# Jagat Taran Golden Jubilee School, Prayagraj Syllabus Break-up 2025-26 CLASS XI (Month Wise)



ENGLISH

Month	Hornbill (Main Reader)	Snapshots (Supp. Reader)	Reading and writing skills	Grammar
APRIL	The Portrait of a Lady		Notice Writing	
MAY	A Photograph (Poem)	<ul> <li>The Summer of the Beautiful White Horse</li> </ul>	Poster Making	Integrated Grammar
JULY	We Are not Afraid to Die		Note -Making	> Determiners
AUGUST	<ul> <li>Discovering Tut</li> <li>The Laburnum Top</li> </ul>	➤ The Address	<ul> <li>Advertisements</li> <li></li> </ul>	Tenses /Modals
SEPTEMBER	<ul> <li>The Voice of the Rain</li> <li>(Poem)</li> <li>Childhood</li> <li>(Poem)</li> </ul>	( ASL )	<ul> <li>Article Writing</li> <li>Job Application</li> </ul>	> Voice
OCTOBER	> The Adventure	➤ Mother's Day	Letter to the editor	<ul> <li>Re arranging</li> <li>Jumbled words</li> <li>and phrases</li> </ul>
NOVEMBER	➤ Silk Road	> Birth	Debate Writing	> Narration
DECEMBER	Father to Son (Poem)	The Tale of the Melon City	′ ≻ Speech writing	<ul> <li>Integrated</li> <li>Grammar</li> </ul>
JANUARY	Revision and ASL	Revision and ASL	Revision and ASL	Revision and ASL
FEBRUARY	Revision and ASL	Revision and ASL	Revision and ASL	Revision and ASL

#### PHYSICS

S.NO.	CHAPTER	PRACTICALS/ ACTIVITIES	MONTH
1.	<ul> <li>UNIT – 1: PHYSICAL WORLD AND MEASUREMENT.</li> <li>CHAPTER – 1 UNITS AND MEASUREMENTS.</li> <li>UNIT – 2 : KINEMATICS</li> <li>CHAPTER – 2 MOTION IN A STRAIGHT LINE.</li> </ul>	<ol> <li>TO MEASURE DIAMETER OF A SMALL SPHERICAL /CYLINDRICAL BODY AND TO MEASURE INTERNAL DIAMETER AND DEPTH OF A GIVEN BEAKER USING VERNIER CALLIPERS AND HENCE, FIND its VOLUME.</li> <li>TO MEASURE DIAMETER OF A GIVEN WIRE AND THICKNESS OF A GIVEN SHEET USING SCREW GAUGE.</li> </ol>	APRIL MAY
2.	<ul> <li>UNIT – 2 : KINEMATICS</li> <li>CHAPTER – 3 MOTION IN A PLANE. PT1(Chapter 1,2,3) in AUGUST</li> <li>UNIT – 3 : LAWS OF MOTION</li> <li>CHAPTER – 4 LAWS OF MOTION.</li> </ul>	<ol> <li>TO MEASURE RADIUS OF CURVATURE OF A GIVEN SPHERICAL BODY BY A SPHEROMETER.</li> <li>TO FIND THE WEIGHT OF A GIVEN BODY USING PARALLELOGRAM LAW OF VECTORS.</li> <li>ACTIVITY – 1 : TO MAKE A PAPER SCALE OF GIVEN LEAST COUNT. EG – 2 CM, 5 CM.</li> </ol>	JULY AUGUST
3.	UNIT – 4 : WORK, ENERGY & POWER. • CHAPTER – 5 WORK, ENERGY & POWER. UNIT – 5 : MOTION OF SYSTEM OF PARTICLES AND RIGID BODY. • CHAPTER – 6 SYSTEM OF PARTICLES AND ROTATIONAL MOTION.	<ul> <li>ACTIVITY - 2: TO MEASURE MASS OF A GIVEN BODY USING A METER SCALE BY PRINCIPLE OF MOMENTS.</li> <li>5. TO STUDY THE RELATION BETWEEN FORCE OF LIMITING FRICTION AND NORMAL REACTION AND TO FINF THE CO-EFFICIENT OF FRICTION BETWEEN A BLOCK AND A HORIZONTAL SURFACE.</li> </ul>	SEPTEMBER
4.	UNIT – 6 : GRAVITATION • CHAPTER – 7 GRAVITATION. PT2(Chapter 1,2,3,4,5,6,7) UNIT – 7 : PROPERTIES OF BULK MATTER	<ul> <li>6. USING A SIMPLE PENDULUM, PLOT ITS L-T<sup>2</sup> GRAPH AND USE IT TO FIND THE EFFECTIVE LENGTH OF SECOND'S PENDULUM.</li> <li>ACTIVITY – 3: TO PLOT A GRAPH FOR A GIVEN SET OF DATA WITH</li> </ul>	OCTOBER

		PROPER CHOICE OF SCALES AND ERROR BARS.	
5.	<ul> <li>CHAPTER – 8: MECHANICAL PROPERTIES OF SOLIDS.</li> <li>UNIT – 7: PROPERTIES OF BULK MATTER</li> <li>CHAPTER -9 MECHANICAL PROPERTIES OF FLUIDS.</li> <li>CHAPTER – 10 THERMAL PROPERTIES OF MATTER</li> <li>PT3 chap (8,9,10)</li> <li>UNIT – 8: THERMODYNAMICS CHAPTER – 11</li> <li>THERMODYNAMICS</li> </ul>	<ul> <li>7. TO FIND THE FORCE CONSTANT OF A HELICAL SPRING BY PLOTTING A GRAPH BETWEEN LOAD &amp; EXTENSION.</li> <li>ACTIVITY – 4: TO OBSERVE CHANGE OF STATE AND PLOT A COOLING CURVE FOR MOLTEN WAX.</li> <li>ACTIVITY – 5 : TO OBSERVE AND EXPLAIN THE EFFECT OF HEATING ON A BI-METTALIC STRIP.</li> </ul>	NOVEMBER

6.	UNIT – 9 BEHAVIOUR OF PERFECT GASES AND KINETIC THEORY OF GASES • CHAPTER – 12 KINETIC THEORY UNIT – 10 : OSCILLATIONS AND WAVES • CHAPTER – 13 OSCILLATIONS UNIT – 10 : OSCILLATIONS AND WAVES • CHAPTER – 14 WAVES ANNUAL EXAM_WHOLE SYLLABUS	<ul> <li>8. TO STUDY THE RELATION BETWEEN THE TEMPERATURE OF A HOT BODY AND TIME BY PLOTTING A COOLING CURVE.</li> <li>9. TO STUDY THE RELATION BETWEEN THE FREQUENCY AND LENGTH OF A WIRE UNDER CONSTANT TENSION USING SONOMETER.</li> <li>10. TO FIND THE SPEED OF SOUND IN AIR AT ROOM TEMPERATURE USING A RESONANCE TUBE BY TWO RESONANCE POSITIONS.</li> <li>ACTIVITY – 6: TO STUDY THE FACTORS AFFECTING THE RATE OF LOSS OF HEAT OF A</li> </ul>	DECEMBER
	ANNUAL EXAM _WHOLE SYLLABUS	ACTIVITY – 6: TO STUDY THE FACTORS AFFECTING THE RATE OF LOSS OF HEAT OF A LIQUID.	
7.	Revision for Final Exams		January and February

### CHEMISTRY

S. No	Month	Chapter's Name
1.	April	Some Basic Concepts of Chemistry:
		General introduction: Importance and scope of Chemistry.
		Nature of matter, laws of chemical combination, Dalton's atomic theory: concept of
		elements, atoms and molecules.
		Atomic and molecular masses.
2.	May	Some Basic Concepts of Chemistry - Contd:
		Mole concept and molar mass, percentage composition, empirical and molecular
		formula, chemical reactions, stoichiometry and calculations based on stoichiometry.
3.	July	Structure of Atom:
		Discovery of Electron, Proton and Neutron, atomic number, isotopes and isobars.
		Thomson's model and its limitations. Rutherford's model and its limitations, Bohr's
		model and its limitations, concept of shells and subshells, dual nature of matter and
		light, de Broglie's relationship, Heisenberg's uncertainty principle, concept of orbitals,
		quantum numbers, shapes of s, p and d orbitals, rules for filling electrons in orbitals –
		Aufbau principle, Pauli's exclusion principle and Hund's rule, electronic configuration
		of atoms, stability of half-filled and completely filled orbitals.
		Classification of Elements and David disit, in Dranautica,
		Classification of Elements and Periodicity in Properties:
		significance of classification, bher history of the development of periodic table,
		properties of elements - stemic radii ionic radii inort gas radii ionization onthalny
		properties of elements – atomic radii, ionic radii, inert gas radii, ionization entiralpy,
		atomic number greater than 100
1	August	Chemical Bonding and Molecular Structure:
4.	August	Valence electrons ionic hond covalent hond hond narameters Lewis structure nolar
		character of covalent bond, covalent character of ionic bond, valence bond theory
		resonance, geometry of covalent molecules. VSEPR theory, concept of hybridization
		involving s, p and d orbitals and shapes of some simple molecules, molecular orbital
		theory of homonuclear diatomic molecules (qualitative idea only), hydrogen bond.
5.	September	Thermodynamics:
		Concepts of system, types of systems, surroundings, work, heat, energy, extensive and
		intensive properties, state functions. First law of thermodynamics – internal energy
		and enthalpy, heat capacity and specific heat, measurement of U and H, Hess's law of
		constant heat summation, enthalpy of bond dissociation, combustion, formation,
		atomization, sublimation, phase transition, ionization, solution and dilution. Second
		law of Thermodynamics (brief introduction). Introduction of entropy as a state
		function, Gibb's energy change for spontaneous and nonspontaneous processes,
		criteria for equilibrium. Third law of thermodynamics (brief introduction).
6.	October	Equilibrium:
		Equilibrium in physical and chemical processes, dynamic nature of equilibrium, law of
		mass action, equilibrium constant, factors affecting equilibrium, Le Chatelier's
		principle.
		Equilibrium - Contd:
		Ionic equilibrium: Ionization of acids and bases, strong and weak electrolytes, degree
		of ionization, ionization of poly basic acids, acid strength, concept of pH, hydrolysis of
		salts (elementary idea), buffer solution, Henderson Equation, solubility product,
		common ion effect (with illustrative examples).
		Redox Reactions:
		Concept of oxidation and reduction, redox reactions, oxidation number, balancing

		redox reactions, in terms of loss and gain of electrons and change in oxidation number, applications of redox reactions.
7.	November	Organic Chemistry I: Some Basic Principles and Techniques: 14 Periods General introduction, methods of purification, qualitative and quantitative analysis, classification and IUPAC nomenclature of organic compounds. Electronic displacement in a covalent bond: inductive effect, electromeric effect, resonance and hyper conjugation. Homolytic and heterolytic fission of a covalent bond: free radicals, carbocations and carbanions; electrophiles and nucleophiles, types of organic reactions.
	December, January, February	Hydrocarbons: Classification of Hydrocarbons, Aliphatic Hydrocarbons: Alkane – Nomenclature, isomerism, conformation (ethane only), physical properties, chemical reactions including free radical mechanism of halogenation, combustion and pyrolysis. Alkenes – Nomenclature, structure of double bond (ethene), geometrical isomerism, physical properties, methods of preparation; chemical reactions: addition of hydrogen, halogen, water, hydrogen halides (Markovnikov's addition and peroxide effect), ozonolysis, oxidation, mechanism of electrophilic addition. Alkynes – Nomenclature, structure of triple bond (ethyne), physical properties, methods of preparation, chemical reactions: acidic character of alkynes, addition reaction of – hydrogen, halogens, hydrogen halides and water. Aromatic Hydrocarbons: Introduction, IUPAC nomenclature; benzene: resonance, aromaticity; mechanism of electrophilic substitution: nitration, sulphonation, halogenation, Friedel Craft's alkylation and acylation; directive influence of functional group in monosubstituted benzene. Carcinogenicity and toxicity.

S. NO.	MONTH	CONTENT
1.	APRIL	<ul><li>Sets.</li><li>Relations and Functions.</li></ul>
2.	MAY	<ul><li>Relations and Functions.</li><li>Trigonometric functions.</li></ul>
3.	JULY	<ul> <li>Trigonometric functions.</li> <li>Complex Numbers and Quadratic Equations.</li> <li>Linear inequalities.</li> </ul>
4.	AUGUST	<ul><li>Permutations and combinations.</li><li>Binomial Theorem.</li></ul>
5.	SEPTEMBER	<ul><li>Sequence and series.</li><li>Straight lines.</li></ul>
6.	OCTOBER	<ul> <li>Conic Sections.</li> <li>Introduction to three- dimensional geometry.</li> </ul>
7.	NOVEMBER	<ul><li>Limits and derivatives.</li><li>Statistics.</li></ul>
8.	DECEMBER	<ul><li>Statistics</li><li>Probability.</li></ul>

# BIOLOGY

Sr. No.	Month	Chapter's Name
1.	April	1. The living World
		2. Biological Classification
2.	May	3. Plant Kingdom
		4. Animal Kingdom
3.	July	5. Morphology of flowering plants
		6. Anatomy of plants
		7. Animal Tissue
4.	August	8. Cell –Unit of life
		9. Cell Cycle and division
5.	September	10. Biomolecules
		11. Photosynthesis in higher plants
		12. Respiration in plants and animals
б.	October	
		Revision for PT2
7.	November	13. Plant growth
		14. Exchange of gases
		15. Transportation system
8.	December	16. Excretion
		17. Neural control
		18. Locomotion and movement
9.	January	19. Chemical Coordination and Integration
10.	February	Revision for Final exams

#### ACCOUNTANCY

Month	Syllabus	
April	Introduction to Accounting, Basic Accounting Terms	
Мау	Theory Base of Accounting, Recording of Business Transactions : Voucher and Transactions: Source documents and Vouchers, Preparation of Vouchers, Accounting Equation Approach: Meaning and Analysis, Rules of Debit and Credit	
July	Recording of Transactions : Books of Original Entry - Journal, Cash Book, Subsidiary Books	
August	Ledger, Trial Balance, Goods and Service Tax	
September	Bank Reconciliation Statement, Depreciation	
October	Revision of PT-2	
November	Provision and Reserve, Rectification of Errors	
December	Financial Statements of Sole Proprietorship, Financial Statements With Adjustments, Incomplete Records- Single Entry System	

## **ECONOMICS**

Sr. No	Month	Syllabus
1	April	Introduction (Micro)
		Economics : An Introduction (Stats)
2	May	<ul> <li>Consumer Equilibrium (Cardinal approach, single commodity)</li> </ul>
		Meaning Scope & Importance of Statistics
3	July	Consumer Equilibrium (Ordinal approach, Two commodity)
		Demand
		Elasticity of Demand
		Collection of Data
4	August	Production Function
		• Cost
		Organisation of Data
5	September	Revenue
		Tabular presentation
		Diagrammatic Presentation
6	October	Producer's Equilibrium
		Graphical Presentation
7	November	Supply
		Main Market forms
		Price determination and Simple Applications
		Measures of Central Tendency- Arithmetic Mean
8	December	Measures of Central Tendency- Median & Mode
		Measures of Correlation
		Index Numbers

## **BUSINESS STUDIES**

Month	Syllabus	
April	Nature and Purpose Of Business	
May	Nature and Purpose of Business(Contd.)	
July	Forms Of Business Organisation	
August	Public, Private and Global Enterprises, Business Services	
September	Emerging Modes Of Business, Social Responsibility of Business and Business Ethics	
October	Revision of PT-2	
November	Sources Of Business Finance, Small Business	
December	Internal Trade, International Business	

#### HISTORY

Sr.no	Month	Chapter	Activity
1.	April	Themes in world History I	Making of clay tablets using
		Chapter-1 Writing and the City Life	devnagri wancho and
			pictographic script
2.	May	Chapter-1 Writing and the city Life	
		Chapter 2 Empires and the Three	
		Continents	
3.	July	Chapter 2 Empires and the Three	Power Point presentation on
		Continents	Roman Architecture
4.	August	Chapter 3 Nomadic Empire	Map-Work
			Extent of Mongol Empire
5.	September	Chapter 4 The Three Orders	A comparitive study between
			Indian and European society
6.	October	Chapter 5 Changing Cultural Traditions	Making list of scientific
			inventions and discovery
7.	November	Chapter 6 Displacing Indigenous People	Map work
8.	December	Chapter 7 Paths to the Modernisation	Power point presentation on
		History of Japan.	the impact of second world
			war
9.	January	Paths to the Modernisation	
		History of China	
10	February	Paths to the Modernisation	
		History of Korea	

#### GEOGRAPHY

MONTHS	LESSON NAME	ACTIVITY
APRIL	Geography BookI Fundamentals of	Map Work:
( 13 Days )	Physical Geography	Identifying and Locating all the
	BookII India: Physical	States of India and other
	Environment	features on the Political Map of
	Book -I	India
	Geography as a Discipline	
	Book -II	
	L- 1 India Location	
MAY	Book-II	Project Work:
	L- 1 India Location ( continued)	
	Book -I	<b>T C C C C C C C C C C</b>
(14 Days )	L-2 The Origin and Evolution of the Earth	Topic: Comparative study of
	L-3 Interior of the Earth	The Himalayan Drainage and
		Peninsular Drainage Systems
	Book-I	
5021	L- 3 Interior of the Earth ( continued)	
(27 Days)	L-4Distribution of Oceans and Continents	
	Book-II	
	L-2 Structure and Physiography	
AUGUST	Book-I	Practical File work done
(22 Days)	L-5 Geomorphic Processes	
	L- 7 Composition and Structure of	
	Atmosphere	
	Book -II	
	L- 3 Drainage System	Destant and a the Tests
SEPTEMBER	BOOK-I	Project work on the Topic:
(22 Days)	L-8 Solar Radiation, Heat Balance	Conservation Methods adopted
	and remperature	to protect the Natural
	L- 9 Atmospheric Circulation and	vegetation and wildlife in
	Weather Systems	India
	Book -II	
	L- 4 Climate	
OCTOBER	Book-II	
	L- 5 Natural Vegetation	
(11 Days)	BOOK -I	
NOVEMBER	Book-I	Project Work on Natural
( 20 Days )	L-10 Water in the Atmosphere (continued)	Disasters:
		Topic: What are the Causes
	L- 12 Water ( Oceans )	And Consequences of
		Effects and Mitigation steps

DECEMBER		
( 25 Days)	L- 12 Water ( Oceans) (Continued)	
	Book-I	
JANUARY (2026)	L-13 Movements of Ocean Water	
	L-14 Biodiversity and Conservation (to be	
	Assessed as Project and presentation) Book -II	
	L- 6 Natural Hazards and Disaster ( tested	
	through Internal assessment in the form of	
	Project and presentation)	
FEBRUARY	Revision and Solving Sample papers	Annual Practical File Work
TILL OCTOBER	GEOGRAPHY PRACTICAL PART-I	
(HALF -YEARLY)	Chapter-1 Introduction of	
	Maps	
	Chapter-2 Map Scale	
	Chapter-3Latitude,LongitudeandTime	
	Chapter - 5 Topographical Maps	
ANNUAL EXAM	Chapter -1 Introduction to Maps	
	Chapter -2 Map Scale	
	Chapter - 3 Latitude, Longitude and Time	
	Chapter - 4 Map Projection	
	Chapter -5 Topographical Maps	
	Chapter - 6 Introduction to Remote Sensing	

# **POLITICAL SCIENCE**

Month	Name of the chapter	
April/May	• Constitution : Why and How	
July	<ul> <li>Political Theory : An Introduction</li> <li>Freedom</li> <li>Rights in Indian Constitution</li> </ul>	
August	<ul> <li>Election and Representation</li> <li>Equality</li> <li>Executive</li> <li>Legislature</li> </ul>	
September	<ul> <li>Social Justice</li> <li>Judiciary</li> <li>Rights</li> </ul>	
October	<ul><li>Federalism</li><li>Citizenship</li></ul>	
November	<ul> <li>Local Governments</li> <li>Nationalism</li> <li>Constitution as a Living Document</li> </ul>	
December	<ul><li>Secularism</li><li>The philosophy of the Constitution</li></ul>	
January	Revision	

# **COMPUTER SCIENCE**

Month	Syllabus	
April	Ch-1 Computer System Organization	
May	Ch-2 Data Representation and Boolean Logic	
July	Ch-3 Getting Started with Python	
	Ch-4 Python Programming Fundamentals	
August	Ch-5 Conditional and Looping Constructs	
September	Ch-6 Strings in Python	
	Ch-7 Lists in Python	
October	Ch-7 Lists in Python	
November	Ch-8 Tuples and Dictionaries	
December	Ch-9 Introduction to Python Modules	
	Ch-10 Society Law and Ethics	
January	Ch-11 Cyber Safety	
February	REVISION	

# ARTIFICIAL INTELLIGENCE

Month	Syllabus	
April	Part-B Unit:1 Introduction to Artificial Intelligence	
May	Part-B Unit-2: Unlocking Your Future in AI	
July	Part-B Unit-3: Python Programming	
August	Part-B Unit-4: Introduction to Capstone Project	
September	Part-B Unit-5: Data Literacy-Data Collection to Data Analysis	
	Part-B Unit-6: Machine Learning Algorithms	
October	Part-B Unit-7: Leveraging Linguistics and Computer Science	
November	Part-B Unit-8: AI Ethics and Values	
December	Part-A Unit-1: Communication Skills-III	
	Part-A Unit-2: Self-Management Skills-III	
January	Part-A Unit-3: ICT Skills-III	
	Part-A Unit-4: Entrepreneurial Skills-III	
	Part-A Unit-5: Green Skills-III	
February	REVISION	

### **INFORMATICS PRACTICES**

Month	Chapter	Activity
April	Ch- 7 Database Concept	SQL queries- Lab Session
May	Ch- 7 Database Concept	SQL queries- Lab
	Ch-8 Structured Query Language	Session
July	Ch-8 Structured Query Language	Python Programming
	Ch -2 Getting stated with python	With Python basics
August	Ch -2 Getting stated with python	Python Programming with
	Ch -3 Python Programming Fundamentals	Fundamentals and Conditional
		Looping Construct
September	Ch- 4 Conditional Looping Construct	Python Programming with
	Ch- 5 Lists in Python	Conditional Looping Construct
		and Lists in Python
October	Ch- 5 Lists in Python	Python Programming With List
	Ch-6 Dictionary	and Dictionary
November	Ch-6 Dictionary	Python Programming With Dictionary
	Ch- 9 Emerging Trends	
December	Ch- 9 Emerging Trend	

# **APPLIED MATHEMATICS**

S. NO.	MONTH	CONTENT
1.	APRIL	• Sets
2.	MAY	Relations and Functions.
3.	JULY	Sequence and Series
		Logical Reasoning.
4.	AUGUST	Numbers Quantifications and Numerical Applications.
5.	SEPTEMBER	Permutations and Combinations.
		Straight Line.
		• Circle.
		• Parabola.
6.	OCTOBER	Financial Mathematics.
7.	NOVEMBER	• Calculus.
		Descriptive Statistics.
8.	DECEMBER	Descriptive Statistics.
		• Probability

# HINDI

माह	आरोह-1	वितान-१	अभिव्यक्ति और
			माध्यम
अप्रैल	<sup>पद्य</sup> हम तौ एक एक करि जानां। गद्य-नमक का दारोगा।		अपठित गद्यांश अपठित काव्यांश पाठ -1,2
मई	<sup>पद्य</sup> मेरे तो गिरधर गोपाल <sup>गद्य</sup> मियाँ नसीरुद्दीन	भारतीय गायिकाओं में बेजोड़: लता मंगेशकर	रचनात्मक लेख ,पत्र पाठ -9
जुलाई	<sup>पद्य</sup> घर की याद,चंपा काले-काले अच्छर नहीं चीन्हती <sup>गद्य</sup> अप्पू के साथ ढाई साल	राजस्थान की रजत बूँदें	पत्र लेखन पाठ-10,14
अगस्त	<sup>पद्य</sup> ग़ज़ल गद्य विदाई संभाषण		पाठ – 15,16
सितंबर	<sup>पच</sup> हे भूख मत मचल मेरे जूही के फूल जैसे ईश्वर <sup>गच</sup> गलता लोहा, रजनी		पुनरावृत्ति
अक्टूबर	जामुन का पेड़	आलो आँधारि	पुनरावृत्ति

नवम्बर	<sup>पद्य</sup> सबसे खतरनाक <sup>गद्य</sup> भारतमाता	आलो आँधारि	पुनरावृत्ति
दिसंबर	मरितनाता पद्य आओ मिलकर बचाएँ पुनरावृत्ति	आलो आँधारि	पुनरावृत्ति

# SUPW

Month	TOPICS
April	BOHO PAINTING
	CUBISM
May	ABSTRACT ART
	COVER DESIGN
July	MINIATURE PAINTING
	GOND ART
August	KULO ART
	MONOCHROME PAINTING
September	DIWALI CARD
	REVISION WORK
October	POSTER
	LEAF IMPRESSION PAINTING
November	WALL HANGING
	MODERN ART
	Silhouette Painting
December	PAPER FLOWER
	REVISION WORK

### **GENERAL STUDIES**

Sr. No.	Month	Chapter's Name
1.	April	Ch 1. Science, technology and Society
2.	May	Ch 1. Science, technology and Society
3.	July	Ch 2. Social Structure
4.	August	Ch 3. Protection of Environment
5.	September	Ch 4. The State and the nation
6.	October	Ch 4. The State and the nation
5.	November	Ch 5. International Peace and understanding

# **PHYSICAL EDUCATION**

April	Chapter-1 Changing Trend & Career in Physical Education
•	Concept, Aims & Objectives of Physical Education
	• Development of Physical Education in India – Post Independence
	• Changing Trends in Sports- playing surface, wearable gear and sports
	equipment, technological advancements
	Career options in Physical Education
	Khelo-India Program and Fit – India Program
Moy	Chanter 2 Olympicm
Iviay	• Olympism Concept and Olympics Values (Excellence Eriendship &
	• Orympism – Concept and Orympics Values (Excenence, Priendsmp & Bespect)
	Acspect)
	• Orympic Value Education – Joy of Effort, Fair Flay, Respect for Others, Durquit of Excellence, Palance Among Dody, Will & Mind
	Ancient and Modern Olympics
	• Ancient and Wodern Olympics
	• Olympics - Symbols, Motto, Flag, Oath, and Anthem
	• Olympic Movement Structure - IOC, NOC, IFS, Other members
July	Chapter-3 Yoga
	• Meaning and importance of Yoga
	Introduction to Astanga Yoga
	• Yogic Krivas (Shat Karma)
	• Pranavama and its type
	• Active Lifestyle and stress management through Yoga
August	Chapter-4 Physical Education & Sports for CWSN (Children with Special
nugust	Needs - Divvang)
	Concept of Disability and Disorder
	• Types of Disability its causes & nature (Intellectual disability Physical
	disability)
	Disability Etiquette
	• Disability Eliquette Aim and chiestives of Adomtive Dhysical Education
	• Aim and objectives of Adaptive Physical Education
	• Role of various professionals for children with special needs (Counselor,
	Occupational Therapist, Physiotherapist, Physical Education Teacher,
	Speech Therapist, and Special Educator)
	Chapter-5 Physical Fitness, Health and Wellness
	• Meaning & importance of Wellness, Health, and Physical Fitness
	• Components/Dimensions of Wellness, Health, and Physical Fitness
	Traditional Sports & Regional Games for promoting wellness
	Leadership through Physical Activity and Sports
~ .	Introduction to First Aid – PRICE
September	Chapter-6 Test, Measurement & Evaluation
	• Define Test, Measurements and Evaluation
	• Importance of Test, Measurements and Evaluation in Sports
	• Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site)
	• Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
	Measurements of health-related fitness
	Chapter-7 Fundamentals of Anatomy, Physiology In Sports
	• Definition and importance of Anatomy and Physiology in Exercise and
	Sports
	• Functions of Skeletal System, Classification of Bones, and Types of
	Joints
	Properties and Functions of Muscles
	Structure and Functions of Circulatory System and Hear
	Structure and Functions of Respiratory System

October	Chapter-8FundamentalsofKinesiologyAndBiomechanics In Sports
	<ul> <li>Definition and Importance of Kinesiology and Biomechanics in Sports</li> <li>Principles of Biomechanics</li> <li>Kinetics and Kinematics in Sports</li> <li>Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination &amp; Pronation</li> <li>Axis and Planes - Concept and its application in body movements</li> </ul>
November	<ul> <li>Chapter-9Psychology&amp; Sports</li> <li>Definition &amp; Importance of Psychology in Physical Education &amp; Sports</li> <li>Developmental Characteristics at Different Stages of Development;</li> <li>Adolescent Problems &amp; their Management</li> <li>Team Cohesion and Sports</li> <li>Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</li> </ul>
December	<ul> <li>Chapter-10 Training and Doping in Sports</li> <li>Concept and Principles of Sports Training</li> <li>Training Load: Over Load, Adaptation, and Recovery</li> <li>Warming-up &amp; Limbering Down – Types, Method &amp; Importance</li> <li>Concept of Skill, Technique, Tactics &amp; Strategies</li> <li>Concept of Doping and its disadvantages</li> </ul>