










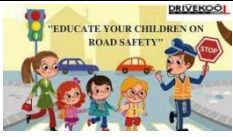

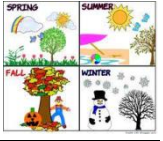
FOUNDATION SYLLABUS 2021-22

MONTHS	LANGUAGE	NUMBER WORK	MONTESSORI MATERIAL	EVS
<p><u>APRIL</u></p> 	<ul style="list-style-type: none"> • Revision of 'a-z' sounds • L, C, O, N (tracing and writing) • Pattern and Shapes (tracing) 	<ul style="list-style-type: none"> • 0-10 (writing) • Missing Numbers (0-10) • Backward Counting (10-0) 	<ul style="list-style-type: none"> • Sand paper letter tracing (a-z) • Sand paper number tracing 0-10 	<ul style="list-style-type: none"> • Myself • My Family
<p><u>MAY</u></p> 	<ul style="list-style-type: none"> • A, E, I, U (tracing and writing) • Pattern and shapes (tracing) 	<ul style="list-style-type: none"> • 11-20(writing) • Missing Numbers (11-20) • Backward Counting (20-0) 	<ul style="list-style-type: none"> • Spindle box 1 	<ul style="list-style-type: none"> • Summer • Neighborhood
<p><u>JUNE</u></p> 	<ul style="list-style-type: none"> • Sight Words (is, on, in, us, of, am, at, an, as, if, or, up, it) • D, F, H, M (tracing and writing) • Pattern and shapes (tracing) 	<ul style="list-style-type: none"> • 20-30 (writing) • Missing numbers (0-30) • Backward Counting (30-0) 	<ul style="list-style-type: none"> • Spindle box 2 • Movable alphabet box 	<p>Parts of plant Germination</p>
<p><u>JULY</u></p> 	<ul style="list-style-type: none"> • Introduction of '3 letter words'- 'a' words (read, write, draw) • B, P, R, G (tracing and writing) • Rhyming words- 'a' sound 	<ul style="list-style-type: none"> • Identify the bigger number (0-30) • Before number (0-30) • Between number (0-30) 	<ul style="list-style-type: none"> • Movable alphabet box 	<p>Monsoon Helpers</p>
<p><u>AUGUST</u></p>	<ul style="list-style-type: none"> • 3 letter 'o' words (read, write, draw) 	<ul style="list-style-type: none"> • Identify the Smaller number 	<ul style="list-style-type: none"> • Sand paper letter tracing 	<p>Animals Wild, Farm,</p>

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	<ul style="list-style-type: none"> • J, K, T, S (tracing and writing) • Rhyming words- 'o' sound 	<ul style="list-style-type: none"> • (0-30) • After number (0-30) 	<ul style="list-style-type: none"> • Number rods and cards 	<ul style="list-style-type: none"> • Pets, babies and homes.
<p><u>SEPTEMBER</u></p> 	<ul style="list-style-type: none"> • 3 letter 'i' words (read, write, draw) • V, X, Z, Q (tracing and writing) • Rhyming words - 'i' sound 	<ul style="list-style-type: none"> • 0 -40 (writing) • Missing numbers (0-40) • Backward Counting (40-0) 	<ul style="list-style-type: none"> • Movable alphabet box 	<ul style="list-style-type: none"> • Healthy • Unhealthy • Transport
<p><u>OCTOBER</u></p> 	<ul style="list-style-type: none"> • 3 letter 'u' words (read, write, draw) • W, Y (tracing and writing) • Rhyming words - 'u' sound 	<ul style="list-style-type: none"> • 0-50 (writing) • Missing numbers (0-50) • Backward Counting (50-0) 	<ul style="list-style-type: none"> • Movable alphabet box 	<ul style="list-style-type: none"> • Festival • Living and non-living
<p><u>NOVEMBER</u></p> 	<ul style="list-style-type: none"> • Revision of 'A-Z' • 3 letter 'e' words (read, write and draw) • Rhyming words - 'u' sound • Introduction to Phrases 	<ul style="list-style-type: none"> • Before number (0-50) • Bigger number (0-50) • Between number (0-50) 	<ul style="list-style-type: none"> • Seguin Board 1, • Geometric Insets (all shapes) • LMA Box 	<ul style="list-style-type: none"> • Underwater Animals • Children's Day
<p><u>DECEMBER</u></p> 	<ul style="list-style-type: none"> • Phrases • Sight Words (me, my, he, she, we, to, I, go, do, let, you, put, the, has, have, by, so) 	<ul style="list-style-type: none"> • Smaller number (0-50) • After number (0-50) 	<ul style="list-style-type: none"> • Seguin Board 1 • LMA Box 	<ul style="list-style-type: none"> • Christmas • Parts of the Body

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<p>JANUARY</p> 	<ul style="list-style-type: none"> • Introduction to simple sentences • Revision of Sight words 	<ul style="list-style-type: none"> • Introduction of <, >, = (0-50) 	<ul style="list-style-type: none"> • Golden Bead Material • LMA Box 	<p style="text-align: center;">Road Safety</p>
<p>FEBRUARY</p> 	<ul style="list-style-type: none"> • Pictorial composition • Introduction to 'a' 'an' 	<ul style="list-style-type: none"> • Introduction to Tens and Ones through Abacus 	<ul style="list-style-type: none"> • Revision of Golden Bead Material • LMA Box 	<p style="text-align: center;">Health and Hygiene</p>
<p>MARCH</p> 	<ul style="list-style-type: none"> • Revision of all things done 	<ul style="list-style-type: none"> • Revision of all things done 	<ul style="list-style-type: none"> • Revision Work 	<ul style="list-style-type: none"> • Days of the week • Months of the year

Syllabus for Music

APRIL- MAY

- HAY DI HAY DI HO

JUNE-JULY- AUGUST

- OH ! MR. SUN
- BULBUL PAKHI
- NANHA MUNHA

SEPTEMBER-OCTOBER

- MAKE WAY FOR NODDY
- AY RE AY SOBAI

NOVEMBER-DECEMBER

- JINGLE BELLS

JANUARY- FEBRUARY

- IF I WERE A BUTTERFLY

APRIL

- REVISION

FOUNDATION SYLLABUS 2021-22

SUBJECT : PHYSICAL EDUCATION

MONTH OF APRIL :

SL NO	TOPIC – MASS DRILL WITH THE EQUIPEMENT
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - MASS P.T WITH DIFFERENT EQUIPEMENTS.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF MAY

SL NO	TOPIC – MODIFIED BALLANCING EXERCISE AND AEROBICS EXERCISE
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE – BALLANCING FUN EXERCISE WITH THE PROPS.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

FOUNDATION SYLLABUS 2021-22

MONTH OF JUNE

SL NO	TOPIC – FLEXIBILITY TRAINNING (FUN YOGA - ASANAS)
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - MODIFIED BASIC YOGASANAS ,ANIMAL POSE
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF JULY

SL NO	TOPIC – MODIFIED CORE OF EXERCISE
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - MODIFIED SUTTLE RUN, ZIG-ZAG RUN, RUNNING COMPETITION.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF AUGUST

SL NO	TOPIC – MODIFIED STRENGTH TRAINNING
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - FUN SEAT UP, HALF PUSH UP AND DIFFERENT EXERCISE.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

FOUNDATION SYLLABUS 2021-22

MONTH OF SEPTEMBER

SL NO	TOPIC – MODIFIED AGILITY TRAINNING
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - EXERCISE WITH THE PROPS , SUTTLE RUN AND JUMPING SUTTLE RUN.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF OCTOBER

SL NO	TOPIC – BALL ACTIVITY
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - ACTIVITY WITH THE BALL.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF NOVEMBER

SL NO	TOPIC – FUN ACTIVITY WITH THE PROPS
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - ACTIVITY WITH DIFFERENT EQUIPEMENTS.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

FOUNDATION SYLLABUS 2021-22

MONTH OF DECEMBER

SL NO	TOPIC – MODIFIED CORE OF EXERCISE
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - MODIFIED SUTTLE RUN, ZIG-ZAG RUN, RUNNING COMPETITION.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF JANUARY

SL NO	TOPIC – MODIFIED STRENGTH TRAINING
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - FUN SEAT UP, HALF PUSH UP AND DIFFERENT EXERCISE.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

MONTH OF FEBRUARY

SL NO	TOPIC – MODIFIED AGILITY TRAINING
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - EXERCISE WITH THE PROPS , SUTTLE RUN AND JUMPING SUTTLE RUN.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

FOUNDATION SYLLABUS 2021-22

MONTH OF MARCH

SL NO	TOPIC – BALL ACTIVITY
1	STRETCHING EXERCISE
2	WARMING UP
3	GENERAL EXERCISE (HEAD TO TOES)
4	PRACTICE - ACTIVITY WITH THE BALL.
5	FUN GAME
6	COOLING DOWN EXERCISE
7	MEDITATION

SUBJECT:- PHYSICAL EDUCATION (CRICKET)

MONTHS: - APRIL, MAY, JUNE

- .CLASS FORMATION (STANDING POSITION)
- . GENERAL WARM-UP EXERCISES, JOGGING IN STRAIGHT LINE OR GROUPS
- . AWARENESS ABOUT SPECIFIC EXERCISES AND FREE HAND EXERCISES
- . DEVELOP CATCHING TECHNIQUE THROUGH DRILLS
- . FUN GAME

MONTH:- JULY , AUGUST , SEPTEMBER

- .DEVELOP BATTING TECHNIQUE
- DEVELOP FLEXIBILITY & BALANCE WITH THE FUN GAMES
- . DEVELOPING SPEED AND ENDURANCE ACTIVITIES SUCH AS RUNNING AND JUMPING ETC

FOUNDATION SYLLABUS 2021-22

MONTHS:- OCTOBER , NOVEMBER , DECEMBER

- . SPORTS DAY PRACTICE (DECEMBER)
- . DEVELOP GAMES WITH A PARTNER OR WITH SMALL GROUPS
- . DEVELOP AGILITY, ALERTNESS CONTROL THROUGH FUN GAME AND VARIETY OF ACTIVITY
- . FUN GAMES

MONTHS:- JANUARY ,FEBRUARY , MARCH

- . DEVELOP CATCHING TECHNIQUE THROUGH THE GAME