

**APS DAMANA- 2025-26-SYLLABUS BIFURCATION-CL III****SUBJECT: ENGLISH****BOOK PRESCRIBED: SANTOOR**

<b>MONTH/DAYS</b>	<b>NAME OF THE CHAPTER</b>	<b>ACTIVITIES</b>	<b>EXAMINATION</b>
<b>APR(20)</b>	<b>LITERATURE:</b> L-1 COLOURS L-2 BADAL AND MOTI <b>GRAMMAR:</b> COMPOUND WORDS SENTENCES AND KINDS(ASSERTIVE AND INTERROGATIVE) <b>COMPOSITION</b> PICTURE DESCRIPTION	RECITATION OF POEM WITH VOICE MODULATION AND GESTURES.  SHARING GAME: DEVIDE STUDENTS INTO SMALL GROUPS.PROVIDE EACH GROUP WITH A COLLECTION OF DIFFERENT ITEMS(CRAYONS,PENCILS,CAN DIES ASK THEM TO SHARE AND DISCUSS THE BENEFIT OF SHARING.	
<b>MAY(16)</b>	<b>COMPOSITION:</b> UNSEEN PASSAGE	SENTENCE STARTERS: STUDENTS COMPLETE A CONVERSATION BETWEEN TWO CHILDREN USING SENTENCE STARTERS	<b>PT-1</b>
<b>JULY(20)</b>	<b>LITERATURE:</b> L-3: BEST FRIENDS L-4: OUT IN THE GARDEN <b>GRAMMAR:</b> COMMON NOUN PROPER NOUN SINGULAR AND PLURAL	ROLE PLAY SCENES – CLASSROOM/CANTEEN AREA USING PLURAL NOUN  DESIGN A COMIC STRIP ON THE STORY OF TRUE FRIENDS	
<b>AUG(19)</b>	<b>LITERATURE:</b> L-5:TALKING TOYS L-6 PAPER BOATS <b>GRAMMAR:</b> ETC) CHANGE THE GENDER <b>COMPOSITION:</b> UNSEEN PASSAGE PICTURE COMPOSITION	SHOW AND TELL BRING YOUR FAVOURITE TOY AND SPEAK FIVE LINES ON IT	

<b>SEP(21)</b>	<b>LITERATURE:</b> L-7 THE BIG LADOO <b>GRAMMAR:</b> POSSESSIVE NOUN PRONOUNS POSSESSIVE PRONOUNS <b>WRITING:</b> COMPREHENSION	<b>STORY RETELLING:</b> STUDENTS CAN INDIVIDUALLY OR IN PAIRS RETELL THE STORY TO EACH OTHER.THEY CAN USE THEIR OWN WORDS OR DETAILS FROM THE STORY	<b>HALF YEARLY</b>
<b>OCT(17)</b>	<b>LITERATURE:</b> L-8: THANK GOD <b>GRAMMAR:</b> ADJECTIVE AND KINDS( QUALITY AND NUMBER) COMPARISON OF ADJECTIVE POSSESSIVE ADJECTIVES	<b>ENGLISH ADJECTIVE PARADE:</b> CHILDREN BRING OR DRAW OBJECTS. DESCRIBE THEM USING QUALITY:SOFT,COLOURFUL ETC  “I’M THANKFUL FOR”.... STUDENTS WRITE A SHORT PARAGRAPH OR LINES ABOUT WHAT THEY ARE THANKFUL FOR.	
<b>NOV (20)</b>	<b>LITERATURE:</b> L-9: MADHU’S WISH L-10: NIGHT <b>GRAMMAR:</b> ARTICLES VERBS:IS,AM,AR E WAS AND WERE VERBS- HAS,HAVE,HAD	<b>RECITATION OF POEM WITH VOICE MODULATION AND GESTURES</b>	
<b>DEC (21)</b>	<b>LITERATURE:</b> LESSON-11:CHANDA MAMA COUNTS THE STARS <b>GRAMMAR:</b> SUBJECT VERB AGREEMENT THE PRESENT TENSE(SIMPLE AND CONTINUOUS) THE PAST TENSE (SIMPLE) THE FUTURE TENSE :SIMPLE	<b>TENSE TIME TRAVEL:</b> CREATE A TIME TRAVEL TRAIN WITH 3 COMPARTMENTS(PAST,PRESENT,FUTURE)GIVE STUDENTS ACTION CARDSLIKE EAT,RUN,READ.THEY PLACE THEM IN CORRECT COMPARTMENT	<b>PT II</b>

<b>JAN(11)</b>	<b>LITERATURE:</b> <b>L-12</b> <b>CHANDRAYAAN</b> <b>GRAMMAR:</b> MODALS ADVERB PREPOSITION <b>WRITING:</b> UNSEEN PASSAGE COMPREHENSION	<b>GROUP ACTIVITY:</b> EACH GROUP SHALL COLLECT NEWSPAPER OR MAGAZINE CLIPPINGS RELATED TO CHANDRAYAAN 3 MISSION AND PASTE IN NOTEBOOK.	
<b>FEB(20)</b>	<b>GRAMMAR:</b> CONJUNCTIONS CONTRACTION INTERJECTION	<b>CREATE A JINGLE:</b> CHOOSE A SIMPLE SONG OR RHYME WITH CONJUNCTIONS(e.g., IF YOU ARE HAPPY.....).IDENTIFY CONJUNCTIONS IN THE LYRIC AND CREATE YOUR OWN 4 LINES JINGLE USING AT LEAST 2 CONJUNCTIONS.	
<b>MARCH(13)</b>			<b>ANNUAL EXAMS</b>

विषय – हिन्दी

पाठ्यपुस्तक – वीणा

व्याकरण – सुधा

महीना	संदर्भ	गतिविधियाँ	परीक्षा
अप्रैल (20दिन)	पाठ्यपुस्तक पाठ 1 सीखो(कविता) व्याकरण पाठ -1 भाषा	हर्बल गार्डन प्रकृति भ्रमण	
मई (16 दिन)	पाठ 2. चींटी (कविता) व्याकरण पाठ -3 मात्राएँ और शब्दपाठ – 2 वर्णमाला	<b>संगीत विषय</b> मात्रा ज्ञान पर - कक्षा में गाना अभिनय के साथ करवाया जाएगा ।	
जुलाई (20 दिन)	पाठ्यपुस्तक पाठ -3 कितने पैर' संवाद पाठ -4 बया हमारी चिड़िया रानी पाठ -5 आम का पेड़ व्याकरण पाठ -4 संज्ञा (दिन ,महीने , लिंग,वचन ) पाठ 5 नाम की जगह-सर्वनाम पाठ -13 अपठित गद्यांश	<b>रचनात्मक लेखन:</b> "यदि मैं चिड़िया होती...होता/" पर एक अनुच्छेद।  <b>प्रकृति संरक्षण अभियान :</b> बच्चों को अपने घर या स्कूल में एक पौधालगाने का कार्य दिया जाएगा और उसकी देखभाल का विवरण लिखने को कहा जाएगा ।	पी.टी.-1

अगस्त (19 दिन)	पाठ्यपुस्तक :पाठ 6 बीरबल की खिचड़ी पाठ :7 मित्र को पत्र पाठ:8 चतुरगीदड़ व्याकरण पाठ 6 कैसा या कितना,विशेषण - पाठ 14 रचनात्मक लेखन - पत्रलेखन	कक्षा के अंदर संवादात्मक चर्चा और छोटी - छोटी-भूमिकाओं का नाट्यरूपांतरण।	
सितम्बर(21 दिन)	पाठ्यपुस्तकपाठ :9 प्रकृतिपर्वफूलदेई - व्याकरण पाठ 7 करना या होना क्रिया- पुनरावृत्ति कार्य	<b>विद्यालय प्रांगण-</b> विभिन्न प्रकार के फूलों वनस्पतियों के बारे में जानकारी	अर्द्धवार्षिक परीक्षा

अक्टूबर (17 दिन)	पाठ्यपुस्तक पाठ:10 रस्साकशी पाठ:11 एक जादुई पिटारा(कविता)	चित्र दिखाकर खेल पहचानना मनपसंदखेल का चित्र बनाकर , उसके बारे में बताना	
नवम्बर(20 दिन)	पाठ्यपुस्तक पाठ 12 अपना अपना काम पाठ :13 पेड़ों की अम्मा थिमक्का' व्याकरण पाठ 8 विराम चिह्न - पाठ 9 शब्द भंडार क) पर्यायवाची शब्द ख) विलोम शब्द	<b>उपवन भ्रमण</b> अनुच्छेद लेखन - पेड़ों का महत्व	

दिसंबर(21 दिन)	पाठ्यपुस्तक पाठ-14 किसान की होशियारी पाठ 15.भारत (कविता) व्याकरण पाठ 9 शब्द भंडार ग) अनेकार्थक शब्द घ) अनेक शब्दों के लिए एक शब्द पाठ – 10 गिनती (1से 20 ) पुनरावृत्ति कार्य	कविता गायन प्रतियोगिता	पी. टी – 02
जनवरी(11दिन)	पाठ्यपुस्तक पाठ 16 चंद्रयान पाठ -17 बोलने वाली मांद व्याकरण पाठ – 11 मुहावरे पाठ -12 वर्तनी की सामान्य अशुद्धियाँ	चाँद से सम्बंधित त्योहारों की सूची बनाओ ।	
फरवरी(20दिन)	पाठ्यपुस्तक पाठ – 18 हम अनेक किन्तु एक व्याकरण पाठ- 14 (क) चित्र वर्णन (घ) अनुच्छेद –लेखन	विभिन्न राज्यों की भाषाओं की जानकारी ।	
मार्च (13दिन)			वार्षिक परीक्षा

**SUBJECT: MATHS**

**BOOK: MATHS MELA**

MONTH	TOPIC/CHAPTER	ACTIVITY	EXAMS
<b>APRIL (20)</b>	<b>BRIDGE COURSE :</b> 1. INDIAN PLACE VALUE CHART 2. NUMBER NAME 3. EXPANDED AND SHORT FORM 4. PLACE VALUE AND FACE VALUE 5. FORMATION OF NUMBERS	* FORMATION OF NUMBERS USING FLASH CARDS.	
<b>MAY (16)</b>	CH-1 WHAT'S IN A NAME? (CONTD.)	* FINDING SHORTEST AND LONGEST NAME BY COUNTING ALPHABETS.	<b>PT-1</b>
	CH-1 WHAT'S IN A NAME? CH-2 TOY JOY (CONTD.)	*IDENTIFICATION OF 2D AND 3D SHAPES BY USING DIFFERENT	

		OBJECTS.	
<b>JULY (20)</b>	CH-2 TOY JOY (CONTD.) CH-3 DOUBLE CENTURY	*SCAVENGER HUNT GAME ON NUMBERS. *TAMBOLA GAME WITH 2-DIGIT NUMBERS	
<b>AUGUST (19)</b>	CH-4 VACATIONS WITH MY NANI MAA CH-5 FUN WITH SHAPES	*FRAMING OF WORD PROBLEM WITH ESTIMATION * MAGIC SQUARE NUMBERS. * SHAPES USING TANGRAM	
<b>SEPTEMBER (21)</b>	CH-6 HOUSE OF HUNDREDS- I	DIENES BLOCK, WITH BEADS AND BUNDLES.	HALF YEARLY
<b>OCTOBER (17)</b>	CH- 7 RAKSHA BANDHAN	*SKIP JUMPING ACTIVITY *MULTIPLICATION HOUSE	
<b>NOVEMBER (20)</b>	CH-8 FAIR SHARE CH-9 HOUSE OF HUNDREDS -II	*REPRESENTATION OF FRACTIONS WITH PAPER FOLDING. *REPRESENTATION OF NUMBERS ON ABACUS	
<b>DECEMBER (21)</b>	CH-10 FUN AT CLASS PARTY! CH-11 FILLING AND LIFTING	*MAKING A RECORD CARD ACC. TO HEIGHTS OF STUDENTS. * MEASURING AND COMPARISON OF WEIGHT AND CAPACITY.	<b>PT-II</b>
<b>JANUARY (11)</b>	CH-12 GIVE AND TAKE CH-13 TIME GOES ON	*ROLE PLAY *MAKING OF SAND CLOCK	
<b>FEBRUARY (20)</b>	CH-14 THE SURAJKUND FAIR REVISION	SYMMETRICAL DESIGNS	
<b>MARCH (13)</b>			ANNUAL EXAMS

**SUBJECT: EVS**  
**BOOK: OUR WONDROUS WORLD**

MONTH	TOPIC/CHAPTER	ACTIVITY	EXAMS
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<b>APRIL (20)</b>	BRIDGE PROGRAMME CH- 1 FAMILY AND FRIENDS	<b>* FAMILY TREE USING HAND PRINT</b>	<b>PT-1</b>
<b>MAY (16)</b>	WORK BOOK LESSON 1 WORK SHEET 1,2, 3		
	CH-2 GOING TO MELA	*MOCK MELA	
<b>JULY (20)</b>	CH- 3 CELEBRATING FESTIVALS WORK BOOK (CH-2,CH-3)	*CULTURAL EVENT	
<b>AUGUST (19)</b>	CH- 4-GETTING TO KNOW PLANTS WORK BOOK (CH-4) CH-5-PLANTS AND ANIMALS LIVE TOGETHER WORK BOOK (CH-5)	*LEAF ART *STORY WEAVING	
<b>SEPTEMBER (21)</b>	CH-6 LIVING IN HARMONY WORK BOOK (CH-6)	*SLOGAN /POSTER MAKING	<b>HALF YEARLY</b>
<b>OCTOBER (17)</b>	CH-7 WATER –A PRECIOUS GIFT WORK BOOK (CH-7)	*WATER DIARY	
<b>NOVEMBER (20)</b>	CH-8 FOOD WE EAT WORK BOOK (CH-8) CH-9 STAYING HEALTHY AND HAPPY WORK BOOK (CH-9)	*TRADITIONAL BUFFET *LUNCH BOX AUDIT	
<b>DECEMBER (21)</b>	C H-10 THIS WORLD OF THINGS WORK BOOK (CH-10)  CH-11 MAKING THINGS WORK BOOK (CH-11)	* BEST OUT OF WASTE * SORTING GAME	<b>PT-II</b>
<b>JANUARY (11)</b>	CH-12 TAKING CHARGE OF WASTE WORK BOOK (CH-12)	*ROLE PLAY/SKIT *MAGIC BINS: BLUE & GREEN	
<b>FEBRUARY (20)</b>	REVISION DOUBT CLEARING SESSIONS	SYMMETRICAL DESIGNS	
<b>MAR (13)</b>			<b>ANNUAL EXAMS</b>

**SUBJECT: COMPUTERS**

**BOOK: LIVE WIRE**

<b>MONTH/ DAYS</b>	<b>TOPIC/CHAPTER</b>	<b>EXAMINATION</b>
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<b>APR (20)</b>	<b>CHAPTER -1 A COMPUTER SYSTEM</b>	
<b>MAY (16)</b>	<b>CHAPTER -1 A COMPUTER SYSTEM</b>	<b>PT-I</b>
	<b>CHAPTER-2 INTRODUCTION TO WINDOWS 10</b>	
<b>JULY(20)</b>	<b>CHAPTER -2 INTRODUCTION TO WINDOWS 10  CHAPTER -3 FUN WITH PAINT</b>	
<b>AUG(19)</b>	<b>CHAPTER -4 AI –NATURAL LANGUAGE PROCESSING (NLP)</b>	
<b>SEP(21)</b>	<b>CHAPTER -5 WORD- AN INTRODUCTION</b>	<b>HALF YEARLY</b>
<b>OCT(17)</b>	<b>CHAPTER -6 STYLING IN WORD</b>	
<b>NOV(20)</b>	<b>CHAPTER -7 A USEFUL DEVICE</b>	
<b>DEC (21)</b>	<b>CHAPTER -8 CODING WITH SCRATCH-FIRST STEP</b>	<b>PT-II</b>
<b>JAN (11)</b>	<b>CHAPTER -8 CODING WITH SCRATCH-FIRST STEP</b>	
<b>FEB (20)</b>	<b>REVISION</b>	
<b>MAR (13)</b>		<b>ANNUAL EXAMS</b>

**SUBJECT : G.K**

**BOOK: EXPLORING GENERAL KNOWLEDGE**

<b>MONTH/DAYS</b>	<b>NAME OF THE CHAPTER</b>	<b>EXAMINATION</b>
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<b>APR(20)</b>	UNIT 1- DISCOVER INDIA CH-1 CLASSICAL DANCES OF INDIA CH-2 NATIONAL SYMBOLS CH-3 PEOPLE AND RELIGIONS CH-4 JUMBLED PLACE NAMES (CONTD.)	
<b>MAY(16)</b>	CH-5 AYURVEDA – THE MOTHER OF ALL HEALING CH-6 AYURVEDA IN DAILY LIFE	
<b>JULY(20)</b>	<b>UNIT-2 OUR ENVIRONMENT</b> CH-7 WASTE! WASTE! CH-8 TO SAVE PAPER  <b>UNIT -3 ANIMAL KINGDOM</b> CH-9 ABOUT INSECTS CH-10 WEIRD ANIMALS CH-11 SONGBIRDS CH-12 LIFE IN WATER	<b>PT-I</b>
<b>AUG(19)</b>	<b>UNIT- 4 PLANT KINGDOM</b> CH-13 UNDER THE GREEN SHADOW CH-14 RARE FLOWER OF THE WORLD UNIT-5 HEALTH CONSCIOUS CH-15 SHOULD I? SHOULDN'T I?	
<b>SEP(21)</b>	<b>UNIT -5 LIFE SKILLS</b> CH-16 YOGA FOR KIDS CH-17 BEING SENSITIVE CH-18 HELPING OUR SPECIAL FRIENDS	HALF YEARLY
<b>OCT(17)</b>	<b>UNIT -6 LANGUAGE AND LITERATURE</b> CH- 19 WORDS WITHIN WORDS CH-20 SIMILIES CH- 21 WORD PAIRS	
<b>NOV (20)</b>	<b>UNIT -7 AROUND THE WORLD</b> CH- 22 INTERNATIONAL LANDMARKS CH- 23 NICK NAMES <b>UNIT -8 IN OUR SURROUNDINGS</b> CH- 24 INTERNATIONAL LANDMARKS CH- 25 NICK NAMES	

<b>DEC (21)</b>	<b>UNIT -9 SCIENCE AND TECHNOLOGY</b> CH- 26 INTERNATIONAL LANDMARKS CH- 27 NICK NAMES	<b>PT-II</b>
<b>JAN(11)</b>	<b>UNIT -10 SPORTS AND ENTERTAINMENT</b> CH- 28 FAMOUS SPORTS PERSON FROM INDIAN ARMED FORCES CH- 29 TERMS IN SPORTS CH-30 WORLD OF MUSICAL INSTRUMENTS CH-31 DANCES OF THE WORLD	
<b>FEB(20)</b>	<b>REVISION</b>	
<b>MARCH(13)</b>		<b>ANNUAL EXAMINATION</b>

**SUBJECT : ART**

<b>MONTH/DAYS</b>	<b>ACTIVITY NAME</b>	<b>TYPE OF ACTIVITY</b>	<b>EXAMINATION</b>
<b>APR(20)</b>	CH-1 CONCEPT OF COLOURS CH-2 STROKES CH-3 LEAVES CH-4 ICE CREAM	MIXING OF COLOURS PENCIL TECHNIQUES LIGHT AND DARK PATTERNS	
<b>MAY(16)</b>	CH-5 BEACH CH-6 BIRD CH-7 TEA POT	COLOURING STEP-BY-STEP SKETCH PEN STROKES	
<b>JULY(20)</b>	CH-8 STILL LIFE - APPLE CH-9 BAT CH-10 ROBOT CH-11 STARFISH	PENCIL SHADING MIX MEDIA STEP-BY-STEP PAPER COLLAGE	<b>PT-I</b>
<b>AUG(19)</b>	CH-12 KITE FLYING CH-12 GIRAFFE CH-13 UMBRELLA CH-14 COCK	COLOURING MOSAIC ACTIVITY AIR BLOW PAINTING COLOURING	

<b>SEP(21)</b>	CH-15 CACTUS CH-16 CLOCK CH-17 TOWER CH-18 LITTLE BOY CH-19 MAGICIAN	PAPER CRAFT MIX MEDIA STEP-BY-STEP COTTON BUD IMPRESSION	<b>HALF YEARLY</b>
<b>OCT(17)</b>	CH-20 STICK CH-21 DRAWING CH-22 HOUSEBOAT CH-23 OWL	DRAWING AND COLOURING PAPER TEARING AND PASTING DECORATIVE ART	
NOV (20)	CH-24 CORN CH-25 PARROT CH-26 SPACESHIP CH-27 ELEPHANT	PAPER CRUMPLING HANDPRINT ACTIVITY FOIL AND JUTE PASTING CORRUGATED SHEET IMPRESSION	
DEC (21)	CH-28 PAPAYA CH-29 CITYSCAPE CH-30 FOX BOY AND GIRL CH-31 SANTA CLAUS	MERGING TECHNIQUE SILHOUETTE PAINTING ORIGAMI FINGER PUPPETS HALF `N` HALF	<b>PT-II</b>
JAN(11)	CH-32 THRISSUR POORAM CH-33TREE CH-34LION CH-35 SHOES	SEQUINS PASTING COTTON IMPRESSION FORK PAINTING STAMPING	
FEB(20)	CH-36EID MUBARAK CH-37 SNAIL CH-38 DOG CH-39 NATURE	GLITTER PASTING CLAY MODELLING 3D MODELLING PROJECT	
MARCH(13)			ANNUAL EXAMS

**SUBJECT: MUSIC**

MONTH/DAYS	NAME OF THE TOPIC	EXAMINATION
APRIL (20)	RECOGNIZING AND SINGING SIMPLE MELODIES AND RHYTHMS.	
MAY(16)	DEVELOPING A STRONG SENSE OF RHYTHM THROUGH CLAPPING.	
JULY(20)	NOTATION SYSTEM.	PT-I
AUG(19)	PRAYERS AND PATRIOTIC SONGS.	
SEP (21)	INTRODUCTION OF TEEN TAAL WITH TABLA	HALF YEARLY
OCT(17)	LEARNING ABOUT DIFFERENT INSTRUMENTS AND THEIR SOUNDS	
NOV(20)	RAAG BHOPALI. INTRODUCTION AROH, AVROH AND BANDISH.	
DEC(21)	DRUM AND CONGO ADVANCE RHYTHM PRACTICE	PT-II
JAN(11)	LEARNING ABOUT DIFFERENT STYLES OF SINGING.	
FEB(20)	FOLK SONGS.	
MARCH(13)	REVISION.	ANNUAL EXAM

**SUBJECT: SPORTS**

MONTH/DAYS	NAME OF THE TOPIC	EXAMINATION
APRIL (20)	<b>PHYSICAL DEVELOPMENT:</b> - STRETCHING AND BASIC WARM-UP EXERCISES - RUNNING AND JUMPING DRILLS  <b>GAMES &amp; ACTIVITIES:</b>	

	<p>- SHORT DISTANCE RACES- GROUP GAME: TAG</p> <p><b>SPORTS EDUCATION:</b></p> <p>- INTRODUCTION TO BASIC SPORTS (FOOTBALL, BASKETBALL)</p> <p>- IDENTIFYING SPORTS EQUIPMENT</p> <p><b>HEALTH &amp; FITNESS:</b></p> <p>- IMPORTANCE OF PHYSICAL ACTIVITY</p> <p>- BASICS OF HEALTHY EATING</p> <p>.</p>	
<b>MAY(16)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <p>- HOPPING DRILLS- BALANCE EXERCISES (CONE DRILLS)</p> <p><b>GAMES &amp; ACTIVITIES:</b></p> <p>- BEAN BAG TOSS</p> <p>- RING TOSS</p> <p><b>SPORTS EDUCATION: -</b></p> <p>UNDERSTANDING BASIC SPORTS RULES</p> <p><b>HEALTH &amp; FITNESS:</b></p> <p>- PERSONAL HYGIENE BEFORE AND AFTER SPORTS</p>	
	<p><b>OPTIONAL SUGGESTIONS:</b></p> <p>- HOME PRACTICE OF YOGA POSES</p> <p>- DRIBBLING WITH A BALL</p> <p>- SKIPPING FOR FUN AND FITNESS</p>	
<b>JULY(20)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <p>- COORDINATION EXERCISES (LADDER DRILLS) - YOGA POSE: MOUNTAIN POSE</p> <p><b>GAMES &amp; ACTIVITIES:</b></p> <p>- BALLOON VOLLEYBALL</p> <p>- GROUP GAME: SIMON SAYS</p> <p><b>SPORTS EDUCATION: -</b></p> <p>TEAMWORK AND FAIR PLAY</p> <p><b>HEALTH &amp; FITNESS:</b></p> <p>- STAYING HYDRATED DURING ACTIVITIES</p>	<b>PT-I</b>
<b>AUG(19)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p>	

	<p>- YOGA POSES: TREE POSE AND BUTTERFLY POSE- DRIBBLING PRACTICE (FOOTBALL)</p> <p><b>GAMES &amp; ACTIVITIES:</b></p> <p>- TUG OF WAR - SACK RACE</p> <p><b>SPORTS EDUCATION:</b></p> <p>- INTRODUCTION TO CRICKET - SAFETY IN SPORTS</p> <p><b>HEALTH &amp; FITNESS:</b></p> <p>- BREATHING EXERCISES AND RELAXATION TECHNIQUES</p>	
<b>SEP (21)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <p>- DRIBBLING AND PASSING (BASKETBALL) - SKIPPING ROPE PRACTICE</p> <p><b>GAMES &amp; ACTIVITIES: -</b> SIMPLE OBSTACLE COURSES</p> <p><b>SPORTS EDUCATION:</b></p> <p>- UNDERSTANDING PLAYER POSITIONS IN TEAM SPORTS</p> <p><b>HEALTH &amp; FITNESS:</b></p> <p>- SIMPLE COOL DOWN AND STRETCHING EXERCISES</p>	<b>HALF YEARLY</b>
<b>OCT(17)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <p>- REVIEW OF MOTOR SKILLS - COMBINATION DRILLS: RUNNING + HOPPING</p> <p><b>GAMES &amp; ACTIVITIES:</b></p> <p>- RING TOSS CHALLENGE - TEAM RELAYS</p> <p><b>SPORTS EDUCATION:</b></p> <p>- RECAP: BASIC SPORTS RULES &amp; EQUIPMENT</p> <p><b>HEALTH &amp; FITNESS:</b></p> <p>- HEALTHY FOOD VS JUNK FOOD ACTIVITIES</p>	
<b>NOV(20)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <p>- DRIBBLING DRILLS (FOOTBALL &amp; BASKETBALL) - YOGA REVISION</p>	

	<p><b>GAMES &amp; ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- DODGEBALL</li> <li>- BALLOON VOLLEYBALL</li> </ul> <p><b>SPORTS EDUCATION: -</b></p> <p>MINI QUIZ ON SPORTS TERMS</p> <p><b>HEALTH &amp; FITNESS:</b></p> <ul style="list-style-type: none"> <li>- PERSONAL CLEANLINESS AFTER SPORTS</li> </ul>	
<b>DEC(21)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <ul style="list-style-type: none"> <li>- FUN FITNESS GAMES</li> <li>- BALANCE &amp; COORDINATION REVISION</li> </ul> <p><b>GAMES &amp; ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- SACK RACE FINALS</li> <li>- GROUP GAMES (STUDENT CHOICE)</li> </ul> <p><b>SPORTS EDUCATION: -</b></p> <p>VIDEO/STORY ON SPORTSMANSHIP</p> <p><b>HEALTH &amp; FITNESS:</b></p> <ul style="list-style-type: none"> <li>- WINTER EXERCISE TIPS</li> </ul>	<b>PT-II</b>
<b>JAN (11)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <ul style="list-style-type: none"> <li>- SKIPPING CHALLENGES</li> <li>- WARM-UP AND COOL-DOWN PRACTICE</li> </ul> <p><b>GAMES &amp; ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- SIMON SAYS WITH FITNESS MOVES</li> <li>- TUG OF WAR</li> </ul> <p><b>SPORTS EDUCATION:</b></p> <ul style="list-style-type: none"> <li>- SPORTS ETIQUETTE</li> </ul> <p><b>HEALTH &amp; FITNESS:</b></p> <ul style="list-style-type: none"> <li>- BREATHING &amp; MINDFULNESS</li> </ul>	
<b>FEB (20)</b>	<p><b>PHYSICAL DEVELOPMENT:</b></p> <ul style="list-style-type: none"> <li>- FITNESS CIRCUIT (JUMPING, SKIPPING, YOGA, BALANCE)</li> </ul> <p><b>GAMES &amp; ACTIVITIES: -</b></p> <p>CLASS-WIDE OBSTACLE RACE</p> <p><b>SPORTS EDUCATION:</b></p> <ul style="list-style-type: none"> <li>- SPORTS QUIZ- ROLE PLAY: TEAM SPORTS</li> </ul>	

	<b>HEALTH &amp; FITNESS:</b>	
<b>MARCH(13)</b>	<b>REVISION MONTH:</b> RECAP OF ALL SKILLS & GAMES FUN SPORTS MEET / EVALUATION CERTIFICATES / RECOGNITION ACTIVITIES	<b>ANNUAL EXAM</b>