

SYLLABUS MONTHLY BREAK UP

CLASS – II

(SESSION -2024-25)

TERM – I

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
ENGLISH MRIDANG	<p>UNIT 1- FUN WITH FRIENDS Chapters-</p> <ul style="list-style-type: none"> My bicycle (poem) Out!out (story) <p>Grammar- Alphabets, Vowels and Consonants Nouns</p> <p>Activity -Group Work. Game - Name, Place, Animal and Thing</p> <p>Creative writing - Myself</p> <p>Vocabulary- Animals and their young ones, sounds of animals.</p>	<p>BOOK- MRIDANG- CHAPTER-UNIT -2-</p> <ul style="list-style-type: none"> WELCOME TO MY World (poem) <p>CHAPTER UNIT 1-</p> <ul style="list-style-type: none"> IT IS FUN. <p>Grammar : Alphabetical order – Capital letter</p> <p>Vocabulary- words that mean the same</p> <p>Writing skill- Make Sentences</p> <p>Creative Writing – My mother</p> <p>Interdisciplinary Activity-</p> <ul style="list-style-type: none"> EVS & Maths : Demonstrating movement of different animals <p>Maths : Counting the things, animals and</p>	<p>Chapter-seeing without seeing(story) Going to places CHAPTER-COME BACK SOON(poem) MY favourite fruit</p> <p>Writing-Picture based composition.</p> <p>Articles -A / An Vocabulary-Homes of animals, Opposites Singular and plural</p> <p>Interdisciplinary Activity- Hindi : Knowing the opposite words in their native language</p>	<p>UNIT -3 GOING TO PLACES(poem) Chapter- Between home and school(story) This is my town.(poem)</p> <p>UNIT- Chapter – Show of clouds(poem) Comprehension passages</p> <p>Composition : Rainy season</p> <p>Grammar : Pronouns</p> <p>Interdisciplinary Activity-</p> <p>General Awareness : knowing about animals having webbed feet</p> <p>Maths : Counting the</p>	<p>Activity - cut and paste things we use in rainy season</p> <p>Grammar- is , I am , are.-verbs</p> <p>Revision of the syllabus taught. My family</p>

SYLLABUS MONTHLY BREAK UP

	<p>Writing skill- Description of an animal, flower</p> <p>Communication skill -Speaking few lines/enactment on animals</p> <p>Recitation- old Mc Donald had a farm E I O (Learning sounds of animals with fun)</p> <p>Interdisciplinary Activity- My Name (Identifying numbers of Vowels and consonants)</p> <p>Activity – Vowels or Consonant</p>	<p>writing plurals, Creative writing – My mother</p>		<p>numbers in ordinal way.</p>	
<p>हिन्दी सारंगी</p>	<ul style="list-style-type: none"> • पुनराभ्यास वर्णमाला स्वर व्यंजन का मौखिक और लिखित • बात चीत • पाठ - 1 नीमा की दादी 	<ul style="list-style-type: none"> • पाठ - 3 माला की चाँदी की पायल • पाठ पठन , नए शब्द , शब्दार्थ , वाक्य बनाओ , बहुविकल्पीय प्रश्न उत्तर, • व्याकरण 	<ul style="list-style-type: none"> • पाठ - 4 कविता - माँ • पाठ - 5 थाथू और में • पाठ - 6 चींटा (खेल गीत) • पाठ - 7 टिल्लू जी (खेल गीत) 	<p>इकाई 2 रंग ही रंग</p> <ul style="list-style-type: none"> • पाठ : 8 तीन दोस्त • पाठ : 9 दुनिया रंग बिरंगी • पाठ : 10 कौन (कविता) 	<ul style="list-style-type: none"> • पाठ : 11 बैंगनी जोजो • पाठ : 12 तौंसिया का सपना • पाठ पठन , नए शब्द , शब्दार्थ , वाक्य बनाओ , बहुविकल्पीय प्रश्न

SYLLABUS MONTHLY BREAK UP

	<ul style="list-style-type: none"> • कविता - घर • पाठ पठन , नए शब्द , शब्दार्थ , वाक्य बनाओ, कविता की पंक्तियाँ पूरी करो , बहुविकल्पीय प्रश्न उत्तर, व्याकरण अभ्यास <p>Art Integration : गतिविधि</p> <ul style="list-style-type: none"> • वर्णमाला वृक्ष (स्वर व्यंजन) <p>अपने परिवार के लोगों की सूची बनाएं और आप उन्हें किस नाम से बुलाते हैं ,वह लिखिए</p>	<ul style="list-style-type: none"> • स्वर व्यंजन • एक अनेक • लिंग बदलो • श्रुतलेख • रचनात्मक लेखन : तोता <p>Art integration : गतिविधि</p> <ul style="list-style-type: none"> • शब्द लड़ी बनाना एक शब्द से अनेक शब्द बनाना 	<ul style="list-style-type: none"> • पाठ पठन श्रवण व्याकरण • नाम वाले शब्द - संज्ञा <p>नए शब्द</p> <ul style="list-style-type: none"> • शब्द अर्थ • वाक्य बनाओ • शब्दों का सही क्रम <p>रचनात्मक लेखन :</p> <ul style="list-style-type: none"> • मेरी माँ <p>अनुच्छेद : रक्षा बंधन</p> <p>Art Integration : गतिविधि : अपने परिवार के सदस्यों के लिए धन्यवाद कार्ड</p>	<ul style="list-style-type: none"> • पाठ पठन , नए शब्द , शब्दार्थ , वाक्य बनाओ, कविता की पंक्तियाँ पूरी करो , बहुविकल्पीय प्रश्न उत्तर, वर्ण विच्छेद , मात्राओं से शब्द बनाना , पाठ के अंत के अभ्यास , • रचनात्मक लेखन : - तिरंगा झंडा • व्याकरण - सर्वनाम <p>Art Integration : गतिविधि</p> <ul style="list-style-type: none"> - तिरंगी फूल बनवाना <p>परियोजना कार्य :</p> <ul style="list-style-type: none"> • चित्रों के अंतर ढूँढना 	<p>उत्तर ,वर्ण विच्छेद, एक अनेक</p> <ul style="list-style-type: none"> • रचनात्मक लेखन : आम • व्याकरण : क्रिया <p>Art Integration : गतिविधि</p> <p>अपने मनपसंद फलों के चित्र बना कर रंग भरिए और एक टेबल मेट बनाओ</p> <p>परियोजना कार्य : अपने माता पिता जी की मदद से फलों का सलाद बनाओ</p>
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SYLLABUS MONTHLY BREAK UP

<p>MATHS (Joyful and Maths Magic -2)</p>	<p>Joyful mathematics- chapter-1 – A day at beach.</p> <ul style="list-style-type: none"> • Numbers from 1 to 300 • Number names 1 to 50 • Before ,after, in-between • Two digit simple addition and subtraction • Tables 2 to 5 dodging • Comparing of numbers <p>Activity-</p> <ul style="list-style-type: none"> • Recitation • Story telling • place value • playing number game • Completing the pattern • Mental Maths <p>Interdisciplinary Activity Language :</p> <p>a) Numbers Language , (English)</p>	<p>Chapter-1 A day at beach.</p> <p>Chapter-3 – fun with numbers</p> <ul style="list-style-type: none"> • Numbers from - 250 -400 • Numbers from 50 to 100 • Ascending and descending numbers- two digit • Properties of addition and subtraction <p>Activity – Quiz choosing Even/Odd PEC activity Mental Maths</p> <p>Interdisciplinary activity LANGUAGE:</p> <p>1) Numbers and numeration</p> <p>a) Inter disciplinary activity LANGUAGE (English) writing and learning vocabulary terms</p> <p>b) Interdisciplinary activity MUSIC Sing chant and read poem</p>	<p>Chapter-3 fun with numbers</p> <p>Chapter-6 Decoration for festival</p> <ul style="list-style-type: none"> • Numbers from 400-500 • Ascending and descending order- three digit • Three digit addition without regrouping • Properties of addition and subtraction • Two digit addition, subtraction with regrouping • Table of 6 • Maths game Roll , solve and colour 	<p>Chapter-3 fun with numbers</p> <ul style="list-style-type: none"> • Three digit regrouping – addition and subtraction • Table of 7 • Ordinal numbers • Expanded form • Fun craft activity- ordinal numbers 	<ul style="list-style-type: none"> • Revision of the work done in the class
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SYLLABUS MONTHLY BREAK UP

	<p>writing and learning vocabulary terms b) Interdisciplinary activity MUSIC Sing chant and read poem c) Inter disciplinary activity with PHYSICAL EDUCATION (SPORT) Mango – forming of numbers</p>	<p>c) Inter disciplinary activity with PHYSICAL EDUCATION(sports)</p>			
<p>GENERAL AWARENESS</p>	<p>• Life Skill- Hand washing Activity</p> <p>• Myself • My body External Parts Internal Parts</p> <ul style="list-style-type: none"> • Sense organs <p>Poems: • Myself • Parts of the Body</p> <p>LEARNING BY DOING Activities were done on the following topics</p> <ul style="list-style-type: none"> • Sense organs • Internal organs 	<ul style="list-style-type: none"> • My family <p>Nuclear Family Joint family</p> <p>Poems :</p> <ol style="list-style-type: none"> 1) My family 2) Poem on fingers 3) Parts of the body <p>Art Integration</p> <ul style="list-style-type: none"> • Palm Activity • Family finger puppet • family tree 	<ul style="list-style-type: none"> • Personal Hygiene • THINGS WHICH HELPS US TO KEEP CLEAN • OUR HOUSE <ol style="list-style-type: none"> 1) PARTS OF THE HOUSE 2) DIFFERENT ROOMS OF THE HOUSE <p>POEM : RECITATION</p> <ol style="list-style-type: none"> 1) GOOD HABITS 	<ul style="list-style-type: none"> • House – Types of houses • People who helps us in building a house • Materials used to Build different types of houses Project – Make a model of house with the material available at home. 	<ul style="list-style-type: none"> • Our Occupation <p>Art Integration – People who help us -speaking few lines with prop</p>

SYLLABUS MONTHLY BREAK UP

			LEARNING BY DOING Activities were done on the following topics: • HAND WASHING • KEEPING THINGS AT PROPER PLACE AFTER USE.		
GENERAL KNOWLEDGE	Unit -1 Our surroundings 1. Dinning at a Restaurant 2. Shopping fun Unit-2 The living world 3. Leaves big and small 4. Baby Animals 5. Visiting the zoo	Unit-3 Every day Science 6. corona – The deadly virus 7. Inside Our body 8. Up In The Sky	Unit -4 Exploring India 8. Modern Gadgets 9. The Sun’s family 10. Useful tools Unit -4 India at a glance 11. Dances of India 12. Famous Indians 13. Tourist spots 14. Languages in India	Unit-5 World Tour 15. Amazing structures 16. Flags of Countries 17. People of world fame Unit -6 Sports and Entertainment 18. Sports stars 19. Popular games 20. Cartoon world 21. T.V Channels	Unit-7 Environmental Issues 22. Growing a plant Unit-8 23. Habits for health 24. Signs for safety 25. Manners
SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
ENGLISH/ TERM -2 Mridang	UNIT –4 LIFE AROUND US Chapter - My	UNIT- LIFE AROUND US Chapter - The crow (story)	UNIT-4 -LIFE AROUND US. Chapter -The smart	UNIT-5 Harmony Chapter- little drops of water(poem)	REVISION

SYLLABUS MONTHLY BREAK UP

	<p>name (story)</p> <p>Comprehension passages</p> <p>Blends -bl, pl</p> <p>My favourite festival</p> <p>Grammar-Use of Has / Have, Genders</p> <p>Writing-Describing feelings</p> <p>Inter Disciplinary General Awareness- Worksheet- Matching the</p> <p>Animals with the things they eat. Joining the dots to find the animal home.</p> <p>Word search- Animals and their sound</p> <p>Project- finding the meaning of their name.</p>	<p>Compound words, Rhyming words</p> <p>Art integration- making a peacock with hand printing</p> <p>Grammar- Adjectives, prepositions</p> <p>Creative writing-Our National bird</p>	<p>monkey (story)</p> <p>Comprehension</p> <p>Vocabulary – blends - fl and cl</p> <p>Creative writing- winter season</p> <p>Activity-Colouring and decorating different Christmas items</p> <p>Grammar Article – The</p>	<p>Chapter- We are all Indians (Story)</p> <p>Activity-Making a collage of the dresses of India</p> <p>Grammar-- - Framing Questions, Using words like- Who,What, Which, Where and When?</p> <p>punctuation Writing, Celebrating National festival- Republic Day</p> <p>GENERAL KNOWLEDGE - listening to folk tales like Panchatantra.</p> <p>Art Integration: Making a Thank you card for their Grandparents.</p>	
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SYLLABUS MONTHLY BREAK UP

	Hindi- knowing the names of animals in their native language.				
हिन्दी सारंगी	<p>ईकाई – 3 हरी भरी धरती</p> <ul style="list-style-type: none"> पाठ – 13 तालाब पाठ – 14 बीज पाठ – 15 कविता – किसान पाठ पठन , नए शब्द , शब्दार्थ , वाक्य बनाओ, कविता की पंक्तियाँ पूरी करो , बहुविकल्पीय प्रश्न उत्तर, वर्ण विच्छेद, शब्दों को शुद्ध करना, संयुक्त व्यंजन व्याकरण- क्रिया अभ्यास चित्रात्मक लेखन परियोजना कार्य – शब्द पथ की मदद से उचित स्थान पर पहुँचना <p>Art Integration : गतिविधि किसी पुराने बर्तन में या गमले में काले चनों को बोएँ । देखे और लिखे उन्हें</p>	<ul style="list-style-type: none"> पाठ – 16 मूली पाठ – 17 बरसात और मेंढक ईकाई – 4 मित्रता पाठ – 18 शेर और चूहा पाठ पठन, नए शब्द, शब्दार्थ , वाक्य बनाओ, चित्रात्मक लेखन, बहुविकल्पीय प्रश्न , प्रश्न उत्तर , वर्ण विच्छेद व्याकरण : र की मात्रा वाले शब्द , अपठित गद्यांश, जोड़े बनाना, संयुक्ताक्षर, विशेषण परियोजना कार्य - हँसते खेलते गतिविधि मित्र का चित्र 	<ul style="list-style-type: none"> पाठ - 19 आउट पाठ – 20 छुपन छुपाई पाठ पठन , नए शब्द , शब्दार्थ , वाक्य बनाओ, कविता की पंक्तियाँ पूरी करो , बहुविकल्पीय प्रश्न उत्तर, व्याकरण और भाषा अभ्यास - विलोम शब्द, रिक्त स्थान भरना, अपठित गद्यांश , चित्रात्मक लेखन <p>Art Integration : गतिविधि 1 . अखबार में से खोजकर अपनी पसंद के किन्ही दो खिलाड़ियों के बारे में चित्र काटकर चिपकाना और उनके बारे में लिखना ।</p>	<ul style="list-style-type: none"> पाठ : 21 हाथी साइकिल चला रहा था ईकाई – 5 आकाश पाठ – 22 कविता - चार दिशाएँ पाठ – 23 चंदा मामा पठन अभ्यास करवाए गए सभी कार्यों का अभ्यास, शब्द रचना, वाक्य रचना, व्याकरण और समस्त भाषायी योग्यता वाले अभ्यास, अपठित गद्यांश, कहानी कथन, कविता पाठ, चित्रात्मक लेखन, सुलेख लेखन, रचनात्मक लेखन <p>Art Integration : गतिविधि चार दिशाओं को दर्शाते हुए नाम लिख कर कार्ड बनाना ।</p>	<p>पाठ -24 कविता - गिरे ताल में चंदा मामा</p> <p>पाठ - 25 सबसे बड़ा छाता</p> <p>पाठ – 26 कविता – बादल</p> <p>पुनरावृत्ति</p> <p>Art Integration : गतिविधि</p> <ul style="list-style-type: none"> - चाँद के अलग अलग आकार को देखना और बनाना। - समाचार पत्र में से मौसम की जानकारी लिखना और प्रस्तुत करना।

SYLLABUS MONTHLY BREAK UP

	उगने में कितना समय लगता है और कितना पानी और धूप ।				
MATHS (Joyful and Maths Magic -2)	<p>Joyful mathematics- Chapter-2 shapes Chapter- 4- shadow story Chapter 8 – grouping and sharing</p> <ul style="list-style-type: none"> • Numbers from 600 – 700 • Table of 8 • Multiplication - properties • Shapes • Clock – Introduction <p>Art integration – drawing a robot Creating a greeting card using different shapes.</p>	<p>Chapter-5 Playing with lines</p> <ul style="list-style-type: none"> • Single and two digit multiplication with carry over. • Clock – telling time o'clock, half past, quarter past, quarter to • Making a clock with movable hands. 	<p>Chapter-7 Rani's gift</p> <ul style="list-style-type: none"> • Numbers from 800 – 900 • table of 9 • Chapter - which season is it? • Calendar – concept of leap year. <p>Measurement Activity- time table.</p>	<p>Chapter10- fun at the fair Money</p> <p>Activity-pasting currencies of other countries</p>	<p>Chapter- 11 Data handling</p> <p>Repetition of concepts taught.</p>
GENERAL AWARENESS TERM – 2	<ul style="list-style-type: none"> • Learning about different occupations <p>Activity-Making a Thank you card for people who</p>	<ul style="list-style-type: none"> • Importance of wearing clothes • Materials used for making clothes <p>Activity- dress</p>	<ul style="list-style-type: none"> • Green friends- Types of plants, parts of plants, functions of parts of the plant <p>Activity-Grow your plant, Leaf printing</p>	<ul style="list-style-type: none"> • National Festival : Republic day • Means of transport 	<ul style="list-style-type: none"> • Means of Communication • Natural Features <p>Activity-Fancy dress, Natural</p>

SYLLABUS MONTHLY BREAK UP

	<p>help us</p> <ul style="list-style-type: none"> our food-following regular meal time, healthy food, sources of food <p>Activity- making collage on healthy food and junk food</p> <p>Poem recitation on food pasting pictures of balanced diet.</p>	<p>designing, celebrating Religious festivals</p>	<ul style="list-style-type: none"> Animal world-knowing <p>Difference between-</p> <ol style="list-style-type: none"> Pet, domestic, wild animals Sounds, homes, babies Of animals Eating habits of animals <p>Activity-Collage making- Zoo, Aquarium using shoe box</p>	<p>Activity-Role play National leaders, Singing patriotic song</p>	<p>features and on modern technology</p>
<p>GENERAL KNOWLEDGE TERM – 2</p>	<p><u>Unit- Aptitude Test</u> Sharp sight 27. Number game Testpaper -1 Test paper-2 CurrentAffairs.</p> <p><u>Term- II Unit - 1Livingworld</u> 28. Valuabl e Vegetables Dry fruits Cat’s family Insect world</p>	<p><u>Unit-</u> Famous stories 33. Group names 34. Aesop’s fables</p> <p><u>Unit -3General Science</u> 35. Types of shelters 36.Computerworld 37. Human Body Home Appliances</p>	<p><u>Unit–India at a glance</u> 39. Metro cities of India 40. Freedom fighters</p> <p><u>Unit-5 World Tour</u> 41. World Superlatives Dresses in different lands</p>	<p><u>Unit- Sports and Entertainment</u> Sports time 44. Musical Instruments</p> <p><u>Unit-7 EnvironmentalIssues</u> Environmentfriendly</p>	<p><u>Unit- Values and life skill</u> Be like a good child Good Acts</p> <p><u>Unit-9 Aptitude Acts</u> Letter puzzlesCurrent Affairs.</p>

SYLLABUS MONTHLY BREAK UP

CO-CURRICULAR

DRAWING Term: I

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
DRAWING	<ol style="list-style-type: none"> 1. Butterfly 2. Girl drawing 	<ol style="list-style-type: none"> 1. Fish composition 2. Rocket 	<ol style="list-style-type: none"> 1. Flower pot 2. Rainy season 	<ol style="list-style-type: none"> 1. Flag 2. Rakhi 3. Kite flying 	<ol style="list-style-type: none"> 1. Ship

Term: II

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
DRAWING	<ol style="list-style-type: none"> 1. Flying bird 2. Ravana 3. Scenery 	<ol style="list-style-type: none"> 1. Diwali scene 2. Frog 3. Light house 	<ol style="list-style-type: none"> 1. Christmas 2. Santa Claus 	<ol style="list-style-type: none"> 1. Joker 2. Aeroplane 	<ol style="list-style-type: none"> 1. Caterpillar <p>Revision and Assessment</p>

DANCE

TERM 1

Subject/Month	April-May	July	August	September
<u>Dance</u>	Basic hand and body movement with beats. Dance on songs (saare jahan se achha)	Dance on Patriotic song	Dance practice continues	Dance on song(gori nachegi)

SYLLABUS MONTHLY BREAK UP

TERM 2

Subject/Month	October	November	December	January	February
Dance	Dance practice and preparation for Annual Day	Dance on Children's Day	Dance on Christmas Day	Dance on Patriotic song	Revision of dances.

MUSIC

TERM -I

Subject/Month	April	May	July	August	September
MUSIC(VOCAL)	Sargam, Alankar, Songs : 1. Tim Tim 2. National Anthem	Subah Hui	Tum Hi Ho Mata Syllabus of Unit Test -1 Devotional Songs	Inspirational and patriotic songs	Inspirational songs Syllabus of Unit Test-2 Patriotic Song

TERM 2

Subject/Month	October	November	December	January	February
MUSIC(VOCAL)	Alankars, Devotion also song	Revision of Devotional song, School prayer Syllabus of Unit Test - 3 Inspirational song	Christmas Carol	Alankars and Patriotic song	Revision and Final exam

**GAME
S**

SYLLABUS MONTHLY BREAK UP

TERM -1

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
SPORTS	<ul style="list-style-type: none"> • Formation standing in line (file) • Formation of a line according to height • Actual position of stand at ease and attention. • one arm distance • kokalachi (minor game) 	<ul style="list-style-type: none"> • Revision month of April • Hands up, Shake, down, roll, clapping • How to walk in a line • PT exercise no:-1 • flat race 	<ul style="list-style-type: none"> • Revision April to may • Formation • PT exercise no:-1,2 • Flat race • Dynamic stretching importance & benefits <small>[P] [SEP]</small> • Vrikshasana importance & benefits 	<ul style="list-style-type: none"> • Revision April to July • Formation (circle) • PT exercise 1 to 2 • Standing march • minor game (knowledge about fire in the mountain) 	<ul style="list-style-type: none"> • Revision April to August • Formation (semi-circle) • Back race • PT exercise

SYLLABUS MONTHLY BREAK UP

TERM -II

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
SPORTS	<ul style="list-style-type: none">• Revision April to September• Formation (group)• PT exercise• Races for sports day.	<ul style="list-style-type: none">• Revision April to October• Formation (All)• Dribbling with basketball	<ul style="list-style-type: none">• Revision April to November• Zig zag race• March past	<ul style="list-style-type: none">• Set-ups• Discussion on diet, sleep, stress• Dribbling with basketball	Revision

SYLLABUS MONTHLY BREAK UP

COMPUTER

TERM - I

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
COMPUTER	<ul style="list-style-type: none"> • Working in Notepad • Writing a paragraph using different keys 	Practical exercise in Notepad.	Starting MS - Paints Drawing & colouring of given object. Drawing using different shapes and colouring it. Using different tools.	Various practical exercises on Ms-Paint to be done in the lab.	Using the various options and tools of Ms-Paint

TERM - II

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
COMPUTER	Learning how to start MS - Word Understanding MS-Word screen	Writing a paragraph "My School" in MS-Word using various keys like Caps lock, shift, enter, arrow key, delete Learning how to save, open, close the file	Writing in MS-Word using different colours, Changing size of the text Understanding the concept of B I U	Various practical exercises to be done in MS-Word	Revision and III Term Assessment.

SYLLABUS MONTHLY BREAK UP

SATTHWA

TERM-I

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
SATTHWA	Greeting people Orderliness	My day atschool Return borrowe dthings	Body Language Appreciate eachother	Be honest Be truthful	Recapitulation ofprevious topics

TERM-II

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY
SATTHWA	Recapitulation ofprevious topics	Be a good winner/loos er	A sense of belongin g Protecting and Preserving schoolproperty	Being the School Ambassador	Recapitulation ofprevious topics

SYLLABUS MONTHLY BREAK UP

YOGA

TERM-I

SUBJECT/MONTH	APRIL	MAY	JULY	AUGUST	SEPTEMBER
YOGA	Vrikshasana .Padhastasana .Trikonasana .Vajrasana .mandukasana .Shashankasana .Ardh ushtrasana .Ushtrasana .Pavan muktasana .Setubandhasan a .Makrasan .Shantipath	Vedic Prayer .Tadasana .Vrikshasana .Padhastasana .Trikonasana .Vajrasana .mandukasana .Shashankasana .Ardh ushtrasana .Ushtrasana .Shantipath	Vedic Prayer .Tadasana .Vrikshasana .Padhastasana .Trikonasana .Vajrasana .mandukasana .Ushtrasana .Pavan muktasana .Setubandhasana .Makrasana .Shantipath	Vedic Prayer .Tadasana .Vrikshasana .Padhastasana .Trikonasana .Vajrasana .mandukasana .Shashankasana .Ardh ushtrasana .Ushtrasana .Pavan muktasana .Shantipath	

TERM-II

SUBJECT/MONTH	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY

SYLLABUS MONTHLY BREAK UP

<p>YOGA</p>	<p>Vedic Prayer .Setubandhasana .Makrasana .Bhujangasana .Surya Namaskar .Shavasana .Kapalbhati .Nadi Shodhan .Pranayama .Sheetalipranayam .Shantipath</p>	<p>Vedic Prayer .Bhujangasana .Surya Namaskar .Nadi Shodhan .Pranayama .Shavasana .Kapalbhati .Nadi Shodhan .Pranayama .Bhramripranayam .Shantipath</p>	<p>Vedic Prayer .Bhujangasana .Surya Namaskar .Shavasana .Kapalbhati .Nadi Shodhan,s .Pranayama .Bhramripranayam .Shanti path</p>	<p>Vedic Prayer .Ushtrasana .Pavanmuktasana .Setubandhasana .Makrasana .Bhujangasana .Surya Namaskar .Shavasana .Kapalbhati .Nadi Shodhan .Pranayama .Shantipath</p>	
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SYLLABUS MONTHLY BREAK UP