHNIQUE- CATCHING AND SHOOTING</p> <p>. GAME (SPORTS DAY PRACTICE)</p>
	November	<p>. WARM UP</p> <p>. DEVELOP SPEED ENDURANCE AND EXPLOSIVE STRENGTH</p> <p>. TECHNIQUE- CATCHING AND SHOOTING</p> <p>. GAME (SPORTS DAY PRACTICE)</p>
	December	<p>. WARM UP</p> <p>. DEVELOP SPEED ENDURANCE AND EXPLOSIVE STRENGTH</p> <p>. TECHNIQUE- CATCHING AND SHOOTING</p> <p>. GAME (SPORTS DAY PRACTICE)</p>
	January	<p>WARM UP(GENERAL AND SPECIFIC)</p> <p>. NET PRACTICE</p> <p>.NOTE: WICKET KEEPER TRAINING SEPARATELY</p>
	February	<p>WARM UP(GENERAL AND SPECIFIC)</p> <p>. NET PRACTICE</p> <p>.NOTE: WICKET KEEPER TRAINING SEPARATELY</p>

PE(Football)	April	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Endurance (Aerobic & strength training) Free play game
	May	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Technique Training: - Kicking, Passing, Receiving. Free play game.
	June	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises .Technical training like dribbling, heading. Attacking & Defensive tactics principle
	July	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises Physical fitness training. Tactics Individual and group tactics in attack. Free play game
	August	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Compound technical training(receiving a ball & kicking, dribbling & shooting) Free play game.
	September	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Attacking tactics in midfield. Free play game.
	October	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning .Sports day practice.free play game.
	November	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Tactics:- Individual and group tactics in defence .Sports day practice. Free play game

	December	v General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Defensive tactics in midfield. Crossing & shooting .Sports day 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, dribbling and shooting, Goal keeper. Free play game.
PE(Karate)	April	<ul style="list-style-type: none"> · Warm up Exercise · 1. Jogging 2 . Excercise <p>Stretching , Neck , Shoulder , Arms , Heap , Leg</p> <ul style="list-style-type: none"> · Stance – <p>Zenkutsu Dachi (Forward Stance) , advance chudan zuki</p> <p>Shikodachi (Horse Riding stance) and Punch ,</p> <ul style="list-style-type: none"> · Zuki – Punch <p>Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch</p> <ul style="list-style-type: none"> · Kick – Swing kick into out and out to in kicks
	May	<ul style="list-style-type: none"> · Warm up Exercise · 1. Jogging 2 . Excercise <p>Stretching , Neck , Shoulder , Arms , Heap , Leg</p> <ul style="list-style-type: none"> · Stance –

		<p>Zenkutsu Dachi (Forward Stance) , advance chudan zuki</p> <p>Shikodachi (Horse Riding stance) and Punch ,</p> <ul style="list-style-type: none"> · Zuki – Punch <p>Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch</p> <ul style="list-style-type: none"> · Kick – Swing kick into out and out to in kicks
	June	<ul style="list-style-type: none"> · Warm up Exercise · 1. Jogging 2 . Excercise <p>Stretching , Neck , Shoulder , Arms , Heap , Leg</p> <ul style="list-style-type: none"> · Stance – <p>Zenkutsu Dachi (Forward Stance) , advance chudan zuki</p> <p>Shikodachi (Horse Riding stance) and Punch ,</p> <ul style="list-style-type: none"> · Zuki – Punch <p>Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch</p> <ul style="list-style-type: none"> · Kick – Swing kick into out and out to in kicks
	July	<p>Combination attack defence with hand</p> <ul style="list-style-type: none"> · Zuki – Punch <p>All advance Punch in zenkutsu dachi</p> <p>Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch</p> <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)

		<ul style="list-style-type: none"> · KATA – Tenno , Chinno
	August	<p>Combination attack defence with hand</p> <ul style="list-style-type: none"> · Zuki – Punch <p>All advance Punch in zenkutsu dachi</p> <p>Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch</p> <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
	September	<p>Combination attack defence with hand</p> <ul style="list-style-type: none"> · Zuki – Punch <p>All advance Punch in zenkutsu dachi</p> <p>Jodan (Face), Chudan (Stomach) and Gedan (Lower) Punch</p> <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	<ul style="list-style-type: none"> · advance gedan uki & chudan zuki · uchi uke and chudan zuki · Advance gedan uki in shikodachi change in chudan zuki in zenkutsu dachi combination with hand leg

		<ul style="list-style-type: none"> · Kata – Pinan nidan , Pinan sodan
	November	<ul style="list-style-type: none"> · advance gedan uki & chudan zuki · uchi uke and chudan zuki · Advance gedan uki in shikodachi change in chudan zuki in zenkutsu dachi combination with hand leg · Kata – Pinan nidan , Pinan sodan
	December	<ul style="list-style-type: none"> · advance gedan uki & chudan zuki · uchi uke and chudan zuki · Advance gedan uki in shikodachi change in chudan zuki in zenkutsu dachi combination with hand leg · Kata – Pinan nidan , Pinan sodan
	January	<ul style="list-style-type: none"> · Advance Mai Geri jodan uki and chudan zuki · Advance Mawasi geri uchi uke and chudan zuki · Kumite & Target Practice · KATA – Pinan Yondan
	February	<ul style="list-style-type: none"> · Advance Mai Geri jodan uki and chudan zuki · Advance Mawasi geri uchi uke and chudan zuki · Kumite & Target Practice · KATA – Pinan Yondan

PE(Yoga)	April	Opening Prayer Warm up yourself ,jogging like slow, backward, forward, side jogging and relax
	May	Salutation to Sun (Suryanamaskar) Animal Poses.
	June	Pranayama for Kids (The beauty of breath)
	July	Yoga Nidra
	August	Classroom technique for yoga Tadasana , Parvatasana,Hand clenching
	September	Classroom technique for yoga Wrist bending, Wrist joint rotation, Elbow bending, Shoulder rotation.
	October	Classroom technique for yoga Forward- backward, Side movement, Head rotation. Laughing
	November	Classroom technique for yoga Belly Laugh Balloon Laugh Animal Poses.
	December	Pranayama for Kids (The beauty of breath) ,closing prayer
	January	Salutation to Sun (Suryanamaskar) Pranayama for Kids (The beauty of breath)
	February	Classroom technique for yoga Forward- backward, Side movement, Head rotation. Laughing, Wrist bending, Wrist joint rotation, Elbow bending, Shoulder rotation.