

**QUEEN MARY'S SCHOOL**  
**CLASS 8**  
**MONTHLY SYLLABUS (2024-2025)**

**SUBJECT: ENGLISH**

**PRESCRIBED BOOKS**

1. WOW ENGLISH COURSEBOOK
2. WOW GRAMMAR AND COMPOSITION
3. NEW RADIANT READERS (S.R.)

**APRIL & MAY**

**LITERATURE**

Unit-1 CARE AND CONCERN

Section-1 Being Neighbourly

Section-2 Mending Walls (Poem)

GRAMMAR - Determiners: Part- 1 Determiners- 2 Quantifiers, Prepositions

WRITING- Story Writing, Notice (Events)

SR- Ch-1 The Man of the Island

**JULY**

**LITERATURE**

Unit-2 NATURE

Section-2 Daffodils(Poem)

Unit-3 HUMOUR

Section-1 Uncle Podger Hangs a Picture

GRAMMAR - Subject Verb Agreement, Tenses (Revision)

WRITING- Informal Letter, Descriptive Paragraph on objects and person.

SR- Ch-3 A Famous Writer

**AUGUST**

**LITERATURE**

Unit-4 FANTASY

Section-1 The Walrus and the Carpenter

Unit-5 MYSTERY

Section-1 The Blue Carbuncle

GRAMMAR – Active and Passive Voice

WRITING – Diary Entry

SR- Ch-7 The Fire in the Stable

**SEPTEMBER**

**LITERATURE**

Unit-6 COURAGE

Section-1 The Saviours

REVISION

## **OCTOBER**

### **LITERATURE**

Unit-7 INSPIRING PEOPLE  
Section-2 A Nation's Strength(Poem)  
GRAMMAR –  
Modals: Part- 1  
Modals: Part- 2  
WRITING – Formal Letter

## **NOVEMBER**

### **LITERATURE-**

Unit-8 FLAWS AND FOLLIES  
Section-1 Mrs Packletide's Tiger  
GRAMMAR – Reported Speech (Statements)  
WRITING – Story Writing  
SR-Ch-11 Lord Ullin's Daughter (Poem)

## **DECEMBER**

### **LITERATURE-**

Unit-8 FLAWS AND FOLLIES  
Section- 2 Ozymandias(Poem)  
GRAMMAR – Reported Speech (Questions and Imperatives)  
WRITING- Formal Letter  
SR– Ch-15 Recollections of Early Childhood

## **JANUARY**

### **LITERATURE-**

UNIT-10 TRAVEL  
Section-1 The Rime of the Ancient Mariner(Ballad)  
GRAMMAR–  
Conjunctions, Editing(Tenses)  
WRITING – Diary Entry  
SR-Ch-14 Leisure (Poem)

## **FEBRUARY**

Revision

**SUBJECT: Hindi**

**PRESCRIBED BOOKS:-**

1. हिंदी वसंत भाग -3
2. सदाबहार कहानियाँ -भाग 8
3. व्याकरण सुधा 8

**अप्रैल:-**

**वसंत :-**

पाठ 1:-लाख की चूड़ियाँ  
पाठ 3- दीवानों की हस्ती

**सदाबहार कहानियाँ-**

पाठ 3:- वह पत्ता न टूटा

**व्याकरण :-**

पाठ 5:-: शब्द रचना: समास  
समश्रुत भिन्नार्थक शब्द- 1 से 20  
मुहावरे – 1 से 20

**लेखन-**

विज्ञापन लेखन (20-25 शब्दों में)

**मई :-**

**व्याकरण-**

विलोम शब्द:- पृष्ठ संख्या :- 38

**लेखन-**

चित्र वर्णन (20-30 शब्दों में)  
अपठित गद्यांश  
औपचारिक पत्र लेखन

**जुलाई :-**

**वसंत:-**

पाठ 2- बस की यात्रा

**सदाबहार कहानियाँ:-**

पाठ 4:- जैसलमेर की राजकुमारी

**व्याकरण-**

पाठ 3: संधि (दीर्घ एवं गुण संधि)  
वाक्यांश के लिए एक शब्द 1 से 20  
लोकोक्तियाँ – 1-20

**लेखन-**

समसामयिक विषय पर अनुच्छेद, संवाद लेखन (50 शब्दों में),  
अनौपचारिक पत्र लेखन। अपठित पद्यांश

**अगस्त:-**

**वसंत**

पाठ 7:- कबीर की साखियाँ

**सदाबहार कहानियाँ-**

पाठ 5: स्वाभिमान

**व्याकरण-**

पाठ 13- वाक्य विचार  
अनेकार्थी शब्द -1 से 20

लेखन :-

समसामयिक विषय पर अनुच्छेद लेखन ।

सितंबर :-

वसंत :-

पाठ 5-क्या निराश हुआ जाए

सदाबहार कहानियाँ-

पाठ 7:- आनंदमठ की ललकार

लेखन-

समसामयिक विषय पर अनुच्छेद।  
संवाद लेखन ( 50 शब्दों में)

अक्तूबर:-

वसंत-

पाठ 10:- अकबरी लोटा

पाठ 11- सूर के पद

व्याकरण-

पाठ 7 – कारक

पाठ 15- वाक्य संबंधी अशुद्धि-शोधन

सनरूपी भिन्नार्थक शब्द – 21-40

लेखन

अपठित पद्यांश

नवंबर :-

वसंत:-

पाठ 13- बाज और साँप

सदाबहार कहानियाँ-

पाठ 11 :- घाट बाबू

व्याकरण-

लोकोक्तियाँ -21-25

पाठ 10-क्रिया (सरंचना के आधार पर)

पाठ 11:-- क्रिया विशेषण

लेखन :-

चित्र वर्णन

अपठित गद्यांश

दिसंबर :-

सदाबहार कहानियाँ :-

पाठ 12:- मूल्य

व्याकरण-

पाठ 14- विराम चिह्न

मुहावरे :-21-40

लेखन :-

अपठित गद्यांश एवं पद्यांश

औपचारिक एवं अनौपचारिक पत्र लेखन

जनवरी :-

समस्त पाठ्यक्रम की पुनरावृत्ति

**SUBJECT - MATHS**

<b>MONTH</b>	<b>CHAPTER NUMBER AND NAME</b>
<b>APRIL</b>	<b>CH 1: RATIONAL NUMBERS CH 8: LINEAR EQUATIONS IN ONE VARIABLE</b>
<b>MAY</b>	<b>CH 2: EXPONENTS</b>
<b>JULY</b>	<b>CH 13: POLYGONS AND QUADRILATERALS CH 19: DATA DISTRIBUTIONS AND HISTOGRAMS CH 20: PIE CHARTS</b>
<b>AUGUST</b>	<b>CH 21: PROBABILITY CH 3: SQUARES AND SQUARE ROOTS</b>
<b>SEPTEMBER</b>	<b>CH 4: CUBES AND CUBE ROOTS</b>
<b>OCTOBER</b>	<b>CH 6: ALGEBRAIC EXPRESSIONS AND IDENTITIES CH 7: FACTORISATION AND DIVISION OF ALGEBRAIC EXPRESSIONS</b>
<b>NOVEMBER</b>	<b>CH 9 : DIRECT AND INVERSE VARIATION CH 10: PERCENTAGE CH 11: PROFIT,LOSS,DISCOUNT AND TAXES</b>
<b>DECEMBER</b>	<b>CH 12: COMPOUND INTEREST CH 17: AREA OF QUADRILATERALS</b>
<b>JANUARY</b>	<b>CH 18: SURFACE AREA AND VOLUME CH 16: INTRODUCTION TO CARTESIAN PLANE</b>

**SUBJECT - SCIENCE  
PHYSICS**

<b>Month</b>	<b>Chapter</b>
<b><u>APRIL</u></b>	Ch-11. Force and Pressure
<b><u>MAY</u></b>	Ch-12. Friction
<b><u>JULY</u></b>	Ch-16 Reflection of Light
<b><u>AUGUST</u></b>	Ch-17 Refraction and Dispersion of Light
<b><u>SEPTEMBER</u></b>	Ch-13 Sound
<b><u>OCTOBER</u></b>	Ch-13. Sound (continued) Ch-18 The Universe (Introduction)
<b><u>NOVEMBER</u></b>	Ch-18.The Universe (continued)
<b><u>DECEMBER</u></b>	Ch-14 Some Natural Phenomena (Introduction)
<b><u>JANUARY</u></b>	Ch-14. Some natural phenomena(continued)
<b><u>FEBRUARY</u></b>	Revision

## CHEMISTRY

Month	Chapter
<u>APRIL</u>	Ch-15. Chemical effects of Electric current
<u>MAY</u>	Ch-15. Chemical effects of Electric current(continued)
<u>JULY</u>	Ch-19. Pollution of Air and Water
<u>AUGUST</u>	Ch-3. Synthetic Fibres and Plastics(Included only in enrichment activity)
<u>SEPTEMBER</u>	Ch-4 Materials: Metals and Non metals
<u>OCTOBER</u>	Ch-4 Materials: Metals & Non Metals(continued)
<u>NOVEMBER</u>	Ch-5. Coal and Petroleum
<u>DECEMBER</u>	Ch-5. Coal and Petroleum (continued)
<u>JANUARY</u>	Ch-6. Combustion and Flame
<u>FEBRUARY</u>	Revision

## BIOLOGY

Month	Chapter
<u>APRIL</u>	Ch-8 Cell- Structure and Functions
<u>MAY</u>	Ch-1 Crop production
<u>JULY</u>	Ch-2. Microorganisms
<u>AUGUST</u>	Ch-2 Microorganisms ( contd.)
<u>SEPTEMBER</u>	Ch-9 Reproduction
<u>OCTOBER</u>	Ch-7 Conservation of Plants and Animals( only included in Enrichment Activity).
<u>NOVEMBER</u>	Ch-10 Reaching the age of adolescence(Intro)
<u>DECEMBER</u>	Ch-10 Reaching the age of adolescence (continued)
<u>JANUARY</u>	Revision

**SUBJECT : SOCIAL SCIENCE****PRESCRIBED BOOK - Landmark Integrated Social Science**

<b>MONTH</b>	<b>CHAPTER</b>
<b>APRIL</b>	Chapter 1 :(History) - When , Where and How (Activity based lesson) Chapter 2:(History)- Expansion of British power in India Chapter 14 :(Geography) - Resources Chapter 25:(Civics) The Indian Constitution and the Need for Laws (Activity based lesson)
<b>MAY</b>	Chapter 3:(History) Rural Life and Society (Activity based lesson) Chapter 15:(Geography) Natural Resources-Land, Soil and Water Chapter 16:(Geography) Natural Resources-Natural vegetation and wildlife Chapter 26:(Civics) Vision of The Indian Constitution
<b>JULY</b>	Chapter 4:(History) Colonialism and tribal societies Chapter 5: (History) Crafts and Industries Chapter 17: (Geography) Natural Resources - Mineral and Power Resources Chapter 27 : (Civics) Government at the Centre
<b>AUGUST</b>	Chapter 6: (History) Revolt of 1857 Chapter 28: (Civics) The Making of Laws Chapter 29: (Civics) The Judiciary
<b>SEPTEMBER</b>	Chapter 7: (History) Education and British Rule Chapter 18: (Geography) Agriculture  Revision
<b>OCTOBER</b>	Chapter 8: (History) Women and Reform (Activity based lesson) Chapter 9: (History) Challenging the Caste System Chapter 19: (Geography) Industries Chapter 20: (Geography) India and the World - Case Study (Activity based lesson)
<b>NOVEMBER</b>	Chapter 10: (History) Colonialism and Urban change (Activity based lesson) Chapter 11: (History) Changes in the Art (Activity based lesson) Chapter 21: (Geography) Human Resource Chapter 30: (Civics) Role of Police and the Courts
<b>DECEMBER</b>	Chapter 12: (History) The Indian National Movement Chapter 13:(History) India after Independence Chapter 22: (Geography) What is Disaster Management? (Activity based lesson) Chapter 31:(Civics) Social Justice and Marginalized
<b>JANUARY</b>	Chapter 32:(Civics) Forms of Untouchability (Activity based lesson) Chapter 33:(Civics) Economic presence of the government Chapter 23: (Geography) Natural Disaster (Activity based lesson) Chapter 24: (Geography) Man- made Disaster (Activity based lesson)  Revision

**SUBJECT: FRENCH**

<b>Month</b>	<b>Chapter</b>
<b>APRIL</b>	<b>Leçon 0. Connaissez-vous la France? Leçon 1. La lettre de Valérie</b>
<b>MAY</b>	<b>Leçon 2. Joyeux anniversaire Paul!</b>
<b>JULY</b>	<b>Leçon 3. C'est ma ville. Leçon 4. Une journée dans la vie de mes parents</b>
<b>AUGUST</b>	<b>Leçon 5. Mon argent de poche</b>
<b>SEPTEMBER</b>	<b>Revision</b>
<b>OCTOBER</b>	<b>Leçon 6 Les loisirs de Nathalie</b>
<b>NOVEMBER</b>	<b>Leçon 7. Range ta chambre! Leçon 8. Où allez-vous?</b>
<b>DECEMBER</b>	<b>Leçon 9. Hier, j'ai...</b>
<b>JANUARY</b>	<b>Leçon 10. Pendant les vacances.</b>



**SUBJECT: SANSKRIT**

पाठ्य पुस्तकें - 1) रुचिरा (तृतीयो भागः) NCERT 2) दिव्यम् संस्कृत व्याकरणम् (भाग-3) 3) रुचिरा कार्यपुस्तिकया

MONTH	UNIT/CHAPTER
APRIL	रुचिरा : 1) सुभाषितानि, 2) विलस्य वाणी न कदापि मे श्रुता व्याकरणम् : अपठित अवबोधनम्, अनुच्छेदलेखन, वर्ण विचारः, कारक उपपद विभक्तयः च।
MAY	रुचिरा : 3) डिजीभारतम् 4) सदैव पुरतो निधेहि चरणम् व्याकरणम् : सन्धिः, संवादाः, चित्रवर्णनम्।
JULY	रुचिरा : 5) कण्टकेनैव कण्टकम् 6) गृहं शून्यं सुतां विना। व्याकरणम् : लिङ्गनिर्धारणम्, संख्यावाचीशब्दाः, शब्दरूपाणि।
AUGUST	रुचिरा : 7) भारतजनताऽहमं 8) संसारसागरस्य नायकाः 9) सप्तभगन्या व्याकरणम् : धातुरूपाणि, समयलेखनम्।
SEPTEMBER	रुचिरा : 10) नीति नवनीतम् व्याकरणम् : पुनरावृत्ति
OCTOBER	रुचिरा : 11) सावित्री बाई फूले 12) कः रक्षति कः रक्षितः व्याकरणम् : समास परिचय, अशुद्धि संशोधन, पत्रलेखनम्।
NOVEMBER	रुचिरा : 13) क्षितौ राजते भारतस्वर्णभूमिः 14) आर्यभटः व्याकरणम् : प्रत्ययाः, संवादाः, वाच्यपरिवर्तनम्।
DECEMBER	रुचिरा : 15) प्रहेलिकाः (केवल पढ़ने के लिए) व्याकरणम् : अनुच्छेदलेखनम्, अपठित अवबोधनम्।
JANUARY	पुनरावृत्ति

**SUBJECT: COMPUTER SCIENCE****PRESCRIBED BOOK: NEURO KODE BY YEP PUBLICATIONS**

<b>MONTH</b>	<b>UNIT</b>
<b>April</b>	<b>UNIT 1: COMPUTER NETWORK</b>
<b>May</b>	<b>CONT...UNIT 1: COMPUTER NETWORK</b>
<b>June</b>	<b>SUMMER BREAK</b>
<b>July</b>	<b>UNIT 2: MS ACCESS INSIGHTS</b>
<b>August</b>	<b>UNIT 3: ITERATIVE STATEMENTS IN PYTHON</b>
<b>September</b>	<b>UNIT 4: INTRODUCTION TO DATA SCIENCE</b>
<b>October</b>	<b>UNIT 5: APP DEVELOPMENT WITH THUNKABLE</b>
<b>November</b>	<b>UNIT 7:CLOUD COMPUTING</b>
<b>December</b>	<b>UNIT 8: VIDEO EDITING WITH SHOTCUT</b>
<b>January</b>	<b>UNIT 6: INTRODUCTION TO ROBOTICS</b>

**SUBJECT: GENERAL KNOWLEDGE****Prescribed Book - The Knowledge Generation**

<b>Month</b>	<b>Chapter</b>
<b>April</b>	<p><b><u>SECTION A</u></b>  <b><u>Unit I Our Environment</u></b>  Pg1 Rainforests  Pg9 Desert Lands  Pg 17 Earthquakes and volcanoes  Pg 26 Ferns, Fungi and lichens  Pg 31 Deadliest animals on Earth Pg 35 All About Animals</p> <p><b><u>Unit II India</u></b>  Pg 2 A tour of South India  Pg 10 Medieval India  PG 20 India's Neighbours  Pg 32 Caves and cave temples  PG 34 Our Freedom Struggle</p>
<b>May</b>	<p><b><u>Unit III Science and Technology</u></b>  Pg 3 Atomic World  Pg 12 Gaming Gadgets  Pg 18 Scientific Curiosity  Pg 28 Chemistry Trivia  Pg 33 Electricity</p> <p><b><u>Unit IV</u></b>  Art, Language and Literature  Pg 4 Women writers  Pg 13 Crafts around the world  Pg 21 Fun with Idioms</p>

<b>July</b>	<p><b><u>Unit V Sports and Entertainment</u></b>  Pg 4 Director Diaries  Pg 14 Football leagues  Pg 22-23 Lawn Tennis  Pg 27 Sporting Legends</p> <p><b><u>Unit VI Around the World</u></b>  Pg 7 Currencies of the World  Pg 16 All about Food  Pg 24-25 Let us celebrate  Pg 30 Unique Nature</p>
<b>August</b>	<p><b><u>Unit VII Brain Workout</u></b>  Pg 6 Tickle your Brain  Pg 15 Code zone</p> <p><b><u>Unit VIII Life Skills</u></b>  Pg 8 Doing your bit  Pg 36 Mixed bag 1  Pg 37 Test paper 1  Pg 38-39 Board Game</p>
<b>September</b>	<p><b><u>SECTION B</u></b></p> <p><b><u>Unit I Our Environment</u></b>  Pg 47 Which insect?  Pg 54 National parks in the world</p> <p><b><u>Unit II India</u></b>  Pg 40 Traditional toys of India  Pg 48 Our Constitution  Pg 55 Visiting India  Pg 61 Famous Movements  Pg 62-63 The mighty of the past India  Pg 68-69 Ahmedabad  Pg 72-73 Indian armed forces  Pg 74 Social reformers of India</p>
<b>October</b>	<p><b><u>Unit III Science and Technology</u></b>  Pg 41 Famous Indian Scientists  Pg 49 The world of technology  Pg 56-57 Space trivia  Pg 64 All about cells  Pg 70 Blood Biology</p> <p><b><u>Unit IV Art, Language and Literature</u></b>  Pg 42 Books and Authors  Pg 50 Famous music composers  Pg 58 Poetry corner  Pg 65 Literary Terms</p>
<b>November</b>	<p><b><u>Unit V Sports and Entertainment</u></b>  Pg 43 Which game?  Pg 51 Odd one  Pg 59 World of villains  Pg 66 Stadiums of the World  Pg 71 Biopics that inspire</p>

	<p><b><u>Unit VI Around the world</u></b>  Pg 45 Forms of government  Pg 53 Famous Battles  Pg 60 Women Nobel Laureates  Pg 67 A World tour</p>
<b>December</b>	<p><b><u>Unit VII Brain Workout</u></b>  Pg 44 World ladder  Pg 52 Use your logic</p> <p><b><u>Unit VIII Life Skills</u></b>  Pg 46 Enjoying Reading  Pg 75 Let us get organised  Pg 76 Mixed bag 2  Pg 77 Test paper 2</p>

**SUBJECT: VALUE EDUCATION**

<b>Month</b>	<b>Chapter</b>
<b><u>APRIL &amp; MAY</u></b>	CH – 1: Adapting to Win (Adaptability) CH - 2: Building Your Brand (Brand Building)
<b><u>JULY</u></b>	CH- 3 The Boy Who Harnessed the Wind (Creativity)
<b><u>AUGUST</u></b>	CH –4: Football Feild Turns into a Battlefield (Cross Cultural sensitivity) CH - 5 : Innovating Your Way to Prosperity (Entrepreneurship)
<b><u>SEPTEMBER</u></b>	CH - 6: Change - Another name of Innovation ( Innovation) CH -7: Freeing Yourself (Motivation)
<b><u>OCTOBER</u></b>	CH – 8: Building Robots, Transforming Lives (Negotiation) CH- 9: Environmental Protection- A Challenge (Sustainable development)
<b><u>NOVEMBER</u></b>	CH- 10: Invention of Anti-cyberbullyingApplication (problem solving) CH - 11: Every problem has a Solution ( System Thinking) CH – 12: Self -awareness
<b><u>DECEMBER</u></b>	Revision

## SUBJECT - MUSIC

Month	Course Guidelines
<b>April</b>	<p><b><u>Body and Mind Preparation</u></b></p> <ul style="list-style-type: none"> <li>· Breathing techniques</li> <li>· Vocal exercises using solfege</li> <li>· Hymn 1</li> <li>· Instrument 1</li> </ul>
<b>May</b>	<p><b><u>Breathing and Breath Support</u></b></p> <ul style="list-style-type: none"> <li>· Breathing equilibrium</li> <li>· Understanding rhythm</li> <li>· Ear training</li> <li>· Song 1</li> <li>· Major chords</li> </ul>
<b>July</b>	<p><b><u>Vocal Health</u></b></p> <ul style="list-style-type: none"> <li>· Speaking and singing tone</li> <li>· Tones and textures of the voice</li> <li>· Voice Classification.</li> <li>· Revision of hymn 1 and song 1.</li> <li>· Basic Strumming and Major chord</li> </ul>
<b>August</b>	<p><b><u>Ensemble Skills, Blend, Balance</u></b></p> <ul style="list-style-type: none"> <li>· Choral singing.</li> <li>· Introduction to dynamics</li> <li>· Solo and choir skills</li> <li>· In Class performance and Grading</li> <li>· I-IV-V in C Scale</li> </ul>
<b>September</b>	<p><b><u>Vowel Production and Diction</u></b></p> <ul style="list-style-type: none"> <li>· Intonation in Solfege</li> <li>· Intonation in Vowels</li> <li>· Voice Placements</li> <li>· Minor chords</li> </ul>
<b>October</b>	<p><b><u>Ensemble Repertoire Selection and Ensemble Rehearsal</u></b></p> <ul style="list-style-type: none"> <li>· Music Notations</li> <li>· Choir singing.</li> <li>· Hymn 2</li> <li>· I-IV-vi- V in C major</li> </ul>
<b>November</b>	<p><b><u>Ensemble Repertoire Selection and Ensemble Rehearsal</u></b></p> <ul style="list-style-type: none"> <li>· Music Notations</li> <li>· Choir singing.</li> <li>· Carols</li> <li>· Playing techniques in the choice of Instrument</li> </ul>
<b>December</b>	<p><b><u>Ensemble Repertoire Selection and Ensemble Rehearsal</u></b></p> <ul style="list-style-type: none"> <li>· Music Notations</li> <li>· Choir singing.</li> <li>· Carols</li> <li>· Playing techniques in the choice of Instrument</li> </ul>
<b>January</b>	<ul style="list-style-type: none"> <li>· Body, Mind and Breathing Revisited.</li> <li>· Revision of all the songs.</li> <li>· Mastering the skills inculcated during the year.</li> <li>· In class performance and grading.</li> </ul>
<b>February</b>	<ul style="list-style-type: none"> <li>· Body, Mind and Breathing Revisited.</li> <li>· Revision of all the songs.</li> <li>· Mastering the skills inculcated during the year.</li> </ul>

## **SUBJECT: PHYSICAL EDUCATION (SPORTS)**

**Warming Up** - Slow Jogging (5 min.) in the sports field, stretching exercises Head to Toe to warm up their muscles.

**March Past** - All students will form a straight line according to their heights and do on-the-spot marching and then they will start Forward March with a Drum beat.

### **Games/Sports**

#### **April - May**

**Games:** Handling and Passing the ball (Basketball), Handball

**Aerobics**

**March Past:** Turns

#### **July**

**Athletics:** Running event

**Games:** Throwball

**Yoga:** Asanas

**Mass PT**

#### **August**

**Games:** Blocking and Serving (Volleyball)

**Yoga:** Asanas

**March Past**

#### **September**

**Athletics:** Jumping events

**Aerobics**

**Yoga:** Asanas

**March Past**

#### **October**

**Games:** Intercepting and Tackling (Football)

**Yoga:** Asanas

**Mass PT**

#### **November/ December**

**Games:** Handling and Serving (Volleyball)

**Yoga:** Asanas

**Mass PT**

#### **January**

**Games:** Basic skills of Kho-Kho

**Yoga:** Asanas

**Mass PT**

#### **February**

**Revision**

**SUBJECT: Art and Craft**

<b>April and May</b>	<ul style="list-style-type: none"><li>● Introduction of Art (Page No. 3)</li><li>● Basics of Drawing (Observation, Shapes, Colour Wheel, Texture, Perspective, etc.) (Page No. 4-21)</li><li>● Light, shade and shadow (Page No. 22-25)</li><li>● Fashion and Beauty (Page No. 80)</li><li>● Earth Day poster</li></ul>
<b>July</b>	<ul style="list-style-type: none"><li>● Still Life (Page No. 26- 34)</li><li>● Stick Painting(Page No. 81)</li></ul>
<b>August</b>	<ul style="list-style-type: none"><li>● Nature Drawing (Page No. 36-41)</li><li>● Origami (Page No. 82)</li><li>● Independence Day Activity</li></ul>
<b>September</b>	<ul style="list-style-type: none"><li>● Nature Drawing (Page No. 42-53)</li><li>● Clay modelling(Page No. 88)</li><li>● Teachers' Day Activity</li></ul>
<b>October</b>	<ul style="list-style-type: none"><li>● Human Drawing (Page No. 54-60)</li><li>● Puppet (Page No. 89)</li></ul>
<b>November</b>	<ul style="list-style-type: none"><li>● Composition (Page No. 76-79)</li><li>● Game (Page No. 90)</li><li>● Diwali Activity</li></ul>
<b>December</b>	<ul style="list-style-type: none"><li>● Design (Page No. 64-68)</li><li>● Puzzle and frame (Page No. 92)</li><li>● Christmas Activity</li></ul>
<b>January</b>	<ul style="list-style-type: none"><li>● Design (Cartooning, Story time, Poster Making) (Page No. 69-74)</li><li>● New Year Cards</li></ul>

## **SUBJECT: Taekwondo**

**Introduction:-** Exercise should start from the upper body part like the head and finish lower body part.

**Warming up:-** On the spot jogging, jumping, twisting in a jumping way, forward and backward running etc.

April	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Double leg slap kick</li><li>3. Face level slap kick</li></ol>
May	<ol style="list-style-type: none"><li>1. Exercise, stretching and warming up</li><li>2. In to out Hammer Kick</li><li>3. Out to in Hammer Kick</li></ol>
July	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Poomsae – 1 (1 to 4 steps) but total 16 steps in poomsae – 1</li><li>3. Fighting technique in open stance</li></ol>
August	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Poomsae – 1 (5 to 8 steps) but total 16 steps in poomsae – 1</li></ol>
September	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Double slap kick from single leg</li></ol>
October	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Poomsae – 1 (9 to 12 steps) but total 16 steps in poomsae – 1</li><li>3. Side Kick</li></ol>
November	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Poomsae – 1 (13 to 16 steps) but total 16 steps in poomsae – 1</li><li>3. Back Kick</li></ol>
December	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Revision (Poomsae 1 all 1 to 16 number steps)</li><li>3. Fighting practice</li></ol>
January	<ol style="list-style-type: none"><li>1. Exercises, stretching and warming up</li><li>2. Revision (All kicks from month of April to November)</li></ol>
February	<ol style="list-style-type: none"><li>1. Exercise, stretching and warming up</li><li>2. Revision (All kicks from month of April to November)</li><li>3. Will conduct the Inter House Competition</li></ol>