



DELHI PUBLIC SENIOR SECONDARY SCHOOL BRAHMAPUR

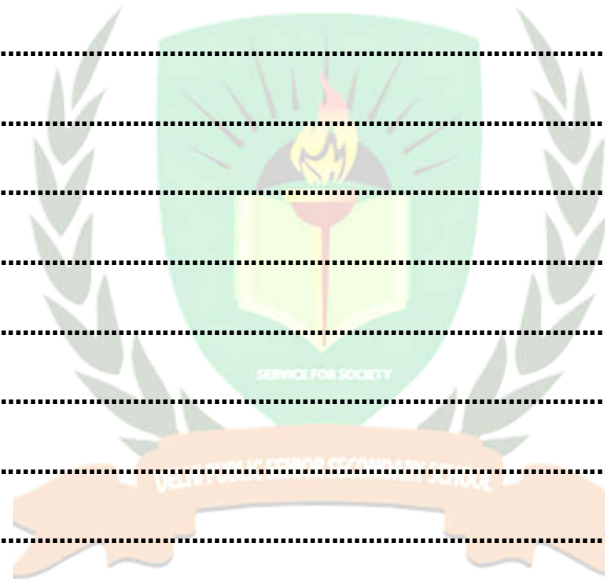
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CLASS - I

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SCHEME OF EVALUATION

SESSION (2026 – 2027)

CLASS - I

SR NO	EVALUATION	MONTHS
1	PERIODIC ASSESSMENT - 1	APRIL To JULY
2	TERM - 1	AUGUST To SEPTEMBER
3	PERIODIC ASSESSMENT - 2	OCTOBER To DECEMBER
4	TERM - 2	DECEMBER To FEBRUARY

ENGLISH

BOOKS RECOMMENDED

English Reader – S. Chand’s

Epic English Grammar – S. Chand

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT – 1	APRIL To JULY	<u>Course book</u> Ch- 1- Graphic story Hands,Fingers and Me Ch-2- poem- Families <u>Grammar book</u> Ch-1- Naming words Ch-2-common and special names Ch-3-Male or Female	Creative writing Replacing pictures with words (C.B- page number -48)	<u>PA-1</u> C.B- ch-1,2 G.B- ch- 1,2,3
TERM – 1	AUGUST To SEPTEMBER	<u>Course book</u> Ch-3 - Story- Ruhi gets ready for school Ch-4- Drama- Nutty Tale of Nibbles Ch-5- Poem - Hop a little <u>Grammar book</u> Ch-4- Words used in place of naming words Ch-5- Describing Words Ch-6- One and more than one Ch-7- Action words <u>COMPOSITION</u> "My School "	<u>READING SKILLS</u> Course book -ch- 3,4 <u>SPEAKING SKILLS</u> Healthy habits	<u>PA-1+TERM-1</u> C.b-ch-1 to 5 G.b- ch- 1 to 7
PERIODIC ASSESSMENT – 2	OCTOBER To DECEMBER	<u>Course book</u> Ch-6-Story- Ayaan goes to a party Ch-7- Drama- The fox and The crow <u>Grammar book</u> Ch-8- Joining words Ch-9- This,That,These,Those Ch-10- Place words	<u>PICTURE COMPOSITION</u> G.B page number -101	<u>PA-2</u> C. B-ch-6,7 G.B-ch-8,9,10

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
TERM - 2	DECEMBER To FEBRUARY	<u>Course book</u> Ch-8-Poem- Sevendays of the week Ch-9- Story - Kabir's Rangoli Ch-10- Poem- Little Seed <u>Grammar book</u> Ch-11- Is, Am, Are Ch-12- Has,Have Ch-13-Was,Were Ch-14- Sentence <u>Composition</u> "Tree"	<u>READING SKILLS</u> Ch-8,9	<u>PA-2+ TERM-2</u> C.B- ch- 6 to 10 G.B- ch- 8 to 14



HINDI

BOOKS RECOMMENDED

C B. - वाटिका - Bharati Bhawan

G B. - ज्ञानप्रकाश - Diya Publication

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - 1	APRIL To JULY	<p>पाठ्य पुस्तक(C.B)</p> <ol style="list-style-type: none"> मेरा नाम मेरा परिवार मेरा विद्यालय आओ दोहराएं हिंदी वर्णमाला दो वर्णों वाले शब्द तीन वर्णों वाले शब्द चार वर्णों वाले शब्द दो बिल्लियां (चित्र कथा) स्वरो की मात्राएं <p>व्याकरण(G.B) : 2. वर्ण</p>	<p>Creative writing</p> <p>आ(I)की मात्रा वाले पांच चित्र चिपका कर उनके नाम लिखिए।</p>	<p>C.B- Ch1 to 20 G.B- Ch 2</p>
TERM - 1	AUGUST To SEPTEMBER	<p>पाठ्य पुस्तक(C.B)</p> <ol style="list-style-type: none"> बादल आया (कविता) हाथ साफ कर खाना इ और ई की मात्राएं मकड़ी (कविता) नानी की कहानी उ और ऊ की मात्राएं मुरगा (कविता) ऋ की मात्रा लालची कुत्ता(चित्र कथा) ए और ऐ की मात्राएं 	<p>Reading skill Page number .38</p> <p>Speaking skill लालची कुत्ता (pg no . 50)</p>	<p>PA II+TERM II</p> <p>C.B- Ch1 to 20 G.B-Ch 2,5</p>

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
		व्याकरण(G.B) : 5. लिंग		
PERIODIC ASSESSMENT - 2	OCTOBER To DECEMBER	पाठ्य पुस्तक(C.B) 21.केले के छिलके (कविता) 22.बैल (कविता) 23.ओ और औ की मात्राएं 24.कोयल 25.मौली मौसी (कविता) 26.प्यासा कौवा (चित्र कथा) 27.लाल बत्ती (कविता) 28.दस खड़ी 29. बिंदु और चंद्रबिंदु 30.रंग- बिरंगी तितली (कविता) व्याकरण(G.B) 6. वचन -एक- अनेक	चित्र वर्णन प्यासा कौआ(pg no.71)	C.B Ch 21 to 30 G.B- Ch 6
TERM - 2	DECEMBER To FEBRUARY	पाठ्य पुस्तक(C.B) 31.काँव काँव (कविता) 32.खिलौने वाला (कविता) 33.संयुक्त व्यंजन 34.संयुक्ताक्षर 35.र के विभिन्न रूप 36.गिनती (कविता) 37. एक है हम पर नाम अनेक 38.मुनमुन (कहानी) 39.मेहमान पिल्ला (संवाद) 40.विलोम शब्द व्याकरण(G.B) : 9. क्रिया	Role play(भूमिका निभाना) Ch 38 मुनमुन (pg no.95)	PA II+TERM II C.B- Ch 21 to 40 G.B- Ch 6,9

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS (ବିଷୟ)	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - I	APRIL To JULY	୧)ଚିତ୍ର ଦେଖି ପକ୍ଷୀ ଗୁଡ଼ିକର ନାମ କୁହ (ପୃଷ୍ଠା -୧) ୨)କହିଲ ଦେଖି ଏମାନେ କିଏ ? (ପୃଷ୍ଠା -୨) ୩) କହିଲ ଦେଖି ଏମାନଙ୍କର ନାମ। (ପୃଷ୍ଠା -୩) ୪) ଅଭ୍ୟାସ-୧ (ପୃଷ୍ଠା -୪) ୫) ଚିତ୍ର ଦେଖି ଫୁଲ ଗୁଡ଼ିକର ନାମ କୁହ (ପୃଷ୍ଠା -୫) ୫୩) ଭାରି ବଢ଼ିଆ (ପୃଷ୍ଠା -୫୭) ୧୬) ଅ, ଆ (ପୃଷ୍ଠା -୬୦) ୧୭)ଇ, ଈ (ପୃଷ୍ଠା -୬୧) ୧୮)ଅଭ୍ୟାସ - ୫ (ପୃଷ୍ଠା -୬୨) ୧୯)ଉ, ଊ (ପୃଷ୍ଠା -୬୩) ୨୦)ଋ, ୠ (ପୃଷ୍ଠା -୬୪) ୨୧)ଅଭ୍ୟାସ -୬ (ପୃଷ୍ଠା -୬୫) ୨୨)ଏ, ଐ (ପୃଷ୍ଠା -୬୬) ୨୩)ଓ, ଔ (ପୃଷ୍ଠା - ୬୭) ୨୪)ଅଭ୍ୟାସ -୭ (ପୃଷ୍ଠା - ୬୮) ସଂଖ୍ୟା ଲେଖ -୧-୧୦ ପର୍ଯ୍ୟନ୍ତ	୫ ଟି ଗୃହପାଳତ ପଶୁର ଛବି ଲଗାଇ ତାର ପ୍ରଥମ ଅକ୍ଷରଟିକୁ ଲେଖ I	ପୃଷ୍ଠା -୨୦-୨୮
TERM - I	AUGUST To SEPTEMBER	୬) ଚିତ୍ର ଦେଖି ଫଳ ଗୁଡ଼ିକର ନାମ କୁହ (ପୃଷ୍ଠା -୬) ୭) ପନି ପରିବାର ନାମ କୁହ (ପୃଷ୍ଠା -୮)	Reading skill ପୃଷ୍ଠା ୩୫, ୩୬,୩୭	

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS (ବିଷୟ)	ACTIVITIES	CHAPTERS FOR EXAMINATION
		୮) ଅଭ୍ୟାସ - ୨ (ପୃଷ୍ଠା - ୧୦)	ପୃଷ୍ଠା - ୬, ୭ ଛବି ଦେଖି ଫଳ ଗୁଡ଼ିକର ନାମ କୁହ	ପୃଷ୍ଠା - ୨୦-୪୨
		୫୪) ସରଗଦୁ ବଳି (ପୃଷ୍ଠା - ୫୮)		
		୫୫) ଜ୍ଞାନଦାତା ଗୁରୁ (ପୃଷ୍ଠା - ୫୯)		
		୨୫) କ, ଖ (ପୃଷ୍ଠା - ୨୯)		
		୨୬) ଗ, ଘ (ପୃଷ୍ଠା - ୩୦)		
		୨୭) ଅଭ୍ୟାସ - ୮ (ପୃଷ୍ଠା - ୩୧)		
		୨୮) ଚ, ଛ (ପୃଷ୍ଠା - ୩୨)		
		୨୯) ଜ, ଝା (ପୃଷ୍ଠା - ୩୩)		
		୩୦) ଅଭ୍ୟାସ - ୯ (ପୃଷ୍ଠା - ୩୪)		
		୩୧) ଟ, ଠ (ପୃଷ୍ଠା - ୩୫)		
		୩୨) ଡ, ଢ (ପୃଷ୍ଠା - ୩୬)		
		୩୩) ଶ, ଷ (ପୃଷ୍ଠା - ୩୭)		
		୩୪) ଅଭ୍ୟାସ - ୧୦ (ପୃଷ୍ଠା - ୩୮)		
		୩୫) ଥ, ଦ (ପୃଷ୍ଠା - ୩୯)		
		୩୬) ଧ, ନ (ପୃଷ୍ଠା - ୪୦)		
		୩୭) ପ, ଫ (ପୃଷ୍ଠା - ୪୧)		
		୩୮) ଅଭ୍ୟାସ - ୧୧ (ପୃଷ୍ଠା - ୪୨)		
		ସଂଖ୍ୟା ଲେଖ-୧୧-୨୦		

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS (ବିଷୟ)	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - II	OCTOBER To DECEMBER	୯) ଯାନବାହାନର ନାମ କୁହ (ପୃଷ୍ଠା - ୧୧) ୧୦) କୁହ ତ ଦେଖୁ ଏମାନେ କିଏ ? (ପୃଷ୍ଠା - ୧୩) ୧୧) ଅଭ୍ୟାସ - ୩ (ପୃଷ୍ଠା - ୧୫) ୧୨) ଆମ ଶରୀର (ପୃଷ୍ଠା - ୧୬) ୧୩) ଅଭ୍ୟାସ - ୪ (ପୃଷ୍ଠା - ୧୭) ୫୨) ଚତୁର କୁଆ (ପୃଷ୍ଠା - ୨୦) ୩୯) ବ, ଭ (ପୃଷ୍ଠା - ୪୩) ୪୦) ମ, ଯ (ପୃଷ୍ଠା - ୪୪) ୪୧) ର, ଲ (ପୃଷ୍ଠା - ୪୫) ୪୨) ଅଭ୍ୟାସ - ୧୨ (ପୃଷ୍ଠା - ୪୬) ୪୩) ଶ, ଷ (ପୃଷ୍ଠା - ୪୭) ୩୪) ସ, ହ (ପୃଷ୍ଠା - ୪୮) ୪୪) କ୍ଷ, ଝ, ଲ (ପୃଷ୍ଠା - ୪୯) ୪୫) ଅଭ୍ୟାସ - ୧୩ (ପୃଷ୍ଠା - ୫୦) ସଂଖ୍ୟା ଲେଖ ୨୧ ଠାରୁ ୩୦	୫ ଟି ଯାନବାହାନର ଛବି ଲଗାଇ ତାହାର ପ୍ରଥମ ଅକ୍ଷରଟିକୁ ଲେଖ I	ପୃଷ୍ଠା - ୪୩-୫୦
TERM - II	DECEMBER To FEBRUARY	୧୪) ଆମ ପରିବାର (ପୃଷ୍ଠା - ୧୮) ୧୫) ଓଡ଼ିଆ ବର୍ଣ୍ଣମାଳା (ପୃଷ୍ଠା - ୧୯) ୫୬) ମିଛ କହିବାର ଫଳ (ପୃଷ୍ଠା - ୨୧) ୫୮) ଅତି ଲୋଭର ଫଳ (ପୃଷ୍ଠା - ୨୨) ୪୭) ଆ କାର ପାଠ (ପୃଷ୍ଠା - ୫୧)	ପୃଷ୍ଠା - ୨୨ ଚିତ୍ରଟିକୁ ଦେଖି ଗପଟିଏ କୁହ	ପୃଷ୍ଠା ୪୩-୫୨

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS (ବିଷୟ)	ACTIVITIES	CHAPTERS FOR EXAMINATION
		୪୮) ଅଭ୍ୟାସ - ୧୪ (ପୃଷ୍ଠା - ୫୨)		
		୪୯) ହ୍ରସ୍ୱ ଇ କାର ପାଠ (ପୃଷ୍ଠା - ୫୩)		
		୫୦) ଅଭ୍ୟାସ - ୧୫ (ପୃଷ୍ଠା - ୫୪)		
		୫୧) ଦୀର୍ଘ ଇ କାର ପାଠ (ପୃଷ୍ଠା - ୫୫)		
		୫୨) ଅଭ୍ୟାସ - ୧୬ (ପୃଷ୍ଠା - ୫୬)		
		ସଂଖ୍ୟା ୩୧ ଠାରୁ ୫୦		



MATH

BOOKS RECOMMENDED

Mathematics – Aasoka

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - I	APRIL To JULY	Ch- 1- Pre-number concept Ch-2-Shapes Ch-3-Numbers Numbers - 1 to 50 Number names - 1 to 30 Table-1 to 5 Backward numbers- 50 to 1	ACTIVITY ----- Make a boat by pasting different shapes of coloured paper	PA-1 Ch- 1,2,3
TERM - I	AUGUST To SEPTEMBER	Ch-4 - Addition and Subtraction up to 10 Ch-5- Addition and Subtraction up to 20 Ch-7- Numbers up to 100 Ch-9- Pattern Numbers 51 to 100 Numbers name 31 to 50 Table - 6 to 10 Backward numbers - 100 to 51	ACTIVITY ----- Write 3 names and count letters , vowels and consonants. Check the total.(Refer text book page no- 65)	PA-1+TERM-1 Ch- 1, 2, 3, 4, 5, 7, 9
PERIODIC ASSESSMENT - II	OCTOBER To DECEMBER	Ch-8- Addition and Subtraction up to 100 Ch-6- Measurement Ch-10- Time Numbers 101 to 150 Number names 51 to 70 Table-11 to 15 Backward numbers- 150 to 101	PUZZLE ----- Measurement - Fun with sizes	PA-2 Ch-6,8,10

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
TERM - II	DECEMBER To FEBRUARY	Ch-11- Multiplication Ch-12-Money Ch- 13- Data Handling Ch-14- Division Numbers -151 to 200 Number names - 71 to 100 Table -15 to 20 Backward numbers - 200 to 151	LAB ACTIVITY ----- Data Handling	PA-2+TERM-2 Ch- 6,8,10,11,12,13,14



EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT – I	APRIL To JULY	Ch-1 - Introducing Myself Ch-2- Our Body Parts Ch-3- Our sense organs Ch-4- My Family	<u>ACTIVITY</u> Paste 5 pictures of sense organs and write their names (ch-3)	PA-1 Ch- 1,2,3,4
TERM – I	AUGUST To SEPTEMBER	Ch-5 - My School Ch-6- Our House Ch-7- Clothes We Wear Ch-8- Food and Water Ch-9- People Who Help us	<u>ACTIVITY</u> Paste 5 pictures of healthy food and write their names (ch-8)	PA-1+ TERM-1 Ch-1 to 9
PERIODIC ASSESSMENT – II	OCTOBER To DECEMBER	Ch-10- Our Neighborhood Ch-11- Good Habits and Manner Ch-12- Safety Ch-13- Festivals and Celebration	<u>QUIZ</u> Ch-10,11 and 12	PA-2 Ch- 10,11,12,13
TERM – II	DECEMBER To FEBRUARY	Ch-14- Means of Transport Ch-15-Means of Communication Ch-16-Plants Ch-17-Animals Ch-18- The Earth and The Sky	<u>ROLE PLAY</u> Role play on Indian Festivals	PA-2+TERM-2 Ch-10 to 18

MORAL SCIENCE

BOOKS RECOMMENDED
Value Education & Life Skill
Bright Hearth

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - I	APRIL To JULY	Ch1-I am special Ch-2 Roti and Notti	<u>Creative writing</u> Prepare your own special identity card and write why" I am special".	Ch 1,2
TERM - I	AUGUST To SEPTEMBER	Ch3- I love my family Ch4-Gub goes to school Ch5-Gub meets her teacher	<u>Speaking skill</u> Say few lines about your school. <u>Reading skill</u> Ch -3(Pg no.15)	PAI+TermI Ch 1,2,3,4,5
PERIODIC ASSESSMENT - II	OCTOBER To DECEMBER	Ch6-Alone no more Ch7- Helping hands	<u>Picture composition</u> Ch7(pg no.38)	Ch 6,7
TERM - II	DECEMBER To FEBRUARY	Ch8-Kittu and strangers Ch9-Dirty Doot Ch10-All creatures big and small	<u>Role play</u> Ch8- Kitu and the stranger Moral- Be aware of strangers	PA-II+TermII Ch 6,7,8,9,10

GENERAL KNOWLEDGE

BOOKS RECOMMENDED

Encyclopaedia Express

Apple Book Company

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - I	APRIL To JULY	UNIT-1- FRESH FINDS 1. USA President 2025 2. Remarkable Architectural Projects 3. Popular Children Movies 4. India's First Underwater Metro UNIT-2- MY INTRODUCTION 5. My family and I 6. Family tree UNIT-3- INCREDIBLE INDIA 7. Monuments 8. National capital - New Delhi 9. Celebrating Festivals 10. The national flag of India 11. Our national symbols 12. Exploring the map of India	ACTIVITY Paste the pictures of any five festivals and name them.	PA-1 Unit-1 to 3
TERM - I	AUGUST To SEPTEMBER	UNIT-4- AMAZING ANIMAL 13. Sounds of Animals and Birds 14. Birds 15. Identifying Animals 16. Animals Homes 17. Sea Animals UNIT-5- WE AND OUR SAFETY 18. My Body 19. Greeting people 20. Keep Yourself Clean	ACTIVITY Paste the pictures of any five popular sports and name them .	PA-1+TERM-1 Unit -1 to 6

		21. Safe and Unsafe 22. Save the Earth 23. Good Eating Habits UNIT-6- SPORTS 24. Popular Sports 25. Board Games 26. Cricket Words 27. Play With Different Balls		
PERIODIC ASSESSMENT – II	OCTOBER To DECEMBER	UNIT- 7-WONDERS NATURE 28. Living and Non - living things 29. The Sun, Moon, Earth and Stars 30. Seasons UNIT-8- ART AND CULTURE 31. Movie Masala 32. Make a Fun 33. Famous Paintings UNIT- 9- PLANT KINGDOM 34. Flowers UNIT- 10-LOGICAL THINKING 35. Patterns, 36. Telling The Time 37. Days of the Week, 38. Taste	QUIZ Unit-7,8	PA-2 Unit-7 to 10
TERM – II	DECEMBER To FEBRUARY	UNIT-11- LANGUAGE AND LITERACY 39. Action words , 40. Famous stories 41. Good manners , 42. Opposite words 43. The Rhyme Climb, 44. Months of the year UNIT- 12- KNOWLEDGE NUGGETS 45. Profession , 46. Type of vehicles 47. Parts of computer , 48. Musical instruments 49. Colours , 50. Traffic symbols , 51. Neighborhood Test paper -1 Test paper -2	Role play Ch-45 profession,page no-56,57	PA-2+TERM-2 Unit-7 to 12 and Test paper -1,2

COMPUTER

BOOKS RECOMMENDED

LOUDS AI EDITION – S. CHAND

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	ACTIVITIES	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT – I	APRIL To JULY	Ch 1.The computer world Ch 2.Parts of computer	<u>Activity</u> Paste five pictures of the main parts of computer.	Ch 1,2
TERM – I	AUGUST To SEPTEMBER	Ch3.The mouse Ch4.Using the keyboard	<u>Activity</u> Paste the Picture of the keyboard and colour it.	PAI+TermI Ch 1,2,3,4
PERIODIC ASSESSMENT – II	OCTOBER To DECEMBER	Ch 5.Tux paint Ch6. let us paint	<u>Puzzle</u> Ch-6	Ch 5,6
TERM – II	DECEMBER To FEBRUARY	Ch7. An online AI program -Autodraw	<u>Lab Activity</u> Ch7(Pg no .63)	PA II+Term II Ch 5,6,7

DRAWING

(Art & Craft)

BOOKS RECOMMENDED

Incredible Art & Craft
Pelican Publishing House

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	TOPICS FOR EXAMINATION
PERIODIC ASSESSMENT - 1	APRIL To JULY	Incredible art and craft : Page # 3 to 13 <ul style="list-style-type: none"> • House • Boat • Car 	-----
TERM - 1	AUGUST To SEPTEMBER	Incredible art and craft : Page # 14 to 23 <ul style="list-style-type: none"> • Tree • Bird • Brinjal 	<ul style="list-style-type: none"> • Tree • Brinjal • Bird • Boat • Car • House
PERIODIC ASSESSMENT - 2	OCTOBER To DECEMBER	Incredible art and craft : Page # 24 to 35 <ul style="list-style-type: none"> • Pineapple • Balloon • Flower 	-----
TERM - 2	DECEMBER To FEBRUARY	Incredible art and craft : Page # 36 to 48 <ul style="list-style-type: none"> • Swan • Icecream • Flag 	<ul style="list-style-type: none"> • Balloon • Icecream • Flag • Swan • Pineapple • Flower

MUSIC

EVALUATION	MONTHS	CHAPTERS NAME	SKILL
PERIODIC ASSESSMENT - 1	APRIL TO JULY	Tumi ho mata peeta tumi ho	Types of indian classical music
TERM - 1	AUGUST TO SEPTEMBER	National Anthem State Anthem Teacher,s day song	What is swara, laya, Tala
PERIODIC ASSESSMENT - 2	OCTOBER TO DECEMBER	Instrumental practice Children's day song	Introduction of guitar fretboard
TERM - 2	December TO February	Introduction of indian classical music	Introduction of indian classical music

GAME

Physical Education

EXAM / ASSESSMENT	MONTHS	UNITS / CHAPTERS	CHAPTERS FOR EXAMINATION
PERIODIC ASSESSMENT - 1	APRIL To JULY	1. Flying Disc 2. Ring Ball 3. Cat and Mouse 4. Yoga: Padmasana, Bhujangasana, Pranayam	<ul style="list-style-type: none"> Keep the body physically fit increases concentration Keep the body free from disease
TERM - 1	AUGUST To SEPTEMBER	1. Rupal Chori 2. Musical Chair 3. Find the partner 4. Yoga: Sarbangasana, Suptabajrasana, Halasan, Pranayam	<ul style="list-style-type: none"> Physically keep the body fit cures the thyroid problem and constipation problem
PERIODIC ASSESSMENT - 2	OCTOBER To DECEMBER	1. Blind Bee 2. Find the partner 3. Dog and Bone 4. Yoga: Bhujangasana, Sabasan, Machyasana, Pranayam	<ul style="list-style-type: none"> Keep the body physically fit Hit the body free from fat and avoid heartbeat problem
TERM - 2	December TO February	1. Baby ball Game 2. Tiger and Goat 3. Snake and Ladder 4. Yoga : Chakrasana, Dhanurasana, Bejrasana, pranayama	<ul style="list-style-type: none"> Keep the body physically and mental fit Increase eyesight Kepp your backbone, Leg, Hand and Waist Bones strong.