# Message

Welcome to the 'New Session'



"We are greatest creation of God.

To find the best, we need to do our best."

Dr. A.P.J. Abdul Kalam

# Dear Students

Congratulations! now you are one step up in your pursuit of education. This promotion is the result of your sheer hard work and dedication. It is you who should decide which type of thought is to be generated in your mind-good or stressful. Your only insurance against tomorrow is what you do today.

What your mind can conceive,

What your heart can believe,

You are surely going to achieve!!

So, regulate your study hours and plan a strategy which helps you to utilize your time to the optimum. It is the time for you to gear yourself up, to come out with flying colours.

**PRINCIPAL** 

# GENERAL INSTRUCTIONS

#### For Parents:

- This booklet should be kept safely.
- 2. Read the syllabus carefully and consult it regularly to keep pace with teachers.
- 3. Discuss the problems and difficulties concerning the syllabus with the concerned teachers.
- 4. Meet all the subject teachers on Parent Teacher Meeting.
- 5. Help your ward to complete his/her tasks/homework given by the school.
- 6. Encourage your ward to read extra English Books of his/her level to improve vocabulary.
- 7. As the medium of instruction in school is English, you are advised to converse in English at home.
- 8. Once the date sheet is finalized for assessment no change will be made. There will be no re-test.
- 9. 90% attendance is compulsory for promotion.
- 10. When you feel your child is not making desired progress, the Principal should be contacted.
- 11. Monitor the study hours of your ward at home. Spend quality time with your ward. Discourage over-exposure to T.V. as it is very harmful.

#### For Students:-

- 1. Write neatly in your fair note-books.
- 2. Don't tear pages from the note-books.
- 3. Attend the school regularly.
- 4. Keep your school bags clean.
- 5. Be attentive in the class.
- 6. Do page numbering on fair note-books of all subjects.
- 7. Fill the index page regularly.
- 8. Maintain your test note books properly.
- 9. Complete your tasks / assignments on time.
- 10. Result declared at the end of the year is final in all cases and will not be re-considered.

# **ENGLISH**

- 1. ENGLISH FERRY-5
- 2. ELEMENTARY ENGLISH GRAMMAR AND COMPOSITION
- 3. ENGLISH CURSIVE WRITING- 5

#### **TERM I (APRIL TO SEPTEMBER)**

#### **APRIL**

**Literature:** Unit: 1 Tell Me a Story

Ch-1 What Makes the Lightning

Land of Story- books (Poem)

**Grammar: Unit 1:** The Sentence

Unit 2: Kinds of SentencesUnit 3: Subject and Predicate

Unit 4: The Noun Unit 11: Number Unit 12: Gender

Unit 14: Nouns: Possessive Case

Writing Skills: Leave Application For School: Requesting leave for Medical

reasons/Remit your Fine/Fee Concession.

**Reading Skills:** Comprehension Passage-1(Pg 121-122 from Grammar Book)

Cursive Writing: Pg No. 3-8

#### MAY

**Literature:** Unit: 2 The Bond of Friendship

Ch-2 Riki-Tikki and Nag

Be a Friend (Poem)

**Grammar:** Unit 8: The Pronoun

Unit 15: Personal Pronouns: Number, Gender and Case.

Writing Skills: Compose a Paragraph to describe a Person, Place and

Object with the help of Hints/Outlines.

**Reading Skills:** Comprehension Passage-2 (Pg 122-124 from Grammar Book)

Cursive Writing: Pg No. 9-15

# **JUNE**

#### **SUMMER VACATION ASSIGNMENT**

#### JULY

**Literature:** Unit: 3 Courage And Patriotism

Ch-3 Born Again

Don' Give Up (Poem)

**Grammar:** Unit:5 The Verb

Unit:19 Strong and Weak Verbs

**Unit 21:** Subject Verb Agreement

**Writing Skills:** Informal Letter: Letter to father asking for money for

purchasing materials for Science project/ parents about your recent achievement in School competition/parents about the good time you have spent during a school picnic.

Reading Skills: Comprehension Passage-3 (Pg 124-125 from Grammar Book)

Cursive Writing: Pg No. 16-22

# **AUGUST**

**Literature: Unit: 3** Courage and Patriotism

Ch-4 The Story of Dandi March

**Grammar:** Unit 17: Articles

**Unit 18:** Tenses (Simple Present Tense & Simple Past Tense)

**Writing Skills:** Compose an interesting story with the help of expressions:

The Liar Punished/Unity is Strength

**Reading Skills**: Comprehension Passage- 4, (Pg 126 from Grammar Book),

Reading Comprehension - 1, My India My Pride 1

(Pg No. 74-75)

Cursive Writing: Pg No. 23-28

# **SEPTEMBER**

**TERM I EXAMINATION** 

# **TERM II (OCTOBER TO MARCH)**

# **OCTOBER**

**Literature:** Unit 4 Environment and Health

Ch-5 The Unshakeable Bhungas

**Grammar:** Unit 7: The Adverb

Unit 9: The Preposition

Writing Skills: APPLICATIONS:

Requesting your Principal to issue a new I-card /

Requesting your class teacher to issue a new school diary.

**Reading Skills:** Comprehension Passage

Cursive Writing: Pg No. 29 - 35

## **NOVEMBER**

**Literature:** Unit 4 Environment and Health

We Must Act Now! (Poem)

Unit 5 Fun and Humour

Ch -6 The Tale of Peter Rabbit

**Grammar:** Unit 6: The Adjective

Unit 10: The Conjunction

Unit 16: Adjectives: Degrees of Comparison.

**Writing Skills:** Announcement /Notice: (missing/spot)

Reading Skills: Comprehension Passage

Cursive Writing: Pg No. 36 - 42

# **DECEMBER**

**Literature:** Unit 5 Fun and Humour

When I' m Old Lady (Poem)

**Grammar:** Unit 18: Tenses: Present Continuous Tense, Past

Continuous tense, Synonyms and Antonyms

**Writing Skills:** Compose an interesting story with the help of outlines:

Make Best Use of Opportunities/Never Betray Someone.

**Reading Skills:** Comprehension Passage

Cursive Writing: Pg No. 43-48

# **JANUARY**

**Literature:** Birble' Wit (Play)

**Grammar:** Unit 18: Tenses: Simple Future Tense, Future Continuous Tense

**Unit 23:** Punctuation And Uses of Capital Letters

Writing Skills: Compose a Descriptive Paragraph with the help of Hints /

Outlines: My Favourite Season/Festival/ Past time/

Greatest wish.

**Reading Skills:** Reading Comprehension 2, My India My Pride 2

(Pg No.134-135)

Cursive Writing: Pg No. 49-52

# **FEBRUARY**

**REVISION** 

#### MARCH

#### **TERM II EXAMINATION**

#### Note:-

- i Revision of all grammar topics of both terms in Annual Examination.
- ii Do all the activities practically as mentioned in the book.
- iii Complete 360° Holistic Progress Card after Completing Each Unit In Literature Reader: English Ferry.

# **MATHEMATICS**

# **Book: MATHEMATICS - 5**

# TERM I (APRIL TO SEPTEMBER)

#### **APRIL**

Unit-1 **Number System** Unit-2 **Unitary Method** 

Activity: 1. Represent the mobile numbers of at least 10 family

> members in Indian and International Place value system. 2. Prepare a working model to represent place value and

expanded form of different numbers.

#### MAY

Unit-3 **Factors and Multiples** 

Unit-6 Time 2 to 20 Tables

Activity: 1. Paint the given picture containing numbers with

different colors using divisibility rules.

2. Prepare a working model of clock.

# JUNE

#### SUMMER VACATION ASSIGNMENT

#### JULY

Fractions Unit-4 **Decimals** Unit-5 Unit-7 Simplification

Activity: 1. Build fractions with the help of clay or paper plates on

a A4 sheet.

2. Visit multiple online grocery shopping websites and compare the prices of same items.

3. Simplify expressions with fun games to show real life comparison like same height, same water bottle, same material, etc

# **AUGUST**

#### REVISION

# **SEPTEMBER**

#### **TERM I EXAMINATION**

# **TERM II (OCTOBER TO MARCH)**

#### **OCTOBER**

Unit-8 Percentage

Unit-9 Profit and Loss

Unit-10 Simple Interest

**Activity:** 1. Percentage - Calculate the percentage of marks obtained

in Term -I examination

2. Profit and loss - Role playing of a wholesale and retail shopkeeper to find the profit and loss of particular items.

# **NOVEMBER**

Unit-12 Temperature

Unit-13 Geometry

Unit-14 Measurement

**Activity:** 1. Geometry - Create a Mandala art design on A4 sheet

using mathematical shapes.

2. To measure the length of real life objects such as

blackboard, window, duster, door, books, etc.

3. To compare (<, >) and find difference between the

temperature of last two weeks.

# **DECEMBER**

Unit-11 Average

Unit-15 Mensuration

**Activity:** 1. Represent the average number of goals scored by Indian

Hockey Team in a tournament.

2. Mensuration - Calculate the perimeter and area of various items like pencil box, lunch box, notebook, etc.

# JANUARY

Unit-16 Pictorial representation of data.

**Activity:** Pictorial representation of data - Prepare a pictograph by

collecting data of at least 25 people about their favourite

pet.

# **FEBRUARY**

#### REVISION

# **MARCH**

#### **TERM II EXAMINATION**

**Note:** Sums based on four basic operations  $(+, -, x, \div)$  & Tables 2 to 20 will be asked in the Annual Examination.

# हिन्दी

- 1. पाठ्य प्स्तकः निक्ंज हिन्दी पाठमाला- 5
- 2. हिन्दी स्लेखमाला 5

# अप्रैल

पाठ 1 उठो धरा के अमर सप्तो (कविता मौखिक)

पाठ 2 गृब्बारे पर चीता (अभ्यास सहित)

वर्ण, भाषा, लिपि की परिभाषा, विलोम शब्द

लेखन कौशल औपचारिक पत्र

विद्यालय के प्रधानाचार्या को विद्यालय की बस सेवा को अपने स्टॉप तक बढ़ाने की प्रार्थना करते हुए प्रार्थना पत्र/विद्यालय के बाहर मिलावटी खाने का सामान बेचने वालों को हटाने की प्रार्थना करते हुए प्रधानाचार्या को प्रार्थना पत्र

लिखें।

हिन्दी सुलेख माला पृष्ठ नं 3 से 8 तक

पठन कौशल आज सवेरे (कविता मौखिक)

मई

पाठ 3 पोंगल उत्सव (अभ्यास सहित) पाठ 4 एक की ताकत (कविता मौखिक)

**व्याकरण** पर्यायवाची शब्द, लिंग, वचन, परिभाषा व्याकरण **एवं** 

वर्तनी परिभाषा, भारत के प्रसिद्ध त्यौहारों के नाम

लेखन कौशल रूपरेखा की सहायता से एक वर्णनात्मक अन्च्छेद लिखें:

संसद भवन/ राष्ट्रीय भवन

हिन्दी स्लेख माला पृष्ठ नं: 9 से 14 तक

जून

ग्रीष्म अवकाश में छात्रों को हिंदी समाचार पत्र पत्रिकाएँ पढ़ने के लिए कहा जाएगा और रचनात्मक कार्य दिया जाएगा । हिन्दी स्लेख माला पृष्ठ नं: 15 से 30 तक

जुलाई

 पाठ 5
 प्यारा मिजोरम (अभ्यास सहित)

 पाठ 6
 संसार प्रतक है (मौखिक)

व्याकरण संज्ञा की परिभाषा, विशेषण की परिभाषा छाँटे /भरो

लेखन कौशल अनौपचारिक पत्र:

अपने मित्र को उसके जन्मदिन पर न पहुँच पाने का कारण बताते हुए पत्र / अपनी माता जी को अपने नए

विद्यालय का वर्णन करते हुए पत्र ।

अपठित गद्यांश का अभ्यास

हिन्दी सुलेख माला पृष्ठ नं: 31 से 35 तक

पठन कौंशल प्रकृति का संदेश (कविता मौखिक)

अगस्त

पाठ 7 वृक्ष की इच्छा (अभ्यास सहित)

**पाठ 8** आओ नया समाज बनाएँ (कविता मौखिक)

ट्याकरण उपसर्ग

लेखन कौशल निम्नलिखित शिक्षा के आधार पर कहानी का निर्माण

करें सच्चे मित्र की पहचान विपत्ति में ही होती है।

हिन्दी स्लेख माला पृष्ठ नं: 36 से 40

CLASS-V (10)

# सितम्बर

अर्द्ध वार्षिक परीक्षा

नोट पाठ्य पुस्तक में दिए गए लिंग वचन, विलोम, पर्यायवाची एवं वाक्यांशों के लिए एक शब्द को अधिक प्राथमिकता दी जाएगी।

# **TERM II (OCTOBER TO MARCH)**

# अक्तूबर

पाठ 9 स्वर्ण पदक विजेता : नीरज चोपड़ा (अभ्यास सहित)

पाठ 10 मन की सीख (कविता मौखिक)

व्याकरण विलोम शब्द, लिंग बदलो, वचन बदलो, क्रिया विशेषण

परिभाषा छाँटो / भरो, भारत के प्रसिद्ध नेताओं के नाम

लेखन कौशल रूपरेखा की सहायता से एक वर्णनात्मक अनुच्छेद

लिखें: क्रन्तिकारी: करतार सिंह सराभा/ मंगल पांडे

हिन्दी सुलेख माला पृष्ठ नं: 41 से 45

पठन कौंशल सैर सपाटा इस तरह करें

# नवम्बर

पाठ 11 आसमानी कैलेंडर (अभ्यास सहित)

पाठ 12 पतझड़ और वसंत

व्याकरण पर्यायवाची शब्द काल की परिभाषा (संबंध बोधक-

परिभाषा, छाँटो/ भरो)

लेखन कौशल अनौपचारिक पत्र:

परीक्षा में प्रथम स्थान पाने पर आपने मित्र को बधाई देते हुए पत्र / तुमने अपना जन्मदिन कैसे मनाया, इसकी जानकारी देते हुए अपनी दादी जी को पत्र ।

हिन्दी सुलेख माला पृष्ठ नं 46 से 52

**पठन कौशल** काल करे सी आज कर

दिसम्बर

पाठ 13 मैं हूँ मैट्रो (अभ्यास सहित)

व्याकरण प्रत्यय अपठित गद्यांश

लेखन कौशल औपचारिक पत्र:

अपनी किसी भूल के लिए क्षमा याचना करते ह्ए

अपने विद्यालय के प्रधानाचार्या को प्रार्थना पत्र /

किसी कारणवश स्कूल छोड़ने पर स्कूल चरित्र प्रमाण

पत्र प्राप्त करने के लिए स्कूल के प्रधानाचार्या को

प्रार्थना पत्र लिखें ।

पठन कौशल काल करे सो आज कर

जनवरी

पाठ 14 माधवन का सफ़र (अभ्यास सहित)

ट्याकरण सम्च्चय बोधक विस्मयादिबोधक की परिभाषा

छाँटों/ भरो

लेखन कौशल निम्नलिखित शिक्षा के आधार पर कहानी का निर्माण

करें : बल की अपेक्षा बृद्धि हमेशा शक्तिशाली होती है ।

फरवरी दोहराई

मार्च वार्षिक परीक्षा

पाठ्य पुस्तक में दिए गए लिंग, वचन, विलोम, पर्यायवाची एवं वाक्यांश के लिए एक शब्द को प्राथमिकता दी जाएगी ।

CLASS-V (12)

# ਪੰਜਾਬੀ

- 1. ਰੰਣਕ ਪੰਜਾਬੀ ਪਾਠ-ਪਸਤਕ ਭਾਗ-5
- 2. ਪੰਜਾਬੀ ਸੁਲੇਖ-ਭਾਗ 5

#### **TERM I (APRIL TO SEPTEMBER)**

# ਅਪੈਲ

ਪਾਠ-1 ਕਵਿਤਾ-ਮੈਂ ਪੰਜਾਬੀ (ਯਾਦ ਕਰਨੀ) ਪਾਠ-2 ਸਆਰਥੀ ਮਿੱਤਰ (ਅਭਿਆਸ ਸਹਿਤ)

ਵਿਆਕਰਨ ਲਿੰਗ ਬਦਲੋ- ਹਿਰਨ, ਫੌਜੀ, ਚੌਧਰੀ, ਗੁਆਂਢੀ, ਲਿਖਾਰੀ, ਸਪੇਰਾ,

ਬਲਦ, ਨਵਾਬ, ਫੁੱਫੜ, ਬਾਦਸ਼ਾਹ, ਸੇਵਕ, ਰਾਣੀ, ਗੱਭਰੂ, ਸਾਧ,

ਬੰਗਾਲੀ।

ਵਿਰੋਧੀ ਸ਼ਬਦ : ਉੱਦਮੀ, ਡੂਠ, ਆਜ਼ਾਦੀ, ਸਸਤਾ, ਹਾਨੀ, ਕੋਮਲ, ਕੋੜਾ, ਨੇੜੇ, ਗੁਣ, ਜਨਮ, ਦਾਤਾ, ਧੁੱਪ, ਕਮਜ਼ੋਰ, ਰੋਗ, ਪਿਆਰ। ਵਚਨ ਬਦਲੇ :ਰਾਜਾ, ਗੇਂਦ, ਪਰਾਤ, ਇੱਟ, ਘੋੜੀ, ਧੀ, ਚਾਕੂ, ਰਾਣੀ,

ਹਵਾ, ਸਰਾ, ਕਿਰਿਆ, ਕਵਿਤਾ, ਬੱਚਾ, ਕਾਪੀ, ਚੇਲਾ

**ਪੈਰ੍ਹਾ ਰਚਨਾ** ਰੁਪਰੇਖਾ ਦੀ ਮਦਦ ਨਾਲ 80 ਸ਼ਬਦਾਂ ਵਿੱਚ ਇੱਕ ਪੈਰਾ ਲਿਖੋ:

ਵਿਸਾਖੀ

**ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ: ਪੰਨਾ ਨੰ-** 3-10

# ਮਈ

**ਪਾਠ-3** ਖੁਸ਼ਹਾਲ ਤੋਂ ਕੰਗਾਲ ਹੋਣਾ (ਅਭਿਆਸ ਸਹਿਤ) **ਪਾਠ-4** ਕਵਿਤਾ-ਵਿਸਾਖੀ ਦਾ ਤਿੳਹਾਰ (ਯਾਦ ਕਰਨੀ)

ਵਿਆਕਰਨ

ਰਸਮੀ ਪੱਤਰ - ਵੱਡੇ ਭਰਾ ਦੇ ਵਿਆਹ 'ਤੇ ਛੁੱਟੀ ਲੈਣ ਲਈ ਮੁੱਖ ਅਧਿਆਪਕਾ ਨੂੰ ਅਰਜ਼ੀ। ਲਿਖਣ ਕੈਸ਼ਲ - ਸੰਕੇਤਾਂ ਦੇ ਆਧਾਰ' ਤੇ ਜਾਂ ਨੈਤਿਕ ਮੁੱਲ ਅਤੇ ਸਿੱਖਿਆ ਦੇ ਆਧਾਰ' ਤੇ ਕਹਾਣੀ ਦੀ ਰਚਨਾ ਕਰੋ: ਸਾਨੂੰ ਇੱਕ ਦੂਜੇ ਦੀ ਮਦਦ ਕਰਨੀ

ਚਾਹੀਦੀ ਹੈ ।

ਪੇਰ੍ਹਾ ਰਚਨਾ ਰੂਪਰੇਖਾ ਦੀ ਮਦਦ ਨਾਲ 80 ਸ਼ਬਦਾਂ ਵਿੱਚ ਇੱਕ ਪੈਰਾ ਲਿਖੋ:

ਮੇਰਾ ਪ੍ਰਦੇਸ਼ ਪੰਜਾਬ

**ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ: ਪੰਨਾ ਨੰ-** 11-18

ਜੁਨ

**SUMMER VACATION ASSIGNMENT** 

ਜੁਲਾਈ

**ਪਾਠ-5** ਆਪਣੇ ਕੰਮ ਆਪ ਕਰੋ (ਅਭਿਆਸ ਸਹਿਤ)

**ਪਾਠ-6** ਵਹਿਮਾ ਦੀ ਪੰਡ (ਅਭਿਆਸ ਸਹਿਤ)

**ਵਿਆਕਰਨ** ਵਿਆਕਰਨ ਦੀ ਪਰਿਭਾਸ਼ਾ ਤੇ ਕਿਸਮਾਂ ਉਦਾਹਰਨਾਂ ਸਹਿਤ ਦੱਸੋ।

ਅਸ਼ੁੱਧ- ਸ਼ੁੱਧ : ਸੁਨੇਹਰੀ, ਖੇਡਨਾ, ਆਜ਼ਾਦ, ਮੇਹਨਤ, ਦੁਪੇਹਰ, ਗੰਦ, ਠੰਡਾ, ਰਾਨੀ, ਆਬਾਦੀ, ਛੇਹਦ, ਤਾਕਤਵਰ, ਵਿਗਿਯਾਂਨ, ਪਾਨੀ,

ਤਲਬਾਰ, ਰੌਚਨੀ

ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ (15), ਤਸਵੀਰ ਦੇਖ ਕੇ ਵਾਕ ਬਣਾਓ,

ਮੁਹਾਵਰੇ

**ਲਿਖਣ ਕੈਸ਼ਲ** - ਸੰਕੇਤਾਂ ਦੇ ਆਧਾਰ' ਤੇ ਜਾਂ ਨੈਤਿਕ ਮੱਲ ਅਤੇ ਸਿੱਖਿਆ ਦੇ ਆਧਾਰ' ਤੇ

ਕਹਾਣੀ ਦੀ ਰਚਨਾ ਕਰੋ: ਏਕਤਾ ਵਿੱਚ ਬਲ ਹੈ।

ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ: ਪੰਨਾ ਨੰ- 19-26

## ਅਗਸਤ

ਪਾਠ- 7 ਕਵਿਤਾ :- ਵਿਗਿਆਨ ਹੈ ਮਹਾਨ (ਯਾਦ ਕਰਨੀ)

ਪਾਠ-8 ਬਾਬਾ ਬੰਦਾ ਸਿੰਘ ਬਹਾਦਰ ਨਾਲ ਮੁਲਾਕਾਤ (ਅਭਿਆਸ ਸਹਿਤ)

ਵਿਆਕਰਨ ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾ

**ਪੈਰਾ ਰਚਨਾ** ਰੁਪਰੇਖਾ ਦੀ ਮਦਦ ਨਾਲ 80 ਸ਼ਬਦਾਂ ਵਿੱਚ ਇੱਕ ਪੈਰਾ ਲਿਖੋ:

ਸਵੇਰ ਦੀ ਸੈਰ

**ਰਸਮੀ ਪੱਤਰ** - ਪਿਤਾ ਜੀ ਕੋਲੋਂ ਪੈਸੇ ਮੰਗਵਾਉਣ ਲਈ ਪੱਤਰ।

**ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ**: ਪੰਨਾ ਨੰ. 27-30

# ਸਤੰਬਰ

# ਦੁਹਰਾਈ ਅਤੇ ਛਿਮਾਹੀ ਪਰੀਖਿਆ

ਜ਼ੁਬਾਨੀ ਪਰੀਖਿਆ, ਪੁਸਤਕ ਪੜ੍ਹਨਾ, ਕਵਿਤਾ ਸੁਣਨੀ, ਕਹਾਣੀ ਸੁਣਾ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ, ਸਧਾਰਨ ਪ੍ਰਸ਼ਨ-ਉੱਤਰ ਸੁਣਨੇ।

ਨੋਟ-ਪੈਰ੍ਹਾ ਰਚਨਾ, ਕਹਾਣੀ, ਅਰਜ਼ੀ, ਪੱਤਰ ਆਦਿ ਸਿਲੇਬਸ ਤੋਂ ਇਲਾਵਾ ਮਿਲਦੇ-ਜੁਲਦੇ ਕਿਧਰੋਂ ਵੀ ਆ ਸਕਦੇ ਹਨ।

CLASS-V (14

# **TERM II (OCTOBER TO MARCH)**

# ਅਕਤੂਬਰ

ਪਾਠ-9 ਮੇਰੀ ਬੇਬੇ ਜੀ (ਅਭਿਆਸ ਸਹਿਤ)

ਪਾਠ-10 ਕਵਿਤਾ-ਗਲੀ ਵਿੱਚ ਸਪੇਰਾ ਆਇਆ (ਯਾਦ ਕਰਨੀ)

ਪਾਠ-11 ਕਲਾਕਾਰ (ਅਭਿਆਸ ਸਹਿਤ)

**ਵਿਆਕਰਨ** ਲਿੰਗ ਬਦਲੋ- ਨਾਇਕ, ਅਧਿਆਪਕ, ਪਾਠਕ, ਮਾਸਟਰ, ਗਾਇਕ, ਸੰਤ,

ਠੇਕੇਦਾਰ, ਪੰਜਾਬੀ, ਸ਼ਹਿਰੀ, ਪੰਡਤ, ਹਲਵਾਈ, ਜਵਾਈ, ਦਾਸ,

ਜਾਦੁਗਰ, ਸੇਵਾਦਾਰ।

ਵਿਰੋਧੀ ਸ਼ਬਦ- ਠੰਢਾ, ਸਰਦੀ, ਹਨੇਰਾ, ਖੁਸ਼ੀ ਖ਼ਾਸ, ਬਾਹਰ, ਨਰਮ, ਆਸਤਕ, ਆਪਣਾ, ਉਧਾਰ, ਸੜੀਅਲ, ਜਿੱਤ, ਫੇਲ੍ਹ, ਵੈਗੀ, ਦਿਨ। ਵਚਨ ਬਦਲੇ- ਖੁਸਬੋ, ਸੋਟਾ, ਰੁੱਖ, ਗੋਰਾ, ਬੇਰੀ, ਕਾ, ਕੋਠੀ, ਦਵਾਤ,

ਚਰਖਾ, ਕੋਲੀ, ਕਥਾ ਵਸਤੂ, ਸਾੜੀ, ਤਾਇਆ।

ਨਾਂਵ ਚੂਣੋ। ਨਾਂਵ ਕਿਸਨੂੰ ਕਹਿੰਦੇ ਹਨ? ਇਸ ਦੀਆਂ ਕਿੰਨੀਆਂ ਕਿਸਮਾਂ

ਹਨ? ਉਦਾਹਰਨਾਂ ਸਹਿਤ ਲਿਖੋ।

**ਰਸਮੀ ਪੱਤਰ** - ਸਕੂਲ ਛੱਡਣ ਦਾ ਸਰਟੀਫਿਕੇਟ ਲੈਣ ਲਈ।

**ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ:** ਪੰਨਾ ਨੰ 31-36

# ਨਵੰਬਰ

**ਪਾਠ -12** ਕੋਰੋਨਾ **ਦੀ** ਲਹਿਰ (ਅਭਿਆਸ ਸਹਿਤ) **ਪਾਠ -13** ਕਵਿਤਾ -ਅਖਬਾਰਾ (ਯਾਦ ਕਰਨੀ)

ਵਿਆਕਰਨ ਅਸ਼ੁੱਧ-ਸ਼ੁੱਧ- ਬਾਜ਼ਾਰ, ਲਿਖਾਰਿ, ਭਗਤਿ, ਯਾਤਾ, ਕੇਹੜਾ, ਨੈਹਰ,

ਬੈਹੰਦਾ, ਪਉੜੀ, ਜੇਹਰ, ਕਵਿ ,ਲਿਖਨਾ, ਕਬਨਾ, ਸੇਹਤ, ਕਵੀਤਾ,

ਚਹਿਦਾ।

ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ

**ਪੈਰ੍ਹਾ ਰਚਨਾ** ਰੁਪਰੇਖਾ ਦੀ ਮਦਦ ਨਾਲ 80 ਸ਼ਬਦਾਂ ਵਿੱਚ ਇੱਕ ਪੈਰਾ ਲਿਖੋ:

ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ

**ਲਿਖਣਕੇਸ਼ਲ** - ਸੰਕੇਤਾਂ ਦੇ ਆਧਾਰ' ਤੇ ਜਾਂ ਨੈਤਿਕ ਮੁੱਲ ਅਤੇ ਸਿੱਖਿਆ ਦੇ ਆਧਾਰ' ਤੇ

ਕਹਾਈ ਦੀ ਰਚਨਾ ਕਰੋ:

**ਕਹਾਣੀ** ਸਾਨੂੰ ਕੋਈ ਵੀ ਫੈਸਲਾ ਜਲਦਬਾਜ਼ੀ ਵਿਚ ਨਹੀਂ ਲੈਣਾ ਚਾਹੀਦਾ

**ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ**: ਪੰਨਾ ਨੂੰ 37-41

# ਦਸੰਬਰ

ਪਾਠ-14 ਮੱਛੀ ਦੀ ਅੱਖ (ਅਭਿਆਸ ਸਹਿਤ)

ਪਾਠ--15 ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ (ਅਭਿਆਸ ਸਹਿਤ)

ਵਿਆਕਰਨ

**ਪੈਰ੍ਹਾ ਰਚਨਾ** ਰੁਪਰੇਖਾ ਦੀ ਮਦਦ ਨਾਲ 80 ਸ਼ਬਦਾਂ ਵਿੱਚ ਇੱਕ ਪੈਰਾ ਲਿਖੋ:

ਚਾਰ ਸਾਹਿਬਜਾਦੇ

ਲਿਖਣ ਕੇਸ਼ਲ - ਸੰਕੇਤਾਂ ਦੇ ਆਧਾਰ' ਤੇ ਜਾਂ ਨੈਤਿਕ ਮੁੱਲ ਅਤੇ ਸਿੱਖਿਆ ਦੇ ਆਧਾਰ'

ਤੇ ਕਹਾਣੀ ਦੀ ਰਚਨਾ ਕਰੋ: ਸੱਚਾ ਦੋਸਤ ਓਹੀ ਹੁੰਦਾ ਹੈ ਜੋ ਮੁਸੀਬਤ

ਚ ਕੰਮ ਆਉਂਦਾ ਹੈ ।

ਪੰਜਾਬੀ ਸੁਲੇਖ ਮਾਲਾ: ਪੰਨਾ ਨੰ.42-52

# ਜਨਵਰੀ

**ਪਾਠ-16** ਕਵਿਤਾ-ਧੀਆਂ ਨੂੰ ਨਾ ਮਾਰੋ (ਯਾਦ ਕਰਨੀ)

**ਪਾਠ-17** ਪਖੰਡੀ ਸਾਧੂ (ਅਭਿਆਸ ਸਹਿਤ)

**ਵਿਆਕਰਨ** ਮੁਹਾਵਰੇ

**ਰਸਮੀ ਪੱਤਰ** - ਮਿੱਤਰ/ਸਹੇਲੀ ਦੇ ਪਾਸ ਹੋਣ 'ਤੇ ਵਧਾਈ ਪੱਤਰ।

ਤਸਵੀਰ ਦੇਖ ਕੇ ਵਾਕ ਬਣਾਓ।

ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾ।

# ਫਰਵਰੀ

ਦੁਹਰਾਈ, ਜੁਬਾਨੀ ਪਰੀਖਿਆ, ਕਵਿਤਾ ਸੁਣਨੀ, ਪੁਸਤਕ ਪੜ੍ਹਨੀ, ਕਹਾਣੀ ਸੁਣਾ ਕੇ ਪ੍ਰਸਨਾਂ ਦੇ ਉੱਤਰ, ਸਧਾਰਨ ਪ੍ਰਸ਼ਨ-ਉੱਤਰ ਸੁਣਨੇ।

# ਮਾਰਚ

ਸਾਲਾਨਾ ਪ੍ਰੀਖਿਆ

ਨੋਟ- ਪੈਰ੍ਹਾ ਰਚਨਾ, ਅਰਜ਼ੀ, ਪੱਤਰ ਆਦਿ ਸਿਲੇਬਸ ਤੋਂ ਇਲਾਵਾ ਮਿਲਦੇ-ਜੁਲਦੇ ਕਿਧਰੋਂ ਵੀ ਆ ਸਕਦੇ ਹਨ।

CLASS-V (16)

# THE WORLD AROUND US PART 1 SCIENCE

# **Book: SCIENCE TREASURE - 5**

# TERM I (APRIL TO SEPTEMBER)

#### **APRIL**

Ch. 1 Growing Plants

Ch. 2 Reproduction in Animals

**Diagram:** Seed Structure, Bryophyllum Leaf, Structure of an egg, Life

cycle of butterfly.

**Activity:** 1. Prepare a healthy snack with the help of sprouted seeds.

2. Plant a sapling in your surroundings and observe its growth.

3. Collect the pictures of animals laying eggs and animals giving

birth to young ones and paste it in scrap book.

#### MAY

Ch. 7 Our Atmosphere

**Diagram:** Different layers of atmosphere, Pie Chart Showing Composition

of Air

**Activity:** 1. Make a 3D model on layers of atmosphere.

2. Experiment to show the presence of Air.

#### JUNE

# **SUMMER VACATION ASSIGNMENT**

#### JULY

Ch. 4 The Human Body

Activity: 1. Heart Rate investigation/Record Pulse Rate

2. Visit to a lab to show the working of different systems of

bodv.

# **AUGUST**

Ch. 8 Force, Work and Energy

**Activity:** 1. Make a 3D model of wind mill.

2. Collect atleast five different objects of different sizes and ask students to drop them one by one and observe which

object reaches ground first and why?

# **SEPTEMBER**

#### **TERM I EXAMINATION**

# **TERM II (OCTOBER TO MARCH)**

# **OCTOBER**

Ch. 5 Safety Rules and First Aid.

Ch. 6 Water

**Diagram** Road signs, Purification of water, Sedimentation and

Decantation

**Activity:** 1. To make first aid box.

2. Role play by students to demonstrate first aid in an emergency.

3. To perform an experiment to show sedimentation, decantation

and filtration.

# NOVEMBER

Ch. 3 Food, Nutrition and Diseases

Ch. 9 Simple Machines **Diagram:** Pulley, Wedge, Levers

**Activity:** 1. Bring a balanced diet food in your lunch and explain its

importance.

2. Collect some simple machines and categorise them under

levers, wheel and axle, wedges, screw and pulley.

## DECEMBER

Ch. 10 Waste Disposal

**Diagram:** To draw recycle symbol and label it.

**Activity:** 1. Collage on biodegradable and non-biodegradable waste.

2. Make decorative best out of waste items for your classroom.

# JANUARY

Ch. 11 Our Universe

**Diagram:** Solar System, Lunar Eclipse and Solar Eclipse.

**Activity:** 1. 3'D model on Solar System.

2. Role play of various celestial bodies and the process of

their formation.

# **FEBRUARY**

REVISION

#### **MARCH**

TERM II EXAMINATION

# THE WORLD AROUND US PART 2 SOCIAL SCIENCE

**Book: Vibrant Planet (Book 5)** 

#### **TERM I (APRIL TO SEPTEMBER)**

# **APRIL**

Ch. 1 Globe and Map

Ch. 2 Parallels and Meridians.

**Map:** World Map showing continents and oceans.

**Activity:** 1. Draw different conventional symbols used to show

temple, mosque, church, fort, post office, dam, bridge,

forest, etc on an A4 size sheet.

2. Observe and discuss the different types of maps given in

your school atlas.

Make a 3D Model of Earth and mark the five important

parallels of latitudes on it.

#### MAY

Ch. 3 Natural Resources

Ch. 11 The World of Growing Knowledge

**Activity:** 1. Collect the pictures of renewable and non-renewable

resources and paste it in your scrapbook.

2. Keeping in mind the concept of 3R's, make a useful and

an attractive thing by reusing the used plastic bottles, tin can or waste papers.

3. Create a hand stencil and place your hand against a surface and blow pigment on it to create an outline.

#### JUNE

# **SUMMER VACATION ASSIGNMENT**

#### JULY

Ch. 5 Weather and Climate
Ch. 13 We Govern Ourselves

Activity: 1. Prepare a weather report of 15 days along with its

temperature, sunrise and sunset.

2. Prepare the timeline of all Presidents of India since Independence with their pictures.

# **AUGUST**

Ch. 4 Movements of the Earth and Their Effects

Diagram: Heat Zones of the Earth

**Activity:** 1. 3D model on the movement of the earth and its effects.

2. Role play activity to show rotation and revolution of the earth.

# **SEPTEMBER**

#### **TERM I EXAMINATION**

#### **TERM II (OCTOBER TO MARCH)**

#### **OCTOBER**

Ch.6 Greenland-A Land of Ice and Snow

Ch. 12 India Wins Freedom

**Activity**: 1. Prepare the model of Igloo - The home of Greenlanders

2. Locate Greenland and its neighbouring countries on the

World political map.

3. Perform a role play on freedom fighters who fought for India' Independence.

# NOVEMBER

Ch.7 The Land of Hot Sand: Saudi Arabia

Ch. 14 The United Nations

**Map:** On a physical map of the world, mark the important hot

deserts of the world

Activity: 1. Using an atlas ask students to list at least five desert

countries with their capitals.

2. Prepare a collage on the lifestyle of the people living in

Saudi Arabia.

3. Collect the logos of different agencies of United Nations

and paste it in scrap book.

# **DECEMBER**

Ch. 8 Environment and Environmental pollution

Ch. 9 Natural Disasters

Diagram: Interior of Volcano

**Activity:** 1. Prepare a penholder using the best out of waste.

2. Prepare the 3D Model on any one Natural disaster.

# **JANUARY**

Ch. 10 Means of Transport and Communication

**Activity**: 1. Collect images of different types of transportation and

add them to a bulletin board that has been divided into

Land, Sea and Air.

2. Prepare a poster on evolution of communication from a

Pigeon Post to an Email.

# **FEBRUARY**

#### **REVISION**

#### **MARCH**

#### TERM II EXAMINATION

# THE WORLD AROUND US PART 3 GENERAL KNOWLEDGE

**Book: GK ACHIEVERS-5** 

#### **TERM I (APRIL TO SEPTEMBER)**

#### **APRIL**

# Unit -1 The Living World

- 1. Nature' Cleanup Crew
- 2. Types of Farming
- 3. Dog Varieties
- 4. Endangered Animals

#### Unit-2 Science Safari

- 5. Social Media Tech-Terms
- 6. India' Lunar Mission
- 7. Deficiency Diseases
- 8. Women Scientists of India

# Activity: Virtual visit to a Zoo.

#### MAY

#### Unit- 3 Incredible India

- 9. Make in India
- 10. Women Freedom Fighters
- 11. Seven Sisters
- 12. Indian Armed Forces
- 13. Traditional Paintings

#### Unit -4 World Trek

- 14. A Glimpse of Europe
- 15. World Famous Leaders
- 16. Languages Spoken Around the World

**Activity:** Compose a biography on any women freedom fighter/ Prepare

a role play on any freedom fighter.

#### JUNE

#### SUMMER VACATION ASSIGNMENT

#### JULY

#### Unit- 5 Sports and Entertainment

17. Cricket Legends

18. Major Sports Events

19. Terms Used in Sports

#### Unit-6 Literature and Lingo

20. Animal Groups

21. Pen Masters

22. Words Acting Differently

**Activity:** Organise a motivational movie on Legendary Sportsperson.

# **AUGUST**

#### Unit-7 Aptitude Test

23. Patterns

24. Analogy and Classification

25. Geometrical Shapes

26. Mirror and Water Images

#### Unit -8 Life Skills and Values

27. Banking System

28. Checking Global Warming

#### Unit -9 Activity Corner

29. Disposable Cup Telephone

30. Kolam Coaster

Self-assessment-1

**Activity:** Construct a Pulli Kolam (rangoli with dots) in front of the class.

# SEPTEMBER

#### **TERM I EXAMINATION**

# **TERM II (OCTOBER TO MARCH)**

#### **OCTOBER**

# Unit-1 The Living World

- 31. Farming Activities
- 32. Nocturnal Animals
- 33. Dangerous Birds

#### Unit- 2 Science Safari

- 34. Scientific Instruments
- 35. Diseases and Their Carriers
- 36. All about Planets
- 37. Science Quiz

**Activity:** Visit to a nearby field area and prepare a project report on the

steps required for cultivation of crops.

# NOVEMBER

#### Unit - 3 Incredible India

- 38. Temple Architecture
- 39. Our National Flag
- 40. Social Reformers
- 41. Major Industries

#### Unit -4 World Trek

- 42. Major Mountain Ranges
- 43. Peace Promoters
- 44. Unforgettable Events
- 45. Cities on Riverbanks
- 46. International Organisations

**Activity:** Construct any temple of India with the help of clay.

#### **DECEMBER**

#### Unit-5 Sports and Entertainment

- 47. FIFA World Cup 2022
- 48. Legendary Singers
- 49. TV Channels for Children

#### Unit- 6 Literature and Lingo

- 50. Indian Writers
- 51. Language Quiz
- 52. Homophones
- 53. British vs. American

**Activity:** Make a collage on Indian writers on A4 size sheet.

#### JANUARY

Unit-7 Aptitude Test

54. Direction Sense Test

55. Ranking and Alphabet Test

56. Puzzle Test

57. Coding-Decoding

Unit -8 Life Skill and Values

58. The Mighty Oak Team

59. Artificial Intelligence

Unit -9 Activity Corner

60. Professions

61. Origami Fox

Self-assessment-2

Be Inquisitive

**Activity:** Make any animal with the help of origami sheet.

**FEBRUARY** 

REVISION

MARCH

**TERM II EXAMINATION** 

# THE WORLD AROUND US PART-4 VALUES AND DISPOSITIONS

**Book: SANSKAR (Book 4)** 

TERM I (APRIL TO SEPTEMBER)

#### **APRIL**

Chapter-1 GOD OUR HEAVENLY FATHER

Chapter-2 DUTIES TOWARDS PARENTS AND TEACHERS

MAY

Chapter-3 MANNERS MAKETH A MAN

Chapter-4 VALUE DISCIPLINE

JUNE

#### **SUMMER VACATION**

JULY

Chapter - 5 HEALTH AND HYGIENE

Chapter-6 EVIL PASSIONS

AUGUST

Chapter-7 FRIENDSHIP

SEPTEMBER

**TERM I EXAMINATION** 

**TERM II (OCTOBER TO MARCH)** 

# OCTOBER

Chapter-8 HUMAN VIRTUES

Chapter-9 GREAT LIVES

# NOVEMBER

Chapter-10 PATRIOTISM

Chapter- 11 LEARN TO BE SELF RELIANT

# DECEMBER

Chapter-12 LIVE SIMPLE THINK HIGH

Chapter-13 DIGNITY OF LABOUR

#### JANUARY

Chapter-14 DON'T TAKE SOMETHING THAT DOESN'T BELONG TO YOU

Chapter- 15 PERSONAL HABITS THAT COUNT

Chapter- 16 SELF-CONFIDENCE...

#### FEBRUARY

Revision

#### MARCH

**TERM II EXAMINATION** 

# THE WORLD AROUND US PART 5- COMPUTER

**Book: CODE AI** 

# **TERM I (APRIL TO SEPTEMBER)**

#### **APRIL**

Ch. 1. Computer-History and Generations

Ch. 2. Windows-File Management

#### MAY

Ch. 3, 4Ch. 3. Word-Table and Mail Merge

Ch. 4. PowerPoint-Creating Presentation

#### JUNE

#### SUMMER VACATION ASSIGNMENT

**JULY** 

Ch. 5. Excel-Introduction (Worksheet-1)

#### AUGUST

Revision

# **SEPTEMBER**

**TERM I EXAMINATION** 

# **TERM II (OCTOBER TO MARCH)**

#### **OCTOBER**

Ch. 6. Internet-Electronic Mail (E-mail)

# NOVEMBER

Ch. 7. Programming Basics

#### DECEMBER

Ch. 8. Scratch 3 Programming

#### **JANUARY**

Ch. 9. Domains of Artificial Intelligence (Worksheet-II)

# **FEBRUARY**

Revision

#### MARCH

## **TERM II EXAMINATION**

# ART EDUCATION PART 1: ART & CRAFT

# **AESTHETIC DEVELOPMENT**

**BOOK: SUPREME DRAWING SKILLS-5** 

#### **TERM I (APRIL TO SEPTEMBER)**

# **APRIL**

Talk about the building blocks of art, Drawing Skills: Pg. 1, 2, 3, 23, 47, 48 Sketch Book: My favourite cartoon character

## MAY

Talk about first principal of art: balance, Drawing skills: Pg. 4, 5, 42, 46 Sketch Book: Aquarium

#### **JUNE**

Summer Vacation - Home Assignment Pg. 33, 34, 37, 39, 41, 43, 44, 45

# JULY

Talk about second principal of art: contrast, Drawing Skills: Pg. 7, 8, 25, 36 Sketch Book: The Earth

# **AUGUST**

Talk about third principal of art: emphasis, Drawing Skills: Pg. 10, 11, 12, 13, 26, 38

Sketch Book: Rainy Day

# **SEPTEMBER**

#### **TERM I EXAMINATION**

# **CRAFT (APRIL TO SEPTEMBER)**

Friendship bracelets, Origami, Painted rocks

CLASS-V (28)

# **TERM II (OCTOBER TO MARCH)**

#### **OCTOBER**

Talk about fourth principal of art: movement, Drawing Skills: Pg. 9, 14, 15, 24, 35

Sketch Book: Any Festival Scene

# **NOVEMBER**

Talk about fifth principal of art: pattern, Drawing Skills: Pg. 16, 17, 22, 31, 32 Sketch Book: Astronaut in the space

## **DECEMBER**

Talk about sixth principal of art: rhythm, Drawing Skills: Pg. 18, 19, 29, 30 Sketch Book: Snow Landscape

#### **JANUARY**

Talk about seventh principal of art: unity, Drawing Skills: Pg. 20, 21, 27, 28 Sketch Book: Scene-Lohri Celebrations

# **FEBRUARY**

Revision

#### MARCH

#### **TERM II EXAMINATION**

# **CRAFT (OCTOBER TO MARCH)**

Design and decorate their own bookmarks, create art using only recycled materials, Use Tie-Dye kits to create colourful patterns on plane T-shirts.

# ART EDUCATION PART 2 : MUSIC

#### **TERM I (APRIL TO SEPTEMBER)**

#### **APRIL**

Prayers, Folk Song (Related to Baisakhi)

#### MAY

Song Dedicated to Mother , Prayers, Shabad Gayan

JUNE

#### SUMMER VACATION ASSIGNMENT

**JULY** 

Prayers ,Punjabi Boliyan on 'Teej', Monsoon Songs

# **AUGUST & SEPTEMBER**

Vande Matram, Raksha Bandhan Songs Bhajan related to Lord Krishna

# **TERM II (OCTOBER TO MARCH)**

# **OCTOBER**

Bhajan on 'Gandhi Jayanti, Prayers, Diwali Song

## **NOVEMBER**

Children's Day Songs, English Song, Prayers

#### DECEMBER

Christmas Carols , Prayers

# **JANUARY**

Lohri Song, Prayers

#### **FEBRUARY & MARCH**

Song on Spring Season, (Flowers in the Garden) Prayers

# ART EDUCATION PART 3: DANCE

# **TERM I (APRIL TO SEPTEMBER)**

#### **APRIL & MAY**

Saraswati Vandana & Ganesh Vandana, Punjabi Dance on Baisakhi, Dance on Mother's Day, Bhumi Namaskar

#### JUNE

#### SUMMER VACATION ASSIGNMENT

JULY

Folk Dance on Teej, Haryanvi Dance

# **AUGUST & SEPTEMBER**

Dandiya, Patriotic Dance

**TERM II (OCTOBER TO MARCH)** 

# **OCTOBER**

Western Dance, Free Style Dance

# **NOVEMBER**

Rajasthani Dance, Semi Classical Dance

# **DECEMBER**

Salsa, Hip-Hop, Bamboo Dance

#### **JANUARY**

Punjabi Dance on 'Lohri', Semi Classical Dance

#### **FEBRUARY & MARCH**

Dances on Holi

# **SUB - PHYSICAL EDUCATION**

# PHYSICAL DEVELOPMENT

TERM I (APRIL TO SEPTEMBER)

#### **APRIL**

Talk about team spirit and co-operation, Flat Race, P.T. Exercises, Warm up Exercises

#### MAY

Story about the life history of your favourite player/ P. V. Sindhu, Aerobics, Fun Games.

JUNE

#### **SUMMER VACATION**

#### **JULY**

Discuss the value of rules of fair play, safety and respect for others, Lemon Race, Hop Race, Skipping.

# **AUGUST & SEPTEMBER**

Hand-eye co-ordination while catching, dribbling, kicking and striking, Sack Race.

#### TERM I EXAMINATION

# **TERM II (OCTOBER TO MARCH)**

## **OCTOBER**

Talk about achievements of Viswanathan Anand, Three Legged Race, Hurdle Race, chess

# **NOVEMBER**

Explain sensitivity to injuries of others and act accordingly, Kabaddi, Bowling Attack

#### **DECEMBER**

Blind Man' bluff, Langra Sher ( to catch other student by running on one leg), Back Race, Book Balancing Race, Football

#### **JANUARY**

Talk about their emotions and thinking process during playing a game, Slow Cycling, Kho-Kho

#### **FEBRUARY**

Demonstrates co-ordination abilities with a partner & objects, Tug of War.

#### **MARCH**

#### **TERM II EXAMINATION**