Jagat Taran Golden Jubilee School, Prayagraj
Syllabus Break-up Month-Wise 2026-27
CLASS IX

PHYSICS

S. No.	MONTH	CHAPTER'S NAME	ACTIVITIES	TESTS
1.	April	CH-1. Motion Topics: Displacement, velocity, acceleration, graphical representation of motion for an object moving in a straight line in one direction (with constant velocity and constant acceleration)	To plot graphs for different cases of motion (uniform and non-uniform motion)	
2.	May	CH-1. Motion Topics: Kinematic equations for motion in a straight line with constant acceleration (by graphical method)	Derive kinematic equations for motion in a straight line with constant acceleration by graphical method.	Ch- Motion (till Kinematic equations for motion)
3.	July	CH-1. Motion Topics: Elementary idea of uniform circular motion CH-2. Force And Laws of Motion Topics: Force; balanced and unbalanced forces, Force of friction		Ch- Motion (complete chapter)
4.	August	CH-2. Force And Laws of Motion Topics: Newton's first law of motion, Newton's second law of motion, Newton's third law of motion	Take a glass tumbler and place a thick square card on its mouth. Then place a coin above this card in the middle. Flick the card hardly. What happens when you flick the card and why?	Ch-Force and Laws of Motion (complete chapter)
5.	September	CH-3. Work, Energy and Simple Machines Topics: Concept of work; work done by a constant force Work-Energy theorem, mechanical energy, kinetic and potential energy, and conversion between potential energy and kinetic energy, Conservation of energy, Power	Explain conversion between potential energy and kinetic energy (for the case of an object under free fall)	Ch- Work, Energy and Simple Machines (complete chapter)

6.	October	CH-3. Work, Energy and Simple Machines Topics: Simple machines and their mechanical advantages (pulley, inclined plane, lever)		
7.	November	CH-4. Sound Topics: Production of sound, Propagation of sound (as a longitudinal wave through a medium), Graphical representation of sound wave, Characteristics of sound wave (wavelength, frequency, time period, amplitude, intensity, speed), Human perception of sound (pitch, loudness)	Verification of the laws of reflection of sound.	Ch- Sound (till human perception of sound)
8.	December	CH-4. Sound Topics: Propagation of sound in different media (solid, liquid) Reflection of sound (echo, reverberation), echolocation		Ch-Sound (complete chapter)

CHEMISTRY

S. No.	MONTH	CHAPTER'S NAME	ACTIVITIES	TESTS
1.	April	**Ch-Exploring Mixtures and their Separation** **Topics:** • Homogeneous and heterogeneous mixtures • Solutions, suspensions, colloids and their properties • Various ways to express concentration of solutions (mass by mass percentage of a solution, mass by volume percentage of a solution, volume by volume percentage of a solution)	Classify mixtures as solutions, suspensions, or colloids based on their properties	
2.	May	**Ch-Exploring Mixtures and their Separation** **Topics:** • Separation techniques based on the physical properties of components, including crystallization, distillation, paper chromatography, sublimation, centrifugation and coagulation	Demonstrate separation techniques, such as crystallization, distillation, paper chromatography, sublimation, centrifugation and coagulation	Ch- Exploring Mixtures and their Separation (complete chapter)
3.	July	**Ch- Structure of an Atom** **Topics:** • Atoms are the basic units of elements • Atoms consist of subatomic particles • Atomic Models (Thomson's Model, Rutherford's Model, and Bohr's Model)	Discuss the following: • Bohr's atomic model • Rutherford's alpha ray scattering experiment	Ch-Structure of an Atom (till atomic models)
4.	August	**Ch- Structure of an Atom** **Topics:** • Distributions of electrons in elements (up to 18 elements) • Symbols • Valency as the combining capacity • Atomic number • Mass number • Isotopes • Isobars	Make a table of elements from atomic numbers 1 to 18 and mention the following: • Symbols • Mass number • Valency • Distribution of electrons	Ch-Structure of an Atom (complete chapter)
5.	September	**Ch- Atoms and Molecules** **Topics:** • Law of conservation of mass • Law of constant proportion • Dalton's Atomic theory • Molecules of elements, Molecules of covalent	Show the formation of various ionic and covalent compounds	Ch- Atoms and Molecules (till covalent compounds)

		compounds and their properties		
6.	October	**Ch- Atoms and Molecules** **Topics:** • Ions, Ionic compounds and their properties • Writing chemical formulae • Molecular mass • Formula unit mass	Use scientific conventions, symbols, and valency to write the chemical formulae of simple compounds	Ch- Atoms and Molecules (complete chapter)
7.	November	**Ch- Earth as a System: Energy, Matter & Life** **Topics:** • Earth as interconnected system • Nature of solar energy: solar radiation, electromagnetic spectrum, and speed of light • Solar energy interaction with the Earth's Surface and differential heating of the Earth (the role of the atmosphere and the Earth's surface) • Differential warming of the Earth causes winds	Draw the electromagnetic spectrum including complete range of EM waves arranged according to their wavelength or frequency	
8.	December	**Ch- Earth as a System: Energy, Matter & Life** **Topics:** • Biogeochemical cycles (water cycle, carbon cycle, nitrogen cycle, oxygen cycle) • Human impact on Earth's system	Prepare a report on damaging of ozone layer	Ch- Earth as a System: Energy, Matter & Life (complete chapter)

MATHEMATICS

S. No.	Month	Chapter	Activity	TEST
1	April	**Lesson 1. Number Systems** 1. Introduction to rational Numbers 2. Representation of rational numbers on the number line 3. Density of rational numbers and its proof 4. Finding rational numbers between any two rational numbers 5. Decimal representation of rational numbers 6. Introduction to irrational numbers 7. Proof of irrationality of √2 and √3 8. The square root spiral **Lesson 6. Coordinate Geometry** • Brief history of coordinate geometry • The 2-D Cartesian coordinate system • Distance between two points in the 2-D plane • Midpoint of the line segment between two points in the 2-D plane .	Activity-1 To construct a square root spiral. Activity-2 To find the values of abscissa and ordinates of various points given in a Cartesian plane.	1. Number system 2. Coordinate Geometry
2	May (till16th May)	**Lesson 2. Polynomials** 1. Algebraic expressions 2. Definition of a polynomial. 3. Degree of a polynomial 4. Introduction to linear polynomials and applications 5. Exploring linear patterns 6. Modelling linear growth and linear decay 7. Linear relationships 8. Visualising linear relationships 9. Slope and y-intercept of a line y = ax + b	Make a model for linear growth and decay	Polynomials
Summer Break from 17th May to 30th June				
3	July (Periodic Test 1 in July)	**Lesson 3. Sequences and Progressions** • Revisiting algebraic identities • Visualising identities using geometrical models • Factorisation of algebraic expressions using identities • More identities and their applications • Visualising factorisation of quadratic expressions through algebra tiles and without using algebra tiles • Finding new identities • Simplifying rational expressions **Lesson 4. Exploring Algebraic Identities** • Revisiting algebraic identities • Visualising identities using geometrical models • Factorisation of algebraic expressions using identities • More identities and their applications • Visualising factorisation of quadratic expressions through algebra tiles and without using algebra tiles • Finding new identities • Simplifying rational expressions	Activity-2 To verify the algebraic identity: $(a+b+c)^2= a^2+b^2+c^2+2ab+2bc+2ca$	1. Sequences and Progressions 2. Exploring Algebraic Identities

4	August	**Lesson 5. Linear Equations in Two Variables** • Introduction to linear equations in two variables through practical examples • Solution of linear equation in two variables: graphical representation • Slope-intercept form of linear equation in two variables • Drawing graphs of linear equations when x and y assume only certain values • Pair of linear equations in two variables • Graphical method for solving a pair of linear equations in two variables • Nature of solutions: consistency and inconsistency • Algebraic methods of solving a pair of linear equations: substitution and elimination method **Lesson 7. Introduction to Euclid's Geometry** • History of geometry • Constructing a square with a given side as described in the Baudhayana's Sulbasutras • Discovering Euclid's definitions • Axioms: Axioms of measurement and rules for geometric objects **Lesson 8. Lines and Angles** • Rays and angles • Measures of angles • Intersecting lines and angles • Pairs of angles • Theorems and examples on intersecting lines • Theorems and examples on parallel lines	To verify Experimentally that if two lines intersect then * The vertically opposite angles are equal. * The sum of two adjacent angles is 180^0. * The sum of all the four angles is 360^0. To verify experimentally the different criteria for congruency of triangles using triangle cut-outs. To verify that the sum of the angles of a triangle is180^0.	1. Linear Equations in Two Variables 2. Introduction to Euclid's Geometry 3. Lines and Angles
5	September	**Lesson 12. Mensuration : Area and Perimeter** 1. Perimeter of shapes 2. Perimeter of a circle: Introduction to Pi and its irrationality 3. Length of an arc 4. Area of shapes: rectangles, parallelograms, and triangles 5. Heron's formula 6. Squaring a rectangle: Proof from Baudhayana's Sulbasutras 7. Area of a circle: derivation 8. Area of the sector of a circle 9. Brahmagupta's formula for area of a cyclic 4-gon Heron's formula as a special case of	To find a formula for the curved surface area of a cone experimentally.	1. Mensuration(3D) 2. Mensuration(2D)

		Brahmagupta's formula **Lesson 13. Mensuration : Surface Area and Volume** 1. Surface areas and volumes of spheres (including hemispheres) and right circular cones.		
6	October(Half-yearly examination October)	**Lesson 14. Statistics** 1. Graphical representation of data 2. Measures of central tendency	To draw histograms for classes of equal widths and varying widths	1. Statistics
7	November	**Lesson 9. Triangles: Congruence Theorems** • Practical applications of triangles • Proofs of conditions of congruence of triangles • Theorems on triangles • Propositions and their converse • Problems based on applications of theorems on triangles **Lesson 11. Circles** 1. Practical applications and uses of circles 2. Definitions related to a circle —centre, diameter, and radius 3. Chords and the angles they subtend 4. Midpoints and perpendicular bisectors of chords 5. Distance of chords from the centre 6. Subtended angles by an arc 7. Cyclicity of points	Activity-1 To verify that the angles in the same segment of a circle are equal Activity-2 To find the formula for the area of a trapezium experimentally.	1.Triangles 2.Circles
8	December (PeriodicTest3inDecember)	**Lesson 15. Introduction to Probability** 1.Concept of probability and randomness 2. The probability scale 3. Empirical probability: analysing statistical data and performing experiments 4. Theoretical probability: sample space and events 5. Representing probability through tree diagrams and tables **Lesson 10. 4-gons (Quadrilaterals)** 1. Properties of parallelograms 2. Important theorems related to parallelograms and their proof 3. Midpoint theorem and its applications 4. Understanding the notion of central symmetry in the context of parallelograms	Midpoint Quadrilateral Activity (Varignon's Theorem)	1. Probability 2. Quadrilateral
9	January	Revision		
	February (Annual Examination)	Revision		

BIOLOGY

S.NO.	MONTH	CHAPTER NAME	ACTIVITY	Class Tests
1	April	Ch-2 Cell: The Building Blocks of life [Structure and fuction of cell]	To prepare a temporary mount of onion peel	Cell Plasma membrane Nucleus
2	May	Ch-2 Cell : The Building Blocks of life [Cell division and cancer]	Art integrated activity Cancer cases and North Eastern States	Cell organelles Cell division
3	July	Ch-3 Tissue in Action [Plant Tissue]	To show the prepared slides of plant tissues [parenchyma, collenchyma, sclerenchyma etc]	Plant Tissues
4	August	Ch-3 Tissue in Action [Animal Tissue] Ch-12 Patterns in life: Diversity and Classification [Kingdom Monera &Protista]	To show the prepared slides of animal tissues [epithelial cells]	Animal Tissue Kingdom Monera Kingdom Protista
5	September	Ch- 12 Patterns in life: Diversity and Classification [Kingdom fungi & Plantae]	To study the monocot and dicot plant morphology	Kingdom Plantae Kingdom Fungi
6	October	Ch-12 Patterns in life : Diversity and Classification [Kingdom Animalia]	Make a " animal group comparison file" with one example animal and it's key features	Kingdom Animalia
7	November	Ch-11 Reproduction : How Life Continues [Asexual & plant reproduction]	Detail study of structure of a flower	Asexual Reproduction Plant Reproduction
8	December	Ch-11 Reproduction : How Life Continues [Animal Reproduction]	Project on "Assisted Reproductive Technologies and their Importance ".	Animal Reproduction

ECONOMICS

S. No.	Month	Chapters / Topics	Activities	Monthly Test (Syllabus Covered)
1	April	**Chapter: Building Blocks in Economics** • Scarcity of resources, opportunity cost and the need for making choice • What do economists do?	Classroom simulation using limited resources to demonstrate scarcity; Think–Pair–Share on daily decision-making; Quick polling activity	Scarcity of resources, opportunity cost and the need for making choice; What do economists do?
2	May	**Chapter: Building Blocks in Economics** • What to produce, how to produce, and for whom to produce? • Difference between market, centrally planned, and mixed economic systems • Welfare economy	Role play of producers, consumers, and government; Classroom debate; Sorting activity	What to produce, how to produce, and for whom to produce?; Difference between market, centrally planned, and mixed economic systems; Welfare economy
3	July	**Chapter: The Price Puzzle: What Drives the Market** • Laws of demand and supply	Live classroom market simulation; Movement-based activity; Rapid quiz; Situation-based discussion	Scarcity of resources; Central problems; Economic systems; Welfare economy; Laws of demand and supply
4	August	**Chapter: The Price Puzzle: What Drives the Market** • Real-world deviations from textbook theory, such as in case of necessities, luxury goods, perishable items, and expectations	Case-based discussion; Simulation of shortage/surplus ; Group activity	Laws of demand and supply; Real-world deviations from textbook theory
5	September	**Chapter: The Price Puzzle: What Drives the Market** • Some related concepts—price ceilings and market failures (externalities, information asymmetry, public goods)	Interactive discussion; Application-based examples; Quick quiz	Price ceilings and market failures (externalities, information asymmetry, public goods)

6	October	**Revision for Half-Yearly Examination**	Oral quizzes; Recall activities	Full syllabus till September
7	November	**Chapter: From Ideas to Startups** •Entrepreneurship, case studies, creative destruction, startup ecosystem, MSMEs, business plan, accounting basics	Shark Tank activity; Simulation; Peer questioning	Entrepreneurship; resources; case studies; creative destruction; startup ecosystem; MSMEs; business plan; accounting concepts
8	December	**Chapter: Smart Ways to Manage Your Finances** • Budgeting, interest, inflation, investment, risk, tax	Budget simulation; Interest race; Discussion	Budgeting; interest; inflation; investment; risk and insurance; income tax

HISTORY

Sr.no	Month	Chapter	Activity
1.	April	**Theme 4: Early Humans and Beginning of Civilization** ***Early Humans and Beginning of Civilization** ***Palaeolithic age , Mesolithic and Neolithic.** ***Harappan and contemporary cultures.**	Collect pictures of ancient artefacts of different civilization and paste it and write on them. Test Three Ages
2.	May	**Theme 6 Democracy** • **Meaning,feature and types** • **Roots of democracy in India** • **Challenges to democracy in India** • **Democratic system in world**	In the world political map locate the Democratic countries Test Challenge to democracy
3.	July	**Theme 5 State and Society** ***Vedic Age , Early Empires** ***Cultural practices** *** Trade and cultural practices**	Write a short note on Four Vedas Test -Features of Vedic Culture
4.	August	Theme 7: Elections *Election systems *Delimitation commission *Constituency electoral roll. * Party system in India	System of election Test Party system in India.
5.	September	Theme 1: Nature and scope of social science • Definition and scope • Different aspects of social science	Interconnection of different subject in sst with example
6.	October	Part 2 Theme 3: Resistance and Resilience • Sovereigniry • Development of Art architecture and language • Bhakti Tradition	
7.	November	Theme 3: Fort and Fortification Theme 5: Authority *Kautilya and shukraniti *Justice and security * Dand Naya and Bala	
8.	December	Theme 4: India and the world Trade and commerce Indian education system	
9.	January / February	Theme 5 Authority Role of citizens Democratic institutions	

GEOGRAPHY

MONTH	**CHAPTERS/TOPICS**	**ACTIVITY/CLASS TEST**
Apr- May	1. Shaping of the Earth's Surface a) Theory of Plate Tectonics b) Interior of the Earth c) Role of Weathering and Erosion: Agents of Gradation- River, waves and currents, wind, glaciers and underground water.	Map work- Distribution of major Tectonics Plates. Diagrams- 1. Interior of the Earth 2. Plate Boundaries
Jul -Aug	1. Shaping of the Earth's Surface (contd.) a) Landforms and Disasters: Earthquakes, Landslides, Avalanches, Glacial lake, outburst flood and duststorms. 2) Atmosphere and Climate a) Structure and Composition of Atmosphere b) Elements of Weather and Climate c) Seasons and Monsoon in India d) Climate Change e) Floods f)Carbon Footprint	Class test- Shaping of the Earth's Surface Diagrams- 1. structure of Atmosphere Map work- 1. Advancing Monsoon 2. Retreating Monsoon
Sept- Oct	1. Oceans and Life a) Ocean Relief b) Movement of Ocean Waters-Waves, Tides and Ocean Currents c) Marine Resources and their significance d) Livelihood Concerns and Challenges e) Cyclones and Tsunamis- Early warning systems f) International Maritime rules and regulations	Disaster Management Project Class test- Ocean and life
Nov- Dec	1. Life on Earth a) Biomes: Distribution and characteristics b) Biosphere Reserves in India c) Forest and Ecotourism: forest dwellers their livelihoods and challenges d) Forests and Wildlife conservation e) Government Efforts to support forest dwellers.	Map Work 1. Locate Biosphere reserves on the map of India Revision class test Life on Earth
Jan-Feb	Revision	

ENGLISH (055)

Month	Category	Literature (Chapter Details + Theme)	Grammar	Writing Skills	Activity / Experiential Learning Task
April	Prose	*How I Taught My Grandmother to Read* – Literacy, bonding	Determiners	Formal Letter (Editor)	Role Play & Reflection
	Poem	*Bharat – Our Land* – Patriotism	Modals		Poster: Unity in Diversity
	Poem	*Gifts of Grace* – Dignity of labour			Discussion on professions
May	Prose	*The Pot Maker* – Tradition & craft	Determiners (Practice)	Descriptive Paragraph	Art-integrated clay activity
	Prose	*Winds of Change* – Environment	Modals (Practice)		Eco-awareness discussion
	Poem	*Canvas of Soil* – Nature			Poster & slogan writing
July	Prose	*Vitamin-M* – Emotional values	Tenses (Present)	Notice Writing	Reflection journal
	Prose	*The World of Limitless Possibilities* – Aspirations			Goal-setting activity
	Poem	*I Cannot Remember My Mother* – Memory & emotions			Storytelling
August	Prose	*Twin Melodies* – Music & harmony	Tenses (Past)	Email Writing	Music integration
	Poem	*Nine Gold Medals* – Equality & sportsmanship			Group discussion
September	Exam Cycle	*A Friend Found in Music* – Emotional connection	Subject–Verb Concord	Article Writing (School Magazine)	Half-Yearly Exam + Presentation
October	Prose	*Carrier of Words* – Language power	Reported Speech	Narrative Essay	Language awareness tasks
	Poem	*Words* – Importance of communication			Vocabulary enrichment
November	Prose	*Follow That Dream* – Perseverance	Modals (Advanced) + Conditional Clause	Informal Invitation + Persuasive Essay	Goal-setting & peer discussion
	Poem	*Believe in*			Motivational

Month	Category	Literature (Chapter Details + Theme)	Grammar	Writing Skills	Activity / Experiential Learning Task
		Yourself – Self-confidence			activity
December	Revision	Full Syllabus (Units 1–8)	Editing, Omission, Sentence Transformation	Factual Paragraph	Practice worksheets + peer review
January	Revision	Complete Syllabus	Full Grammar Revision	All Writing Formats	Sample Papers + Mock Tests
February	Final Revision	Complete Syllabus	Final Practice	Exam-oriented Writing	Annual Examination

INFORMATION TECHNOLOGY

Month	Chapter	Activity
April	Part B CH 1- Introduction to IT and ITes CH 2- Data Entry and keyboarding Skills CH 3 Digital Documentation	Ch3(in manual copy) Pg71 Lab Activity
	CH 3 Writer (cont….)	Pg74 Lab Activity Pg85 Lab Activity
July	CH 4-Calc Spreadsheet	Pg130 Lab Activity
August	CH 5-Impress	CH5-DigitalPresentation
September	PART A CH 1 Communication Skills	Ch1 Pg87 Cs of Communication
October	CH 2 Self-Management Skills CH 3 ICT Skills	Ch2 Pg15 Poster on Time management tips
November	CH4 Entrepreneurial Skills CH 5 Green Skills	Ch4 paste the picture of any one successful Indian Entrepreneur and write about its journey of success.(100 words)
		CH 5- Make a presentation of 5 slides Topic-'what steps can be taken to promote environmental awareness and responsibility among individuals communities and organizations'. Paste the coloured slides printouts in manual copy.

HINDI

पुस्तक का नाम - 'गंगा'

माह	पाठ संख्या एवं नाम	विषय संवर्धन क्रिया-कलाप
अप्रैल	➢ पाठ-1 दो बैलों की कथा (प्रेमचंद)	1. संवाद लेखन 2. रास्ता भटक जाने पर गंतव्य तक पहुँचने के लिए बेंचमार्क की सचित्र प्रस्तुति
मई	➢ पाठ -8 रैदास के पद ➢ व्याकरण - उपसर्ग व प्रत्यय, अलंकार - अनुप्रास, उपमा व रूपक आदि, संज्ञा व सर्वनाम। ➢ अपठित गद्यांश, अनौपचारिक पत्र।	
जुलाई	➢ पाठ - पुनरावृत्ति के साथ-साथ ➢ अन्य अलंकार भेद - यमक, श्लेष व मानवीकरण आदि। उपसर्ग व प्रत्यय से शब्द-निर्माण तथा मूल शब्द व उपसर्ग/प्रत्यय को अलग-अलग करना। ➢ पाठ - 2 क्या लिखूँ (निबन्ध) पदुमलाल पुन्नालाल बख्शी।	खुसरो रचित चार अनमेलियों का संकलन
	यतीन्द्र मिश्र ➢ पाठ-10 भारति जय विजय करे! कविता (निराला) ➢ पाठ -5 आखिरी चट्टान तक (यात्रा) (मोहन राकेश) ➢ व्याकरण - क्रिया-विशेषण ➢ अनुच्छेद लेखन/औपचारिक पत्र	बिन्दुवार लिखें। भाषा वृक्ष बनायें पर्यटन स्थल का वर्णन
अक्टूबर	➢ पाठ -6 रीढ़ की हड्डी - एकांकी ➢ अर्द्धवार्षिक परीक्षा पाठ्यक्रम की पुनरावृत्ति (पाठ, अपठित गद्य/पद्य, वाक्य भेद, उपसर्ग, प्रत्यय, समास, पत्र, संवाद अनुच्छेद आदि)	अभिनय (सामूहिक)
नवम्बर	➢ पाठ 11 - झाँसी की रानी ➢ व्याकरण - अनेकार्थी शब्द, मुहावरे, ➢ पाठ -7 मैं और मेरा देश, ➢ विज्ञापन, कर्तव्य और अधिकार	लक्ष्मीबाई की सखियों का सचित्र वर्णन
दिसम्बर	➢ पाठ -12 घर की याद (भवानी प्रसाद मिश्र) ➢ व्याकरण - अनेकार्थी शब्द उपसर्ग, अनुच्छेद, पाठ सारांश आदि।	चार्ट पत्रक पर उत्तर प्रदेश हिन्दी देवनागरी तथा अरूणाचल प्रदेश की वांचो लिपि की सचित्र प्रस्तुति।
जनवरी	➢ सम्पूर्ण पाठ्यक्रम की पुनरावृत्ति।	

SUPW

April	Calligraphy Optical illusion Flower pot
May	Labour day card Name design
July	Gond painting Still life Rakhi making
August	Leaf impression Boho Jewelry making Face study
September	Poster Diwali card Wall hanging Revision of previous work
October	Peacock Kulo art Silhoutte Art Landscape
November	Tree Cubism Christmas day craft
December	Monument drawing Peacock craft Revision of previous work

GAMES

Half yearly examination

1.Warming up exercises - Running, head rotation, knee band, side band, wrist rotation, hip circle, leg stretching, forwarded bending, backward bending.

2.SAI Khelo India Fitness test – (A)50 meter dash (B) Sit and reach (C) Shuttle run (D) standing broad Jump, (E) Ball throw.

3.Ground magerment knowledge - Basketball, Volleyball , Badminton.

4.Yoga poses- Tadasana, Trikonasana, Vrikshasana, padmasna, Vajrasana, ustasna,gomukhasna,Paschimottanasana.

5. March past practice.

6.Skills of the games-

(A)Basketball- (passing dribbling, layup shot.)

(B) Volleyball (under hand service ,upper hand service ,smash service).

(C)Badminton (Long drive service, Fore hand stroke Back hand stroke).

(D)Throwball – serving, throwing, receiving.

Annual examination.

1.Warming up exercises – side running, head rotation, knee band, side band, wrist rotation, hip circle, leg stretching, forwarded bending, backward bending.

2.SAI Khelo India Fitness test – (A)50 meter dash (B) Sit and reach (C) Shuttle run (D) standing broad Jump, Ball throw.

3.Indoor games- Carrom, chess, Ludo, table tennis.

4.Match practice of outdoor games – Basketball, Volleyball, Badminton, Throwball, cricket.

5. Yoga asana practice- Bhujangasna, Vajrasana,padmasna,Paschimottanasana, Salabhasana gomukhasna, Anulom Vilom, kapal bhati,Dayana.

LIFE SKILL

MONTHS	CHAPTERS
APRIL	1.Self- Discipline
MAY	2. Mental Hygiene
JULY	3. Understanding Different Personalities 4. Expression of Emotions
AUGUST	5. Loneliness
SEPTEMBER	6.Dealing with Sadness & Depression 7. Connecting with Nature
OCTOBER	8. Stigma Around Seeking Therapy
NOVEMBER	9. Parental Expectations
DECEMBER	10. Dating and Relationships