

**CLASS VII  
(2026-2027)  
MONTHLY SYLLABUS**

**ENGLISH**

**PRESCRIBED BOOKS**

1. OXFORD ENGLISH FOR LIFE COURSEBOOK
2. OXFORD LEARNER'S GRAMMAR AND COMPOSITION
3. SUPPLEMENTARY READER - MALGUDI DAYS – R.K.NARAYAN

Month	Chapter
<b><u>APRIL &amp; MAY</u></b>	<b>LITERATURE</b> Unit- 1 The Bonds of Love Section-1 Eidgah Section – 2 The Desirable Shawl Section – 3 Poem: Paper Boats – Rabindranath Tagore  <b>GRAMMAR –</b> L-2 Articles L-16 The Sentence L- 17 Phrases and Clauses  <b>WRITING-</b> Factual Description(places and Person) Notice Writing  SR- Malgudi Days - Gateman's Gift

<p><b><u>JULY</u></b></p>	<p><b>LITERATURE</b></p> <p>Unit- 2 Voices of the Earth</p> <p>Section -4 The rightful Inheritors of the Earth  Section – 5 The Secret Garden  Section -6 Poem: Daffodils</p> <p><b>GRAMMAR-</b>  L- 3 Pronouns  L-4 Adjectives  L- 5 The Verbs</p> <p><b>WRITING</b> - Formal Letter  Letter to the Principal  Letter to the Editor</p> <p><b>SR-</b> Malgudi Days - The Tiger’s Claw</p>
<p><b><u>AUGUST</u></b></p>	<p><b>LITERATURE</b></p> <p>Unit-3 Unforgettable Journeys  Section -7 : The Girl Who Fell from the Sky  Section -9 Poem: The Sea Fever</p> <p><b>GRAMMAR-</b>  L - 6 Present Tense  L-7 Past Tense  L –8 Future Time  L-9 Perfect Tense  L-12 Active and Passive voice</p> <p><b>WRITING</b>  Article Writing</p> <p><b>S.R</b> – Malgudi Days - Ishwaran</p>
<p><b><u>SEPTEMBER</u></b></p>	<p><b>LITERATURE</b>  Revision</p>

<b><u>OCTOBER</u></b>	<p><b>LITERATURE</b> Unit-4 Heroes Among Us Section - 10 Marching to Freedom Section – 12 Poem : Don't Quit</p> <p><b>GRAMMAR</b> L- 13 Adverbs L – 14 Prepositions</p> <p><b>WRITING</b> Speech Writing</p> <p><b>S.R -Malgudi Days- Father's Help</b></p>
<b><u>NOVEMBER</u></b>	<p><b>LITERATURE</b> Unit-4 Heroes among us Section -11 Playing against the odds Section – 12 Poem : The Listeners</p> <p><b>GRAMMAR</b> L-9 Conjunction L- 19 Reported Speech</p> <p><b>WRITING-</b> Formal E-Mail writing Diary Entry <b>S.R -Malgudi Days- A Shadow</b></p>
<b><u>DECEMBER</u></b>	<p><b>LITERATURE</b> Unit-5 Clues and Crimes Section – 14 The Adventure of the Blue Carbuncle</p> <p><b>GRAMMAR</b> L-11Modals L-19 Reported Speech Contd.</p> <p><b>WRITING - Factual Description (Events)</b> <b>S.R -Malgudi Days- A Willing Slave</b></p>
<b><u>JANUARY</u></b>	<p><b>GRAMMAR</b> <b>L- 22 Vocabulary</b> <b>S.R -Malgudi Days- Cat Within</b> Hungry Child</p>
<b><u>FEBRUARY</u></b>	REVISION

**SUBJECT: HINDI**

पाठ्य पुस्तकें:-

मल्हार

ज्ञान सागर (सहायक पुस्तकमाला-7)

हिंदी व्याकरण सुधा भाग-7

<u>अप्रैल:-</u>	<p>मल्हार:-</p> <p>पाठ 1. माँ, कह एक कहानी पाठ-2 तीन बुद्धिमान व्याकरण: पाठ 4. शब्द विचार विज्ञापन लेखन (20 से 25 शब्दों में), अनुच्छेद लेखन, औपचारिक पत्र, अपठित गद्यांश ज्ञान सागर:- पढ़ने के लिए- पाठ 1 किसान की सज़ाबुझ पाठ 3 अर्जुन और भीम का अभिमान क्रियाकलाप- छात्रों को कहानी सुनाई जाएगी और कहानी जहाँ छोड़ी जाएगी वहाँ से लेकर अंत तक उनको कहानी अपने शब्दों में लिखनी होगी</p>
<u>मई:-</u>	<p>ज्ञान सागर पाठ-2 कौन सा धर्म श्रेष्ठ है पढ़ने के लिए- पाठ 7 बीरबल की स्वर्ग वापसी क्रियाकलाप-एक सजाए हुए डिब्बे में अलग-अलग संज्ञा शब्दों की पर्चियाँ रखी जाती हैं। छात्र 3 पर्चियाँ उठाती है और उन शब्दों (जैसे: 'हाथी', 'चाँद', 'छाता') को जोड़कर मौके पर एक छोटी कहानी सुनाती है। व्याकरण: पर्यायवाची शब्द (1-20), मुहावरे (1-20), संवाद लेखन (50 शब्दों में), चित्र वर्णन (50 शब्दों में)</p>
<u>जुलाई:-</u>	<p>मल्हार पाठ-4- पानी रे , पाठ-3- फूल और काँटे (कविता)</p> <p>व्याकरण :-</p> <p>पाठ 6. शब्द रचना: उपसर्ग, प्रत्यय, पाठ 12. समुच्चयबोधक और विस्मयादिबोधक, अनुच्छेद लेखन, पठित और अपठित गद्यांश</p> <p>ज्ञान सागर : पाठ-6 सबका भला अपना भला पढ़ने के लिए- पाठ 4 धोबी की सज़ा विषय संवर्धन क्रियाकलाप: वाचन।</p>
<u>अगस्त:-</u>	<p>मल्हार -पाठ 5- नहीं होना बीमार, पाठ 6- गिरिधर कविराय की कुंडलियाँ व्याकरण-लोकोक्तियाँ (1-25)</p> <p>पाठ 8. कारक</p> <p>पाठ 10: विशेषण, अनेक शब्दों के लिए एक शब्द (1-20), औपचारिक पत्र, अनौपचारिक पत्र, अपठित गद्यांश व पद्यांश</p>

	<p>मल्हार -पाठ-8- गौतम बुद्ध पढ़ने के लिए- पाठ 9 सच्चा धन विषय संवर्धन क्रियाकलाप: श्रवण</p>
<u>सितंबर:-</u>	<p>मल्हार :- पाठ 7. वर्षा बहार (कविता)</p> <p>व्याकरण:-</p> <p>पाठ 15. वर्तनी तथा वाक्य संबंधी अशुद्धि-शोधन।</p> <p>अनेकार्थी शब्द (1-20)</p> <p>अपठित गद्यांश व पद्यांश।</p> <p>ज्ञान सागर :-</p> <p>पाठ 11 गुरु भक्त उपमन्यु पढ़ने के लिए- पाठ 16 संगति का असर, सत्संगति क्रियाकलाप-यह पाठ कक्षा में पढ़ाया जाएगा और सत्संगति के विषय पर छात्राएँ अपने विचार A4 साइज शीट पर अनुच्छेद के रूप में लिखेंगे।</p>
<u>अक्टूबर :-</u>	<p>मल्हार पाठ 8 बिरजू महाराज</p> <p>व्याकरण:</p> <p>पाठ 13. वाक्य विचार</p> <p>पाठ 14- विराम चिह्न, विलोम शब्द 1 से 20, अनुच्छेद लेखन, संवाद लेखन (50 शब्दों में), अपठित गद्यांश व पद्यांश।</p> <p>ज्ञान सागर :-</p> <p>पाठ 15 चंद्रगुप्त की विजय का रहस्य पढ़ने के लिए- पाठ 16 अर्जुन की एकाग्रता क्रियाकलाप-पाठ के अंतर्गत छात्राएँ अपनी योग्यताओं के बारे में व्याख्यान करेंगी एवं उसे लक्ष्य को प्राप्त करने के लिए किस तरह परिश्रम करते हैं उसके बारे में भी कक्षा में चर्चा करेंगे।</p>
<u>नवंबर: -</u>	<p>मल्हार पाठ 9 चिड़िया</p> <p>व्याकरण:-</p> <p>पाठ 11- क्रिया</p>

	<p>औपचारिक एवं अनौपचारिक पत्र, विज्ञापन लेखन (20-25 शब्दों में)</p> <p>लोकोक्तियाँ (1-25)</p> <p>ज्ञान सागर :-</p> <p>पाठ 13 अशोक का शस्त्र त्याग पढ़ने के लिए-</p> <p>पाठ 12 राजकवि 'भारवि '</p> <p>पाठ 14 कालिदास की खोज</p> <p>गतिविधि का नाम: "हृदय परिवर्तन का मंच" इस यह गतिविधि छात्राओं को सम्राट अशोक की मनोदशा और उनके बदलाव को गहराई से समझने में मदद करेगी।</p>
<u>दिसंबर:-</u>	<p>मल्हार पार्ट 10 मीरा के पद</p> <p>व्याकरण: समश्रुत भिन्नार्थक शब्द -(1 से 20)</p> <p>अनुच्छेद लेखन, चित्र वर्णन (25-30 शब्दों में), अपठित गद्यांश और पद्यांश</p> <p>ज्ञान सागर:-</p> <p>पाठ 17 छल का फल पढ़ने के लिए-</p> <p>पाठ 18 दानवीर बीमेशा</p> <p>विषय संवर्धन क्रियाकलाप: श्रवण, वाचन</p>
<u>जनवरी:-</u>	<p>विषय संवर्धन क्रियाकलाप:वाचन</p> <p>समस्त पाठ्यक्रम की पुनरावृत्ति</p>

## MATHEMATICS

TEXTBOOK PRESCRIBED: NEW ENJOYING MATHEMATICS

<b>MONTH</b>	<b>CHAPTER</b>
<b>APRIL</b>	<b>CH1:INTEGERS CH5: POWERS AND EXPONENTS</b>
<b>MAY</b>	<b>CH10:LINES AND ANGLES CH13: REPRESENTING 3-D IN 2-D</b>
<b>JULY</b>	<b>CH2:FRACTIONS CH3: DECIMALS</b>
<b>AUGUST</b>	<b>CH6:ALGEBRAIC EXPRESSIONS CH11: PROPERTIES OF TRIANGLES CH12:SYMMETRY</b>
<b>SEPTEMBER</b>	<b>CH4:RATIONAL NUMBERS</b>
<b>OCTOBER</b>	<b>CH7: SIMPLE LINEAR EQUATIONS CH8:RATIO AND PROPORTION</b>
<b>NOVEMBER</b>	<b>CH16:PERIMETER AND AREA CH17: COLLECTING AND ORGANISING DATA</b>
<b>DECEMBER</b>	<b>CH9:PERCENTAGE AND IT'S APPLICATIONS</b>
<b>JANUARY</b>	<b>CH15:CONGRUENCE OF TRIANGLES CH14:CONSTRUCTIONS</b>

**SUBJECT-SCIENCE**

**Prescribed book: Living Science**

**Publication: Ratna Sagar**

**SUBJECT : PHYSICS**

<b>MONTH</b>	<b>UNIT/CHAPTER</b>
<b>APRIL</b>	CH - 3 : Electricity : Circuits and Their Components
<b>MAY</b>	CH - 3 : Electricity : Circuits and Their Components(Continued)
<b>JULY</b>	CH - 8 : Measurement of Time and Motion
<b>AUGUST</b>	CH - 8 : Measurement of Time and Motion (Continued)
<b>SEPTEMBER</b>	Revision
<b>OCTOBER</b>	CH - 7 : Heat Transfer in Nature
<b>NOVEMBER</b>	CH - 7 : Heat Transfer in Nature (Continued)
<b>DECEMBER</b>	CH- 11 : Light: Shadows and Reflections
<b>JANUARY</b>	CH - 12: The Earth, The Moon, and The Sun
<b>FEBRUARY</b>	Revision

**SUBJECT : CHEMISTRY**

<b>MONTH</b>	<b>UNIT/CHAPTER</b>
--------------	---------------------

<b>APRIL</b>	CH - 1: Structure of Matter
<b>MAY</b>	CH - 1: Structure of Matter (Continued)
<b>JULY</b>	CH - 2 : Substances : Acidic, Basic and Neutral
<b>AUGUST</b>	CH - 2 : Substances : Acidic, Basic and Neutral (Continued)
<b>SEPTEMBER</b>	Revision
<b>OCTOBER</b>	CH - 5 : Changes Around Us: Physical and Chemical
<b>NOVEMBER</b>	CH - 5 : Changes Around Us: Physical and Chemical (Continued)
<b>DECEMBER</b>	CH - 4: The World of Metals and Non- Metals
<b>JANUARY</b>	CH - 4: The World of Metals and Non- Metals(Continued)
<b>FEBRUARY</b>	Revision

**SUBJECT : BIOLOGY**

<b>MONTH</b>	<b>UNIT/CHAPTER</b>
<b>APRIL</b>	CH - 6 : Adolescence: A stage Of Growth and Change
<b>MAY</b>	CH - 6 : Adolescence: A stage Of Growth and Change (Continued)
<b>JULY</b>	CH - 9 : Life Processes in Animals
<b>AUGUST</b>	CH - 9 : Life Processes in Animals (Continued)
<b>SEPTEMBER</b>	Revision
<b>OCTOBER</b>	CH -10 : Life Processes in Plants
<b>NOVEMBER</b>	CH -10 : Life Processes in Plants (Continued)
<b>DECEMBER</b>	CH - 9 : Life Processes in Animals ( Revision)
<b>JANUARY</b>	CH -10 : Life Processes in Plants (Revision)
<b>FEBRUARY</b>	Revision

## SUBJECT :- SOCIAL SCIENCE

**Prescribed book :- Society and Beyond :- A Journey to Social Science ( Part I & Part II)**

**Publication:- Focus learning**

<b>Month</b>	<b>Chapter</b>
<b>April</b>	Chapter :- 1 ( Geo ) :- Geographical Diversity of India ( Part - I) Chapter :-5 ( History ) :- The Rise of Empires ( Part - I)
<b>May</b>	Chapter :- 9 (Political Science) :- From Rulers to the Ruled :- Types of Governments (Part - I) Chapter :- 4 ( History ) :- New Beginnings:- City and States (Part - I) (Activity based lesson ) Chapter :- 6 ( History) :- The Age of Reorganization ( Part - I)
<b>July</b>	Chapter 2 :- ( Geo ) :- Understanding the Weather ( Part - I) Chapter - 7 :- ( History ) :- The Gupta Era - An age of tireless creativity ( Part - I) Chapter 8 :- ( History ) :- How Land becomes Sacred ( Part - I) ( Activity based lesson)
<b>August</b>	Chapter 3 :- ( Geo ) :- Climates of India ( Part - I ) Chapter 10 : ( Political Science) :- The Constitution of India ( Part - I) Chapter 11 :- ( Political Science) :- From Barter to Money ( Part - I) ( Activity based lesson) Chapter 12 :- ( Political Science) :- Understanding Markets ( Part - I)
<b>September</b>	Revision
<b>October</b>	Chapter 1 :- ( Geo ) :- The Story of Indian Farming ( Part II) Chapter 3 :- ( History ) :- Empires and Kingdoms :- 6 th to 10 th centuries ( Part II)

<b>November</b>	Chapter 6 :- ( Political Science ) :- The State, Government and You ( Part II) Chapter 4 :- ( History ) :- Turning Tides - 11 and 12 centuries ( Part II)
<b>December</b>	Chapter 5 :- ( History ) :- India a home to many ( Part II) Chapter 2 :- ( Geo ) :- India and her neighbours ( Part II)
<b>January</b>	Chapter 7 :- ( Geo ) :- Infrastructure - Engine of India's Development ( Part II) Chapter 8 :- ( Political Science ) :- Banks and the magic of finance ( Part II ) ( From Pg no 190 to Pg 201)
<b>February</b>	Revision

## SANSKRIT

पाठ्यसामग्री

1.दीपकम्

अप्रैल	रुचिरा- 1) वन्दे भारतमातरम् 2) नित्यं पिबामःसुभाषितरसम्  व्याकरणम्- वर्णविचार, सन्धि, अपठित अवबोधनम् ।
मई	3) मित्राय नमः  व्याकरणम्- धातुरूपाणि, कारक विचार, चित्राधारित प्रश्नाः ।
जुलाई	4) न लभ्यते चेत् आम्लं द्राक्षाफलम् 5) सेवा हि परमो धर्मः  व्याकरणम्-शब्दरूपाणि, पत्रलेखनम्, अनुच्छेदलेखनम् ।
अगस्त	7) ईशावास्यम् इदं सर्वम् 8) हितं मनोहारी च दुर्लभं वचः

	व्याकरणम्- उपसर्ग- अव्यय प्रकरणम्, संवादाः ।
सितम्बर	पुनरावृत्ति
अक्तूबर	10) दशमःकः? 11)द्वीपेषु रम्यःद्वीपोऽण्डमानः व्याकरणम्- प्रत्ययाः, पत्रलेखनम्, समयलेखनम् ।
नवंबर	12.)वीराङ्गना पन्नाधाया व्याकरणम्- चित्रवर्णनम् ।
दिसम्बर	व्याकरणम्- अपठित अवबोधनम्, अनुच्छेद लेखनम् संवादाः।
जनवरी	पुनरावृत्ति

**SUBJECT: FRENCH**

**Prescribed book: Enchanté**

**Publication: Rachna sagar Pvt. Ltd.**

MONTH	UNIT/ CHAPTER
APRIL	Leçon 0: Découvrons la France! Leçon 1: Belles Images
MAY	Leçon 2: Voici Paul!
JULY	Leçon 3: Les habits
AUGUST	Leçon 4: Les animaux du zoo Leçon 5: Quel temps fait-il?

<b>SEPTEMBER</b>	<b>Révision</b>
<b>OCTOBER</b>	<b>Leçon 6: Au Travail!</b>
<b>NOVEMBER</b>	<b>Leçon 7: Chez Clara Leçon 8: La Maison de Marie</b>
<b>DECEMBER</b>	<b>Leçon 9: Bon appétit!</b>
<b>JANUARY</b>	<b>Leçon 10: Ma ville, mon quartier</b>
<b>FEBRUARY</b>	<b>Révision</b>

**Subject : Value Education**

<b>MONTH</b>	<b>CHAPTER</b>
APRIL	CHAPTER 1 TRUTH CHAPTER 2 THE CHOICE OF LIFE
MAY	CHAPTER 3 ANGER MANAGEMENT CHAPTER 4 HANDLING CRITICISM
JULY	CHAPTER 5 A MASK FOR YOU, A MASK FOR ME CHAPTER 6 THE QUEST FOR KNOWLEDGE
AUGUST	CHAPTER 7 GETTING GREAT RESULTS BY MAKING CHECKLIST CHAPTER 8 WHAT HAVE YOU DONE TODAY?
OCTOBER	CHAPTER 9 RESPONDING VS REACTING CHAPTER 10 FRIENDS - ASSETS OF LIFE

NOVEMBER	CHAPTER 11 NO STOP IN LIFE CHAPTER 12 GOAL SETTING FOR SUCCESS
DECEMBER	CHAPTER 13 A NEW AGE CHAPTER 14 GREEN EVOLUTION
JANUARY	CHAPTER 15 A TRUE PATRIOT
FEBRUARY	CHAPTER 16 FAITH IN ACTION

### GENERAL KNOWLEDGE

**Prescribed book :- The Knowledge Generation Book 7**

**Publisher :- Indiannica Learning Private Limited**

<p>APRIL EARTH SCAPE 1. The globe's green 2. Islands of India 3. Himalayan heights 4. Standing tall SPLENDID SCIENCE 5. Know your body 6. Areas of study 7. Science in our daily lives</p> <p>MAY OUR SURROUNDINGS</p>	<p>OCTOBER RECREATION ZONE 25. National Film Awards 26. Checkmate 27. Film fever 28. Para athletes of India</p> <p>NOVEMBER WEB WORLD 29. Tech giants 30. Computer cache CULTURAL SYMPHONY 31. Ethnic people of India</p>
--	---

<p>8. What's under water?  9. Swachh Bharat Mission  10. Live green  11. Endemic species of India  12. Nature's wrath  13. Majestic rivers</p> <p>JULY  POLITY AND STATE  14. Forms of government  15. Incredible India  16. India's neighbours</p> <p>HISTORICAL TALES  17. Famous movements  18. Caves and caves temples  19. Ancient Indian cities  20. Heritage trail (Board game)</p> <p>AUGUST  LANGUAGE AND LITERATURE  21. Endangered languages of India  22. The land of literary  23. Nobel Prize winners  24. Famous Indian authors</p> <p>SEPTEMBER  Revision</p>	<p>32. Bagru: the art of block printing  33. Art and craft  34. Dress to express  35. Theatre tales</p> <p>DECEMBER  FINANCIAL AFFAIR  36. ABC of economics.  37. Shopping platforms.  38. Banks in India  LIFE SKILLS  39. Healthy lifestyle  40. Recycled paper (DIY)</p> <p>JANUARY  BRAIN BOGGLER  41. Analogies (Logical reasoning)  42. Puzzle trouble (Logical reasoning)  43. Brain thriller (Logical reasoning)  44. Game of numbers</p> <p>FEBRUARY  Revision</p>
---	---

**SUBJECT : FINANCIAL LITERACY**

APRIL & MAY	Where in the world is Bruha?
JULY	Clues in the safety deposit box
AUGUST	Jay to the rescue!

SEPTEMBER	Revision
OCTOBER	Scorch becomes a tax fugitive
NOVEMBER	A visit to the Income Tax Department
DECEMBER	The life of a numismatist
JANUARY	The Great Coin Treasure Hunt
FEBRUARY	Revision

## **ART AND CRAFT**

### **APRIL and MAY**

1. Elements of Art - Unit 1
2. Principles of Art- Unit 2
3. Pencil shading techniques - Unit 3
4. Still life study - Unit 5
5. Earth Day Activity

### **JULY**

1. Colouring Techniques - Unit 4
2. Nature Study- Unit 6.

3. Craft Activity

**AUGUST**

1. Human Anatomy- Unit 7
2. Raksha Bandhan Activity
3. Independence Day Activity

**SEPTEMBER**

1. Portrait study in pencil shading - Unit 8
2. Cartoons - Unit 9
3. Teachers Day Activity

**OCTOBER**

1. Design and Decor- Unit 10
2. Folk Art
3. Diwali Activity

**NOVEMBER**

1. Calligraphy
2. Contemporary Western artists- Unit 11
3. Abstract Art

**DECEMBER**

1. Sustainable development goal- Unit-12
2. Christmas Activity

**JANUARY**

1. Calligraphy
2. New Year Activity

**SUBJECT - MUSIC**

Month	Course Guidelines
-------	-------------------

<p><b>April</b></p>	<p><b>Rhythm Foundation 1</b></p> <ul style="list-style-type: none"> <li>● Djembe basics (Bass/Tone)</li> <li>● Body percussion</li> <li>● Keys: Black keys only</li> <li>● Guitar: Muted strum</li> <li>● Ukulele: Down strum open strings</li> <li>● Bass: One note, steady beat</li> </ul>
<p><b>May</b></p>	<p><b>Rhythm Foundation 2</b></p> <ul style="list-style-type: none"> <li>● Djembe basics (Bass/Tone)</li> <li>● Body percussion</li> <li>● Keys: Black keys only</li> <li>● Guitar: Muted strum</li> <li>● Ukulele: Down strum open strings</li> <li>● Bass: movement note, steady beat</li> </ul>
<p><b>July</b></p>	<p><b>Rhythm Foundation 3</b></p> <ul style="list-style-type: none"> <li>● Djembe basics (Bass/Tone)</li> <li>● Body percussion</li> <li>● Keys: Black keys only</li> <li>● Guitar: Muted strum</li> <li>● Ukulele: Down strum open strings</li> <li>● Bass: basslines , steady beat</li> </ul>
<p><b>August</b></p>	<p><b>Simple Groove Building</b></p> <ul style="list-style-type: none"> <li>● 4-beat patterns</li> <li>● Rotate student leaders</li> <li>● Introduce call &amp; response between stations</li> </ul>

<b><u>September</u></b>	<p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Each group prepares 30-second groove</li> </ul> <p>Assessment: Participation + teamwork.</p>
<b><u>October</u></b>	<p><b>Chords 1</b></p> <ul style="list-style-type: none"> <li>• Keys: C major chord</li> <li>• Ukulele: C chord</li> <li>• Guitar: Em chord</li> <li>• Bass: Root note on beat 1</li> <li>• Djembe: Two-layer rhythm</li> </ul>
<b>November</b>	<p><b>Chords 2</b></p> <ul style="list-style-type: none"> <li>• Keys: C major chord</li> <li>• Ukulele: C chord</li> <li>• Guitar: Em chord</li> <li>• Bass: Root note on beat 1</li> <li>• Djembe: Two-layer rhythm</li> <li>• </li> </ul>
<b>December</b>	<p><b>Simple Groove Building</b></p> <ul style="list-style-type: none"> <li>• 4-beat patterns</li> <li>• Rotate student leaders</li> <li>• Introduce call &amp; response between stations</li> </ul>
<b>January</b>	<p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Each group prepares short musical progression</li> <li>• Assessment: Participation + teamwork.</li> </ul>
<b>February</b>	<p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Each group prepares short musical progression</li> <li>• Assessment: Participation + teamwork.</li> </ul>

## TAEKWONDO

### INTRODUCTION:

- Warm-up exercises and stretching - Head to toe.
- On the spot jogging and jumping.
- Running and jumping in different variations.
- Warm-up kicks and punches.

<b>MONTHS</b>	<b>EXERCISES</b>
APRIL	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Front kick (both legs).</li><li>3. Double leg slap kick.</li><li>4. Face level slap kick.</li></ol>
MAY	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Front kick (both legs).</li><li>3. In-to-out Hammer kick.</li><li>4. Out-to-in Hammer kick.</li></ol>
JULY	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Tornado kick (360° kick).</li><li>3. Poomsae-1 (1 to 4 steps) total 16 steps in poomsae-1</li></ol>
AUGUST	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Fighting training in an open stance.</li><li>2. Poomsae-1 (5 to 8 steps) total 16 steps in poomsae-1</li></ol>
SEPTEMBER	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Double slap kick.</li><li>3. Tornado kick.</li></ol>
OCTOBER	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Poomsae1 (9 to 12 steps) total 16 steps in poomsae -1</li><li>3. Side Kick.</li></ol>
NOVEMBER	<ol style="list-style-type: none"><li>1. Stretching exercises and warm-up.</li><li>2. Poomsae-1 (13 to 16 steps) total 16 steps in poomsae -1</li><li>3. Back Kick.</li></ol>

DECEMBER	<ol style="list-style-type: none"> <li>1. Stretching exercises and warm-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. Stretching exercises and warm-up.</li> <li>2. Revision (All kicks from the month of April to November)</li> </ol>
FEBRUARY	<ol style="list-style-type: none"> <li>1. Stretching exercises and warm-up.</li> <li>2. Revision (All kicks from the month of April to November).</li> <li>3. Will conduct Inter House Competition.</li> </ol>

### Physical Education (Sports)

#### Warming Up

Slow Jogging (5 min.) in Sports Field, Stretching exercises Head to Toe for warming up their muscles, 50 meters stride & Shuttle run.

#### March Past

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

<b>April-May</b>	<b>Athletics:</b> Running event <b>Games:</b> Raiding & Defensive Skills (Kabaddi) <b>Yoga:</b> Asanas
<b>July</b>	<b>Athletics:</b> Running event / Bird Catcher

	<p><b>Yoga:</b> Asanas</p> <p><b>March Past:</b> Forward March</p>
<b>August</b>	<p><b>Games:</b> Holding and Shooting (Basketball)</p> <p><b>Aerobics</b></p> <p><b>March Past</b></p>
<b>September</b>	<p><b>Games:</b> Basketball, roll into the goal</p> <p><b>Aerobics</b></p> <p><b>Yoga:</b> Asanas</p>
<b>October</b>	<p><b>Athletics:</b> Jumping event</p> <p><b>Games:</b> Leg Cricket/ Basketball</p> <p><b>Yoga:</b> Asanas</p>
<b>November</b>	<p><b>Games:</b> Handling and Serving (Volleyball)</p> <p><b>Yoga:</b> Asanas</p> <p><b>Mass PT</b></p>
<b>December</b>	<p><b>Athletics:</b> Running events, Long Jump</p> <p><b>Games:</b> Chasing and Running Skills (Kho Kho)</p> <p><b>Yoga:</b> Asanas</p>

<b>January</b>	<b>Athletics:</b> Shuttle Run, Long Jump <b>Games:</b> Basketball <b>Yoga:</b> Asanas
<b>February</b>	<b>Revision</b>