CLASS-3 SUBJECT -ENGLISH

MONTH	UNIT	TOPICS	ART INTEGRATION ACTIVITY	PRACTICALS	SUBJECT ENRICHMANET ACTIVITY
APRIL		Literature: L-1 Lost and Found L-2 The Tale of Peter Rabbit L-1 In the Mango Grove (Radiant Reader) Grammar: L- 1(Common and Proper Nouns), L-2(Singular and Plural) L-3(Male and Female) Writing: Picture Description – Pg 21 +	Mask Making (characters) Nouns French Fries Activity Lego Land – Singular- plural Game		Spellathon Worksheet
May		Literature: Poem: Tall Trees (Comprehension) Unseen Passage Grammar: L-4 Pronouns (only Q A, B & C) Creative writing: Trees-Our Best Friend	Craft Activity - Tree making		Worksheet Creative Writing
July		Literature: L-3 The Most Beautiful Thing Poem: Ice- cream Man Poem: The Swing (Radiant Reader) Grammar: L-5(Verbs) L-6(Adjectives) Unseen Passage -L- 3(Radiant Reader)	Whats popping - Activity on Adjectives		Worksheet

August	Literature: L-5 The Parrot Who Wouldn't Talk		Creative Illustration
	Poem- Good Morning Merry Sunshine (Radiant Reader) Grammar: L- 10(Present Tense), L-11(Past Tense) (only simple present and simple past) Creative writing: The most beautiful gift		Creative Writing
September	Literature: Poem: When Grandma Comes (Comprehension) Unseen passage - L- 6(Radiant Reader)		Unseen passage
October	Literature: L-6: Padmini L-7: A Fish and a Gift L-10: The Mole (Radiant Reader) Grammar: L-12(Future Tense), L-16(Articles), L-17(Punctuation) Unseen passage- L- 7(Radiant Reader)	Make a Fish by Using Paper Plate	Worksheet Worksheet Unseen Passage
November	Literature: L-8: A Different Diwali Poem: My Dog (Radiant Reader) Grammar: L- 19(Prepositions)	Preposition Picture Collage	Role Play
December	Literature: L-9: The Sweet Tooth Poem: Mr. Nobody		Spellathon

	L-9: Just Touch and Read (Radiant Reader) Grammar: L- 20(Conjunctions)		Worksheet
	Creative Writing: The Mole- a strange little animal (based on L-10- Radiant Reader)		Creative writing
January	Literature: Poem: The Brook (Radiant Reader) Grammar: L-13(Fun with words) Unseen Passage L- 12(Radiant Reader)	Artistic illustration	Grammar Game Unseen Passage
February	Creative Writing: When I grow, I would like to be a		Creative Writing Unseen Passage

पाठ्यक्रम 2024 -25 कक्षा -तृतीय विषय -हिंदी

महीना	पाठ	कला समेकित	विषय संवर्धन
अप्रैल	1) सुबह (कविता) 2) दोस्ती हो तो ऐसी व्याकरण – संज्ञा ,लिंग वचन विलोम	*प्रातःकाल का चित्र बनाना , रंग भरना	*वाचन , श्रुतलेख *अनुच्छेद लेखन -"मेरा प्रिय मित्र" *पठित गद्यांश ,अभ्यास पत्र
ਸई	3) आओ पतंग उड़ाएँ (क्रियात्मक गतिविधि) व्याकरण — विशेषण	*पतंग बनाना	*स्लोगन लेखन *अभ्यास पत्र, श्रुतलेख
जुलाई	4) नीम है हकीम 5) माँ (वाचन मात्र) व्याकरण –भाषा और व्याकरण ध्वनि और वर्ण ,संयुक्त व्यंजन , शब्द और वाक्य	*माँ के लिए कार्ड बनाना	*वाचन *अनुच्छेद लेखन- "चमत्कारी पौधे " पर 10 वाक्य श्रुतलेख ,अभ्यास पत्र *अपठित गद्यांश
अगस्त	6)अगर कहीं (कविता) 7) चटोरी भानुमती व्याकरण — क्रिया ,चित्र वर्णन	*कविता के आधार पर चित्र बनाकर रंग भरना	*वाचन , कविता पाठ परीक्षा *कहानी सुनाना *श्रुतलेख ,अभ्यास पत्र
सितंबर	8) सिर ताने सीना ताने (कविता) व्याकरण – पर्यायवाची	*चित्रों के माध्यम से पर्यायवाची का स्पष्टीकरण	*पठित पद्यांश
अक्टूबर	9) कानाफ्सी 10) तेनालीराम की सूझबूझ व्याकरण — सर्वनाम , बातचीत या संवाद	*कक्षा में पाठ का अभिनय	*अभिनय शैली में वाचन *कहानी सुनाना *अपठित गद्यांश
नवंबर	11) क्वीन ऑफ़ द रिंग (वाचन मात्र) व्याकरण —अशुद्ध शोधन , संख्या ज्ञान (१ से ५०)	*खिलाड़ी का चित्र बनाना या चिपकाना तथा उनके विषय में लिखना	* वाचन *अनुच्छेद लेखन- मेरा प्रिय खिलाडी *श्रुतलेख ,अभ्यास पत्र
दिसंबर	12) लगी आग (कविता) 13) सिक्के की कहानी (क्रियात्मक गतिविधि) व्याकरण —मुहावरे ,अनेकार्थी	*चित्र देख कर मुहावरे पहचानिए	*वाचन , *कविता पाठ परीक्षा *आग लगाने पर क्या क्या सावधानियाँ बरतनी चाहिए *श्रुतलेख ,अभ्यास पत्र

	चित्र वर्णन	
जनवरी	14) दादा की सनक व्याकरण — वाक्यांशों के लिए एक शब्द	*अनुच्छेद लेखन- मेरा बगीचा *पठित गद्यांश *श्रुतलेख ,अभ्यास पत्र
फरवरी 21	पुनरावृत्ति पाठों एवं व्याकरण की	*अभ्यास पत्र *चित्र वर्णन
मार्च	वार्षिक परीक्षा	

SUBJECT -MATHS CLASS 3 (2024-25)

MONTH	UNIT	TOPICS	ART INTEGRATION ACTIVITY	P R A C T I	SUBJECT ENRICHMANE TACTIVITY
				A L S	
APRIL	1) Recapitulati on of class 2 chapter on numbers 2) NUMBERS	1) Counting in thousands 2) Number beyond 1000 4) Place value 5) Face value 6) comparing numbers 7) forming greatest number 8) forming smallest number 9) odd and even numbers 10) predecessor and successor 11) SERIES (J.K BOOK)	Art Integrated Activity/ Classroom Activity: 1)Forming the largest and smallest 4-digit number with and without repetition of digits using number cards. 2)Arranging the four highest mountain peaks in the world in descending order		1)Worksheet 2)Quiz
	3) ADDITION	1) Addition of 4-digit without regrouping numbers 2) Addition of 3-digit without regrouping numbers 3) Addition of 4-digit withregrouping numbers 4) Addition of 3-digit withregrouping numbers 5) Properties of addition 6) ANALOGY (J.K. BOOK)	Art Integrated Activity/Classroom Activity- 1)Addition Triangle 2)Addition Ladder		1)Worksheets 2)Frame your ownstory sums 3) Case Study Questions

MAY	4)	1) Subtraction of 4-digit	Art Integrated Activity/	1) Worksheets
	SUBTRACTIO	without regrouping	Classroom Activity:	2) Holiday
	N	numbers	1)Subtraction Pyramid	Homework
		2) Subtraction of 4-digit		
		withregrouping numbers	2)Frame your own story	
		3) Subtraction of 4-digit	sums	
		with		
		zeros		
		4) Properties of subtraction		
		5) Relation between		
		additionand subtraction		
		6) Checking subtraction		
		byaddition.		
		7) CLASSIFICATION		
		(Ĵ.K BOOK)		

JULY	4) SUBTRACTIO N	1)Subtraction of 4-digit ithout regrouping numbers 2)Subtraction of 4-digit withregrouping numbers 3)Subtraction of 4-digit with zeros 4)Properties of subtraction 5)Relation between additionand subtraction 6)Checking subtraction byaddition. 8) CLASSIFICATION (J.K BOOK)	Art Integrated Activity/ Classroom Activity: 1)Subtraction Pyramid 2)Frame your own story sums	1)Worksheets
	5) MULTIPLICA T -ION	1)Counting in sevens – 7-times table 2)Counting in eight – 8-times table 3)Counting in nine – 9- timestable 4)Multiplying a 3-digit numbers by a 1 digit- number 5)Multiplying by a 2- digitnumber. 1) MIRROR IMAGE(J.K BOOK)	Art Integrated Activity/ Classroom Activity:	1) Worksheets 2) Multiplication trickgame
AUGUST	6) UNDERSTA NDING DIVISION	1) Division Symbol 2) Finding number of groups 3) Division as repeated subtraction 4) Multiplication and division 5) Division using tables 6) Properties of Division DIRECTIONS (J.KBOOK)	Art Integrated Activity/ Classroom Activity- 1) Dividing concrete objects such as ice cream sticks/ counter/ pencils into equal groups to develop the conceptual understanding of Division. Crossword puzzle	1) Worksheets 2)Quiz on division facts
AUGUST	7) SHAPES AND PATTERN	1) Faces, Edges and corners 2) Symmetry 3) Patterns 4) Making Patterns 5) Number Patterns 6) Tiling patterns 7) ALPHABET TEST (J.K BOOK) 8) FIGURE MATRIX (J.K BOOK)	Art Integrated Activity/ Classroom Activity- 1)Using Tangram pieces to create different shapes 2)Note the number of faces, edges, and corners of 5 objects of different shapes from your surroundings	1) Make different shapes and figures on a dot paper 2) Animated videos

SEPTE MBER	7) MORE DIVISI ON	1) Short and Long division 2) Remainder in division 3) Checking division 4) Division of 2- digit numbers without regrouping 5) Division of 2-digit numbers with regrouping 6) Division of 2-digit numbers with remainder 7) Division of 3- digit numbers without regrouping 8) Division of 3-digit numbers with remainder 9) CODING AND DECODING (J.K BOOK)	Art Integrated Activity/ Classroom Activity- 1)Dividing concrete objects such as ice cream sticks/ counter/ pencils into equal groups to develop the conceptual understanding of Division. 2)Quiz on division facts	1) Crossword puzzle 2) Apply division to solve real life problems
OCTO BER	7) MORE DIVISI ON (CONT.)	9) Short and Long division 10) Remainder in division 11) Checking division 12) Division of 2- digit numbers without regrouping 13) Division of 2-digit numbers with regrouping 14) Division of 2- digit numbers with remainder 15) Division of 3- digitnumbers without regrouping 16) Division of 3- digit numbers with remainder 17) Division of 18- digitnumbers without regrouping 190 Division of 191 AND DECODING (J.KBOOK)	Art Integrated Activity/ Classroom Activity- 1)Dividing concrete objects such as ice cream sticks/ counter/ pencils into equal groups to develop the conceptual understanding of Division. 2)Quiz on division facts	3) Crossword puzzle Apply division to solve real life problems

	8) FRACTIONS	1) Wholes and fractions 2) Halves, Thirds, Fourths 3) Fractions 4) Numerator and Denominator 5) Fraction of a collection 6) Finding fractions of a collection 7) Comparing fractions 8) RANKING (J.K BOOK)	Art Integrated Activity/ Classroom Activity- 1)Developing the concept of fractions by paper folding method 2)Fraction game	1) Worksheet 2) Role Play on fraction concept
NOVE MBER	8) FRACTIONS (Contd.)	1)Wholes and fractions 2)Halves, Thirds, Fourths 3)Fractions 4)Numerator and Denominator 5)Fraction of a collection 6)Finding fractions of a collection 7)Comparing fractions RANKING (J.KBOOK)	Art Integrated Activity/ Classroom Activity- 1)Developing the concept of fractions by paper folding method 2)Fraction game	3) Worksheet Role Play on fraction concept
	9) MONEY	 Writing Rupees and paise Conversion of rupees and paise Addition of money Subtraction of money MONEY (J.K BOOK) 	Art Integrated Activity/ Classroom Activity- 1)Collect the names of currencies used in 5 countries, other than India. 2)Role enactment of a market scene in the classroom to give practical experience of buying and selling	1) Role Play method 2) worksheets
DECEM BER	10) TIME	 Reading time nearest 5 minutes Time Interval Time before and after Using a.m. and p.m. The calendar DAYS and DATES (J.K BOOK) 	Art Integrated Activity/ Classroom Activity- 1)Make a model of a clock using your own creativity 2)Knuckle Game to find out the number of days in different months of a year	1) Make your timeline showing the important milestones of your life 2) worksheets 3)quiz
	11)HANDLING DATA	1) Pictograph-one symbol showing many objects 2) Bar graphs	Art Integrated Activity/ Classroom Activity- 1) Find out the favourite food of your friends and represent the data in tabular form. 2) Carry out a survey of students in your class to find their favourite subject and make a pictograph to show the data.	1)WORKSHEETS

JANUA	12)	1)Measuring Length:	Art Integrated Activity/	1) Make a delicious
RY	MEASUREME	measuring in Centimetres,	Classroom Activity-	Banana shake by
	NT	Metres and Kilometres.	1)Paste wrappers of 5 items	adding simple
		Conversion of length	and mention the weight of	ingredients in the
		2)measuring Mass:	the item in grams or	given quantity.
		conversion of mass	kilograms	
		3)measuring Capacity:	2)Find out the height and	2) Worksheets
		conversion of capacity	weight of your family	
		4) LENGTH, WEIGHT	members.	
		AND CAPACITY (J.K		
		BOOK)		
	12)	1)Measuring Length:	Art Integrated Activity/	3) Make a delicious
	MEASUREME	measuring in Centimetres,	Classroom Activity-	Banana shake by
	NT(CONTS.)	Metres and Kilometres.	1)Paste wrappers of 5 items	adding simple
		Conversion of length	and mention the weight of	ingredients in the
		2)measuring Mass:	the item in grams or	given quantity.
		conversion of mass	kilograms	
		3)measuring Capacity:	2)Find out the height and	4) Worksheets
		conversion of capacity	weight of your family	
		4) LENGTH, WEIGHT	members.	
		AND CAPACITY (J.K		
EEDD	DEVICION	BOOK)	D ::	D
FEBR	REVISION	Revision	Revision	Revision
UARY				

SYLLABUS OF CLASS III SCIENCE (2024-25)

MONT H	UNIT	TOPICS	ART INTEGRATION ACTIVITY	PRACTICALS	SUBJECT ENRICHMENT ACTIVITY
Apr 24	Unit I-The World Of The Living	L1- Living and Non living L2- Parts of a Plant	• Create any figure using fallen leaves of different shapes and sizes.	Plants move and grow towards light.Germination of seeds.	Scavenger Hunt. Visit to the school garden.
May 24	Unit I-The World Of The Living	L2- Parts of a Plant (Cont)			
July 24	Unit I-The World Of The Living	L3- Animals: Feeding Habits L6- Organ and Organ Systems	 Head gear of animals Sense of feel & Clay models - Organ System 	Working model of Lungs	Food ChainRole play on organ systems
Aug 24	Unit II- Materials	L9- Soil L10- Solids, Liquids and Gases		Layers of soilMelting and condensation	
Sep 24	Unit II- Materials	L8- Houses and Clothes – Project L11- What are things made of?	• Pasting pictures of different types of houses.		• Sorting and pasting objects made of different materials.
Oct 24	Unit III- Moving Things, People And Ideas	L12- Light and Sound	• Best Out of Waste -Making musical instruments using waste materials.	• Formation of Shadows and Sound vibrations.	
Nov 24	Unit III- Moving Things, People And Ideas	L13- Measurements (Integration with subject Maths)	Make a clock.		Measure height and weight of family members.
Dec 24	Unit IV-Natural Phenomena	L14- Weather, Air, Water	• Drawing of Water Cycle.		
Jan 25	Unit IV-Natural Phenomena	L15- Solar System			• Find information on planets, dwarf planets and moon.
Feb 25	Unit IV-Natural Phenomena	L19- Environment	• Poster making on any one pollution and its solution.		Segregating the wet and dry waste
Mar 25	Exams				

		SUBJECT: SST C	LASS III SYLLABUS	2024-25	
MONTH	UNIT	ТОРІС	ART INTEGRATION ACTIVITY	PRACTICALS	SUBJECT ENRICHMENT ACTIVITY
Apr-24	L-1 L-2	The Earth-Our Home How Our Earth Looks	3D model of the Solar System using rope and play dough Song on continent and oceans	Not Applicable	Locating continents and oceans on physical Map of the world Our Earth- Picture observation
May-24	L-2 L-3	How Our Earth Looks (contd.) Our Country India (Activity- Art Integration)	Drawing of the physical features of India.	Not Applicable	Map Pointing Locating -Delhi -Large water bodies on three sides of India
Summer Holiday HW	L-4 L-9	Indian States Means of Communication	Colours of Culture- Exploring India And Its Neighbors (Mapwork) Connecting Threads- Exploring Means of Communication (Collage)	Not Applicable	JAM!- Just A Minute Talk Summer Holiday Project
Jul-24	L-5 L-7	Food We Eat Our Festivals- Introduction	Design a Restaurant Menu!	Not Applicable	Food and Festival Panorama

Aug-24	L-7 L-6 L-8	Our Festivals (contd.) Indian Dresses (Activity) Means of Transport	Dress up fun! (Wear a Traditional Indian Costume)	Not Applicable	Picture-Pasting of Various Festivals Celebrated in India Poster on Various Means of Transport
Sep-24	L-12	Delhi Capital City	Roleplay- Delhi Meri Jaan (JAM Talk)	Not Applicable	Pictorial Collage on Historical Places of Delhi
Oct-24	L-12 L- 13	Delhi Capital City (contd.) Mumbai	Poster Making on Mumbai	Not Applicable	Map Pointing
Nov-24	L-14	Kolkata	Pasting Pictures / Drawings	Not Applicable	
Dec-24		Chennai Discovery of Fire (Activity- Art Integration)	Primitive Innovations- Crafting 3D Models of Early Human Tools	Not Applicable	Urban Chronicles- Metropolitan City Scrapbook
Winter Holiday HW	L-10 L-11	Occupations People Who Help Us	Pasting pictures of people who help us in our daily life	Not Applicable	Winter Holiday Project
Jan-24	L-17	The Story of Wheel	Plate-astic Wheels!- Make and decorate your own paper plate wheels.	Not Applicable	Picture-Based Story Narration
Feb-24		Revision			

SUBJECT - COMPUTER CLASS – 3 (2024-25)

MONTH	UNIT	TOPICS	ART INTEGRATION ACTIVITY	PRACTICALS	SUBJECT ENRICHMANET ACTIVITY
APRIL	3) Let's learn paint 3D	Creating 2D, 3D shapes Selecting, colouring a shape Adding Text		Making a project on "life under water", using 3D library	
MAY	2) Windows 10	Features Desktop Task view, control button		Draw computer parts	Identify desktop icons
JULY	4) Using Word 2016	Creating a new document Enter text Open, close and save docs		Type your favourite poem	Label the components
AUGUST	5) Editing and Formatting in Word 2016	Selecting the text Editing text Formatting text		Type few sentences on My favourite Smart device	
SEPTEMBER			REVISION & EXAMS		
OCTOBER	7) Stepwise Thinking	Stepwise thinking Loops		Making a project on "Water Shortage", using 3D library	Trace the figure and draw the missing step
NOVEMBER	6) Internet	Uses, requirements of internet Disadvantages		Using google to search information	
DECEMBER	8) Let's learn Scratch	Blocks Adding a sprite, changing backdrop, changing appearance		Make a story on Save Water	Scratch project on Save Water
JANUARY	9) Al-Enabled devices	Smartphones, smartwatch, chatbot, smart tv, smart doorbell, driverless cars, smart speakers		Make a chart on smart devices using ms word	Identify & Circle the smart devices
FEBRUARY		R	REVISION & EXAMS		

SYLLABUS 2024-25 SUB. -GK CLASS -3

MONTHS	CONTENT
APRIL	UNIT-1 (Knowledge Zone)
MAY	UNIT-2 (Animal park)
JULY	UNIT-3 (Plant Kingdom)
AUGUST	UNIT-4 (Your Neighbourhood)
SEPTEMBER	UNIT-5 (Science World)
OCTOBER	UNIT-6 (Sport World)
NOVEMBER	UNIT-7 (Amazing India)
DECEMBER	UNIT-8 (World We Live In)
JANUARY	UNIT-9Brain Game)
FEBRUARY	QUIZ TIME TEST PAPER-1 TEST PAPER-2 REVISION
MARCH	EXAM

SUBJECT – ART CLASS – 3 (2024-25)

MONTH	UNIT	TOPICS	ART INTEGRATIO N ACTIVITY	PRACTICA LS	SU EN AN
APRIL		 Basic free hand drawing elements of art. Colour theory cool and warm colours and colour mixing 			
		Colouring practice activities in art file			
MAY		1. How To do Shading with oil pastels. drawing compositions with line shapes and forms.			
JULY		Learning techniques of drawing and colouring with Shading. Understanding concept of light and dark . (three composition to be done in art file) 2.Colouring practice from art book.			
AUGUST		Independence day Activities a. Composition in art file Rakhi making			
SEPTEMBER		Pattern design Drawing landscape with pattern			
OCTOBER		 Abstract art Colour therapy activity Art book activities colouring practice. 			
NOVEMBER		1. Drawing Human figure /animal /bird ART WORK ON SDG GOALS			
DECEMBER		Christmas month activities Drawing and craft			
JANUARY		1.Activities from art book craft and colouring practice 2. Drawing compositions with human figure (basic human figure drawing)			
FEBRUARY		Practice work			

श्रामजस विद्यालय पाठ्यक्रम (2024	1–2025) विशय –नृत्य कक्षा–तीसरी
माह	
अप्रैल / 23	नृत्य के बेसिक मूवमेंट और तत्कार
मई / 12	तीन ताल की मध्यलय तत्कार
जुलाई /25	गणेष परन
अगस्त / 23	देष भक्ती सांस्कृतिक नृत्य
सितम्बर / 22	चक्कर धाकतोड़ा / टुकड़ा
अक्टूबर / 18	दषहरा नृत्य
नवम्बर / 22	सांस्कृतिक नृत्य
दिसम्बर / 24	क्रिसमस नृत्य
जनवरी / 14	देष भक्ती सांस्कृतिक नृत्य
फरवरी / 21	तीन ताल की तत्कार तिहाई ताली खाली
मार्च / 23	सभी नर्त्य की प्रयास

SUBJECT – MUSIC CLASS – 3 (2024-2025)

MONTH	UNIT	TOPICS	ART INTEGRATIO N ACTIVITY	PRACTICA LS	SUBJECT ENRICHM ANET ACTIVITY
APRIL		 Knowledge of "Seven Swaras" Shlok On "Vidya" 			
MAY		 Knowledge of "Alankaar" Practice basic "Alankaars" Knowledge on "Taal" 			
JULY		 Song on "Rath Yatra" Practice "Alankaars" Taal "Dadra" 			
AUGUST		 Song on "Independence Day" Song on "Raksha Bandhan" Song on "Janmashtami" 			
SEPTEMBER		Practice all Alankaars, Shlok and all Songs Taal "Kaharwa"			
OCTOBER		 Song on "Gandhi Jayanti" Song on "Maa Durga" Song on "Diwali" 			
NOVEMBER		 Practice all the Songs and Alankaars Shlok on "Subhashitam" 			
DECEMBER		 Song on "Christmas" Revision of "Taals" 			
JANUARY		1. Song on "Republic Day"			
FEBRUARY		Revision all the Alankaars, Shlokas, Taals and Songs			

RAMJAS INTERNATIONAL SCHOOL

GARDENING CURRICULUM

GRADE-3

Total periods: 25

Aim: To make a gardening curriculum for the children of grade 3

General Objectives:

1. To introduce the children to the world of plants which can be easily grown in pots.

2. To make the children appreciate the nature and the natural process of reproduction.

Content	Month	Description	Theory	Objectives	Material
					required
1.Introduction of	April	Introduction to gardening:	Picture of your	SWBAT:	
the Gardening	(Period 1)		dream garden in an	1. enhance their	
curriculum		1. compost	A 4 sheet	imagination	
		2. pesticides		about an	
		3. cocopeat		ideal garden.	
		A brief description on all of these.		2. apply their	
		-		knowledge	
				about plants	
				while making	
				of the	
				garden.	
2.Making of a	(Period 2)	Steps to be followed are:	1. Picture	SWBAT:	1. Clay pots
compost pit			showing the	1. make a compost	
	In the school	 Take a terracotta pot and fill it 	layers of the	pit of their own.	2. Dry garden

	nursery:			-	leaves
	students will have to bring vegetable	 On it make a layer of dry leaves. Add kitchen peels and more dry leaves in layers. 	 10 explain things which are not to be 	 explain the role of each layer in the compost pit. 	3. vegetable peels as kitchen
	peels for a week .	 Add some compost from the market. 	added to the pit –		waste.
		 Add more kitchen peels and dry leaves in layers. 	For example -		3. garden soil.
		Cover with some soil.	 milk products Cooked vegetables Non veg waste Sugar. (Because they facilitate the growth of unwanted microorganisms) 		
3.Filling up of the compost	(Period 3) To fill the	Students will - • Keep some readymade compost	Students will	SWBAT:	1. Readymade compost bag
<u>-</u>	compost pit with a little	at the top Add some dried leaves	note down the day and date of	1) explain the importance of	
	compost purchased from the	 Cover the pit with soil 	covering of the compost pit and the location of the	compost in plant growth. 2) understand the	
	market and garden soil.		compost pit.	need to make compost pit by every household.	
4.Making of a	(Period 4)	Students will - Take a not of soil and compost	Making of a grass	SWBAT:	1. Grass seeds
	Seeds of	Spread the seeds and mix with	- 5 9 9	bed of their	2. Compost
	grass are	the top layer	Writing the	own using	
	required.	 Sprinkle water lightly and keep the soil moist 	procedure step by step with pictures	soil, grass seeds and	
		Place the pot in sunlight for 5-8	and date	compost.	

		hours daily		2) Explain the	
		 Wait for 5 to 10 days for 		process of	
		germination		germination	
		 Watch the grass grow 2-3 inches ner week. 		of grass.	
5.Making of	May		Importance of	SWBAT:	1. 2 litre cold
bird feeder	(Period 1) Use	https://www.youtube.com/watch?v=9DKzHucqY1I	making the bird	1) feel the joy of	drink bottle
	of plastic		feeder along with	making something	
	bottles and		picture and date.	good for the other	
	wooden			species.	
	containers			2) explain the	
	filled with			structure of beak of	
	water in the			few birds according	
	garden			to their feeding	
				habits.	
Holiday	Take the	A short video on germination will be	<u>Germination:</u>	SWBAT:	
homework	seeds and	shown.		1) Explain the	
	soak them.		What is the role of	process of	
Germinating	Soaking		the following things	germination.	
peas and	breaks the		in the process of	2) Understand	
sprouted green	seed coat and		germination:	the role of	
mung dal	activates the		a. Water	each and	
	baby plants		b. Warmth	every	
	inside.		c, Air	materials	
				required of	
				germination	

Month - July

Content	Month	Description	Theory	Objectives	Material required
Study of chilli seeds	July (Period 1)	Collection of chilli seeds (Buy seeds from the market or make your own chilli seeds). • Students will take few dry ripped chillies (red one). • Cut the chillies from the middle and gently take out the seeds without damaging them	Importance of taking dry chillies,	SWBAT: 1) Dry the chilli seeds and make them ready for germination. 3. Tell the importance of drying the seeds in shades	1)Chilli seeds 2) dry red chillies
Making of the soil for chilli seeds.	July (Period-2)	 Preparation of soil Take coco peat(40%)+peat moss (40 %)+ leaf compost(20 %)+ cow dung(20%) to prepare the soil. 	Importance of soil for sowing seeds.	SWBAT: 1) Prepare a chilli bed in school or at home for growing chillies. 2) Do the transplantatio n.	 coco peat leaf compost cow dung peat moss garden soil
Germination of the chilli seeds	JULY (Period-3) Sowing of the Seeds	Students will • use seedling trays (or ice trays)/plastic trays to sow the seeds. • Fill the seedling/plastic tray with soil.	*Importance of growing plants *Conditions necessary for germination. Record of the height of the chilli plants	SWBAT: 1) To understand the factors necessary for germination: a. Water b. Warmth	1)Prepared soil 2)Ice tray/plastic tray

	plastic tray maintaining distance between the seeds. • Cover the seeds with little more soil so that they get enough air. • sprinkle water in regular intervals. • Keep the soil moist. • Keep the seedling in the Sun. • Always tag the seeds with date Mostly after 5-7 days seedlings will appear.
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MONTH- AUGUST AND SEPTEMBER

1)disposable cups 2)Chilli seedlings	1) Big pots with drainage holes
SWBAT: 1) do transplantation properly 2) explain transplantation and it's importance. 3) compare the growth of the plant and appreciate the natural process of growing. 4) find the method of taking care of the plants by watering them properly.	SWBAT: 1) do the transplantation properly into the bigger pots. 2) evaluate the ripening of the chilli by looking at them.
 What is transplantation? Importance of transplantation of plants Record of the height of the chilliplants 	Q.1) What is transplantation? Q.2) Why it is important? Ans) When we transfer the seedlings to a bigger bed of soil with proper distance and potting mix. It is called transplantation.
 Prepare the disposable cups for transplantation of chilli seedlings They will be ready for transplanting after 20 days when they will have at least 10 to 12 leaves. Students will	 After 45 to 50 days these small plants need to be shifted to bigger pots. Make the same mixture for the bigger pots. After 60-65 days we can see buds are appearing. After 80 to 85 days chillis will be ready to harvest.
August (period 1)	August (Period 2)
Transplantatio n of chilli seedlings	Ready for shifting into the big pots. Watching the coming of chilli buds

Growing Brinial	August (Period 3)	Brinjal grows best in 25-30 degree centigrade just after monsoon.	Q) What is the ideal temperature for		1. River sand
•		 Make the potting mix with 20% 	growing Brinjal?		2. Garden soil
		garden soil, 20% river sand and	Which season is		ı
		60%coco peat.	best suited for that.		3. coco peat
		 Sprinkle the seeds on the soil mix 			
		and cover them with the same			4. Fungicidal
		soil mix.			powder
		 Sprinkle water. 			
		 Keep the pot in a partially shaded 			5. brinjal seeds
		area with 2-3 hours of sunlight.			
		 Wait till the seedlings become 3-4 			
		inches in length.			
		 Do not overwater. 			
		 After 25 days seedlings are ready 			
		for transplantation			
Transplanting	September	Make a potting mix of 50%	Q) How do sand	SWBAT:	1) garden soil
brinjals	(Period 1)	garden soil+30% cow dung	help in crop	1. make a proper	
		manure +20% sand.	production?	potting mix for the	2) cow dung
		 Pots should be of 14" diameter. 	d. Ans) Sand	growth of brinjal	
		 Dig the soil mixture with a trowel 	gives	transplantation.	3)sand
		and sow the seedlings.	breathing	2. do a shallow	
		 Water them. 	area inside	digging	
		 Keep the pot in shade for 6-7 	the soil for		
		days.	the growth of		
		 After that keep in direct Sunlight. 	the roots		
		 After 110 days we can get plants 			
		loaded with brinjals.			

MONTH-NOVEMBER

Content	Month	Description	Theory	Objectives	Materials required
Transplanting brinjals	November (1st week) (transplant ation of brinjal sapling)	 Students will- Mix 30% cow dung manure +20% sand to the garden soil. Dig the soil mixture with a trowel and sow the seedlings. Water them daily. After 110 days we can get plants loaded with brinjals	Q) How do sandhelp in crop production? Ans) Sand gives breathing area inside the soil for the growth of the roots	SWBAT: 1.do a shallow digging make a proper mixture of soil for the growth of brinjal transplantation.	1) garden soil 2) cow dung 3)sand

Well prepared garden soil with a compost and river sand is good for the carrots? 4th week) Carrot. River sand will keep the soil and that carrot roots should be loose enough so the soil. Sprinkle the seeds over the soil and the carrots some of surface evenly. Sprinkle the seeds over the soil and the closely fell seeds of surface evenly. Using the same soil mix cover the seeds with a thin layer. This area should get proper sunlight. Always keep the soil moist. Always keep the soil moist. When the plants are 2-3 inches the move the weeds will germinate within 6-8 days. When the plants are 2-3 inches the move the weeds by hand apart. When the plants should be laced 1-2' and sunlight. When the plants should be placed 1-2' and sunlight. When the plants should be placed 1-2' and sunlight. Weep the soil moist is the seed ings? Yhey should we lace the soil moist. Do not seedlings? Yhey should we lace the soil moist is the seed ings? Yhey should we lace the soil moist is the seed ings? Yhey should we lace the soil moist is the seed i	Growing	November	Carrots are yery rewarding to grow	O) What are the	SWBAT ·) Speds of
the soil carrots should able to pierce of carrots? The soil should be loose enough so almost 13 varieties that carrot roots should able to pierce of carrots 5 come of carrots. Some of carrots should able to pierce of carrots 5 come of carrots of carrots one of carrots of carrots of carrots of carrots should able to pierce of carrots 5 come of carrots of the carrots of carrot plants. **Carrot loss of the careds over the soil of carrots of the carrots of carrot plants.** **Carrot loss of the carrots of the carrots of carrot plants.** **Carrot loss of the carrots of the carrots of carrot plants.** **Carrot loss of time.** **Carrot	Carrote		Well prepared darden soil with	Various types of	1)Make proper soil	Carrot
carrot. River sand will keep the soil for the seeds by hand and the most the seeds will germinate within 6-8 days. Seeds will germinate within 6-8 days. Seed by laries seed by hand pulling. Seed the soil moist. O) Why should we seed shown the plants are 2-3 inches water plants and or of district the seed for or district the seed for the seed for the seed ings. Always keep the soil moist. O) Why should we seed shown the plants are 2-3 inches the soil moist. O) Why should we carrot plants. C) Why should we carrot pla		(2nd_3rd &	compost and river sand is good for the	various cypes of	T) ridike proper 3011 mixture for proper	70
that carrot roots should be loose enough so that carrot roots should able to pierce the soil that carrot roots should able to pierce the soil for better growth. • Sparate the closely fell seeds for better growth. • Separate the closely fell seeds for better growth. • Press the soil a little with palm and water them using a sprayer or shower. • Press the soil a little with palm and water them using a sprayer or shower. • Always keep the soil moist. • O) Why should we blants are 2-3 inches tall remove the thin seedlings. • Plants should be placed 1-2" • Always keep the soil moist. Do not keep dry soil for an extended period of time. • Put manure after 20-25 days of healthier and proving unwanted plants. • Press the soil strictle with palm are or and properly and water the proving around the manure after 20-25 days of healthier and productive manuring. Use cow dung		4 th week)	carrot. River sand will keep the soil	Ans) There are	growth of carrots.	
of carrots Some of 2) understand the importance of adding river sand for the growth of the carrots 1) sow a seed properly and water the plants regularly without flooding. 2) Why should we remove the weeds should be removed to prevent competition for nutrients, water growing around the main plant. 2) Why should we remove the weak growing around the main plant. 2) Understand the main plant. 2) Understand the main plant. 2) Understand the main plant. 3) Identify the week growing around the main plant. 2) Understand the main plant. 3) Identify the week main plant. 3) Identify the week main plant. 4) Why should we main plant. 5) Understand the main plant. 6) Why should we main plant. 6) Why should we main plant. 8) Identify the week main plant. 9) Why should we main plant. 1) Identify the week main plant. 1) Identify the week main plant. 2) understand the main plant. 3) Identify the week main plant. 4) Why should we main plant. 6) Why should we main plant. 6) Why should we main plant. 8) Identify the week main plant. 8) Identify the week main plant. 8) Identify the week main plant. 9) Why should we main plant. 1) Identify the week main plant. 1) Identify the week main plant. 2) understand the main plant. 3) Identify the week main plant. 4) Why should we main plant. 6) Why should we main plant. 1) Identify the week main plant. 2) understand the main plant. 3) Identify the week main plants. 4) Why should we main plant. 6) Why should we main plant. 8) Identify the week main plants. 8) Identify the week main plants. 9) Why should we main plant. 1) Identify the week main plants. 2) Identify the week main plants. 3) Identify the week main plants. 1) Identify the week main plants.		•	loose. Soil should be loose enough so	almost 13 varieties		
them are orange, importance of adding river sand for the growth of the carrots 3) sow a seed properly and water the plants regularly without flooding. Q) Why should we remove the weeds should be removed to prevent competition for nutrients, water and sunlight. Q)Why should we remove the weak seedlings? Ans-Removing seedlings and weak seedlings and results in healthier and unwanted plants. Ans-Removing seedlings with the other unwanted plants.			that carrot roots should able to pierce		2)understand the	2)river sand
red, purple etc. adding river sand for the growth of the carrots 3) sow a seed properly and water the plants regularly without flooding. Q) Why should we remove the weeds should be removed to prevent competition for nutrients, water and sunlight. Q)Why should we remove the wand sunlight. Q)Why should we remove the week growing around the main plant. Q)Why should we remove the week growing around the main plant. Q)Why should we remove the week seedlings? 3) Identify the week weak seedlings and results in with the other healthier and unwanted plants.			the soil.	them are orange,	importance of	
for the growth of the carrots 3) sow a seed properly and water the plants regularly without flooding. Q) Why should we prevent competition prevent competition remove the weads should be removed to prevent competition unwanted plants for nutrients, water growing around the main plant. Q) Why should we remove the weak prevent competition in main plant. Q) Why should we remove the week main plant. Q) Why should we remove the week main plant. Q) Why should we remove the main plant. Ans-Removing seedlings and weak seedlings healthier and unwanted plants. healthier and unwanted plants.			 Sprinkle the seeds over the soil 	red, purple etc.	adding river sand	3)garden soil
the carrots 3) sow a seed properly and water the plants regularly without flooding. Q) Why should we remove the weeds should pervent competition for nutrients, water and sunlight. Q)Why should we remove the weak growing around the main plant. Q)Why should we remove the weak weedings: 3) Identify the week weak seedlings: 3) Identify the week weak seedlings and weak seedlings remove them along results in with the other healthier and unwanted plants.			surface evenly.		for the growth of	
3) sow a seed properly and water the plants regularly without flooding. Q) Why should we remove the weeds? SwBAT: Ans-weeds should be removed to prevent competition for nutrients, water growing around the main plant. Q)Why should we remove the weak seedlings? 3) Identify the week weak seedlings and remove them along results in with the other healthier and unwanted plants.			 Separate the closely fell seeds 		the carrots	
3) sow a seed properly and water the plants regularly without flooding. Q) Why should we remove the weeds? SWBAT: Ans-weeds should be removed to prevent competition for nutrients, water for nutrients, water and sunlight. Q)Why should we remove the week seedlings? 3) Identify the week week seedlings and week seedlings and remove them along results in with the other healthier and unwanted plants.			for better growth.			
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water the plants regularly without flooding. Q) Why should we remove the weeds should be removed to prevent competition for nutrients, water and sunlight. Q)Why should we remove the weak seedlings? Ans-Removing weeding. Seedlings and weak seedlings are move them along results in healthier and unwanted plants.			 Press the soil a little with palm 		properly and	
plants regularly without flooding. Q) Why should we remove the weeds? SwBAT: Ans-weeds should be removed to remove the prevent competition for nutrients, water and sunlight. Q)Why should we remove the weak seedlings? Ans-Removing weeding. 3) Identify the week weak seedlings and remove them along results in with the other healthier and unwanted plants.			and water them using a sprayer		water the	
(a) Why should we remove the weeds? Ans-weeds should be removed to prevent competition for nutrients, water and sunlight. (b) Why should we remove the main plant. (c) Why should we remove the weak seedlings? (c) Why should we remove the week weeding. (d) Why should we remove the week weeding. (e) Why should we remove the main plant. (f) Why should we remove the main plant. (g) Why should we remove the main plant. (g) Why should we remove the main plants. (healthier and remove them along results in with the other healthier and unwanted plants.			or shower.		plants requiarly	
flooding. Q) Why should we remove the weeds? Ans-weeds should be removed to prevent competition for nutrients, water and sunlight. Q)Why should we remove the weak seedlings? Ans-Removing weedings and weak seedlings more productive harvests.			 This area should get proper 		without	
Q) Why should we remove the weeds? SwBAT: Ans-weeds should be removed to remove the prevent competition for nutrients, water and sunlight. Q)Why should we remove the weak seedlings? Ans-Removing weeding. 3) Identify the week seedlings and weak seedlings remove them along results in with the other healthier and unwanted plants.			sunlight.		flooding	
Q) Why should we remove the weeds? Ans-weeds should be removed to prevent competition for nutrients, water and sunlight. Q)Why should we remove the week weedlings? Ans-Removing seedlings and weak seedlings remove them along results in healthier and unwanted plants.			 Always keep the soil moist. 		-61=100	
remove the weeds: Ans-weeds should be removed to prevent competition or nutrients, water and sunlight. Q)Why should we remove the week weedings? Seedlings? 3) Identify the meek week week weedings and weak seedlings and remove them along results in wore productive harvests.				Q) Why should we		
Remove the weeds by hand building. When the plants are 2-3 inches tall remove the thin seedlings. Plants should be placed 1-2" apart. Keep on weeding diligently and do not disturb the roots of the serot plants. Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of sowing. Water well after manuring. Use cow dung pulling and pulling and provests.			Seeds will germinate within 6-8 days.	remove the weeds?	SWBAT	\$ 91.70 mm
be removed to When the plants are 2-3 inches tall remove the thin seedlings. Plants should be placed 1-2" apart. Keep on weeding diligently and do not disturb the roots of the carrot plants. Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of healthier and sowing. Water well after manuring. Use cow dung harvests.			 Remove the weeds by hand 		1)identify and	4)cow aung
When the plants are 2-3 inches tall remove the thin seedlings. Plants should be placed 1-2" and sunlight. apart. Keep on weeding diligently and do not disturb the roots of the carrot plants. Keep the soil moist. Do not keep dry soil for an extended period of time. Put manure after 20-25 days of manuring. Use cow dung harvests.			pulling.	be removed to	remove the	
tall remove the thin seedlings. Plants should be placed 1-2" and sunlight. Apart. Keep on weeding diligently and do not disturb the roots of the carrot plants. Keep the soil moist. Do not keep dry soil for an extended period of time. Put manure after 20-25 days of sowing. Water well after manuring. Use cow dung harvests.			 When the plants are 2-3 inches 		Inwanted plants	
Plants should be placed 1-2" and sunlight. apart. Keep on weeding diligently and do not disturb the roots of the carrot plants. Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of healthier and sowing. Water well after manuring. Use cow dung harvests.			tall remove the thin seedlings.		anwanca plants	
Keep on weeding diligently and do not disturb the roots of the carrot plants. Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of healthier and sowing. Water well after manuring. Use cow dung				and sunlight.	growing growing circ	
Keep on weeding diligently and do not disturb the roots of the carrot plants. Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of sowing. Water well after manuring. Use cow dung			apart.		2) inderstand the	
do not disturb the roots of the seedlings? Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of sowing. Water well after manuring. Use cow dung			 Keep on weeding diligently and 	Q)wiiy siloulu we	importance of	
carrot plants. Keep the soil moist . Do not healthier and sowing. Water well after manuring. Use cow dung weer keep the sedlings are are productive harvests.			do not disturb the roots of the	remove the weak	weeding.	
Keep the soil moist . Do not keep dry soil for an extended period of time. Put manure after 20-25 days of sowing. Water well after manuring. Use cow dung			carrot plants.	seediiigss	3) Identify the week	
keep dry soil for an extended weak seedlings period of time. Put manure after 20-25 days of healthier and sowing. Water well after manuring. Use cow dung harvests.				Ans-Removing	seedlings and	
period of time. Put manure after 20-25 days of healthier and sowing. Water well after manuring. Use cow dung harvests.			keep dry soil for an extended	weak seedlings	remove them along	
Put manure after 20-25 days of healthier and sowing. Water well after more productive manuring. Use cow dung harvests.			period of time.	results in	with the other	
more productive harvests.				healthier and	unwanted plants.	
			sowing. Water well after	more productive		
all deco			manuring. Use cow dung	harvests.		

MONTH-DECEMBER

Content	Month	Description	Theory	Objectives	Materials required
Garrots	DECEMBER	Carrots are very rewarding to Q) What are the grow. Well prepared garden soil carrots? Well prepared garden soil carrots? With compost and river sand Ans) There are is good for the carrot. River almost 13 variet sand will keep the soil loose. Of carrots Some Soil should be loose enough them are orange so that carrot roots should red, purple etc. able to pierce the soil. Sprinkle the seeds over the soil surface evenly. Sprinkle the same soil mix cover the seeds with a tim layer. Using the same soil mix cover the seeds with a tim layer. Press the soil a little with palm and water them using a sprayer or shower. This area should get proper sunlight. Always keep the soil moist. Seeds will germinate within 6-8 days. Remove the weeds by hand pulling.	Q) What are the SWBAT: various types of 1)Make proper so carrots? Ans) There are growth of carrots. almost 13 varieties of carrots Some of 2)understand the them are orange, importance of adding river sand for the growth of the carrots. 4) sow a seed plants regularly without flooding. SWBAT: 1)identify and remove the unwanted plants growing around the main plant. 2) understand the importance of startons are considered the importance of startons.	SWBAT: 1) Make proper soil mixture for proper growth of carrots. 2) understand the importance of adding river sand for the growth of the carrots 4) sow a seed properly and water the plants regularly without flooding. SWBAT: 1) identify and remove the unwanted plants growing around the main plant. 2) understand the importance of	1) Seeds of carrot 2) river sand 3) garden soil 4) cow dung

weeding.	s) Identify the week seedlings and	remove them along	with the other	unwanted plants.													
inches tall remove the	tnin seediings.Plants should be placed	1-2" apart.	Keep on weeding	diligently and do not	disturb the roots of the	carrot plants.	 Keep the soil moist . Do 	not keep dry soil for an	extended period of	time.	 Put manure after 20-25 	days of sowing. Water	well after manuring.	Use cow dung	manure		

MONTH - JANUARY AND FEBRUARY

Content	Month	Description	Theory	Objectives	Materials required
Growing Bitter Gourd	JANUARY	in	70	SWBAT: • Tell the importance	1. Bitter gourd seeds.
Sowing of bitter gourd seeds		disposable glasses having garden soil. Sow 2-3 seeds in one cup. Cover it with soil. Water it and keep it away from the direct sunlight.	the outer cover is very hard. So, to increase the speed of germination seeds are soaked.	for soaking the seeds before sowing.	2. Garden soil
Transplantation for the bitter gourd	FEBRUARY	 After 10 days we will get good, bigger seedlings. Start transplanting after 14 days. Always remove the weeds from the sides. Make a potting mix of 40%soil, 30% cocopeat and 30% compost for the final plantation of the bitter gourd. Transplant the seedlings here. 	Q) How weeding is harmful for the plant? Ans) They compete for minerals with the main plant.	do weeding properly do transplantati on make a proper potting mix	 garden soil compost coco peat

	 After 40 days make a support system for the pollinating agents vine to climb up. After every 20-25 days give fertilizer. The flowers will appear after 35 days. Insects, bees and butterflies do the pollination. At this stage the plant needs full sunlight. 	Q) What are the pollinating agents for bitter gourd? Ans) insects, bees, butterflies are the pollinating agents.		1. Sticks 2. ropes for tying the vines
Harvesting bitter gourd	 Keep watering. And give proper support to the vine. After 60 days we can start getting the bitter gourd for harvesting. 	We can leave one bitter gourd on the vine for ripening. We can dry its seeds and use for next bitter gourd plantation.	SWBAT: • 1)provide manure to the plant properly • 2) examine the bitter gourd and tell when to harvest them.	

Syllabus 2024 - 25

Classes III

Month	WEEKS	Topics
April	WEEK 1 & 2	Class introduction
		 Free hand exercises (PT) # 1,2,3 exercises.
		Taekwondo Practice for sports day
	WEEK 3 & 4	Fitness exercises (jogging & running)
		 Free hand exercises (PT) # 1,2,3 exercises.
		 Taekwondo Practice for sports day
		 Races selection and practice
		Sports Day
May	WEEK 1 & 2	Warm up exercises and jogging
		Carom board game
		Yoga asanas- Taad asana
June		Summer Break
July	WEEK 1 & 2	Warm up exercises and jogging
		Carom board game
		Dodge ball practice
		• Indoor games
		Yoga - Padmasana and Taad asana
	WEEK 3 & 4	Warm up exercises and jogging
		Carom board gameIndoor games
		Yoga – Padmasana, Taad asana, Vriksh
		asana, Deep breathing practice
August	WEEK 1 & 2	Warm up exercises and jogging
		 Throw ball practice and selection
		Basketball skill (dribbling) practice
	WEEK 3 & 4	Warm up exercises and jogging
		Dodge ball practice and selection
		Basketball skill practice
		Yoga — Pashchimottasana , trikone asana
September	WEEK 1 & 2	Test/assessment – 50m Dash, Leg split for
		flexibility.
		Grading
	WEEK 3 & 4	Half yearly examinations
October	WEEK 1 & 2	Mini Football Rules and Regulations
		 Jumping exercises
		 Outdoor games Football

	WEEK 3 & 4	 Warm up exercises and jogging Mini Football Rules and Regulations Practice for athletic meet Basketball (passing) practice
November	WEEK 1 & 2	 Warm up exercises Basketball RBCL 70m races
	WEEK 3 & 4	BasketballRBCL70m obstacle run
December	WEEK 1 & 2	Warm up exercisesKho-Kho (standing) game practiceDodge ball game
	WEEK 3 & 4	 Warm up exercises Kho-Kho game practice Mini football Calisthenics exercises
January	WEEK 1 & 2	Winter Vacations
	WEEK 3 & 4	 Warm up exercises and jogging Throw ball practice Basketball skill practice Yoga – Surya Namaskar
February	WEEK 1 & 2	 Warm up exercises and jogging Fun games and races Calisthenics and fitness exercises
	WEEK 3 & 4	 Warm up exercises and jogging Fun games and races Assessment – jumping jacks(x30), any two asanas
March	WEEK 1 & 2 WEEK 3 & 4	 Grading and grades up loading on the portal Annual exams
	WLLIN 3 CX 4	Allitudi exams