

Jagat Taran Golden Jubilee School, Prayagraj

Syllabus Break-up Month-Wise 2026-27

CLASS XI



PHYSICS (042)

S.NO.	CHAPTER	PRACTICALS/ACTIVITIES	MONTH
1.	UNIT-1: PHYSICAL WORLD AND MEASUREMENT. CHAPTER-1 UNITS AND MEASUREMENTS. UNIT-2: KINEMATICS CHAPTER- 2 MOTION IN A STRAIGHT LINE.	1. 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 IT'S VOLUME. 2. TO MEASURE DIAMETER OF A GIVEN WIRE AND THICKNESS OF A GIVEN SHEET USING SCREW GAUGE.	APRIL MAY
	2. UNIT-2: KINEMATICS 2. CHAPTER-3 MOTION IN A PLANE. PT1(Chapter1,2,3) in AUGUST UNIT-3: LAWS OF MOTION 3. CHAPTER-4 LAWS OF MOTION.	1. TO MEASURE RADIUS OF CURVATURE OF A GIVEN SPHERICAL BODY BY A SPHEROMETER. 2. TO FIND THE WEIGHT OF A GIVEN BODY USING PARALLELOGRAM LAW OF VECTORS. ACTIVITY-1: TO MAKE A PAPER SCALE OF GIVEN LEAST COUNT. EG - 2 CM, 5 CM. ACTIVITY-2: TO MEASURE MASS OF A GIVEN BODY USING A METER SCALE BY PRINCIPLE OF MOMENTS.	JULY AUGUST
3.	UNIT-4: WORK, ENERGY & POWER. 1. CHAPTER- 5 WORK, ENERGY & POWER. UNIT-5: MOTION OF SYSTEM OF PARTICLES AND RIGID BODY. ● CHAPTER- 6 SYSTEM OF PARTICLES AND ROTATIONAL MOTION.	3. TO STUDY THE RELATION BETWEEN FORCE OF LIMITING FRICTION AND NORMAL REACTION AND TO FIND THE CO-EFFICIENT OF FRICTION BETWEEN A BLOCK AND A HORIZONTAL SURFACE.	SEPTEMBER

4.	<p>UNIT-6:GRAVITATION</p> <ul style="list-style-type: none"> CHAPTER-7GRAVITATION. PT 2(Chapter 1,2,3,4,5,6,7) <p>UNIT-7:PROPERTIES OF BULK MATTER</p>	<p>4. USING A SIMPLE PENDULUM, PLOT ITS $L-T^2$ GRAPH AND USE IT TO FIND THE EFFECTIVE LENGTH OF SECOND'S PENDULUM.</p> <p>ACTIVITY-3:TO PLOT A GRAPH FOR A GIVEN SET OF DATA WITH PROPER CHOICE OF SCALES AND ERROR BARS.</p>	OCTOBER
5.	<ul style="list-style-type: none"> CHAPTER-8:MECHANICAL PROPERTIES OF SOLIDS. <p>UNIT-7:PROPERTIESOFBULK MATTER</p> <ul style="list-style-type: none"> CHAPTER-9 MECHANICAL PROPERTIES OF FLUIDS. CHAPTER- 10 THERMAL PROPERTIES OF MATTER PT 3 chap (8,9,10) <p>UNIT-8:THERMODYNAMICS</p> <p>□ CHAPTER – 11 THERMODYNAMICS</p>	<p>5. TO FIND THE FORCE CONSTANT OF A HELICAL SPRING BY PLOTTING A GRAPH BETWEEN LOAD & EXTENSION.</p> <p>ACTIVITY-4:TO OBSERVE CHANGE OF STATE AND PLOT A COOLING CURVE FOR MOLTEN WAX.</p> <p>ACTIVITY-5:TO OBSERVE AND EXPLAIN THE EFFECT OF HEATING ON A BI-METTALIC STRIP.</p>	NOVEMBER
6.	<p>UNIT-9 BEHAVIOUR OF PERFECT GASES AND KINETIC THEORY OF GASES</p> <ul style="list-style-type: none"> CHAPTER-12KINETIC THEORY <p>UNIT-10: OSCILLATIONS AND WAVES</p> <ul style="list-style-type: none"> CHAPTER-13 OSCILLATIONS <p>UNIT – 10 : OSCILLATIONS AND WAVES</p> <ul style="list-style-type: none"> CHAPTER-14 WAVES ANNUALEXAM_WHOLE SYLLABUS 	<ul style="list-style-type: none"> TO STUDY THE RELATION BETWEEN THE TEMPERATURE OF A HOT BODY AND TIME BY PLOTTING A COOLING CURVE. TO STUDY THE RELATION BETWEEN THE FREQUENCY AND LENGTH OF A WIRE UNDER CONSTANT TENSION USING SONOMETER. TO FIND THE SPEED OF SOUND IN AIR AT ROOM TEMPERATURE USING A RESONANCE TUBE BY TWO RESONANCE POSITIONS. <p>ACTIVITY – 6: TO STUDY THE FACTORS AFFECTING THE RATE OF LOSS OF HEAT OF A LIQUID.</p>	DECEMBER
7.	Revision for Final Exams		January and February

CHEMISTRY (043)

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 Periodicity in Properties: Significance of classification, brief history of the development of periodic table, modern periodic law and the present form of periodic table, periodic trends in properties of elements – atomic radii, ionic radii, inert gas radii, ionization enthalpy, electron gain enthalpy, electronegativity, valency. Nomenclature of elements with atomic number greater than 100.
4.	August	Chemical Bonding and Molecular Structure: Valence electrons, ionic bond, covalent bond, bond parameters, Lewis structure, polar 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

		<p>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.</p>
<p>December, January, February</p>		<p>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.</p> <p>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.</p>

MATHEMATICS (041)

S. NO.	MONTH	CONTENT
•	APRIL	<ul style="list-style-type: none">• Sets.• Relations and Functions.
•	MAY	<ul style="list-style-type: none">• Relations and Functions.• Trigonometric functions.
•	JULY	<ul style="list-style-type: none">• Trigonometric functions.• Complex Numbers and Quadratic Equations.• Linear inequalities.
•	AUGUST	<ul style="list-style-type: none">• Permutations and combinations.• Binomial Theorem.
•	SEPTEMBER	<ul style="list-style-type: none">• Sequence and series.• Straight lines.
•	OCTOBER	<ul style="list-style-type: none">• Conic Sections.• Introduction to three- dimensional geometry.
•	NOVEMBER	<ul style="list-style-type: none">• Limits and derivatives.• Statistics.
•	DECEMBER	<ul style="list-style-type: none">• Statistics• Probability.

APPLIED MATHEMATICS (241)

S. NO.	MONTH	CONTENT
1	APRIL	<ul style="list-style-type: none">• Sets
2	MAY	<ul style="list-style-type: none">• Relations and Functions.
3	JULY	<ul style="list-style-type: none">• Sequence and Series• Logical Reasonings.
4	AUGUST	<ul style="list-style-type: none">• Numbers Quantifications and Numerical Applications.
5	SEPTEMBER	<ul style="list-style-type: none">• Permutations and Combinations.• Straight Line.• Circle.• Parabola.
6	OCTOBER	<ul style="list-style-type: none">• Financial Mathematics.
7	NOVEMBER	<ul style="list-style-type: none">• Calculus.• Descriptive Statistics.
8	DECEMBER	<ul style="list-style-type: none">• Descriptive Statistics.• Probability

BIOLOGY (044)

Sr. No.	Month	Chapter's Name	Activity	Class test
1.	April	<ul style="list-style-type: none">➤ The living World➤ Biological Classification	Study about the different types of bacteria.	Living world
2	May	<ul style="list-style-type: none">● Plant Kingdom● Animal Kingdom	Study about the different plant specimen	Plant kingdom
3.	July	<ul style="list-style-type: none">● Morphology of flowering plants● Anatomy of plants● Animal Tissue	Study about the plants of family solanaceae	Anatomy of plants
4.	August	<ul style="list-style-type: none">● Cell –Unit of life● Cell Cycle and division	Study about the cell division stages	Cell division
5.	September	<ul style="list-style-type: none">● Biomolecules● Photosynthesis in higher plants● Respiration in plants and animals	Study about the rate of transpiration	Photosynthesis
6.	October	Revision for PT2		
7.	November	<ul style="list-style-type: none">● Plant growth● Exchange of gases● Transportation system	Study about the diffusion and Osmosis	Exchange of gases
8	December	<ul style="list-style-type: none">● Excretion● Neural control● Locomotion and movement	Study about the urine analysis	excretion
9.	January	19. Chemical Coordination and Integration	Study about the different animal hormones.	Chemical coordination
10.	February	Revision for Final exams		

ECONOMICS (030)

S. No.	Month	Chapters / Topics	Activities	Monthly Test
1	April	<ul style="list-style-type: none"> Introduction (Micro) Economics: An Introduction (Statistics) 	Group discussion on basic economic problems List daily life economic activities	Introduction to Economics Basic Economic Problems
2	May	<ul style="list-style-type: none"> Consumer Equilibrium (Cardinal Approach, Single Commodity) Meaning, Scope & Importance of Statistics 	Solve TU and MU numericals Prepare utility schedule Role play on consumer choice	Meaning & Scope of Statistics Utility, Total Utility, Marginal Utility Law of Diminishing Utility Consumer Equilibrium (Cardinal) Importance of Statistics
3	July	<ul style="list-style-type: none"> Consumer Equilibrium (Ordinal Approach, Two Commodity) Demand Elasticity of Demand Collection of Data 	Identify elastic/inelastic goods Case-based questions	Indifference Curve, Budget Line Consumer Equilibrium (Ordinal) Demand, Law of Demand Elasticity of Demand Methods of Data Collection
4	August	<ul style="list-style-type: none"> Production Function Cost Organisation of Data 	Production table (TP, MP, AP) Cost numericals Data organization	Production Function Law of Variable Proportion Cost Concepts (TC, AC, MC) Organisation of Data
5	September	<ul style="list-style-type: none"> Revenue Tabular Presentation Diagrammatic Presentation Measures of Central Tendency: Arithmetic Mean 	Revenue numericals Table making Mean calculation	TR, AR, MR Tabular Presentation Diagrammatic Presentation Arithmetic Mean
6	October	<ul style="list-style-type: none"> Producer's Equilibrium Graphical Presentation 	Case study on equilibrium Steps of equilibrium Chart on graphs	Producer Equilibrium MC & MR Approach Graphical Presentation
7	November	<ul style="list-style-type: none"> Supply Main Market Forms Measures of Central Tendency: Median & Mode 	Role play on markets Median & mode numericals Comparison of markets	Supply, Law of Supply Elasticity of Supply Market Forms Median, Mode
8	December	<ul style="list-style-type: none"> Price Determination Correlation Index Numbers 	Discussion on price changes Correlation questions Index number calculation	Price Determination Market Equilibrium Correlation Index Numbers

HISTORY (027)

Sr.no	Month	Chapter	Activity
1.	April	Themes in world History I Chapter-1 Writing and the City Life	Making of clay tablets using devnagri wancho and photographic script
2.	May	Writing and the city Life	
3.	July	Chapter 2 Empires and the Three Continents	Power Point presentation on Roman Architecture
4.	August	Chapter 3 Nomadic Empire	Map-Work Extent of Mongol Empire
5.	September	Chapter 4 The Three Orders	A comparative 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 History of Japan.	Power point presentation on the impact of second world war
9.	January	Paths to the Modernisation History of China	
10	February	Paths to the Modernisation History of Korea	

ACCOUNTANCY (055)

Month	Syllabus	Class Tests
April	Introduction to Accounting and Basic Accounting Terms.	1. Introduction to Accounting and Basic Accounting Terms + 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.
May	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.	
June	SUMMER VACATION	
July	Recording of Transactions: Books of Original Entry- Journal, Cash Book, and Subsidiary Books.	2. Recording of Transactions: Books of Original Entry- Journal, Cash Book, and Subsidiary Books + Ledger, Trial Balance, and Goods and Service Tax (GST).
August	Ledger, Trial Balance, and Goods and Service Tax (GST).	
September	Bank Reconciliation Statement and Depreciation.	3. Bank Reconciliation Statement and Depreciation.
October	Revision of PT-2.	4. Provision and Reserve, Rectification of Errors, and Capital and Revenue + Financial Statements of Sole Proprietorship, Financial Statements With Adjustments, and Incomplete Records (Single Entry System).
November	Provision and Reserve, Rectification of Errors, and Capital and Revenue.	
December	Financial Statements of Sole Proprietorship, Financial Statements With Adjustments, and Incomplete Records (Single Entry System).	

BUSINESS STUDIES (054)

Month	Syllabus	Class Tests
April	Nature and Purpose Of Business.	● Nature and Purpose of Business.
May	Nature and Purpose of Business (Continued).	
June	SUMMER VACATION	
July	Forms Of Business Organisation.	2. Forms Of Business Organisation + Public, Private and Global Enterprises, and Business Services.
August	Public, Private and Global Enterprises, and Business Services.	
September	Emerging Modes Of Business, and Social Responsibility of Business and Business Ethics.	3. Emerging Modes Of Business, and Social Responsibility of Business and Business Ethics.
October	Revision of PT-2 Syllabus	4. Sources Of Business Finance and Small Business + Internal Trade + International Business.
November	Sources of Business Finance + Small Business.	
December	Internal Trade, International Business.	

ENGLISH (055)

Month	Hornbill (Main Reader)	Snapshots (Supp. Reader)	Reading and writing skills	Grammar
APRIL	2. The Portrait of a Lady		<ul style="list-style-type: none"> • Notice Writing 	
MAY	A Photograph (Poem)	3. The Summer of the Beautiful White Horse	6. Poster Making	<ul style="list-style-type: none"> • Integrated Grammar
JULY	2. We Are not Afraid to Die.....		<ul style="list-style-type: none"> • Note - Making 	<ul style="list-style-type: none"> • Determiners
AUGUST	3. Discovering Tut..... 4. The Laburnum Top	1. The Address	<ul style="list-style-type: none"> • Advertisements • 	<ul style="list-style-type: none"> • Tenses /Modals
SEPTEMEBR	4. The Voice of the Rain (Poem) 5. Childhood (Poem)	(ASL)	<ul style="list-style-type: none"> • Article Writing • Job Application 	<ul style="list-style-type: none"> • Voice
OCTOBER	1. The Adventure	<ul style="list-style-type: none"> • Mother's Day 	<ul style="list-style-type: none"> • Letter to the editor 	<ul style="list-style-type: none"> • Re arranging Jumbled words and phrases
NOVEMBER	<ul style="list-style-type: none"> • Silk Road 	<ul style="list-style-type: none"> • Birth 	<ul style="list-style-type: none"> • Debate Writing 	<ul style="list-style-type: none"> • Narration
DECEMBER	<ul style="list-style-type: none"> • Father to Son (Poem) 	<ul style="list-style-type: none"> • The Tale of the Melon City 	<ul style="list-style-type: none"> • Speech writing 	<ul style="list-style-type: none"> • Integrated Grammar
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

ARTIFICIAL INTELLIGENCE (843)

Month	PART/UNIT
April	Part-B Unit:1 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 Part-A Unit-1: Communication Skills-III
September	Part-A Unit-2: Self-Management Skills-III Part-A Unit-3: ICT Skills-III
October	Part-B Unit-5: Data Literacy-Data Collection to Data Analysis
November	Part-B Unit-6: Machine Learning Algorithms Part-B Unit-7: Leveraging Linguistics and Computer Science
December	Part-B Unit-8: AI Ethics and Values
January	Part-A Unit-4: Entrepreneurial Skills-III Part-A Unit-5: Green Skills-III
February	REVISION

COMPUTER SCIENCE (083)

Month	Chapter/Topic	Practical
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	Practical base on Python Fundamental
August	Ch-5 Conditional and Looping Constructs	Python Program based on if, if-else, if elif and nested if (minimum 15 Programs)
September	Ch-6 Strings in Python Ch-7 Lists in Python	Python Program based on String and Lists (minimum 15 Programs from each chapter)
October	Ch-7 Lists in Python	
November	Ch-8 Tuples and Dictionaries	Python Program based on Tuples and Dictionaries (minimum 15 Programs)

December	Ch-9 Introduction to Python Modules Ch-10 Society Law and Ethics	Python Program based on Python Modules (minimum 15 Programs, 5 from each module)
January	Ch-11 Cyber Safety	
February	REVISION	

INFORMATICS PRACTICES (065)

Month	Chapter	Activity
April	Ch- 1 Computer system Ch-2 Getting started with python	Block diagram of computer system Classification chart of software
May	Ch -3 Python Programming Fundamentals Ch- 4 Conditional Looping Construct	Practical-Ch-4
July	Ch- 4 Conditional Looping Construct (contd) Ch- 5 Lists in Python	Practical-Ch-4 and Ch-5
August	Ch- 5 Lists in Python (contd) Ch-6 Dictionary	Practical ch-6
September	Ch-6 Dictionary(contd) Ch-7 Database Concepts	Practical ch-6 (contd)
October	Ch-7 Database Concepts(contd)	Database Practical
November	Ch-8 Structured query language Introduction to NumPy, Creation of NumPy array from list.	SQL Practical
December	Ch- 9 Emerging Trend	

PHYSICAL EDUCATION (048)

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

May

Chapter-2 Olympism

Olympism – Concept and Olympic Values (Excellence, Friendship & Respect)

Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind

Ancient and Modern 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 Kriyas (Shat Karma)

Pranayama and its type

Active Lifestyle and stress management through Yoga

August

Chapter-4 Physical Education & Sports for CWSN (Children with Special Needs – Divyang)

Concept of Disability and Disorder

Types of Disability, its causes & nature (Intellectual disability, Physical disability)

Disability Etiquette

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 Heart

October

Chapter-8 Fundamentals of Kinesiology and Biomechanics in Sports

Definition and Importance of Kinesiology and Biomechanics in Sports

Principles of Biomechanics

Kinetics and Kinematics in Sports

Types of Body Movements – Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation

Axis and Planes – Concept and its application in body movements

November

Chapter-9 Psychology & Sports

Definition & Importance of Psychology in Physical Education & Sports

Developmental Characteristics at Different Stages of Development

Adolescent Problems & their Management

Team Cohesion and Sports

Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness

December

Chapter-10 Training and Doping in Sports

Concept and Principles of Sports Training

Training Load: Over Load, Adaptation, and Recovery

Warming-up & Limbering Down – Types, Method & Importance

Concept of Skill, Technique, Tactics & Strategies

Concept of Doping and its disadvantages

HINDI (302)

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GENERAL STUDIES (503)

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

SUPW (500)

April	Calligraphy Cubism Name design
May	Madhubani painting Gond painting Jewelry making
July	Monochrome Leaf impression Best out of waste
August	Silhouette art Landscape Kulo art
September	Diwali card Modern art Revision of previous work
October	Monument drawing Board decoration
November	Durga face Decorative bottles
December	Amazing art Revision of previous work

POLITICAL SCIENCE (028)

S.No	Months	Name of the Chapters	Activity	Test
1	April/May	●Constitution Why and How	Comparative Analysis: Different constitutions Reading of the Preamble	Test 1
2	July	● Political Theory : An Introduction ●Freedom ●Rights in Indian Constitution	Collecting political cartoons from various newspapers and magazines and discussing the issues raised Reading the works of great Philosopher	Test 2
3	August	● Election and Representation ● Equality ● Executive ● Legislature	Group discussion: Challenges and reforms Discussion and Debate: Powers and functions of the Real and Nominal Executive	Test 3
4	September	● Social Justice ● Judiciary ● Rights	Constructivist approach: The importance of India's Judicial System. Question Strategies Discussion	Test 4
5	October	●Federalism ●Citizenship	Group Discussion/Debate: Prevailing issues in Centre-state relations. Map activity	Test 5
6	November	●Local Governments ●Nationalism ● Constitution as a Living Document	Debate: Can identity claims lead to social divisions or will it strengthen and recognize multiple identities?	Test 6
7	December	●Secularism ●The philosophy of the Constitution	Role Play	Test 7
8	January	Revision	Question Strategies Discussion	Test 8

GEOGRAPHY

MONTHS	LESSON NAME	ACTIVITY
APRIL	Geography Book--I Fundamentals of Physical Geography Book--II India:Physical Environment Book -I <ul style="list-style-type: none"> • Geography as a Discipline Book -II L- 1 India --- Location	MapWork: Identifying and Locating all the States of India and other features on the Political Map of India Chapter Test - L-1 Geography as a Discipline
MAY	Book-II L- 1 India --- Location (continued) Book -I L-2 The Origin and Evolution of the Earth L-3 Interior of the Earth	ProjectWork: Written matter with pictures Topic:Comparative study of the Himalayan Drainage and Peninsular Drainage Systems Chapter Test: L-1 India - Location
JULY	Book-I L- 3 Interior of the Earth (continued) L-4DistributionofOceansandContinents Book-II L-2 Structure and Physiography	Poster making: Interior Structure of the Earth Chapter Test: L-2 Structure and Physiography
AUGUST	Book-I L-5 Geomorphic Processes L- 7 Composition and Structure of Atmosphere Book -II L- 3 Drainage System	PracticalFile workdone Chapter Test - Composition and structure of Atmosphere
SEPTEMBER	Book-I L-8 Solar Radiation, Heat Balance and Temperature L- 9 Atmospheric Circulation and Weather Systems Book -II L- 4 Climate	Project work on the Topic:Conservation Methodsadoptedtoprotectthe NaturalVegetationand Wildlifein India Chapter Test- L4 Climate
OCTOBER	Book-II L- 5 Natural Vegetation Book -I L- 10 Water in the Atmosphere	

NOVEMBER	<p>Book-I L-10 Water in the Atmosphere (continued)</p> <p>L- 12 Water (Oceans)</p>	<p>Project Work on Natural Disasters:</p> <p>Topic: What are the Causes and Consequences of Earthquake and Floods; their effects and Mitigation steps</p> <p>Chapter Test - L -12 Water (Ocean)</p>
DECEMBER	L- 12 Water (Oceans) (Continued)	P
JANUARY	<p>Book-I L-13 Movements of Ocean Water</p> <p>L-14 Biodiversity and Conservation (to be assessed as Project and presentation)</p> <p>Book -II L- 6 Natural Hazards and Disaster (tested through Internal assessment in the form of Project and presentation)</p>	<p>Project Work Topic: Causes of loss of Biodiversity and Measures for Conservation.</p> <p>Chapter Test - L-14 Movements of Ocean Water</p>
FEBRUARY	Revision and Solving Sample papers	Annual Practical File Work
TILL OCTOBER (HALF - YEARLY)	<p>GEOGRAPHY PRACTICAL PART-I Chapter-1 Introduction of Maps Chapter-2 Map Scale Chapter-3 Latitude, Longitude and Time Chapter - 5 Topographical Maps</p>	
ANNUAL EXAM	<p>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</p>	

LIFE SKILL

MONTHS	CHAPTERS
APRIL	1. Self- Discipline
MAY	2. Communication skills
JULY	3. Goal setting and Motivation 4. Study skills and concentration
AUGUST	5. Time management and productivity
SEPTEMBER	6. Financial Literacy 7. Mental and emotional well- being
OCTOBER	8. Parental Expectations
NOVEMBER	9. Fear of missing out (FOMO)
DECEMBER	10. Manipulation