



# **BHARTIYA VIDYA MANDIR SENIOR SECONDARY SCHOOL**

**2025-2026**

**CURRICULUM PATHWAY**

**CLASS  
III**

**KITCHLU NAGAR, LUDHIANA.  
PHONE : 0161-2301523, 2303400**

## **Remodelled Assessment Structure Effective for Classes III to VIII Examination 2025-2026**

### **1. Scholastic Areas :**

Students will be assessed on 8 point grading scale.

Final result will comprise the marks of 2 Periodic Assessments and 2 Written Tests (Terms).

Periodic Assessment 20 marks + Written Test 80 Marks = 100 Marks in aggregate for each term.

Written Test will be conducted in each term for 80 marks in which students need to secure 33% marks (27 marks out of 80 marks).

Periodic Assessment will comprise 1 Periodic Test (10 marks) in each Term, Notebook Maintenance (5 marks) and subject Enrichment Activities (5 marks) out of which students need to secure 33% (7 marks out of 20).

## **Remodelled Assessment Structure for Classes III to VIII**

**Scholastic Area :** The assessment structure and examination for classes III to VIII have been prepared in view of the provisions of RTE-Act 2009 and comprise of two terms i.e. Term-1 and 2 as explained below :

<b>Subject</b>	<b>TERM-1 (100 marks) (1st half of the session) 20 marks Periodic Assessment (PA) + 80 marks for Half Yearly Exam</b>		<b>TERM-2 (100 marks) (2nd half of the session) 20 marks Periodic Assessment (PA) + 80 marks for Yearly Exam</b>	
	<b>PA 20 marks</b>	<b>Half Yearly Exam</b>	<b>PA 20 marks</b>	<b>Yearly Exam</b>
<b>Language-1</b>				
<b>Language-2</b>	<b>* Periodic Test 10 marks with syllabus covered till announcement of test dates by school.</b>	<b>*Written exam for 80 marks with syllabus covered till announcement of Half Yearly exam dates by school</b>	<b>* Periodic Test 10 marks with syllabus covered till announcement of test dates by school</b>	<b>* Written exam for 80 marks with syllabus coverage as below :</b>
<b>Language-3</b>				
<b>Mathematics</b>				
<b>Science</b>	<b>* Note Book Submission 5 marks at term-end</b>		<b>* Note Book Submission 5 marks at term-end</b>	<b>Classes III to VI : 10% of 1st term covering significant topics</b>
<b>Social Science</b>				<b>* entire syllabus of 2nd term</b>
<b>Any other</b>	<b>* Subject Enrichment 5 marks at term-end</b>		<b>* Subject Enrichment 5 marks at term-end</b>	<b>Class VII : 20% of 1st term covering significant topics</b>
				<b>* entire syllabus of 2nd term</b>
				<b>Class VIII : 30% of 1st term covering significant topics</b>
				<b>* entire syllabus of 2nd term</b>

## **2. Co-Scholastic Areas :-**

- \* Co-Scholastic Activities will be assessed on a 3 point grading scale.
- \*Co-Scholastic area will cover Work Education/Art Education/Health and Physical Education.
- \* Students will be graded by the class teachers for discipline on a 3 point grading scale considering the attendance, sincerity, behaviour and values.

**BHARTIYA VIDYA MANDIR SENIOR SECONDARY SCHOOL  
LUDHIANA**

**EXAMINATION SCHEDULE (TENTATIVE DATES) (2025-26)**

<b>Exams</b>	<b>III-VIII</b>
PT1	13th May, 2025 to 20th May, 2025
TERM 1	12th Sept. 2025 to 30th Sept. 2025
PT 2	7th Dec. 2025 to 14th Dec. 2025
FINAL TERM	20th Feb. 2026 to 12th March 2026

# SYLLABUS FOR SESSION 2025-26

## CLASS-III

### SUBJECT : ENGLISH

#### BOOK :

1. SUNBEAMS-A Book of English Language and Literature [Cordova Publishers]
2. New Mastering Grammar – A Book of English Grammar and Composition [Cordova Publishers]

APRIL			
Topic	Learning Objective	Art Integrated	Life Skill
L-1 Joy in the Jungle	To make the students learn that we should value each other's life.	How can we save animals ?	Critical Thinking
L-2 Poem – Riding A Rainbow	To make the students know that imagination brings happiness and colour to our lives.	Brainstorming session to generate ideas about riding a rainbow.	Creative Writing
L-3 The Cactus <b>Grammar :</b> L-2 Sentences L-3 Questions L-4 Capital letters and Full stop L-5 Comma Application : Leave for Cousin's Marriage	To teach the students that beauty can be vanished with time but a good heart always shines bright.	Draw Prickly Pear Cactus Pods and write 3 uses. Sentence construction game	Adaptability
MAY			
L-4 Water Cycle (Poem)	To make the students learn how to protect the water resources for the well-being of the planet.	Use crayons to depict various stages of water cycle.	Collaborative
L-5 Clever Tenali	To make the students aware that calm and logical thinking can solve any problem.	Role Play and Scene Recreation.	Critical Thinking
L-6 Bird Talk (Poem)	To help the students to understand the unique qualities of different living beings.	Paste any bird and write five lines on it.	Creativity and Imagination
L-7 Rip Van Winkle	To make the students know that avoidance of one's duties can lead to disconnection.	Group collaboration to interpret the story.	Critical Thinking

<b>Grammar :</b> L-6 Nouns L-7 Common and Proper Nouns L-8 Nouns – Singular and Plural L-9 Nouns – Male/Female Paragraph Writing, Story Writing Application – To issue a new Identity Card		Matching game Common and Proper Nouns One-Many Flash Cards	
<b>JULY</b>			
L-8 If I Knew (Poem)  L-9 My Silly Sister  L-10 The Balloon Man (Poem)  <b>Grammar :</b> L-10 ('s)	To help the students to develop the quality of appreciating the present moment and expressing love and gratitude. To inculcate the quality of love and care for younger brothers and sisters. To make the students feel or embrace the wonder of childhood.	Discussion on sibling relationship.  Paste different size of balloons with different colours in notebook.	Comparative Analysis   Imaginary Skill
<b>AUGUST</b>			
L-11 Adjectives L-12 Comparisons L-14 Articles A, An, The			
<b>SEPTEMBER</b>			
<b>Term-I Examination</b>			

OCTOBER			
L-11 The Selfish Giant	To facilitate the understanding of the students that Happiness lies in sharing and caring.	Make a list of the things that you think you can do but your parents don't allow you to do.	Imaginary and Compassion
L-12 Don't Tell (Poem)	To guide them to understand that Believing in Our Potential will make us confident.		Reflective
L-13 Pinocchio Becomes A Real Boy	To motivate the students to take care of their parents and spend quality time with them.		Compassion
<b>Grammar :</b> L-13 Pronouns L-16 Is / Am / Are L-17 Have / Has / Had Application for school leaving certificate.			
NOVEMBER			
L-14 A Good Boy (Poem)	To help them grasp the concept to be good and to behave properly.	Role play and scene recreation.  Draw a village scene and make the roof of hut with hay.	Reflective Skill
L-15 The Lost Camel	To motivate the students that nothing can be achieved by sitting idle and wasting time.		Thinking Skill
L-16 Puppy and I (Poem)	To facilitate their understanding about helping others.		Communication Skill
<b>Grammar :</b> L-15 Verbs L-18 was / were L-19 Short Forms L-20 Adverbs Application for remission of fine.			
DECEMBER			
L-17 The Amazing Zoo	To guide the students to understand that one should not hurt others.	Visit to a zoo and share your experiences in the class.	Imaginary
L-18 Midnight Fun (Poem)	To make them know how to find joy in little things.		Imaginary

<b>Grammar :</b> L-21 Prepositions L-22 Conjunctions L-23 Interjections Paragraph Writing, Story Writing			
<b>JANUARY</b>			
L-19 Meena  L-20 Train (Poem)  <b>Grammar :</b> L-24 Understanding words better	To make the students understand that caring for our loved ones gives us joy. To help them to grasp the concept of greatness of trains and exploring new places.	Share an incident where you have helped your siblings. Students will be instructed to form a human train and take a round around school garden.	Compassion  Constructivity
<b>FEBRUARY</b>			
<b>Term-II Examination</b>			



## SUBJECT : HINDI

**निर्धारित पुस्तकें :**

1. 'दिव्यम' हिन्दी पाठमाला भाग 3 ( प्राइम लर्निंग )
2. मधुर हिन्दी व्याकरण तथा रचना भाग-3 ( पी. पी. पब्लिकेशंस )

- नोट—** (1) सम्पूर्ण पाठ्यक्रम दो आवधिक भागों में विभाजित है।
- (2) प्रत्येक अवधि में अभ्यास पुस्तिका तथा विषय संवर्धन क्रियाकलाप के पाँच-पाँच अंक होंगे।
- (3) परीक्षा में सभी पाठों में से शब्दार्थ, अशुद्ध/शुद्ध शब्द, लिखित एवं मूल्यपरक प्रश्न/उत्तर, वाक्य पूरे करो, पठित गद्यांश एवं व्याकरण और भाषा से संबंधित प्रश्न पूछे जाएँगे।
- (4) कविताओं में से शब्दार्थ एवं अशुद्ध/शुद्ध शब्द नहीं पूछे जाएँगे।
- (5) परीक्षा में निबंध एवं पत्र आंतरिक विकल्प सहित पूछे जाएँगे।

**प्रथम अवधि अप्रैल से सितम्बर**

APRIL			
प्रकरण	अधिगम उद्देश्य	कला एकीकृत गतिविधियाँ	जीवन कौशल
<b>पाठ्य पुस्तक</b> पाठ-1 सच्चे दोस्त (कविता)  पाठ-2 आँखें हैं अनमोल <b>व्याकरण</b> • लिंग बदलो (पिता से राजकुमार तक) • वचन बदलो (बच्चा से चुहिया तक) • अपठित गद्यांश (केस स्टडी)	• लयात्मकता व सस्वर वाचन  • ज्ञानात्मक विकास • शुद्ध भाषा प्रयोग की क्षमता का विकास	• जन्मदिन के उपलक्ष्य में पेड़ लगाने के लिए प्रेरित करना • पौष्टिक आहार के फायदों के बारे में चर्चा  • श्रुतभाव ग्रहण (विषय संवर्धन क्रियाकलाप)	• पारस्परिक सामंजस्य  • समस्या समाधान  • प्रभावी संचार कौशल
MAY			
<b>पाठ्य पुस्तक</b> पाठ-3 जल बचाओ, कल बचाओ पाठ-4 व्यथा बाघ की <b>व्याकरण</b> • विलोम शब्द (अच्छा से सुख तक) • संज्ञा का चयन (भेद सहित) • निबंध — मेरी पाठशाला • बीमारी के कारण अवकाश लेने के लिए प्रधानाचार्या जी को प्रार्थना पत्र।	• जल संरक्षण प्रति जागरूकता  • सहानुभूति की भावना का विकास  • शब्द भंडार में वृद्धि	• जल संरक्षण प्रति नारा लेखन • जंगल के दृश्य का चित्र वर्णन  • कक्षा में मौजूद संज्ञा शब्दों पर चर्चा	• निर्णयात्मक क्षमता  • सामाजिक कौशल  • रचनात्मक कौशल

## JULY

<b>पाठ्य पुस्तक</b> पाठ-5 चटोरी बिल्ली (कविता) पाठ-6 चमत्कारी चक्की  <b>व्याकरण</b> <ul style="list-style-type: none"> <li>गिनती-31 से 65 तक (शब्दों में)</li> <li>विराम चिह्न-पूर्ण विराम, अल्प विराम, प्रश्न सूचक चिह्न</li> <li>निबंध-मेरी प्रिय अध्यापिका</li> <li>माता जी के बीमार होने के कारण अवकाश लेने के लिए प्रधानाचार्या जी को प्रार्थना पत्र।</li> </ul>	<ul style="list-style-type: none"> <li>काव्य वाचन कौशल का विकास</li> <li>व्यवहारिकता का ज्ञान</li> <li>बौद्धिक विकास</li> <li>वाक्य रचना की क्षमता में वृद्धि</li> <li>प्रभावी अभिव्यक्ति की क्षमता का विकास</li> <li>वास्तविक जीवन में रचनात्मक लेखन की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>बिल्ली के चित्र में रंग भरकर वाक्य लिखना</li> <li>दुर्लभ वस्तुओं के चित्र चिपका कर उनका नाम लिखना</li> <li>सही विराम-चिह्नों वाले बक्से में रंग भरना</li> </ul>	<ul style="list-style-type: none"> <li>आलोचनात्मक चिंतन</li> <li>सकारात्मक चिंतन</li> <li>प्रभावी संचार कौशल</li> <li>रचनात्मक कौशल</li> </ul>
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## AUGUST

<b>पाठ्य पुस्तक</b> पाठ-7 आगरा की सैर  <b>व्याकरण</b> <ul style="list-style-type: none"> <li>शुद्ध वाक्य (व्याकरण पुस्तक पाठ-9 में से)</li> <li>निबंध-हमारा पुस्तकालय</li> <li>बहन के विवाह पर अवकाश लेने के लिए प्रधानाचार्या जी को प्रार्थना पत्र</li> </ul>	<ul style="list-style-type: none"> <li>ज्ञानात्मक विकास</li> <li>शुद्ध उच्चारण क्षमता का विकास</li> <li>प्रभावी अभिव्यक्ति की क्षमता का विकास</li> <li>वास्तविक जीवन में रचनात्मक लेखन की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>ताजमहल के रोचक तथ्यों पर चर्चा</li> <li>सही शब्द चुनकर खाली स्थान भरिए</li> </ul>	<ul style="list-style-type: none"> <li>आलोचनात्मक चिंतन एवं पारस्परिक सामंजस्य</li> <li>रचनात्मक कौशल</li> <li>प्रभावी संचार कौशल</li> </ul>
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## SEPTEMBER

- अप्रैल से अगस्त तक करवाए गए पाठ्यक्रम की पुनरावृत्ति
- अर्द्धवार्षिक परीक्षा

## OCTOBER

<b>पाठ्य पुस्तक</b> पाठ-8 अनु ने दीवाली कैसे मनाई ? पाठ-9 सड़क सुरक्षा (कविता)  <b>व्याकरण</b> <ul style="list-style-type: none"> <li>लिंग बदलो-(पिता से पुत्र तक)</li> </ul>	<ul style="list-style-type: none"> <li>नैतिक मूल्यों का विकास</li> <li>लयात्मकता एवं सस्वर वाचन</li> <li>शुद्ध भाषा प्रयोग की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>त्योहार संबंधी कहानी सुनाना</li> <li>कविता गायन (विषय संवर्धन क्रियाकलाप)</li> </ul>	<ul style="list-style-type: none"> <li>सात्विक चिंतन एवं श्रवण कौशल</li> <li>निर्णयात्मक कौशल एवं समय प्रबंधन</li> <li>सामाजिक कौशल</li> </ul>
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<ul style="list-style-type: none"> <li>• वचन बदलो- (बच्चा से कथा तक)</li> <li>• अपठित गद्यांश (केस स्टडी)</li> </ul>	<ul style="list-style-type: none"> <li>• ध्वनि संबंधी सूक्ष्मताओं का विकास</li> <li>• स्थिति अनुरूप भाषा प्रयोग करने की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>• चित्र देखकर वचन पहचान</li> </ul>	<ul style="list-style-type: none"> <li>• प्रभावी संचार कौशल</li> </ul>
<b>NOVEMBER</b>			
<b>पाठ्य पुस्तक</b> पाठ-10 जंगल में इंटरनेट  पाठ-11 हमारा देश भारत  पाठ-12 स्वच्छ भारत (कविता)  <b>व्याकरण</b> <ul style="list-style-type: none"> <li>• विलोम शब्द- (अच्छा से लाभ तक)</li> <li>• सर्वनाम का चयन (भेद रहित)</li> <li>• निबंध-मेरा बस्ता</li> <li>• स्कूल में देरी से आने के कारण लगे जुर्माने की माफ़ी हेतु प्रधानाचार्या जी को प्रार्थना पत्र</li> </ul>	<ul style="list-style-type: none"> <li>• बौद्धिक विकास</li> <li>• देशभक्ति की भावना का विकास</li> <li>• स्वच्छता के बारे में जागरूकता</li> <li>• भाषा की गहराई को समझने की क्षमता</li> <li>• भाषा की विविधता संबंधी ज्ञान में वृद्धि</li> <li>• प्रभावी अभिव्यक्ति की क्षमता का विकास</li> <li>• वास्तविक जीवन में रचनात्मक लेखन की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>• सोशल साइट्स को पहचानकर उनके नाम लिखना</li> <li>• अलग-अलग देशों के झंडे चिपकाना</li> <li>• आसपास सफ़ाई रखने के लिए नारा लेखन</li> </ul>	<ul style="list-style-type: none"> <li>• प्रभावी संचार एवं नेतृत्व कौशल</li> <li>• पारस्परिक संबंध एवं पठन कौशल</li> <li>• रचनात्मक चिंतन एवं आत्म जागरूकता का विकास</li> </ul>
<b>DECEMBER</b>			
<b>पाठ्य पुस्तक</b> पाठ-13 थॉमस अलवा एडीसन  <b>व्याकरण</b> <ul style="list-style-type: none"> <li>• गिनती-66 से 100 तक (शब्दों में)</li> <li>• कारक चिह्न- (विकल्प सहित)</li> <li>• निबंध—मेरे नए जूते</li> <li>• स्कूल में खिड़की का शीशा टूटने के कारण लगे जुर्माने की माफ़ी हेतु प्रधानाचार्या जी को प्रार्थना पत्र</li> </ul>	<ul style="list-style-type: none"> <li>• कार्य में संलग्नता का भाव</li> <li>• बौद्धिक विकास</li> <li>• वाक्यों को सुगठित करने की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>• चित्र देखकर आविष्कारकों के नाम लिखना</li> <li>• त्योहारों की तिथियों को शब्दों में लिखना</li> <li>• सही कारक चिह्न ढूँढ़कर उसमें रंग भरना</li> </ul>	<ul style="list-style-type: none"> <li>• समय प्रबंधन एवं सात्विक चिंतन</li> <li>• निर्णयात्मक कौशल</li> <li>• रचनात्मक कौशल</li> <li>• प्रभावी संचार कौशल</li> </ul>

## JANUARY

<b>पाठ्य पुस्तक</b> पाठ-14 शुरुआत शुभ कार्य की  <b>व्याकरण</b> <ul style="list-style-type: none"> <li>• शुद्ध वाक्य (व्याकरण पुस्तक पाठ-9 में से)</li> <li>• निबंध-मेरी प्रिय पुस्तक</li> <li>• यूनीफॉर्म न पहनने के कारण लगे जुर्माने की माफ़ी हेतु प्रधानाचार्या जी को प्रार्थना पत्र</li> </ul>	<ul style="list-style-type: none"> <li>• सहानुभूति की भावना का विकास</li> <li>• शुद्ध उच्चारण क्षमता का विकास</li> <li>• प्रभावी अभिव्यक्ति की क्षमता का विकास</li> <li>• वास्तविक जीवन में रचनात्मक लेखन की क्षमता का विकास</li> </ul>	<ul style="list-style-type: none"> <li>• नाटकीय मंचन</li> <li>• शुद्ध वर्तनी को पहचानकर लिखना</li> </ul>	<ul style="list-style-type: none"> <li>• भावनात्मक सामंजस्य एवं पारस्परिक संबंध कौशल</li> <li>• रचनात्मक कौशल</li> <li>• लेखन कौशल</li> <li>• प्रभावी संचार कौशल</li> </ul>
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## FEBRUARY

- अक्टूबर से जनवरी तक करवाए गए पाठ्यक्रम की पुनरावृत्ति एवम् वार्षिक परीक्षा

### SUBJECT : COMPUTER

#### BOOK : CLICK CODE CONNECT (PEARSON)

##### April to August

April	Ch-1	Computer Fundamentals
May	Ch-2	Operating System Basics
July	Ch-3	Introduction to Paint 3D
August	Ch-4	Introduction to Word 2016

##### October to February

October	Ch-5	Formatting Text in Word 2016
November	Ch-6	Introduction to Scratch 3.0
December	Ch-7	More about Scratch
January	Ch-9	The Internet – An Introduction

## SUBJECT : PUNJABI

**ਪਾਠ-ਪੁਸਤਕ :** ਨਿੱਕੀਆਂ ਕਣੀਆਂ ਪੰਜਾਬੀ ਪਾਠ-ਪੁਸਤਕ (ਪ੍ਰਵੇਸ਼ਿਕਾ)

**ਨੋਟ :** 1. ਸ਼ੁੱਧ ਪੜ੍ਹਨ ਅਤੇ ਲਿਖਣ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਜਾਵੇਗਾ।

2. ਸਲਾਨਾ ਪ੍ਰੀਖਿਆ ਵਿੱਚ ਪਹਿਲੀ ਅਵਧੀ ਵਿੱਚ ਕਰਵਾਈਆਂ ਸਾਰੀਆਂ ਮਾਤਰਾਵਾਂ ਜਿਵੇਂ ਮੁਕਤਾ ਤੇ ਕਨੌੜਾ ਤੱਕ ਦੇ ਸ਼ਬਦ ਪੁੱਛੇ ਜਾਣਗੇ।

APRIL			
ਵਿਸ਼ਾ	ਉਦੇਸ਼	ਕਲਾਤਮਕ ਕਾਰਜ	ਜੀਵਨ ਕੌਸ਼ਲ
ਵਰਨਮਾਲਾ ਅਤੇ ਇਸ ਦੀਆਂ ਸਾਰੀਆਂ ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਮੁਕਤਾ ਸ਼ਬਦਾਂ ਦੀ ਦੁਹਰਾਈ, ਕੰਨਾ ਅਤੇ ਸਿਹਾਰੀ ਦੇ ਸ਼ਬਦ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਚਿੱਤਰ ਪਛਾਣ, ਸ਼ਬਦ ਪੂਰਾ ਕਰੋ, ਸ਼ੁੱਧ ਕਰੋ।	ਸ਼ਬਦ ਭੰਡਾਰ ਵਿੱਚ ਵਾਧਾ ਕਰਦੇ ਹੋਏ ਮਾਤ-ਭਾਸ਼ਾ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਦੱਸਣਾ।	ਚੱਕਰੀ ਖੇਡ ਰਾਹੀਂ ਸ਼ਬਦਾਂ ਦਾ ਉਚਾਰਨ ਕਰਵਾਉਣਾ, ਨਵੇਂ ਸ਼ਬਦ ਬਣਾਉਣਾ ਅਤੇ ਸੁਲੇਖ।	ਸੁਣਨ ਅਤੇ ਲਿਖਣ ਕੌਸ਼ਲ
MAY			
ਬਿਹਾਰੀ ਅਤੇ ਔਂਕੜ ਦੇ ਸ਼ਬਦ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਚਿੱਤਰ ਪਛਾਣ, ਸ਼ਬਦ ਪੂਰਾ ਕਰੋ, ਸ਼ੁੱਧ ਕਰੋ। ਫ਼ਲਾਂ ਅਤੇ ਰੰਗਾਂ ਦੇ ਨਾਮ	ਲਘੂ ਅਤੇ ਦੀਰਘ ਸਵਰਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ।	ਮੁਕਤਾ ਅੱਖਰਾਂ ਤੋਂ ਬਿਹਾਰੀ ਅਤੇ ਔਂਕੜ ਦੇ ਨਵੇਂ ਸ਼ਬਦ ਬਣਾਉਣਾ।	ਉਚਾਰਨ ਕੌਸ਼ਲ
JULY			
ਦੁਲੈਂਕੜ, ਲਾਂ ਅਤੇ ਦੁਲਾਵਾਂ ਦੇ ਸ਼ਬਦ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਚਿੱਤਰ ਪਛਾਣ, ਸ਼ਬਦ ਪੂਰਾ ਕਰੋ, ਸ਼ੁੱਧ ਕਰੋ। ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਮ	ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਸਵਰ ਅੱਖਰਾਂ ਅਤੇ ਚਿੰਨ੍ਹਾਂ ਦਾ ਗੂੜ੍ਹ-ਗਿਆਨ।	ਸ਼ਬਦ ਪਹੇਲੀ, ਜੁਥਾਨੀ ਲਿਖਾਈ, ਸੁਣਨ ਕੌਸ਼ਲ।	ਕਲਪਨਾ ਸ਼ਕਤੀ ਅਤੇ ਸੁਣਨ ਕੌਸ਼ਲ ਦਾ ਵਿਕਾਸ
AUGUST			
ਹੋੜਾ ਅਤੇ ਕਨੌੜਾ ਦੇ ਸ਼ਬਦ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਚਿੱਤਰ ਪਛਾਣ, ਸ਼ਬਦ ਪੂਰਾ ਕਰੋ, ਸ਼ੁੱਧ ਕਰੋ। ਜਾਨਵਰਾਂ ਦੇ ਨਾਮ	ਲਘੂ ਅਤੇ ਦੀਰਘ ਸਵਰ ਦਾ ਗੂੜ੍ਹ-ਗਿਆਨ ਦੇਣਾ ਅਤੇ ਮਾਤ-ਭਾਸ਼ਾ ਵਿੱਚ ਰੁਚੀ ਪੈਦਾ ਕਰਨਾ।	ਜਾਨਵਰਾਂ ਦੀ ਰੇਲ ਗੱਡੀ ਬਣਾਉਣਾ ਕਵਿਤਾ ਗਾਇਨ	ਪੜ੍ਹਨ ਅਤੇ ਲਿਖਣ ਕੌਸ਼ਲ ਦਾ ਵਿਕਾਸ।
SEPTEMBER			
ਪਹਿਲੀ ਅਵਧੀ ਪ੍ਰੀਖਿਆ			
OCTOBER			
ਬਿੰਦੀ ਅਤੇ ਟਿੱਪੀ ਦੇ ਸ਼ਬਦ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਚਿੱਤਰ ਪਛਾਣ, ਸ਼ਬਦ ਪੂਰਾ ਕਰੋ, ਸ਼ੁੱਧ ਕਰੋ। ਦਿਨਾਂ ਦੇ ਨਾਮ	ਅਨੁਨਾਸਿਕ ਅੱਖਰਾਂ ਦਾ ਗੂੜ੍ਹ ਗਿਆਨ ਦੇਣਾ।	ਫ਼ਲਾਂ ਦੇ ਚਿੱਤਰ ਬਣਾ ਕੇ ਉਹਨਾਂ ਵਿੱਚ ਰੰਗ ਭਰੋ।	ਉਚਾਰਨ ਕੌਸ਼ਲ ਦਾ ਵਿਕਾਸ।

NOVEMBER			
ਵਿਸ਼ਾ	ਉਦੇਸ਼	ਕਲਾਤਮਕ ਕਾਰਜ	ਜੀਵਨ ਕੌਸ਼ਲ
ਅੱਧਕ, ਪੈਰ ਹਾਹਾ, ਰਾਰਾ ਅਤੇ ਵਾਵਾ ਦੇ ਸ਼ਬਦ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਸ਼ਬਦ ਪੂਰਾ ਕਰੋ, ਸੁੱਧ ਕਰੋ। ਮਹੀਨਿਆਂ ਦੇ ਨਾਮ	ਦੁੱਤ ਅੱਖਰਾਂ ਦਾ ਗੂੜ੍ਹ ਗਿਆਨ ਦੇਣਾ।	ਸੁਲੇਖ, ਪਠਨ ਅਤੇ ਸੁਣਨ ਕੌਸ਼ਲ	ਰਚਨਾਤਮਕ ਕੌਸ਼ਲ
DECEMBER			
ਪਾਠ-ਭੋਲੂ ਕਾਕਾ ਸ਼ਬਦ-ਅਰਥ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਵਾਕ ਬਣਾਓ ਅਤੇ ਪ੍ਰਸ਼ਨ/ਉੱਤਰ ਪਾਠ-ਤਿਰੰਗਾ ਸ਼ਬਦ-ਅਰਥ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਵਾਕ ਬਣਾਓ ਅਤੇ ਪ੍ਰਸ਼ਨ/ਉੱਤਰ ਅੰਗਾਂ ਅਤੇ ਪੰਛੀਆਂ ਦੇ ਨਾਮ	ਚੰਗੀਆਂ ਆਦਤਾਂ ਧਾਰਨ ਕਰਨਾ। ਰਾਸ਼ਟਰੀ ਝੰਡੇ ਦਾ ਆਦਰ ਕਰਨਾ।	ਕਵਿਤਾ ਗਾਇਨ / ਚੰਗੇ ਬੱਚੇ ਦੇ ਗੁਣ ਤਿਰੰਗਾ ਝੰਡਾ ਬਣਾ ਕੇ ਪੰਜ ਲਾਈਨਾਂ ਲਿਖੋ।	ਭਾਵਨਾਤਮਕ ਕੌਸ਼ਲ ਅਤੇ ਸਰਬ-ਪੱਖੀ ਵਿਕਾਸ
JANUARY			
ਪਾਠ-ਹੰਕਾਰੀ ਤਿਤਲੀ ਸ਼ਬਦ-ਅਰਥ, ਖ਼ਾਲੀ ਥਾਂਵਾਂ, ਵਾਕ ਬਣਾਓ ਅਤੇ ਪ੍ਰਸ਼ਨ/ਉੱਤਰ	ਹੰਕਾਰ ਕਰਨ ਦੇ ਨੁਕਸਾਨਾਂ ਤੋਂ ਜਾਣੂ ਕਰਵਾਉਣਾ।	ਹੰਕਾਰੀ ਦਾ ਸਿਰ ਨੀਵਾਂ ਉਦੇਸ਼ ਸੰਬੰਧਤ ਕੋਈ ਕਹਾਣੀ ਸੁਣਾਓ। ਤਿਤਲੀ ਬਣਾ ਕੇ ਰੰਗ ਭਰੋ। ਜੁਥਾਨੀ ਲਿਖਾਈ।	ਅੰਤਰਮੁਖੀ ਕੌਸ਼ਲ
FEBRUARY			
ਦੂਜੀ ਅਵਧੀ ਪ੍ਰੀਖਿਆ			

### SUBJECT : MATHS

**BOOK : MATHS BEYOND (An Interactive Course in Mathematics-3)**

APRIL			
Topic	Learning Objective	Art Integrated Activity	Life Skill
Ch-1 Large Numbers Ch-2 Addition	By the end of given lesson students will be able to : • Build 4 digit number, Recognise place value and face value, Write expanded form, Round off numbers to nearest ten • Add 3-digit numbers, Round off and estimate a sum, Apply addition to real life situations	• On A4 size sheet, paste pictures of family members with birth year. Arrange them in ascending order.	Creativity, Critical thinking

MAY			
Topic	Learning Objective	Art Integrated Activity	Life Skill
Ch-3 Subtraction	<ul style="list-style-type: none"> <li>Subtract 3 digit nos., Round off and estimate a difference, Apply subtraction to real life situations, Apply addition and subtraction together to solve problems</li> </ul>	<ul style="list-style-type: none"> <li>Show subtraction using abacus on A4 size sheet.</li> </ul>	Problem Solving, Critical Thinking
JULY			
Ch-4 Multiplication	<ul style="list-style-type: none"> <li>Multiply 2-digit and 3-digit numbers, Apply multiplication to real life situations</li> </ul>	<ul style="list-style-type: none"> <li>Stick Multiplication</li> </ul>	Creativity, Critical Thinking
AUGUST			
Ch-5 Patterns and Symmetry	<ul style="list-style-type: none"> <li>Identify patterns and make patterns, understand the concept of symmetry, line of symmetry and symmetrical halves.</li> </ul>	<ul style="list-style-type: none"> <li>Paper folding activity to show different symmetrical figures</li> </ul>	Decision Making, Self awareness, Creativity
Ch-9 Geometry	<ul style="list-style-type: none"> <li>Define geometry, Identify details of basic shapes of geometry. Measure line segments.</li> </ul>	<ul style="list-style-type: none"> <li>Draw any object using geometrical shapes.</li> </ul>	Critical thinking
SEPTEMBER			
<b>Term-I Exam.</b>			
OCTOBER			
Ch-6 Divison Ch-11 Time	<ul style="list-style-type: none"> <li>Identify and recall terms used in division, understand division as repeated subtraction, apply division to solve real life situations.</li> <li>Read and write time, read a calendar and identify names of days, months, read and write a</li> </ul>	<ul style="list-style-type: none"> <li>Model of a clock</li> </ul>	Creativity, decision making

	date, convert time between days and weeks, days and months, days and years and months and years.		
<b>NOVEMBER</b>			
Ch-10 Measurement	<ul style="list-style-type: none"> <li>Identify units, Conversions, addition and subtraction and apply to real life situations.</li> </ul>	<ul style="list-style-type: none"> <li>Comparison of different objects in bag with their approximate weight.</li> </ul>	Problem Solving, Critical Thinking
<b>DECEMBER</b>			
Ch-12 Money	<ul style="list-style-type: none"> <li>Understand how to write rupees and paise in figure and name both, convert units of money and its basic operations, Apply operations of money to real life situations, read and make bills.</li> </ul>	<ul style="list-style-type: none"> <li>Unscramble the different currency used by different countries.</li> </ul>	Creativity Critical Thinking Problem Solving
<b>JANUARY</b>			
Ch-13 Data Handling	<ul style="list-style-type: none"> <li>Understand parts of a pictograph, read a pictograph and answer questions based on it, organise data using tally marks. Read bar graphs, draw bar graphs and pictograph.</li> </ul>	<ul style="list-style-type: none"> <li>Draw Tally marks by pasting match sticks or coloured paper strips.</li> </ul>	Creativity, Decision Making, Critical thinking
<b>FEBRUARY</b>			
<b>Term-II Exam.</b>			
<b>Note :</b> Ch-1 'Large Numbers' of Term-I will be repeated in Term-II.			



## SUBJECT : SCIENCE

**BOOK : LETS SAVE THE EARTH (EVS-III) by Green Earth Publications**

<b>APRIL</b>			
Topic	Learning Objective	Art Integrated Activity	Life Skill
L-1 Our Body Parts	To know about the external and internal body organs.	Drawing of external organs / Diagram : Sense Organs	Self awareness Critical Thinking
L-2 Taking Care of Our Body	To create awareness about cleanliness of body, exercise and clean and green surroundings.	Make flash card on cleanliness	Creative Thinking Stress Management
<b>MAY</b>			
L-7 Food	To make them aware about types of crops and food grains & its journey.	Pasting of 5 spices on A4 size sheet.	Self awareness
<b>JULY</b>			
L-8 Cooking Food	To know about the essentiality and importance of making different types of food.	Cooking without Fire	Critical thinking
L-10 Water	To know about the conservation and importance of water.	Poster on save water	Decision making skills
<b>AUGUST</b>			
L-13 Living & Non-living things	To make them aware about the characteristics of living and non-living things.	Drawing of living and non-living things. Diagram of Fish.	Creative thinking
<b>SEPTEMBER</b>			
<b>Revision &amp; Term I Examination</b>			
<b>OCTOBER</b>			
L-14 Plant World	Importance of Plants and their uses.	Planting of plant in a pot. Diagram : Parts of Plant	Self awareness
L-15 Leaves	To understand the functions and uses of leaf.	Collection of 5 medicinal leaves.	Creative thinking
<b>NOVEMBER</b>			
L-16 Animal World	To know about different kinds of animals.	Picture pasting of different animals.	Creative thinking

<b>DECEMBER</b>			
L-17 Animal Habitat	To understand about different kinds of habitat of animals.	Model of nest.	Empathy
L-18 Birds	To make them aware about different features of birds.	Colouring of different types of beaks of birds.	Empathy and Creative thinking
<b>JANUARY</b>			
Revision			
<b>FEBRUARY</b>			
<b>Term-II Examination</b>			
L-13 Living and non-living things of Term-I will be repeated in Term-II.			

### **SUBJECT : GENERAL KNOWLEDGE**

**BOOK : GEETA'S KNOWLEDGE TREE-3 (Geeta Publishing House)**

**TERM-I :** Chapter 1 to 27  
Test Paper-1 and 2  
Model Test Paper-1

**TERM-II :** Chapter 28 to 56  
Test Paper 3 and 4  
Model Test Paper-2

### **SUBJECT : ETHICS (ORAL)**

**Note :** 1. Question related to below mentioned topics will be asked.  
2. Topics will be discussed in the class.

**TERM-I :** 1. Family  
2. School  
3. Cleanliness

**TERM-II :** 1. Friends  
2. Country  
3. Manners

## SUBJECT : SOCIAL SCIENCE

**BOOK : LETS SAVE THE EARTH ENVIRONMENTAL STUDIES-3**

<b>APRIL</b>			
Topic	Learning Objectives	Art Integrated Activity	Life Skill
L-3 Living in the Family	Different types of families and formation of generation.	Draw a 'Family Tree'.	Moral Values
L-6 Locating Places	Importance of different concepts related to locating places.	Draw directions and sub-directions.	Navigation
<b>MAY</b>			
L-9 House	Different types of houses and its maintenance.	Draw any one permanent and temporary house.	Home making
L-12 Our Country	Knowledge of various aspects of India (climate, states etc.)	List different eatables of different seasons and draw any two.	Adaptability
<b>JULY</b>			
L-19 Means of Transport	Different means of transport, its features and usage.	Make a flow chart of different means of transport.	Punctuality
<b>AUGUST</b>			
Map Work & Revision Work (Locate neighbouring countries and water bodies)			
<b>SEPTEMBER</b>			
<b>Term-I Examination</b>			
<b>OCTOBER</b>			
Ch-4 Taking Care of Others	Problems faced by differently abled people and its solution.	Draw and colour any five items that you want to donate.	Sharing & Caring
Ch-20 Means of Communication	Differentiate between Mass and personal means of communication, usage.	Draw any one mean of mass and one personal communication.	Communication etiquettes
<b>NOVEMBER</b>			
Ch-5 Child Labour and Child Education	Significance of education in child's life and adverse impact of child labour.	Slogan Writing	Critical thinking
Ch-21 Heavenly Bodies	Knowledge about Universe.	Draw or paste Solar System.	Broaden their horizon.

<b>DECEMBER</b>			
Ch-12 Our Festival	Categorization of different festivals and their importance.	Draw and colour your favourite festival.	Togetherness & Unity
Ch-3 Living in the Family	Repeated		
<b>JANUARY</b>			
MAP WORK (Locate States and Water Bodies)			
<b>FEBRUARY</b>			
<b>TERM-II</b>			

## SUBJECT : CRAFT

### TERM-I

#### Life Skills

- |  |  |
|--|--|
| 1. Black Cat and Rat                     | Hand Coordination                            |
| 2. Ready Rabbit                          | Concentration                                |
| 3. Tree with Fingers (Finger Impression) | Fine Motor Skills                            |
| 4. Paper Elephant                        | Motor Skills                                 |
| 5. Cat, Tiger Face (Paper Plate)         | Focus and Concentration                      |
| 6. Folding Fun Bird                      | Hand Coordination                            |
| 7. National Flag Badge                   | Pride of our country and describe the nation |

### TERM-II

- |  |                       |
|--|-----------------------|
| 1. lady Bug Scene                          | Insect Knowledge      |
| 2. Rainbow with Sun                        | Love with Nature      |
| 3. Swan with Folds                         | Hand Coordination     |
| 4. Centipede (Paper and Match Stick Craft) | Brain Development     |
| 5. The Yatch is Ready                      | Hand Coordination     |
| 6. Dancing Turkey                          | Knowledge about Birds |
| 7. Paper Origami                           | Creativity            |

## SUBJECT : DRAWING

Month	Topic	Life Skill	Activities
April	<ul style="list-style-type: none"> <li>• Introduction of colours with shapes.</li> <li>• Caterpillar in the garden.</li> </ul>	Decision making Perspective Analization	<ul style="list-style-type: none"> <li>• Shape Collage</li> <li>• Caterpillar Drawing</li> </ul>
May	<ul style="list-style-type: none"> <li>• Stick figures of humans</li> <li>• Garden Scene with a girl</li> </ul>	Analization	<ul style="list-style-type: none"> <li>• Garden Scene</li> </ul>
July	<ul style="list-style-type: none"> <li>• Kite flying Scene</li> <li>• A girl drawing with the help of stick figure</li> </ul>	Perspective study	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Stick Figure Drawing</li> </ul>
August	<ul style="list-style-type: none"> <li>• Fishing Scene</li> <li>• Independence Day Scene</li> </ul>	Observation	<ul style="list-style-type: none"> <li>• Marine Scene</li> <li>• Scene</li> </ul>
September	<ul style="list-style-type: none"> <li>• Fruits Composition</li> </ul>	Analytical thinking	<ul style="list-style-type: none"> <li>• Composition</li> </ul>
October	<ul style="list-style-type: none"> <li>• Ducks in the Water</li> <li>• Diwali Scene</li> </ul>	Creativity	<ul style="list-style-type: none"> <li>• Landscape</li> <li>• Diwali Scene</li> </ul>
November	<ul style="list-style-type: none"> <li>• Sheeps in the Field</li> <li>• A boy's figure with help of stick drawing.</li> </ul>	Perspective Study	<ul style="list-style-type: none"> <li>• Scenery</li> <li>• Stick figure Drawing</li> </ul>
December	<ul style="list-style-type: none"> <li>• A Snowman Scene</li> </ul>	Observation	<ul style="list-style-type: none"> <li>• Scene</li> </ul>
January	<ul style="list-style-type: none"> <li>• A new year greeting</li> <li>• Zentangle Art</li> </ul>	Fine Motor Skills	<ul style="list-style-type: none"> <li>• Greeting Card</li> </ul>
February	<ul style="list-style-type: none"> <li>• Holi Scene</li> <li>• Butterflies in the Garden</li> </ul>	Concentration	<ul style="list-style-type: none"> <li>• Holi Scene</li> <li>• Scenery</li> </ul>

## SUBJECT : ENVIRONMENTAL EDUCATION (ORAL)

**Note :** Syllabus of Term-I will not be repeated in Term-II.

### Term-I (April to September)

1. Taking Care of Our Body
2. Water Conservation
3. Diversity in Food in India

### Term-II (October to February)

1. Animal Habitat
2. Plant World
3. Living and Non-living Things

## SUBJECT : MUSIC

Month	Topic	Life Skill	Learning Outcomes
April	<ul style="list-style-type: none"> <li>Alankars</li> <li>Song on Baisakhi</li> </ul>	<ul style="list-style-type: none"> <li>Enhance singing style</li> <li>Cultural Values</li> </ul>	<p>Students gained the knowledge of alankars.</p> <p>Students will be able to learn the History and Cultural values of Baisakhi festival.</p>
May	<ul style="list-style-type: none"> <li>Prayer Song</li> <li>Mother Day Song</li> </ul>	<ul style="list-style-type: none"> <li>Devotional Thinking</li> <li>Gratitude towards mother</li> </ul>	<p>Students gain the knowledge of good moral values.</p> <p>To strengthen the family bonding.</p>
July	<ul style="list-style-type: none"> <li>One Bhajan</li> </ul>	<ul style="list-style-type: none"> <li>Devotional Values</li> </ul>	<p>Learner will gained the religious knowledge.</p>
August	<ul style="list-style-type: none"> <li>Patriotic Song</li> </ul>	<ul style="list-style-type: none"> <li>Patriotism Values</li> </ul>	<p>Students learn the sacrifice of freedom fighters.</p>
October	<ul style="list-style-type: none"> <li>Dussehra (Ram Bhajan)</li> <li>Hanuman Chalisa</li> </ul>	<ul style="list-style-type: none"> <li>Courage and Power of Rights</li> <li>Devotional Values</li> </ul>	<p>The triumph of truth and justice over lies and injustice.</p> <p>Students will listen to the Hanuman Chalisa.</p>
November	<ul style="list-style-type: none"> <li>Shabad (Guru Nanak Dev Ji)</li> <li>Diwali (Song)</li> <li>New Bhajan</li> </ul>	<ul style="list-style-type: none"> <li>Spiritual Progress of the students.</li> <li>Unity and Bonding</li> </ul>	<p>Honest living, Devotional to God, Sharing with others.</p> <p>Victory of light over darkness.</p>
December	<ul style="list-style-type: none"> <li>Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation</li> </ul>	
January	<ul style="list-style-type: none"> <li>Lohri Song</li> </ul>	<ul style="list-style-type: none"> <li>Cultural Values</li> </ul>	<p>Students will be able to learn the History and Cultural Values of Lohri festival.</p>
February	Revise All Syllabus	Revise All Syllabus	

## SUBJECT : DANCE

Month	Topic	Learning Outcomes	Life Skills – Values
April	• Warm up and Rhythmic Exercise	Knowledge of rhythm will be improved.	Importance of Exercise
May	• Basic Western Dance steps • Hand and Feet Movements	Children will learn some new and easy steps.	Happiness in Rhythm
June	• Summer Vacations	–	–
July	• Introduction of Kathak • Dance and Padant of Basic Taal	Learning of Mudras and Learn 16 Beats on hand	Learn Indian Culture and heritage
August	• Patriotic Dance	Children will learn love for nation integrated with Dance.	Unity is Diversity
September	• Evaluation		
October	• Basic Bhangra Steps and Boliya	Giddha and Bhangra	Cultural Value
November	• Knowledge of Durga Pooja and Mundari Dance of West Bengal	Dandiya dance with Dandiya and Dhnuchi and learn Traditional dance form.	Connection with our values
December	• Tatkaar in Teentaal	Basic foot work in Kathak	Thinking and Mathematics Skills
January	• Krishan Kavit in Teentaal	Knowledge about Krishna story.	Devotional Values
February	• Revise All Syllabus / Annual Examination	–	–

## **SUBJECT : WORK EDUCATION**

### **TERM-I**

<b>Topic</b>	<b>Activity</b>	<b>Life Skill</b>
1. Maintenance of School bag and Books	Demonstration	Task with a structured mindset, manage the things by own.
2. Lecture on good and bad touch	Lecture	Encourage open communication.
3. Funk with Junk (any best out of waste item)	Reduce, Reuse, Recycle	Reduce, Reuse, Recycle

### **TERM-II**

<b>Topic</b>	<b>Activity</b>	<b>Life Skill</b>
1. How to make a sandwich	Cooking Activity	Daily life skill, makes students self-dependent.
2. Any poster on current problem.	Drawing and Colouring	Awareness to current problems.
3. Table manners	Demonstration	Table etiquette.



## SUBJECT : HEALTH AND PHYSICAL EDUCATION

Month	Topic	Learning Outcomes	Life Skills – Values
April	<ul style="list-style-type: none"> <li>General Exercises</li> <li>Yog and Meditation</li> </ul>	Emotional well being	Learner will be able to relax and cope with stress.
May	<ul style="list-style-type: none"> <li>Standing drill exercises</li> <li>Sitting drill exercises</li> </ul>	Develop a sense of Teamwork, discipline and self control	It promotes automatic performance of duties.
July	<ul style="list-style-type: none"> <li>Recreational games</li> <li>During zero period doing different games practice</li> </ul>	Positive influence	It improves physical and mental health.
August	<ul style="list-style-type: none"> <li>First aid Box</li> <li>Athletics 100m, 200m</li> <li>Road Safety Rules</li> </ul>	Prevent minor illness with the help of First aid, Reducing risk of accidents.	Students will prepare First aid box and learn road safety rules.
October	<ul style="list-style-type: none"> <li>Combative Games</li> <li>Athletics – Long Jump, Relay Race, Hurdle Race</li> </ul>	Safe outlet for character development	It helps in great fitness, discipline, self defence and personal confidence.
November	<ul style="list-style-type: none"> <li>Inter Class Sports Competition</li> <li>Practice of Athletic Events</li> </ul>	Invaluable platform to showcase talents.	It develops personal growth, skill development and a sense of accomplishment.
December	<ul style="list-style-type: none"> <li>Mass P.T. Exercises</li> <li>General Exercises</li> </ul>	Boost endurance	It improves ability to do everyday activities.
January	<ul style="list-style-type: none"> <li>Outdoor games with specific warm up</li> <li>General discussion regarding discipline, health and hygiene and moral values</li> </ul>	Overall development	<p>It improves muscle strength and boosts energy.</p> <p>Learner will be able to keep itself clean and hygienic.</p>