

ANAND- SOJITRA ROAD, SOJITRA DIST. ANAND

E-MAIL: siseducation.principal@gmail.com

MICRO PLANNER 2021-22

CLASS: IX
SUBJECT: ENGLISH

DAONIT!!	WORKING	SUBJECT: E	
MONTH	WORKING DAYS	CHAPTER NO.	CHAPTER NAME
APRIL	23	Eng. Text: Unit 1,2	Prose: 1. The fun they had
		Poetry: 1,2	2. The sound of music
		Supp.: 1,2	Poetry: 1.The road not taken
			2. Wind
			Supplementary: 1.The Lost Child
			2. The adventures of
			Toto
JUNE	19	Eng. Text: Unit 3,4	Prose: 3. The little girl
		Poetry: 3	4. The truly beautiful mind
		Supp.: 3	Poetry: 3. Rain on the roof
			Supp: 3. Iswaran the storyteller
JULY	27	Eng. Text: 5,6	Prose: 5. The smoke and the mirror
		Poetry: 4	6. My Childhood
		Supp.: 4	Poetry: 4. The lake isle of Innisfree
			Supp.: 4. In the kingdom of fools
AUGUST	23	Eng.Text:7,8	Prose: 7. Packing
		Poetry: 5	8. Reach for the top
		Supp: 5	Poetry: 5.A legend of the Northland
			Supp: 5. The happy prince
SEPTEMBER	25	Eng. Text: 9	Prose: 9. The Bond of love
		Poetry: 6	Poetry: 6. No men are foreign
		Supp.: 6, 7	Supp.: 6. Weathering the storm in
			Ersama
			7. The Last Leaf
OCTOBER	23	Eng.Text: 10	Prose: 10. Kathmandu
		Poetry: 7	Poetry: 7. The duck and the
		Supp.: 8	kangaroo
			Supp.: 8. A house is not a home
NOVEMBER	10	Eng.Text: 11	Prose: 11. If I were you
		Poetry: 8	Poetry: 8. On killing a tree
		Supp.: 9	Supp.: 9. The accidental tourist
DECEMBER	26	Poetry: 9	Poetry: 9. The snake tying
		Supp.: 10	Supp.: 10. The beggar



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JANUARY	23	Poetry: 10	Poetry: 10. A slumber did my spirit seal
FEBRUARY	24	Revision	Revision

PROJECT DETAILS:

TERM I	TERM II
Project on Picture story	Project on Synonyms and antonyms

EXAMINATION PORTION:

UTI	UT II	TERM I	UT III	UT IV	TERM II
Eng.Text: Unit 1,2	Eng.Text: Unit- 3,4	Eng.Text: Unit 1 to 5	Eng.Text: Unit 6,7	Eng.Text: Unit-8,9	Eng.Text: Unit 1 to 11
Eng.Gra:	Eng.Gra:	Eng.Gra:	Eng.Gra:	Eng.Gra:	Eng.Gra:
Supp.:1,2,3	Supp.:4,5	Supp.:1 to 5	Supp.:6,7	Supp.:8,9, 10	Supp.:1 to 10

PAPER PATTERN FOR THE EXAMINATION:

UNIT TEST: I, II, III AND IV

SR.NO.	DESCRIPTION	NUMBER OF QUESTIONS	MARKS
Q1.	READING	1	5
Q2.	LITERATURE	3	10
Q3.	GRAMMAR	3	10
Q4.	CREATIVE WRITING	1	5
		TOTAL MARKS	30 MARKS

TERM I AND II

Section	No. of Questions	Total Marks	Section
A: Reading (Based on reading skills)	1-2	20	A: Reading (Based on reading skills)
B: Writing	3-7	30	B: Writing and



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and			Grammar
Grammar			
C:	8-11	30	C: Literature
Literature			(Textbook and
(Textbook			Extended Reading
and			Text)
Extended			
Reading			
Text)			
Total	11	80	Total

ANNUAL PATTERN OF EVALUATION

SR. NO.	PARTICULARS	WEIGHTAGE
1.	Annual Exam	80 Marks
2.	Notebook Presentation and Submission	5 Marks
3.	Subject Enrichment Activity: ASS	5 Marks
4.	Periodical Test	10 marks
	TOTAL	100 MARKS

SUBJECT: MATHEMATICS

MONTH	WORKING DAYS	CHAPTER NO.	CHAPTER NAME
APRIL	23	1	Number System
		2	Polynomials
JUNE	19	1	Number System
		2	Polynomials
		3	Co-ordinate Geometry
JULY	26	4	Linear equation in two variables
		5	Introduction to Euclid's Geometry
AUGUST	23	6	Lines and Angles
		7	Triangles
SEPTEMBER	25	8	Quadrilaterals
OCTOBER	23	9	Area of parallelogram and Triangles
		12	Heron's formula
NOVEMBER	10	10	Circles
DECEMBER	26	11	Constructions
		13	Surface area and volume
JANUARY	23	14, 15	Statistics, probability
FEBRUARY	24	Revision	Revision



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PROJECT DETAILS:

TERM I	TERM II
Make project on Number System	Make project on Statistics for data representation

EXAMINATION PORTION:

UNIT TEST	UNIT TEST II	TERM I	UNIT TEST	UNIT TEST	TERM II
Chapter 1, 2	Chapter 3, 4	Chapter 1 to 7	Chapter 8, 9[half]	Chapter 9, 12	Chapter 1 to 15

PAPER PATTERN FOR THE EXAMINATION:

UNIT TEST: I, II, III AND IV
PAPER PATTERN

SR. NO.	DESCRIPTION	NUMBER OF QUESTION	Marks
1.	MCQ	4	2
2.	Solve (2M)	11	22
3.	Solve (3M)	2	6
		TOTAL MARKS	30 Marks

TERMINAL EXAM: I AND II

SR. NO.	DESCRIPTION	NUMBER OF QUESTION	Marks
1.	Very Short Answer- Objective type [1 M]	20	1
2.	Short Answers [2M]	6	2
3.	Short Answers [3M]	8	3
4.	Long Answers [4M]	6	4
		TOTAL MARKS	80



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ANNUAL PATTERN OF EVALUATION

SR. NO.	PARTICULARS	WEIGHTAGE
1.	Annual Exam	80 Marks
2.	Portfolio	5 Marks
3.	Lab Experiment	5 Marks
4.	Paper pen test and multiple assessment	10 marks
	TOTAL	100 MARKS

SUBJECT: SCIENCE

MONTH	WORKING	CHAPTER	CHAPTER NAME
	DAYS	NO.	
APRIL	23	1	Matter in Our Surroundings
		5	The Fundamental Unit of Life
		8	Motion
JUNE	19	1	Matter in Our Surroundings
		5	The Fundamental Unit of Life
JULY	26	9	Force and Laws of Motion
		2	Is Matter around us pure
		6	Tissues
AUGUST	23	7	Diversity in Living Organisms
SEPTEMBER	25	14	Why do we fall ill
		10	Gravitation
OCTOBER	23	3	Atoms and Molecules
		11	Work and Energy
NOVEMBER	10	12	Sound
		13	Why do we fall ill
DECEMBER	26	4	Structure of the Atom
		13	Natural Resources
JANUARY	23	15	Improvement in Food resources
FEBRUARY	24	15	Improvement in Food Resources



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PROJECT DETAILS:

PROJECT	DETAILS:		
TERM I	TERM II		
	T		
O Stability	disulphide as a solvent • iv. effect of heat 3. Separation of the components of a mixture of sand, common salt and ammonium chloride (or camphor). 4. Performing the following reactions and classifying them as physical or chemical changes:		
	 a. Iron with copper sulphate solution in water b. Burning of magnesium in air c. Zinc with dilute sulphuric acid d. Heating of copper sulphate e. Sodium sulphate with barium chloride in the form of their solutions in water 		
	5. Preparation of stained temporary mounts of (a) onion peel, (b) human cheek cells & to record observations and draw their labeled diagrams.6. Identification of Parenchyma, Collenchyma		

and Sclerenchyma tissues in plants, striped,



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smooth and cardiac muscle fibers and nerve cells in animals from prepared slides. Drawing of their labeled diagrams.

- 7. Determination of the melting point of ice and the boiling point of water.
- 8. Verification of the Laws of reflection of sound.
- 9. Determination of the density of solid (denser than water) by using a spring balance and a measuring cylinder.
- 10. Establishing the relation between the loss in weight of a solid when fully immersed in
 - a) tap water
 - b) strongly salty water, with the weight of water displaced by it by taking at least two different solids.
- 11. Determination of the speed of a pulse propagated through a stretched string / slinky.
- 12. Study of the characteristics of Spirogyra / Agaricus, Moss / Fern, Pinus (either with male or female cone) and an Angiospermic plant. Drawing and providing two identifying features of the groups they belong to.
- 13. Observing the given pictures / charts / models of earthworm, cockroach, bony fish and bird. For each organism, drawing of their picture and recording:
 - a) one specific feature of its phylum.
 - b) one adaptive feature with reference to its habitat.
- 14. Verification of the law of conservation of mass in a chemical reaction.
- 15. Study of the external features of root,



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stem, leaf and flower of monocot and dicot plants.

EXAMINATION PORTION:

UNIT TEST I	UNIT TEST	TERM I	UNIT TEST	UNIT TEST	TERM 2
	II		Ш	IV	
1,5	8,9	1,2,5,6,7,8	3,11 & 12	13,14,15	1 to 15
		& 9			

PAPER PATTERN FOR THE EXAMINATION TERM I and II:

SR.NO.	DESCRIPTION	NUMBER	MARKS
	OF		
		QUESTIONS	
Q.1	MCQ'S (Q.1 TO Q.20) (1 Mark)	20	20
Q.2	Short Answer (Q.21 to Q.30) (3 Mark)	10	30
Q.3	Long Answer (Q.31 to Q.36) (5 Mark)	06	30
		TOTAL	80 MARKS
		MARKS	

ANNUAL PATTERN OF EVALUATION

SR. NO.	PARTICULARS	WEIGHTAGE
1.	Annual Exam	80 Marks
2.	Portfolio	5 Marks
3.	Lab Experiment	5 Marks
4.	Paper pen test and multiple assessment	10 marks
	TOTAL	100 MARKS

SUBJECT: SOCIAL STUDIES

MONTH	WORKING DAYS	CHAPTER NO.	CHAPTER NAME
APRIL	23	His: Ch-1,	His: Ch-1 The French revolution
		PolSc: Ch-1	PolSc: Ch-1 What is democracy?
		Geo: Chap-1	Geo: Chap-1 India
JUNE	19	His: Ch-2	His: Ch-2 Socialism in Europe and the
		Geo: Chap-2	Russian Revolution
		Eco: Chap-1	Geo: Chap-2 Physical features of India



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	1		-
			Eco: Chap-1 The story of Village Palampur
JULY	26	His: Ch-3	His: Ch-3 Nazism and the Rise of Hitler
		PolSc: Ch-2	PolSc: Ch-2 Constitutional design
		Eco: Chap-2	Eco: Chap-2 People as Resource
AUGUST	23	His: Ch-4	His: Ch-4 Forest, Society and Colonialism
		PolSc: Ch-3	PolSc: Ch-3 Electoral Politics
		Geo: Chap-3	Geo: Chap-3 Drainage
SEPTEMBER	25	His: Ch-5	His: Ch-5 Pastoralists in the modern world
		Geo: Chap-4	Geo: Chap-4 Climate
		Eco: Chap-3	Eco: Chap-3 Poverty as a challange
OCTOBER	23	His: Ch- 6	His: Ch- 6 Peasants and farmers
		PolSc: Ch-4	PolSc: Ch-4 Working of institutions
		Geo: Chap-5	Geo: Chap-5 Natural vegetation and wildlife
NOVEMBER	10	PolSc: Ch-5	PolSc: Ch-5 Democratic rights
DECEMBER	26	Geo: Chap-6	Geo: Chap-6 Population
		Eco: Chap-4	Eco: Chap-4 Food security in India
JANUARY	23	Revision	Revision
FEBRUARY	24	Revision	Revision
	-		

PROJECT DETAILS:

TERM I	TERM II	
Make a model of 'Physical features of India'.	Make a report on 'Different global	
	institutions and their responsibilities'.	

PROJECT WORK
CLASS IX (2019-20)

05 Periods 05 Marks



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- Every student has to compulsorily undertake one project on Disaster
 Management
- 2. **Objectives:** The main objectives of giving project work on Disaster Management to the students are to:
 - a. create awareness in them about different disasters, their consequences and management
 - b. prepare them in advance to face such situations
 - c. ensure their participation in disaster mitigation plans
 - d. enable them to create awareness and preparedness among the community.
 - 3. The project work should also help in enhancing the Life Skills of the students.
 - 4. If possible, various forms of art may be integrated in the project work.
- 5. In order to realize the expected objectives completely, it would be required of the Principals / teachers to muster support from various local authorities and organizations like the Disaster Management Authorities, Relief, Rehabilitation and the Disaster Management Departments of the States, Office of the District Magistrate/ Deputy Commissioners, Fire Service, Police, Civil Defense etc. in the area where the schools are located.
- 6. The *distribution of marks* over different aspects relating to Project Work is as follows:

S. No.	Aspects	Marks
а	Content accuracy, originality and analysis	2
b	Presentation and creativity	2
С	Viva Voce	1



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- 7. The project carried out by the students should subsequently be shared among themselves through interactive sessions such as exhibitions, panel discussions, etc.
- 8. All documents pertaining to assessment under this activity should be meticulously maintained by the schools.
- 9. A Summary Report should be prepared highlighting:
 - a. objectives realized through individual work and group interactions;
 - b. calendar of activities;
 - c. innovative ideas generated in the process;
 - d. list of questions asked in viva voce.
- 10. It is to be noted here by all the teachers and students that the projects and models prepared should be made from eco-friendly products without incurring too much expenditure.
- 11. The Project Report should be handwritten by the students themselves.
- 12. The record of the project work (internal assessment) should be kept for a period of three months for verification, if any.

EXAMINATION PORTION:

UTI	UT II	TERM I	UT III	UT IV	TERM II
History: 1,2	History: 3	History: 1 to	History: 4	History: 5,6	History: 1 to 6
		3			
PolSc: 1	PolSc: 2	PolSc: 1 to 3	PolSc: 4	PolSc: 5	PolSc: 1 to 5
Geography: 1	Geography: 2,3	Geography:	Geography:	Geography: 6	Geography: 1 to 6
		1 to 3	4,5		
Economics: 1	Economics: 2	Economics:	Economics: 3	Economics: 4	Economics: 1 to 4
		1,2			



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PAPER PATTERN FOR THE EXAMINATION:

UNIT TEST: I, II, III, IV

SR.NO.	DESCRIPTION	NUMBER	MARKS
		OF QUESTIONS	
Q.1	Choose the correct option	6	3
Q.2	Fill in the blanks by selecting answer from the bracket	6	3
Q.3	Match the following	6	3
Q.4	Write True or False	6	3
Q.5	Answer in one word	6	3
Q.6	Give two example of each	5	5
Q.7	Answer the following questions (short)	5	5
Q.8	Definitions	5	5
		TOTAL MARKS	30 MARKS



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ANNUAL PATTERN OF EVALUATION

Social Science

Sr. No.	Typology of Questions	Objecti ve Type (1 mark)	SA (3 marks)	LA (5 marks)	Map Skill	Total Marks	Weight age %
1	Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers.	9	3	1	-	23	29%
2	Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	4	2	2	-	20	25%
3	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	3	1	2	-	16	20%
4	Analysing and Evaluating: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria.	2	1	1	-	10	12%
5	Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	2	1	-	-	5	6.5%
6	Map Skill				3+3	6	7.6%
	Total	1x20=20	3x8 = 24	5x6=30	6	80	100%



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Internal Assessment: 20 Marks

	Marks	Description
Periodic Assessment	Marks 10 Marks	Pen Paper Test 5 marks Assessment using multiple strategies For example, Quiz, Debate, Role Play, Viva, Group Discussion, Visual Expression, Interactive Bulletin Boards, Gallery Walks, Exit Cards, Concept Maps, Peer Assessment, Self-
Portfolio Subject Enrichment Activity	5 Marks	Assessment, etc. Classwork Work done (Activities / Assignments) Reflections, Narrations, Journals, etc. Achievements of the student in the subject throughout the year Participation of the student in different activities like Heritage India Quiz
Subject Enrichment Activity	5 Marks	Project Work

SR. NO.	PARTICULARS	WEIGHTAGE
1.	Annual Exam	80 Marks
2.	Notebook Presentation and Submission	5 Marks
3.	Subject Enrichment Activity	5 Marks
4.	Average of Unit test I, Unit Test II and Term I	10 marks
	exam	
	Total	100 MARKS



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Syllabus Planning

MONTH	WORKING	CHAPTER	CHAPTER NAME
	DAYS	NO.	
APRIL	23	1	2UI-g6, wa8a-Vyakr`
		2	dU:q ka Ai2kar-g6 v`R-ivcar
JUNE	19	9	rEdas-Ab kEse 7U3E tam nam-p6]psgR v p/Tyy
		1	igLIU-s.cyn xBd-ivcar
JULY	26	3	0vreS3-merl ixqr ya5a-g6 s.)a
		4	tum kb jaAoge,Aiti4-g6 s.)a ke tTv
		10	rhIm-dohe-p6 vcn
AUGUST	23	11	Aadml nama-p6 kark
		12	0k fUl kl cah-p6 svRnam ivxe8`
CEDTENADED	25	5	vE)aink cetna ke vahk c.d/xeqr ve.k3 rm` ik/ya-kal
SEPTEMBER	25		
		13	glt-Aglt-p6 xBd-w.Dar, vaCy
		2	Sm <it-s.cyn< td=""></it-s.cyn<>
OCTOBER	23	6	klcD ka kaVy-g6 Api#t g6a.x,AVyy
		3	kLIU kuMhar kI]nako3I-s.cyn
NOVEMBER	10	14	AiGn p4-p6 vaKy-ivcar
DECEMBER	26	4	mera 7o3a sa injl puStkaly-s.cyn pd-pircy
		7	2mR kl AaD-g6 ivram\-icNh
		5	Haimd qa>-s.cyn s.i2
JANUARY	23	15	n0 [lake mep6 muhavre



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			quxbU rcte hE. Ha4-p6 pdb.2 AnuC7ed-leqn
FEBRUARY	24	8	Xuk/tare ke sman-g6 smas,Al.kar idye jl]#e-s.cyn p5-leqn rcnaTmkAiwVyiKt inb.2-leqn
MARCH	11		punrav <itt< td=""></itt<>

EXAMINATION PORTION:

UNIT TEST	UNIT TEST	TERM	UNIT TEST	UNIT TEST	TERM
1	II	1	Ш	IV	II
SpxR1,2	SpxR3,4,9	SpxR-	SpxR	SpxR7,14	SpxR
s.cyn-1	s.cyn-0	1,4,5,10,11,	6,12,13,	s.cyn-4	6,8,14,15
		s.cyn-2	s.cyn-3		s.cyn-5,6

PAPER PATTERN FOR THE EXAMINATION: UNIT TEST I TO IV:

SR.NO.	DESCRIPTION	Number of Questions	MARKS
1	Api#t g6a.x	5	5
2	p/XnoTtr pa#\y puStk	10	10
3	Vyakr`	10	5
4	inb.2 leqn,khanl leqn	1	5
5	p5 leqn,p/a4Rna-p5 leqn	1	5
		TOTAL MARKS	30 Marks



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TERMINAL EXAM: CLASS:IX

SR.NO.	DESCRIPTION	Number of Questions	MARKS
1	Api#t g6a.x,kaVya.x	8	15
2	p/XnoTtr pa#\y puStk	10	25
3		15	15
4		05	25
		TOTAL MARKS	80 Marks

ANNUAL PATTERN OF EVALUATION

Sr. No.	Particulars	Weightage
1.	Annual Exam	80 Marks
2.	Notebook Presentation and Submission	5 Marks
3.	Subject Enrichment Activity	5 Marks
4.	Average of Unit test I, Unit Test II and Term I exam	10 marks
	Total	100 Marks

SUBJECT: INFORMATION TECHNOLOGY

MONTH	WORKING DAYS	CHAPTER NO.	CHAPTER NAME
APRIL	23	Chapter :- 1	Functional English Practical work
JUNE	19	Chapter :- 2	Fundamentals of Computers Practical work



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JULY	26	Chapter :- 3	Mastering Typing	
		Chapter :- 4	Word Processing	
			Practical work	
AUGUST	23	Chapter-5	Spreadsheets	
			Practical work	
SEPTEMBER	25	Revision	Practical work	
OCTOBER	23	Chapter:- 6	Digital Presentation	
		Practical's:-	Spreadsheets	
NOVEMBER	10	Chapter :- 7	E-mail messaging	
			Practical work	
DECEMBER	26	Revision	Practical work	
JANUARY	23	Revision	Practical work	
FEBRUARY	24	Revision	Revision	

	Information Techno	logy(402) Class IX	(
	Units	No. of Hours for Theory and Practical 200		Max. Marks for Theory and Practical 100
Part A	Employability Skills			
	Unit 1 : Communication Skills-I	10		10
	Unit 2 : Self-Management Skills-I	10		
	Unit 3 : Information and Communication 10 Technology Skills-I			
	Unit 4 : Entrepreneurial Skills-I	15		
	Unit 5 : Green Skills-I	05		
	Total	50		10
Part B		Theory Periods	Practical Periods	Marks
	Unit 1: Introduction to IT-ITeS industry	2	4	4
	Unit 2 : Data Entry & Keyboarding Skills	4	10	6
	Unit 3 : Digital Documentation 10		26	10
	Unit 4 : Electronic Spreadsheet	18	35	10
	Unit 5 : Digital Presentation	10	31	10
	Total	44	106	40



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Part				
С	Practical Work			
	Practical Examination			15
	Written Test			10
	Viva Voce			10
	Total			35
Part				
D	Project Work/Field Visit			
	Practical File/ Student Portfolio			10
	Viva Voce			05
	Total			15
			Total	
	Total Periods	50+44+106=200	Marks	100

ART AND CRAFT

MONTH	WORKING DAY	SUB/TOPIC	ACTIVITY
April	23	Introduction –what is art	Primary and secondary colours
		Understanding line	Line drawing
		Earthen lamp stand	craft
June	19	Understanding colour	art
		Light and shad	colouring
		Dry arrangement	craft
July	26	Different printing	printing
		technique	
		Still life using charcoal	Pencil shading
		pencil	
		Glass painting	craft
August	23	Still life using dry pastel	shading
		Still life using water colour	Watercolour shading
		Decorative mirror	craft
September	25	Tree study	Nature study
		River between forest	Nature study
		Puppet doll	Craft work
October	23	Animal study	Nature study
		Bird study	Nature study
		M- seal pendent	craft
November	10	Ghat scene	composition
		rivers cape	composition
		Ice –cream stick lamp	Craft work
		shade	
December	26	Human gestures	Gesture drawing
		Man portrait	Portrait study
		woman portrait	Portrait study



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		Lamp shade	Craft work
Jan	23	children portrait	Portrait study
		Old Man portrait	Portrait study
		Spray painting	Craft work
Feb	24	Calligraphy	Designing
		Logo design	Designing
		Indian style kali ghat	painting
		Painting	
		Indian madhubani	painting

SUBJECT:-LIBRARY

	SOBJECT: EIBKART
TOPIC	Term –I
	Stories and book reading
	Wish Fulfilment
	The Hidden Treasure
	The Daughter of nature
	The Tutor
	Encyclopaedia
	Children's Magazine
	Term – II
	Stories and book reading
	The Completion
	Losing Jewels
	The Guardian of Property
	The Special Guest
	• 1000 Quiz
	Atlas of Solar System
Concept and skills	Listening
	Speaking
	Reading
Learning	know the theme of the story
outcomes	 exploring ideas from stories and reciting the stories
Instructional	• Books
Tools& references	Teacher presenter
	 Involving students to play the role of different character

SUBJECT: MUSIC

April	Basic knowledge of music, Swar gyan
June	Saptak, Alankar, Revision
July	National anthem ,national song ,Jhanda geet



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E-MAIL: siseducation.principal@gmail.com

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August	Patriotic song practice-dil diya heS,prayer-Ae malik tere
September	Prayer-teri he jameen tera aasma, Eng.song- We shall over come
October	Balgeet-bacche man ke sacche, Engprayer-it's a great day,
November	Eng.prayer-the havens are blue, Pratah smaran mantra, Bhojan mantra
December	Deep mantra, Bharat bhu vandana, Janamdin geetika sanskrit
January	Prayer-Ae hanse wahini gyandayeni, Instrumental practice
February	Instrumental practice ,prayer, Mantras practice, Revision

SUBJECT: SPORT AND YOGA

JUNE	YOGASANA				
	SITTING ASANAS		STANDING ASANAS		
1	PADMASANA	1	TADASANA		
2	BANDH	2	VRUKSHASANA		
3	PADMASANA	3	TRIKONASANA		
4	VAJRASANA	4	NATRAJASANA		
5	USTRASANA	5	GARUDASANA		
6	CHAKRASANA)			
7	MATSYENDRASANA				
8	MAKARASANA				
9	RUSHYASANA				
10	BAKASANA				
	SARVANGASANA				
	SURYANAMASHKAR				
JULY	1.VOLLYBALL	1.VOLLYBALL			3.CHESS
(STARTS V	WITH BASIC EXE. LIKE PUSH	I UPS	, SIT UPS,SQUATS, ETC)	GAME	
	BASIC SKILLS			HOW TO PLA	Y
	HOLD BALL				
	STANCE				
	SERVICE				
	UNDERHAND RECEIV	E (CLA	ASS 5 ABOVE)		
	FINGURING(CLASS 5	ABO\	VE)		
	GAME				
	OAIVIL				



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AUGUST	1.FOOTBALL		2. T.T.
	WARM UP		GRIP
	DRIBBLING		BALL HOLDING
	PASSING		HOW TO SERV.
	KICKING		HOW TO SERV.
	GAME		
	TO WEATHER: IF RAIN IS OF THE THE PRACTICE OF INDIPE	GOING TO FALL THEN INDOC INDENCE DAY	DR GAMES
SEPTEMBER	ATHLATICS		
	1.RUNNING	2.THROWING	Students will be arranged some
	STARTS	1.SHOTPUT THROW	funny races like sac race, frog
	SARTING RUN	STANCE	race, short runetc
	MIDDLE RUN	GRIP	
	FINISH	THROE & RELEASE	
	11111311	BALANCE	
*ACCORDING	TO SPORTS DAY NEXT MO	NTH ALSO CONTINUE	
OCTOBER	3.JUMPING	4. DISCUSS	
	LONG JUMP	STANCE	
	APPROCH RUN	GRIP	
	TAKE OFF	THROW & RELEASE	
	LANDING	BALANCE	
		5. JEVLIN	
		STANCE - RUNNING STEPS	
		GRIP	
		THROW & RELEASE	
		BALANCE	
*THESE ALL E	VENTS MUST BE COMPLET	ED BEFORE SPORTS DAY	
* 19TH OCT. :	SPORTS DAY CELEBRATION		
24 TH OCT. T	O 11 TH NOV DIWALI VACA	TION	
NOVEMBER	1.CRICKET(TENNIS)		
	CATCHING THE BALL		
	LONG THROW & CATCH		
	HIGH THROW& CATCH		
	BOWLING		
	SPIN		
	FAST/MEDIUM PACE		
DECEMBER	INTER CLASS	* BEFOR START THESE CON	MPITITIONS PROPER PRACTICE WIIL
	COMPITITIONS	BE GIVEN	
	OUTDOOR GAMES	INDOOR GAME	
	1.VOLLEYBALL	1.CARROM	
	2.FOOTBALL	2.CHESS	
	3.CRICKET(TENNIS)	3.T.T.	
JANUARY	2.KABDDI(ONLY SKILLS)		
JANUARI	2.KADDDI(UNLI SKILLS)		



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MARCH	1.VOLLEY BALL 2.FOOTBALL	4.CHESS 5.CARROM
	DOUBLE CHAIN COVER	
	SINGLE CHAINCOVER	
	POSITION	
	DEFENCE COVER	JIIOVV IO DIVE
	PERSUIT	JHOW TO DOK SKILL
	TO BREAK COVER	HOW TO "DUK" SKILL
	CANT RAID	SITTING POSITION CHASING
	CROSS THE BONUS LINE	HOW TO KHO
FEBRUARY	1.KABDDI(ONLY SKILLS)	2.KHO-KHO
COUNCIL)	T	1
	TH THE PRACTICE OF REPUB	LIC DAY(MARCH PASS WITH DRUM BAND & STUDENTS
	CANT	
	CROSS THE BONUS LINE	
	CROSS THE BULK LINE	
	THIGH RELEASE	
	ANKLE RELEASE	
	THIGH HOLD	
	ANKLE HOLD	