

SYLLABUS-2024-25

SUBJECT -ENGLISH

Class VII

MONTH	UNIT	TOPIC	ART INTEGRATION ACTIVITY	PRAC TICAL	SUBJECT ENRICHMENT
APRIL		Literature - Hanuman and I			Enactment of 'The Comedy of Errors'.
		In the Bazaars of Hyderabad			
		Trail of the Green Blazer			
		Grammar - Subject- Verb agreement			
		Punctuation			
		Jumbled sentences			
		Writing - Formal Letter (Bullying)			
MAY		Literature - Blake's Tyger Revisited (Poem)	Poster Making (Animal Cruelty)		
		Grammar - Tenses (Simple, Continuous, Perfect)			
		Writing - Story Writing (Based on clues)			
JULY		Literature - Playing with Gorillas	Watch a Science Fiction Film and write its review		Choose your favourite poem and recite it in class.
		Daffodils (Poem)			
		Grammar - Verb (Transitive and Intransitive)			
		Voice (Active and Passive)			
		Writing - Diary Entry			
AUGUST		Literature - The Girl who Ate Books			Speak for one minute on your
		Grammar - Narration			'Favourite pet'.
		Writing - Notice Writing			
SEPTEMBER		Literature - Friends and Flatterers (poem)	Create a new version of fairytale with an ending of your own.		
		Grammar- Adverbs (kinds)			
		Writing - Story Writing			

OCTOBER	Literature - Wrestling with Phogats			Choose any one famous play and enact
	Time Machine			them in the class with your group.
	Grammar - Tenses			
	Writing - Creative Writing			
NOVEMBER	Literature- The Forest Lake			Recite your own version of the poem 'If'.
	If (Poem)			
DECEMBER	Literature - The Regimental Myna			Doodling based on the poem
	Writing - Formal letter of enquiry			'Alphabet Stew"
	Grammar - Narration (Cont.)			
JANUARY	Literature - The Landlady			
	Grammar - Modals			
FEBRUARY	REVISION			
MARCH	EXAMINATIONS			

CLASS -VII
SUBJECT -MATHEMATICS
2024-25

MONTH	UNIT	TOPICS	ART INTEGRATION ACTIVITY	PRACTICALS	SUBJECT ENRICHMENT ACTIVITY
APRIL	-Number system	<p>Chapter 1 :Integers</p> <ul style="list-style-type: none"> • .Properties of addition and subtraction • Properties of Multiplication and Division of Integers <p>Junior Thinkers Chapter 1- Series</p> <p>Chapter 2: Fractions and Decimals</p> <ul style="list-style-type: none"> • Multiplication and Division of Fractions • Multiplication and Division of Decimals 	Worli art using basic geometrical shapes	<p>1.To add integers</p> <p>2.Addiition of decimals</p>	Math Maze Puzzle
MAY	Statistics	<p>Chapter 3: Data handling</p> <ul style="list-style-type: none"> • Collection and Organisation of Data • Mean, Median and Mode • Bar Graphs <p>Junior Thinkers Chapter 2- Analogy</p> <p>HHW Junior Thinkers Chapter 3- Classification Chapter 4- Coding- Decoding</p>		3. To collect the data and represent in bar graph	Case Study
JUNE					
JULY	-Algebra	<p>-UT 1</p> <p>Chapter 4: Simple Equation</p> <ul style="list-style-type: none"> • Solving an equation • Application of simple equation <p>Junior Thinkers Chapter 5- Ranking Test</p>		4.To verify when two lines intersect vertically opposite angles are equal.	Case Study Quiz

	- Geometry	<p>Chapter 5: Lines and angles</p> <ul style="list-style-type: none"> • Different types of angles • Linear pair • Intersecting lines • Parallel lines <p>Junior Thinkers Chapter 6- Blood Relations</p>			
AUGUST	-Geometry Mensuration	<p>Chapter 6: Triangle and its properties</p> <ul style="list-style-type: none"> • Angle sum property • Exterior angle property • Special triangles • Sum of lengths of 2 sides of a triangle • Pythagoras theorem <p>Junior Thinkers Chapter 7- Missing Numbers</p> <p>Chapter 9: Perimeter and area</p> <ul style="list-style-type: none"> • Square and Rectangle • Triangles • Area of parallelogram • Area of triangle • Area of circle • Applications 		5.To verify that in an isosceles triangle equal sides has equal angles.	To verify Pythagoras theorem using a squared paper
SEPTEMBER		-Revision - term -1			Quiz
OCTOBER	-Number system	<p>Chapter 8: Rational number</p> <ul style="list-style-type: none"> • Introduction • Standard form • Comparison • Operation • Addition • Subtraction • Multiplication • Division <p>Junior Thinkers Chapter 8- Figure Counting</p> <p>Chapter 7: Comparing Quantities</p> <ul style="list-style-type: none"> • Ratio • Percentage • Increase and Decrease percent • Simple interest 			Case study

NOVEMBER	Algebra	<p>Junior Thinkers Chapter 9- Mathematical Operations Chapter 10: Algebraic expressions</p> <ul style="list-style-type: none"> • Expressions • Terms • Monomial, Binomial, Trinomial, Polynomial • Addition and Subtraction • Finding the value of an expression <p>Junior Thinkers Chapter 10- Direction and Distance</p>			Math Puzzle Word search
DECEMBER	-Arithmetic	<p>Chapter 11: Exponents and powers</p> <ul style="list-style-type: none"> • Laws of exponents • Expressing large numbers in standard forms. <p>Junior Thinkers Chapter 11- Alpha Numeric Sequences</p> <p>-UT 2 Examination</p>		7.To find the value of a^n using paper folding	
JANUARY	-Geometry	<p>Chapter 12: Symmetry</p> <ul style="list-style-type: none"> • Lines of Symmetry for regular polygons • Rotational symmetry <p>Junior Thinkers Chapter 12- Venn Diagram Chapter 13: Visualising solid shapes</p> <ul style="list-style-type: none"> • Plain figures and solid shapes • Faces, edges and vertices • Nets of 3-D shapes • Visualising solid objects 		8. To construct a square by paper folding	Activity on symmetry in nature
FEBRUARY	REVISION	Junior Thinkers			

		Chapter 13- Figure Based Intelligence Revision for term 2 examination			
MARCH		Term 2 examination			

CLASS VII SUBJECT-SCIENCE
SYLLABUS 2024-25

MONTH	UNIT	TOPICS	ART INTEGRATION ACTIVITY	PRACTICALS	SUBJECT ENRICHMENT ACTIVITY
April (23)	Nutrition in Plants	*Modes of Nutrition Autotrophic, Heterotrophic and Saprotrophic *Nutrient Cycling	Colourful diagrams of plants with different mode of nutrition	Mode of nutrition in bread mould	Board game on the topic plant nutrition
April	Nutrition in Animals	*Digestion in human beings *Digestion in Ruminants *Digestion in Amoeba	Role play of the process of digestion in humans	Test of starch	3D clay model of teeth arrangement
May (12)	Heat	*Temperature *Thermometer *Modes of heat transfer		Measure temperature of hot water	Watch video on sea breeze and land breeze.
July (25)	Acids, Bases and Salts	*Classification of Acids and Bases *Indicators *Neutralisation reaction and its application.	Turmeric card activity	Distinguish acid and base using indicators.	Hands on activity of acid base reaction.
July	Physical and Chemical Changes	*Characteristics of Physical change and Chemical Changes *Rusting *Prevention of Corrosion *Crystallisation		Experiment of vinegar and baking soda.	Educational visit
August (23)	Respiration in Organisms	*Aerobic and Anaerobic Respiration *Mechanism of Breathing *Respiration in other Organisms	Create model of Respiratory system. OR PPT of respiration in different organisms.	Test the presence of CO ₂ in exhaled air.	
Sept	TERM 1 Revision				
Oct (18)	Transportation in animals and plants	*Components of Circulatory System *Excretory System * Transportation in Plants	Making Stethoscope using waste material	Examine pulse rate	Sketch detailed drawing of the heart and excretory system.
Nov (22)	Reproduction in Plants	*Asexual methods of Reproduction *Sexual reproduction in Plants *Seed Dispersal		Reproduction in potato, rose and Bryophyllum	Visit to herbal garden
Nov	Motion and Time	*Uniform motion * Measurement of	Making of Sundial	Find time period	

		time *Speed * Distance-time graph		od Simple pendulum.	
Dec(24)	Electric Current & Its Effects	*Heating effect of electric current and its application *Magnetic effect of electric current and its application.		Working of electric bell	Making of electromagnet or electric bell
Dec	Light	*Characteristics of Plane mirror and Spherical mirrors *Characteristics of Spherical lenses *Dispersion of Light	Making of Newton's disc	Dispersion of light through prism	
Jan (14)	Waste Water Story	*Sewage *Waste water treatment Plant *Better house keeping practices *Alternate sewage disposal.	Role play of WWTP	Stages of Cleaning Waste water.	Watch video of WWTP
Feb (21)	ANNUAL EXAM REVISION				

**हिंदी पाठ्यक्रम (2024 -25)
कक्षा - सातवीं**

	सुनहरी धूप	पाठ	कलासमेकित गतिविधि	विषयसंवर्धन-गतिविधि
अप्रैल		हींगवाला ,समर्पण (कविता)		
	महाभारत	अध्याय 1,2	कविता संबंधित चित्राभिव्यक्ति	वाचन कौशल / अभ्यास पत्र / संवाद लेखन
	व्याकरण	क्रिया और उसके भेद		
		अनुच्छेद - लेखन		
पिटारा	कहानी-1&2 कहानी की सीख के आधार पर कहानी लेखन			
मई	सुनहरी धूप	अगर नाक न होती	कार्टरचना	अभ्यास पत्र / पत्र लेखन
	महाभारत	अध्याय 3,4		
	व्याकरण	छोटे भाई को पत्र		
		पर्यायवाची		
		विलोम		
	पिटारा	मुहावरे		
जुलाई	सुनहरी धूप	महान विभूति : राजेन्द्र प्रसाद	कक्षाकक्ष में भाषण प्रतिযোগिता	कार्यपत्रिका
	महाभारत	अध्याय 4,5		
	व्याकरण	काल और उसके भेद		
	पिटारा	माता/पिता को पत्र		
अगस्त	सुनहरी धूप	कहानी-5 अभिनय द्वारा कहानी मंचन	तत्संबंधी राजाओ की पटकथा	अभ्यासपत्र
	महाभारत	अशोक का शस्त्र-त्याग		
	व्याकरण	अध्याय 6,7		
		क्रियाविशेषण और उसके भेद		
		अनुच्छेद - लेखन		
		पर्यायवाची		
	पिटारा	विलोम		
	वाक्यांश के लिए एक शब्द			
सितम्बर	सुनहरी धूप	मुहावरे	मॉडल	प्रश्नोत्तर / अभ्यासपत्र
	महाभारत	कहानी- 6 वाचन		
	व्याकरण	छोटा जादूगर		
	पिटारा	अध्याय 8,9,10		
अक्टूबर	सुनहरी धूप	सम्बंधबोधक	मनोव्यक्ति सेनाधियों में से एक का चित्र निर्माण करें	गाँधी समकक्षी अन्यो का विवरण
	महाभारत	श्रुतिसम भिन्नार्थक		
	व्याकरण	अनेकार्थक शब्द		
	पिटारा	कहानी- 7 (रचनात्मक कार्य -संवाद लेखन)		
नवम्बर	सुनहरी धूप	कहानी- 8	मनोव्यक्ति सेनाधियों में से एक का चित्र निर्माण करें	गाँधी समकक्षी अन्यो का विवरण
	महाभारत	प्रेम में परमेश्वर		
	व्याकरण	युगावतार गाँधी		
	पिटारा	अध्याय 11,12		
दिसम्बर	सुनहरी धूप	अपठित गद्यांश	मनोव्यक्ति सेनाधियों में से एक का चित्र निर्माण करें	गाँधी समकक्षी अन्यो का विवरण
	महाभारत	मित्र को पत्र		
	व्याकरण	मित्र को पत्र		
	पिटारा	कहानी- 8		
जनवरी	सुनहरी धूप	मौ जीवन संचालिका	मौजील दूर नहीं है (गतिविधि - साक्षात्कार लेना)	मौ आधारित (अनुच्छेद)
	महाभारत	मंजिल दूर नहीं है (गतिविधि - साक्षात्कार लेना)		
	व्याकरण	ऐसे थे बालकृष्ण (रचनात्मक कार्य)		
	पिटारा	ऐसे थे बालकृष्ण (रचनात्मक कार्य)		
फरवरी / मार्च	सुनहरी धूप	अध्याय 13,14	दोहे / श्लोक	मौ आधारित (अनुच्छेद)
	महाभारत	बड़े/छोटे भाई को पत्र		
	व्याकरण	बड़े/छोटे भाई को पत्र		
	पिटारा	बड़े/छोटे भाई को पत्र		
दिसम्बर	सुनहरी धूप	देवताओं का अंचल : कुल्फू	मानचित्र निर्माण	स्वरचित कविता लेखन
	महाभारत	भक्ति के भावसुमन (कविता-पाठ)		
	व्याकरण	अध्याय 15,16		
		समुच्चयबोधक		
		विस्मयादिबोधक		
	पिटारा	अनुच्छेद - लेखन		
जनवरी	सुनहरी धूप	कहानी- 9	माता - पितृ भक्ति	वाचन कौशल
	महाभारत	बूढ़ी काकी		
	व्याकरण	भारत से दूर एक छोटा भारत(केवल वाचन)		
		अध्याय 17,18		
		अपठित गद्यांश		
	पिटारा	मुहावरे		
फरवरी / मार्च	सुनहरी धूप	श्रुतिसम भिन्नार्थक	पत्र लेखन	सस्वर वाचन
	पिटारा	अनेकार्थक शब्द		
	सुनहरी धूप	चलना हमारा काम है ,जयगान (रचनात्मक कार्य)	पत्र लेखन	सस्वर वाचन
	पिटारा	कहानी- 10 & 11		

*विशेष टिप्पणी - सभी पाठों के अभ्यास कार्य उत्तरपुस्तिका में करवाएँ जाएँगे।

विषय: - संस्कृतम् 2024-25

कक्षा - सप्तमी

मासाः	पाठाः	विषयवस्तुनि	कलासमेकित गतिविधयः	विषयसंवर्धन-गतिविधयः
अप्रैल/मईमास श्च	प्रथमपाठः संख्याज्ञानं शब्दरूपाणि अव्ययपदानि संख्याज्ञानं	वार्तालापः गणना 1-20 (हरि, पितृ, मति, देव पाठस्थपदानि 1-20) 1-4 त्रिषुलिङ्गेषु आवर्षपर्यन्तम्	वदतु-वदतु किं चित्रम्	पदोच्चारणम् अभ्यासपत्रम् / अभ्यासाः वाचनकौशलम् लेखनकौशलम् भाषणकौशलम् शब्दरूपगीतम् लट् लृट् लकारयोः आवृत्तिः
जुलाईमासः	द्वितीयपाठः पंचमपाठः	लङ् लकारः पर्यावरण-महोत्सवः खाद्, कृ, गै, नम् ,स्था, पच् हस्, गम् लिख् आवर्षपर्यन्तम्	लट्, लृट्, लोट्, लङ् लकारेषु आवर्षपर्यन्तम्	परस्परसंलापम् लोट् लकारः अभ्यासपत्रम् अभ्यासाः
अगस्तमासः	द्वादशपाठः तृतीयपाठः चतुर्थपाठः	मम देशः महान् लङ् लकारः लङ् लकारः	रचयतु मानचित्रम्	कक्षापरीक्षा अभ्यासाः वर्गप्रहेलिकाः
सितंबरमासः	सप्तमः पाठः	पीयूष-बिंदवः	सञ्जीकृत्यः श्लोकान् लिखतु	पाठस्थः क्रियाकलापः
अक्टोबरमासः	षष्ठपाठः	मम दिनचर्या	चित्राधारीकृत्य स्वदिनचर्या दर्शयतु	अभ्यासपत्रम्

नवंबरमासः	एकादशपाठः	सूक्ति-पुष्पांजलिः	पाठस्थः क्रियाकलापाः	मेलनक्रियाकलापः
दिसम्बरमासः	नवमः पाठः समयलेखनम्	काकस्य चतुर्यम्	क्रियाकलापाः	उपपद विभक्तिः
जनवरीमासः	त्रयोदशपाठः	उद्यमेन हि--	वर्गप्रहेलिकाः	अभ्यासपत्रम्
फरवरीमासः	चतुर्दशः पाठः दैनंदिनः पदावली	लक्ष्यनिर्धारणस्य महत्त्वम् 1-25 पर्यतम्	आ.द्रोणस्य चित्रं निर्मिय लेखं लिखतु।	स्व-स्वपरिचयम् देयम्
	विनोद-कणिका	पठनाय		छात्राः स्वानुभवम् वदिष्यन्ति।

CLASS VII-SOCIAL SCIENCE-YEARLY PLANNER 2024-25

MONTH	UNIT	TOPICS	ART INTEGRATION ACTIVITY	PRACTICAL S	SUBJECT ENRICHMENT ACTIVITY
APRIL (23)	History	L-1 The Medieval world	Make a travelogue based on your past visit to any place.	NA	
	Geography	L -1 Our Environment		NA	
	Political Science	L-1 Democracy		NA	Making a class constitution
MAY (12)	History	L-2 - The Regional Kingdom 1	Showing a documentary of medieval rulers and their kingdoms. Art Integration Project by CBSE(HHW)	NA	L-6 - Monumental Architecture (HHW) Make a model of any monument of medieval era followed by class presentation.
JULY (25)	Geography	L-2 - Inside Our Earth	Diagrams of inside layers of Earth.	NA	
	Political Science	L - 2 - Pillars of Democracy		NA	L - 7 - Towns, Traders & Craftsman-Case study -Trace the journey of native craftsman of India.
	History	L- 3 The Sultanate Period		NA	Drawing favourite ruler of Sultanate times.
AUGUST (23)	Geography	L - 3 - The Changing Earth	Making a mini volcano model	NA	
	Geography	L -5 - Composition & Structure of the Atmosphere		NA	Showing video of the structure of atmosphere followed by brainstorming session.
		L - 5 - Media and Democracy	Role Play-Be a journalist	NA	
SEPTEMBER (22)	Geography	L-4 -Major landforms		NA	

	Political Science	L - 8 - Role of Gender	Role Play-What if you were of an opposite gender?	NA	Showing a short film-Juice and Muskaan followed by class discussion
OCTOBER (18)	History	L-5 - The Great Mughals	Write a letter to any great Mughal followed by class discussion of all letters.	NA	
	Political Science	L - 3- Democracy in Action	L - 8- Natural Vegetation & Wildlife – Make the collage of Endangered species and Extinct species	NA	
NOVEMBER (22)	History	L- 11 - Political Formation in the 18th Century.	Comparative study of the following places by making PPT or Flipbook- <ul style="list-style-type: none"> • L-10-Life in the Tropical & sub-tropical region • L -11 -Life in the Temperate Grassland 	NA	L-4 - The Regional Kingdoms 2- The food festival Choose a state and research on its history, culture and food. Make a dish of that place and present in class
	Political Science	L - 4 - State Government		NA	Power Point Presentation
\	Geography	L -6 - Weather & Climate		NA	Be a weather forecaster
	Political Science	L -7 - Markets Around us	Role Play of market stakeholders- Manufacturer, Wholesaler, Retailer etc.	NA	
JANUARY (14)	Geography	L - 7 - Water	L- 6 -Advertising –Ad Mad Water- Watching a Short film followed by poster making on used papers.	NA	L - 8 -Tribal Communities – Showing a documentary of Munda and Santhal tribes
FRBRUARY		Exams			

ART YEARLY SYLLABUS CLASS –7th
Session -2024-25

S.NO	MONTH	TOPIC
1	APRIL	<ol style="list-style-type: none"> 1. Colour theory and colour mixing activities. 2. Colouring practice with shading activities in art file
2	MAY	<ol style="list-style-type: none"> 1. Pencil Shading- Concept of light and dark in detail. (3 activities from Artbook) 2. Understanding composition negative and positive space. drawing compositions with line, shapes and forms .
3	JULY	<ol style="list-style-type: none"> 1. Learning techniques of drawing Understanding concept Of perspective . (two composition to be done in art file) 2. Poster making- parts of a postercomposition. 3. Concept of Line- Random line drawing composition(abstract) 4. 4. Concept of composition- foreground, middleground and background.
4	AUGUST	<ol style="list-style-type: none"> 1 . Independence day Activities a. Composition in art file 2. Rakhi making etc
5	SEPTEMBER	<ol style="list-style-type: none"> 1. Pattern design 2. Drawing landscape with pattern 3. Artbook activites (any 2)
6	OCTOBER	<ol style="list-style-type: none"> 1. Abstract art (human face/landscape) 2. Learning Human Drawing (2 compositions) 3. Activity based on Diwali.
7	NOVEMBER	<ol style="list-style-type: none"> 1. ART WORK ON SDG GOALS 2. Activities from Artbook.
8	DECEMBER	<ol style="list-style-type: none"> 1. Christmas month activities Drawing and craft
9	JANUARY	<ol style="list-style-type: none"> 1.Activities from art book. 2. Craft activities (symmetrical cutting compositions) 2. Drawing compositions with human figure.
10	FEBRUARY	<ol style="list-style-type: none"> 1. Name design in Calligraphy 2. Practice work (Revision)
	MARCH	-----

Holidays home work from art book.

SUBJECT -COMPUTERS**CLASS-VII**

MONTH	UNIT	TOPIC	ART INTEGRATION	PRACTICAL	SUBJECT ENRICHMENT ACTIVITY
APRIL	CH.4 LISTS AND TABLES IN HTML	LIST		Prepare a list of grocery items with their prices in Excel. Use different formulas and functions	Prepare a worksheet in Excel depicting marks of students in different subjects and calculating their percentage.
		NESTED LIST			
		TABLES			
		STYLING TABLES			
MAY	CH.5 IMAGES, LINKS AND FORMS IN HTML	ADVANTAGES OF CHARTS	Create charts with given data in Excel	Use the worksheets created in Ch.2 to create charts. Use different chart types to depict the data	
		COMPONENTS AND TYPES OF CHARTS			
		CREATING CHARTS			
		CHART TYPES AND DATA RANGE			
JULY	CH.1 NUMBER SYSTEM	DATA REPRESENTATION		Conversion of differene Number Systems	
		NUMBER SYSTEMS			
		CONVERSIONS			
		OPERATIONS ON BINARY NUMBERS			
AUGUST	CH.2 ADVANCED FEATURES OF EXCEL	SUM() AND IF() FUNCTION		Prepare a worksheet in Excel and format the data	Prepare a Excel worksheet on real time case study and analyse the data.
		SORTING DATA			
		FILTERING DATA			
		CONDITIONAL FORMATTING			
SEPTEMBER	REVISION	PRACTICALS			
		TERM I EXAMINATION			
OCTOBER	CH.10 TOKENS AND DATA TYPES IN PYTHON	PYTHON CHARACTER SET		Python Programs	
		PYTHON TOKENS AND DATA TYPES			
		ERRORS			
		BASIC PROGRAMS			
NOVEMBER	CH.8 GOOGLE APPS	GOOGLE WORKPLACE		Python Programs	Demonstration on Smart Screen on usage of Google Apps
		COMMONLY USED GOOGLE APPS			
		APPS FOR EVERYDAY USE			
DECEMBER	CH.9 CYBER SECURITY	NEED OF CYBER SECURITY		Python Programs	Group Discussion on Cyber crime cases and how to be cyber safe.
		COMPUTER ETHICS			
		CYBER SECURITY MEASURES			
		INDIAN LAWS AND GOVT. INITIATIVES			
JANUARY	CH.11 FUTURE OF ARTIFICIAL INTELLIGENCE	EVOLUTION OF AI	Cyber Laws Presentation	Python Programs	Watching videos on AI tools.
		FUTURE PROSPECTS OF AI			
FEBRUARY	REVISION	PRACTICALS			
		ANNUAL EXAMINATION			

Sports Syllabus
April 2024 – March 2025
Class VII

S.No.	Month	Sport/Event	Description
1.	April	Sports Day Practice Calisthenics (PT exercises) Yoga Table Tennis	Warm-Up routine Fitness: Free hand exercises Rules and regulations Skill Practice
2.	May	Throw ball Basketball Yoga Table Tennis	Warm-Up routine Fitness: Free hand exercises Rules and regulations Skill Practice & game play
3.	May & June	Summer Vacations	
4.	July	Basketball Badminton Recreational games Table Tennis	Warm-Up routine Fitness Rules and regulations Skill Practice
5.	August	Badminton Basketball Carom Board Game Recreational games	Warm-Up routine Introduction of the field events Rules and regulations Skill Practice & game play
6.	September	March past Football Throw ball	Techniques of marching & the commands Skill Practice & game play
7.	October	March past Basketball Football Table Tennis	Warm-Up routine & Fitness Rules and regulations Yoga
8.	November	March past Basketball Table Tennis Football	Warm-Up routine Skill Practice and mini games
9.	December	Traditional Games: Kho-Kho.	Game Introduction Rules and Regulations Practice game play
10.	January	Basketball Football Kho-Kho	Warm-Up routine Skill Practice Game play
11.	February	Examination	Assessment Submission of grades to the class teachers
12.	March	Examination	Uploading grades on the portal

Note: -

- The sports syllabus will also hold all the RSMI activities round the year. E.g. Vanshala, trekking camps, rock climbing courses, scouts and guides. Taekwondo classes are a regular feature on the time table for the students of classes 6th, 7th, and 8th.
- Assessment is done at the end of the academic session.