

Subject	Month	Topics to be done
English Literature	April	<ul style="list-style-type: none"> · THE BEAST WITHIN (PROSE) · THE ANT AND THE CRICKET (POEM)
	May	<ul style="list-style-type: none"> · THE SELFISH GIANT (PROSE HANDOUT)
	June	<ul style="list-style-type: none"> · HARRY PUSHED HER (POEM)
	July	<ul style="list-style-type: none"> · MY MOTHER (PROSE) · THE HAPPY PRINCE (PROSE)
	August	THE SOLITARY REAPER (POEM HANDOUT)
	September	<ul style="list-style-type: none"> · REVISION
	October	<ul style="list-style-type: none"> · SINDBAD THE SAILOR (PROSE) · THE WORLD (POEM)
	November	<ul style="list-style-type: none"> · HAMELIN'S PIED PIPER (PROSE) · GEORGE WHO PLAYED WITH A DANGEROUS TOY (POEM)

	December	<ul style="list-style-type: none"> · MY CHILDHOOD (PROSE) · MATILDA (POEM HANDOUT)
	January	<ul style="list-style-type: none"> · ROBIN HOOD AND HIS MERRIE MEN (PLAY HANDOUT)
	February	<ul style="list-style-type: none"> · REVISION
English Language	April	<ul style="list-style-type: none"> · PUNCTUATIONS · SENTENCES AND PHRASES
	May	<ul style="list-style-type: none"> · NOUNS
	June	<ul style="list-style-type: none"> · VERBS (TRANSITIVE AND INTRANSITIVE) · PRONOUNS
	July	<ul style="list-style-type: none"> · ADJECTIVES- KINDS, DEGREES AND PLACEMENT · ARTICLES
	August	<ul style="list-style-type: none"> · COMPOSITION (NARRATIVE) · LETTER WRITING (INFORMAL)
	September	<ul style="list-style-type: none"> · COMPREHENSION

		<ul style="list-style-type: none"> · REVISION
	October	<ul style="list-style-type: none"> · VERBS AND TENSES · ADVERBS AND ITS KINDS
	November	<ul style="list-style-type: none"> · CONJUNCTIONS · PREPOSITIONS
	December	<ul style="list-style-type: none"> · LETTER WRITING (INFORMAL) <p>COMPOSITION (DESCRIPTIVE)</p>
	January	<ul style="list-style-type: none"> · ESSAY WRITING (PRACTICE) · SUBJECT VERB AGREEMENT
	February	<ul style="list-style-type: none"> · COMPREHENSION · REVISION
Hindi 2nd Language	April	<p>LANGUAGE भाषा, लिपि और व्याकरण</p> <ul style="list-style-type: none"> · संज्ञा, लिंग, वचन · शुद्ध अशुद्ध <p>LITERATURE पश्चात्ताप के आंसू</p>
	May	<p>LANGUAGE विलोम</p> <ul style="list-style-type: none"> · पर्यायवाची · निबंध <p>LITERATURE खिलौना</p>
	June	<ul style="list-style-type: none"> · LANGUAGE सर्वनाम · अनेक शब्दों ले लिए एक शब्द · अपठित गद्यांश <p>LITERATURE यह मेरा यह मीत का</p>

	July	· LANGUAGE क्रिया , काल · महावरे · पत्र लेखन (अनौपचारिक) LITERATURE नीलू, याद तुम्हारी आती है
	August	· LANGUAGE पत्र लेखन (अनौपचारिक) · अपठित गद्यांश , निबंध LITERATURE कर्ण का मित्र प्रेम
	September	LANGUAGE उपसर्ग, अभ्यास कार्य अभ्यास कार्य
	October	· LANGUAGE कारक LITERATURE जहाज की वह रात
	November	· LANGUAGE विलोम , पर्यायवाची · निबंध · क्रिया विशेषण LITERATURE भक्ति पदावली
	December	· · LANGUAGE अपठित गद्यांश · पत्र लेखन (औपचारिक) · अनेक शब्दों के लिए एक शब्द LITERATURE हींगवाला
	January	· LANGUAGE महावरे , प्रत्यय , निबंध · अनेक शब्दों के लिए एक शब्द LITERATURE शिष्टाचार, एक तिनका
	February	· अभ्यास कार्य
Hindi 3rd Language	April	LANGUAGE · वर्णमाला , मात्रा LITERATURE · गुलगुल और कुटुर मुटुर · सवेरा
	May	LANGUAGE · संयुक्ताक्षर · चित्र वर्णन LITERATURE · चूँ चूँ चिक चिक
	June	LANGUAGE · संज्ञा LITERATURE · पशु पक्षियों के घर
	July	LANGUAGE · लिंग · वचन LITERATURE · बुलबुल के बच्चे
	August	LANGUAGE · कौन क्या करता है · अपठित गद्यांश LITERATURE · तितली रानी

	September	LANGUAGE· अभ्यास कार्य · चित्र वर्णन LITERATURE अभ्यास कार्य
	October	LANGUAGE· सर्वनाम LITERATURE · परियोजना कार्य · टोपीवाला
	November	LANGUAGE· विशेषण LITERATURE · राखी
	December	LANGUAGE· शब्द विचार LITERATURE · रूपा डरी नहीं
	January	LANGUAGE· चित्र वर्णन · अपठित गद्यांश LITERATURE · चतुर चूहा · कृष्ण सुदामा
	February	LANGUAGE· अभ्यास कार्य LITERATURE अभ्यास कार्य
Bengali 2nd Language	April	ब्याकरण- स्वरसङ्कि , उद्देश्य-विधेय, अनुच्छेद रचना, वानान, बोध-परीक्षण। गद्य-शकुन्तला// आबनीन्द्रनाथ ठाकुर । बई एर प्रश्न- उत्तर ।
	May	ब्याकरण- स्वरसङ्कि , पदाङ्तर। पद्य-सुखदुःख/ रवीन्द्रनाथ ठाकुर। वानान ओ बई एर प्रश्न- उत्तर ।
	June	ब्याकरण- लिङ्ग , वचम, पुरुष । गद्य- सबचेये भालो /आशापूर्णा देवी। July - ब्याकरण - समार्थक शब्द , अनुच्छेद रचना , पत्र- लिखन गद्य- सबचेये भालो /आशापूर्णा देवी। वानान ओ बई एर प्रश्न- उत्तर ।
	August	ब्याकरण - साधु -चलितभाषा, पत्र- लिखन , गद्य- विद्ये बोक्काई बाबुमशई /सुकुमार राय। वानान ओ बई एर प्रश्न- उत्तर ।

	September	রচনা- বোধ- পরীক্ষণ , গদ্য- রাজার অসুখ /সুকুমার রায় । বই এর অনুশীলনী / worksheet solve. FIRST TERMINAL EXAMINATION
	October	ব্যাকরণ - পত্র- লিখন , বোধ-পরীক্ষণ পদ্য- বাংলাদেশ। বইএর অনুশীলনী ।
	November	ব্যাকরণ- ব্যঞ্জন সন্ধি [সূত্র ১-৪] ,বিপরীত শব্দ । গদ্য-বিবেকানন্দের ছেলেবেলা /শশিভূষণ দাশগুপ্ত। UNIT TEST -2 PROJECT
	December	ব্যাকরণ- ব্যঞ্জন সন্ধি, রচনা, বোধ-পরীক্ষণ। পদ্য- ভালো খাবার /সুকান্ত ভট্টাচার্য ।
	JANUARY	ব্যাকরণ - পত্র-লিখন ,বানান, পদ্য- দেখব এবার জগৎটাকে/ কাজী নজরুল ইসলাম ।
	FEBRUARY	ANNUAL EXAMINATION
Bengali 3rd Language	April	সহজ পাঠ- প্রথম অধ্যায়, দ্বিতীয় অধ্যায় । বই এর অনুশীলনী / Worksheet.
	May	*সহজ পাঠ- দ্বিতীয় অধ্যায়*য-ফলা ,র-ফলা, হাট- কবিতা ।
	June	বর্ণপরিচয় -১ম পাঠ, সহজ পাঠ - তৃতীয় অধ্যায়, অনুচ্ছেদ রচনা । *বই এর অনুশীলনী /worksheet
	July	ফুল, ফল ও শাকসবজির নাম । [UNIT TEST] অনুশীলনী / worksheet
	August	বাংলায় ৭ দিনের নাম ।
	September	পুনরায় পাঠ । বই এর প্রশ্ন-উত্তর , অনুশীলনী ।

		FIRST TERMINAL EXAMINATION
	October	TERM-2 সহজ পাঠ- চতুর্থ ও পঞ্চম অধ্যায়। অনুশীলনী।
	November	UNIT TEST -2 PROJECT সহজ পাঠ- ষষ্ঠ অধ্যায় , বর্ণপরিচয় - ল ফলা- ব-ফলা, ন- ফলা। অনুশীলনী।
	December	কবিতা- ঐখানে মা পুকুর পাড়ে। বোধ -পরীক্ষণ , অনুচ্ছেদ রচনা।
	January	কথায় লেখা , সংখ্যায় লেখা [১-৫০]
	February	REVISION ANNUAL EXAMINATION
French 2nd Language	April	La Rantree, Il est francais
	May	Il est francais?, La journee de Madame Lavigne
	June	Kalu est malade, Faire les courses
	July	Kalu est malade, Faire les courses
	August	Revision
	September	Revision M. Lavigne cherche un menteau
	October	Allons a Paris
	November	Une Journee Bien charge, Une visite au parc d'attraction
	December	Une visite au parc d'attractio
	January	Revision

	February	Revision
French 3rd Language	April	<p>Vous connaissez la France?</p> <p>S'initier a la culture francaise, Les salutation, Saluer et se presenter</p> <p>Les formules de politesse</p>
	May	<p>Comptons ensemble, Eppeler les noms et compter</p> <p><u>La grammaire</u></p> <p>L'alphabet, Les nombres de 1 a 20</p>
	June	<p>Les copains</p> <p>Presenter un objet / une personne</p> <p><u>La grammaire</u></p> <p>Le verbe – Etre, Les articles indefinis, Les pronoms sujets, Le pluriel des noms</p>
	July	<p>Devinez</p> <p>Interroger sur les personnes / objets</p> <p><u>La grammaire</u></p> <p>Les profession, Les nombres cardinaux</p>
	August	<p>Dans la classe, Decrire une personne</p> <p><u>La grammaire</u></p> <p>Le verbe Avoir, Les adjectives</p>

	September / October	Revision / Les amis de Caroline Parler de la nationalite, Les nationalite <u>La grammaire</u> Les articles defines, Pluriel, masculin et feminin
	November	Quel jour sommes-nous? Parler des jours de la semaine <u>La grammaire</u> Le verbe – parler, habiter, aimer
	December	La famille de Manuel Decrier la famille <u>La grammaire</u> Le verbe – parler, habiter et aimer
	January	La Revision
	February	La Revision.
Mandarin 3rd Lang	April	Lesson 7: Making an Inquiry (2) How many people are there in your family?
	May	Lesson 8: Making an Inquiry (3) What time is it?
	June	Lesson 9: Making an Inquiry (4) Where do you live?
	July	Public Places Directions

		Lesson 10: Making an Inquiry (5) Where is the post office?
	August	Numbers 0 to 10,000 Prices in Chinese Lesson 11: Needs (1) I want to buy some oranges
	September	Revision
	October	Clothes and Garments Lesson 12: Needs (2) I want to buy a sweater
	November	Transportation Lesson 13: Needs (3) You have to change buses
	December	Lesson 14: Needs (4) I am going to change money
	January	Lesson 15: Needs (5) I want to take a picture
	February	Revision
Mathematics	April	HCF and LCM(Playing with numbers Ex-9(C), 9(D), 9(E)) Sets
	May	Ratio & Proportion Fundamental concepts of Algebra
	June	Fundamental concepts of Geometry Fundamental Operations
	July	Symmetry Fractions[excluding Ex- 7(A), 7(B)] Decimal Fractions
	August	Percentage [excluding Ex- 11(A)] Framing algebraic expressions
	September	Circles
	October	Simple Equations Angles & Properties
	November	Perimeter & Area of plane figures Quadrilaterals Data Handling
	December	Speed, Time & Distance

		Mean [only 27(A)]
	January	Recognition of solids
	February	
Physics	April	Matter
	May	Measurements
	June	Measurements continues
	July	Force
	August	Force continues
	September	Revision of selected topics
	October	Machines
	November	Light
	December	Magnetism
	January	Magnetism continues
	February	Revision of selected topics
Chemistry	April	Introduction to Chemistry
	May	Introduction to Chemistry- to be continued
	June	Elements ,Compounds and Mixtures
	July	Elements and Compounds-to be continued
	August	Matter
	September	Matter- to be continued Revision for First terminal Examination
	October	Water
	November	Water-to be continued
	December	Air and Atmosphere
	January	Air and Atmosphere- to be continued
	February	Revision for Annual Examination

Biology	April	<i>Plant Life</i>
	May	<i>Plant Life (contd)</i>
	June	<i>Health & Hygiene</i>
	July	<i>Human Digestive System</i>
	August	<i>Cell: The structural and functional unit of life</i>
	September	<i>Revision</i>
	October	<i>Cell: The structural and functional unit of life (contd)</i> <i>Human Respiratory System</i>
	November	<i>Human Respiratory System (contd.)</i> <i>Habitats & Adaptations</i>
	December	<i>Habitats & Adaptations(contd.)</i> <i>Human Circulatory System</i>
	January	<i>Human Circulatory System (contd.)</i>
	February	<i>Revision</i>
History / Civics	April	<i>River Valley Civilization-1 (Egyptian Civilization)</i>
	May	<i>River Valley Civilization-1 (Chinese Civilization)</i>
	June	<i>The Vedic Civilization</i>

	July	<i>The Rural Local Self Government</i>
	August	<i>Buddha and Mahavira Great Preachers</i>
	September	<i>Revision</i> <i>Project: Mesopotamian Civilization</i>
	October	<i>River Valley Civilization -2 (Indus Valley Civilization)</i>
	November	<i>Rise of Kingdoms and Republics</i>
	December	<i>The Urban Local Self Government</i>
	January	<i>The Mauryan Empire</i>
	February	<i>Revision</i>
Geography	April	Diagrammatic Representation of Geographical Features.
	May	Major Water Bodies.
	June	Agriculture:Farming and its Types.
	July	Major Crops and Agricultural Development
	August	South America: Location,Political Divisions and Physical Features. Map Marking of South America.
	September	Revision of all chapters included in 1st term exam.
	October	Measuring Distances
	November	Major Landforms- Mountains,Plains,Plateaus,Valleys.
	December	North America:Location,Political Divisions and Physical Features. Map Marking of North America.
	January	Minerals
	February	Revision of all chapters included in Annual Exam

Computer	April	<p><i>1.Introduction to Computers</i></p> <p><i>2.More on Windows 7</i></p>
	May	<p><i>1.Algorithm and flowcharts</i></p> <p><i>2.More on MS-Word 2010</i></p> <p><i>3.More on MS-Word 2007</i></p>
	June	<p><i>1.More on MS-PowerPoint 2007</i></p>
	July	<p><i>1.More on Ms-Excel 2007</i></p>
	August	<p><i>1.More on E-mail</i></p>
	September	<p><i>1.More on MS-PowerPoint 2010</i></p>
	October	<p><i>1.More on Ms-Excel 2010</i></p>
	November	<p><i>1.Revision on the above chapters</i></p>
	December	<p><i>1.Project</i></p>
	January	<p><i>1.Revision on all the chapters</i></p>
	February	<p><i>1.Practice classes on the above chapters.</i></p>
PA (Art)	April	<p>Lines</p> <p>Shapes and forms</p> <p>Shading</p>
	May	<p>Summer</p> <p>Types of colours</p> <p>Textures</p>
	June	<p>Gradient, tones, shades</p>

		Object drawing
	July	Monsoon Geometric shapes Rule of thirds
	August	Independence Day Garden layout
	September	Perspective study Proportion
	October	Festival Portrait drawing
	November	Light festival Human hand, nose study
	December	Christmas Face drawing Animal drawing
	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	Develop motor quality (endurance, strength, balance) Technique of lay up shot and passing. Technique of body balance and foot work Basketball match

	May	Develop motor quality (endurance, strength, balance) Technique of lay up shot and passing. Technique of body balance and foot work Basketball match
	June	Develop motor quality (endurance, strength, balance) Technique of lay up shot and passing. Technique of body balance and foot work Basketball match
	July	Development of motor quality (speed, agility and flexibility) Technique of different types of passing Technique of fake and change of direction. Basketball match
	August	Development of motor quality (speed, agility and flexibility) Technique of different types of passing Technique of fake and change of direction. Basketball match
	September	Development of motor quality (speed, agility and flexibility) Technique of different types of passing Technique of fake and change of direction. Basketball match
	October	Development of speed, endurance and explosive strength. Technique pf fake shot and drive in. Technique of under hand shot and jump shot. Technique of defensive position. Basketball match. Sports day practice.
	November	Development of speed, endurance and explosive strength. Technique pf fake shot and drive in. Technique of under hand shot and jump shot. Technique of defensive position. Basketball match. Sports day practice.
	December	Development of speed, endurance and explosive strength. Technique pf fake shot and drive in. Technique of under hand shot and jump shot. Technique of defensive position. Basketball match. Sports day practice.
	January	Warm up Technique of offensive movements. Technique of defensive position. Technique of fast brake. Basketball match.

	February	Warm up Technique of offensive movements. Technique of defensive position. Technique of fast brake. Basketball match.
PE (Cricket)	April	Warm up (general and specific) .Running between the wickets . Technique throwing from close
	May	Warm up (general and specific) .Running between the wickets . Technique throwing from close
	June	Warm up (general and specific) .Running between the wickets . Technique throwing from close
	July	Warm up (general and specific) . Planning for batting . Planning for bowling
	August	Warm up (general and specific) . Planning for batting . Planning for bowling

	September	<p>Warm up (general and specific)</p> <ul style="list-style-type: none"> . Planning for batting . Planning for bowling
	October	<ul style="list-style-type: none"> .Warm up (general and specific) . Technique throwing from the boundary line . Middle practice .Tactics (group specialised tactics)
	November	<p>Warm up (general and specific)</p> <ul style="list-style-type: none"> . Technique throwing from the boundary line . Middle practice .Tactics (group specialised tactics)
	December	<p>Warm up (general and specific)</p> <ul style="list-style-type: none"> . Technique throwing from the boundary line . Middle practice .Tactics (group specialised tactics)
	January	<p>Warm up (general and specific)</p> <ul style="list-style-type: none"> . Planning for batting . Planning for bowling .Umpiring rules
	February	<p>Warm up (general and specific)</p> <ul style="list-style-type: none"> . Planning for batting . Planning for bowling .Umpiring rules
PE (Football)	April	<p>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Endurance (Aerobic & strength training) Free play game</p>
	May	<p>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises. Technique Training: - Kicking, Passing, Receiving. Free play game.</p>
	June	<p>General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises .Technical training like dribbling, heading, passing .</p>

		Attacking & Defensive tactics principle
	July	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. Endurance training. 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	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Attacking tactics in midfield. Free play game.
	October	General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercise. Conditioning .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 defence .Sports day practice. 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 .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	· Warm up Exercise

		<ul style="list-style-type: none"> · 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 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) · 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 · 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

		<ul style="list-style-type: none"> · 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.

		<p>Belly Laugh.</p> <p>Balloon Laugh.</p> <p>Animal poses.</p>
	December	<p>Pranayama for Kids (The beauty of breath)</p> <p>,closing prayer</p>
	January	<p>Salutation to Sun (Suryanamaskar)</p> <p>Pranayama for Kids (The beauty of breath)</p>
	February	<p>Classroom technique for yoga</p> <p>Forward- backward, Side movement, Head rotation. Laughing, Wrist bending, Wrist joint rotation, Elbow bending, Shoulder rotation.</p>