



B.C.M. ARYA SCHOOL
Affiliated to CBSE New Delhi
Singla-Enclave, Lalton-Dolon Khurd , Ludhiana



E-ACADEMIC ATLAS

ज्ञान से विकास
(GROWTH THROUGH KNOWLEDGE)

Class : IV
Session: 2026-27

CLASS- IV

SUBJECT- ENGLISH

BOOK NAME: COLOURS MY TERM BOOK

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES / CURRICULUM GOALS	SUBJECT ENRICHMENT / PROJECT / ICT/ART INTEGRATED ACTIVITY	LEARNING OUTCOMES + LIFE SKILL SWBAT
APRIL				
L-1 There must be a Rainbow Workbook- 3 to 5	1hr	To learn the significance of different colour of rainbow.	Drawing a rainbow- Draw and colour a rainbow(Art- integrated) + assignment	Students will be able to develop imagination and observation
L-2 New Champion Workbook- 6 to 8 (OBT)	1hr	To learn the importance Of how we can be kind to others	Speaking Skills Speak few lines on your favourite game	Students will be able to develop life skills
Grammar:- Sentences, Re- arrangement of sentences	1hr	To learn how to make meaningful sentences	Flash Card Frame sentences using flash cards	Students will be able to learn to make meaningful sentences

Noun: Types	1hr	To learn to distinguish between different types of noun	Flowchart on types of Noun (Art- integrated)	Students will be able to identify of different types of nouns
Notice Writing	1 hr	To learn the Importance of notice writing.	Format+Creativity in Writing	Students will be able to develop creative writing skills
Form of Verbs	1 hr	To learn new form of verbs	Assignment	Students will be able to learn and use form of verbs
Types of Sounds	2 hrs	To learn identification of different sounds	Speaking of tongue twisters and use of audio-visual aids	Students will be able to bring accuracy and fluency in speaking
L-3 True Friends(Poem) Workbook - 9	1hr	To learn the value of true friendship	My best friend Draw and write about your best friend(portfolio) + assignment	Students will be able to develop values and good human relationships
Comprehension	1 hr	To learn reading with understanding	Discussion- Peer group	Students will be able to improve reading and develop critical thinking skills

MAY	REVISION
PRE MID TERM EVALUATION	

JULY				
L-4TheAdventures of the Magic Report Workbook – 10 and 11	1hr	To learn how we Should stay close to nature	Debate on electrical gadgets Are the electrical gadgets good or bad for us?	Students will be able to get aware about environmental issues and importance to save environment for future
Types of sounds	1 hr	To learn identification of different sounds and its use	Game based activity- Spin a wheel of different sounds mentioned over it and give an answer	Students will be able to improve reading and develop critical thinking skills

Comprehension	1 hr	To learn reading with understanding	Discussion based activity	Students will be able to improve reading and develop critical thinking skills
Noun: Numbers, Gender, Countable and uncountable Noun	1hr	To learn the plural, feminine and masculine gender and distinguish between countable and uncountable noun	Real life implication +assignment	Students will be able to identify different types of nouns and their correct use
Pronoun	1hr	To be able to use Appropriate pronoun for Noun	Pronoun flowers making (Art integrated)(P)	Students will be able to get knowledge about pronouns and develop accuracy in grammar

Picture Composition	1 hr	To be able to make few sentences describing a picture	Describe a picture	Students will be able to development creativity and critical thinking
L5 Workless, Smile More Workbook- 12 and 13	1 hr	To learn the importance of always smiling and keeping surroundings less noisy.	FlowChart Making Students will make a flowchart on Types of pollution (Cross-curricular linkages with sci., Interdisciplinary) +assignment	Students will be able to learn value based education for the betterment of society.
L-6What do we plant? (poem) Workbook 14 and 15	1 hr	To learn the importance of trees	<u>Planting a Tree</u> Students will plant the tree On their birthday and see how beautiful it grows+assignment	Students will be able to learn about the importance of trees in our life.
Adjective	2 hrs	To learn what are the Describing words and how they are used	<u>Real life implications</u> Show real objects to explain adjectives	Students will be able to know about the things with their describing words
Message Writing	1hr	To learn how to frame sentences in message writing	Write a message on Sticky note and pass it to your friend	Students will be able to improve creative writing
Idioms	1 hr	To learn how to use different idioms	Assignment	Students will be able to build vocabulary

AUGUST

L-7 Squawky's Fitness Programme Workbook- 16,17	1hr	To learn the importance of exercising	<u>Doing Exercise</u> Five simple steps of exercise will be done in class and will speak its benefits. +assignment	Students will be able to learn the importance of exercise to stay fit and healthy
L-8The Outing Workbook- 18,19	1hr	To learn how we can be brave and strong in adverse conditions	<u>An outing</u> Students will be taken To an outing to a garden nearby+assignment	Students will be able to develop life skills
Types of sounds- Silent letters	1 hr	To learn to identify silent words	Activity- Underline the silent letters in the given words	Students will be able to recognize the silent words
Letter writing Verb, agreement of subject and verb	2 hrs	To learn the importance of letter writing Learn when verb agrees with Subject	Format + content Show action words	Students will be able to develop creative writing and accuracy in grammar
Comprehension	1 hr	To learn reading with understanding	Discussion – Peer group based	Students will be able to improve reading skills
Homophones	1 hr	To learn what are homophones	List of homophones	Students will be able to develop speaking skills

OCTOBER

L-1 Health & Fitness(poem) Workbook- 20	1hr	To learn the importance of keeping track of daily track of your routine	Interdisciplinary Maths <u>Daily Routine Chart</u> Student will make a daily routine chart with a duration+assignment	Students will be able to grow good habits and learning of human values
Articles	2 hrs	To learn to use appropriate articles	<u>Flower Making</u> Draw a flower and Show articles on them.	Students will be able to develop accuracy in grammar
L-2 Virtual Adventure Workbook – 21, 22	1hr	To learn the Importance of VR	<u>Speaking Skills</u> Speak on any adventure game+assignment	Students will be able to get aware about 21 st century advancement
Paragraph Writing(Festivals, person)	1hr	To learn how to frame sentences	Describe your favourite festival	Students will be able to develop writing skills
Comprehension	1 hr	To learn reading with understanding	Discussion – Peer group based	Students will be able to improve reading skills
L-3 Child Discoveries Workbook- 23,24	1 hr	To learn about inventions	Activity- Invent anything out of the waste+assignment	Students will be able to develop critical thinking skills

Past tense (Simple past, past Continuous ,pas perfect)	1 hr	To learn how to use appropriate tense	Table of tenses	Students will be able to improve speaking skills through identification of types of tenses
L- 4 Hooray for Inventors Workbook- 25,26 (OBT)	1 hr	To learn about the famous inventors	OBT will be taken	Students will be able to do self-analysis
Forms of verbs	1 hr	To learn the new word, forms of verbs	List of Forms of verbs	Students will be able to develop accuracy in language learning
Comprehension	1 hr	To learn reading with undestanding	Group Discussion	Students will be able to develop reading skills and critical thinking

Identification of blend words	1 hr	To learn the formation of blend words	Choose the blend words out of the given list	Students will be able to identify the types of words
NOVEMBER				
Diary Entry	2 hrs	To learn the importance Of expressing yourself in a diary	Describe any special day of this month	Students will be able to develop creative writing skills
Present and Past Tense (Simple, Continuous)	1 hr	To learn how to use appropriate verb according to the tense	Table of Tenses	Students will be able to use grammar and language development

Future Tense(Simple future, Future continuous)	1 hr	To learn how to use appropriate verb according to the tense	Table of tenses	Students will be able to use grammar and language development
JANUARY				
L-5Kindness Brigade Workbook- 27,28	2 hrs	To learn the importance of making a pleasing	<u>Thank you Card</u> Make a Thank you Card(Art-integrated) +assignment	Students will be able to develop good values
L-6 Little Drippy's Adventure Workbook- 29,30	1 hr	To learn the importance of rain in our lives	Inter disciplinary Artistry(Sci) <u>Water Cycle</u> Students will make a water-cycle diagram+assignment	Students will be able to get aware about the use and importance of rain water in our lives
Story Writing	1 hr	To be able to write story using hints.	Narrate a Story	Students will be able to develop creative writing
Capital Letter Punctuations	1 hr	To learn where to use appropriate punctuation marks	Table of punctuation marks	Students will be able to bring accuracy in use of grammar

L-7Kindness(Poem) Workbook- 31	1hr	To learn how kindness passes from one to another	<u>Flower Giving Activity</u> Bring a flower and give it to your favourite teacher, attendant, peon, etc. +assignment	Students will be able to develop human values
Application Writing	1 hr	To learn to improve creative skills	Format + Creativity in framing the content	Students will be able to development writing skills
FEBRUARY				
Comprehension	1 hr	To learn reading with understanding	Discussion- Peer group based	Students will be able to develop critical thinking skills and reading skills
Editing	1 hr	To learn how to edit sentences	Sentences on Editing	Students will be able to bring accuracy in language

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APRIL				
Ch-1 Numbers and numeration ◆ Read and write large numbers using Indian system. ◆ Expanded and standard form, ◆ face value ◆ Place value, ◆ Comparing/ ordering ◆ formation of numbers ◆ Rounding off numbers to nearest 10,100 ◆ Roman numerals upto 100	7	To understand numerical concepts and its use in real life	Art Integrated: ● Indian place value chart ● Mind Game (Roman Numbers using match sticks)	Students will be able to Read and write large numbers using Indian system.Expanded form, face value Place value, standard Comparing,ordering and formation of numbers Rounding off numbers to nearest 10 and 100 and roman numerals upto 100 Life Skill: Critical thinking

Ch- 2 Addition and subtraction ♦ Addition and subtraction of 5- digit and 6-digit numbers. apply properties of addition and ♦ subtraction ♦ estimate the sum and difference. ♦ Real life word problems	7	To apply mathematics in daily life	• Art Integrated: Enactment on real life problems • To solve addition and subtraction problems	Students will be able to perform Addition and subtraction of 5- digit and 6-digit numbers. apply properties of addition and subtraction, estimate the sum and difference. Real life word problems Life skill: Problem solving
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MAY

Ch 2 Addition and Subtraction (Continue) ♦ Real life wordproblems Tables 2 to 16 Workbook: Pg 33 to 38	6	To apply mathematics in daily life	Art Integrated: Role play • Enactment on real life situations	Students will be able to apply the concept in Real life
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JULY

Ch 3 Multiplication And Division ◆ Properties of multiplication & division. ◆ Multiply and divide 2 digit and 3 digit numbers ◆ Real life problem sums based on multiplication/ division.	5	To solve multiplication and division problems. And can apply knowledge in real life.	Role play- solve real life problems Puzzle on multiply and Division	Students will be able to understand the Properties of multiplication & division. Multiply and divide 2 digit and 3 digit numbers. Real life problem sums based on multiplication/ division. Life Skill: Analytical skills
Ch-4 Factors And Multiples ◆ Divisibility of numbers Prime and composite numbers ◆ Express given number ◆ product of prime numbers Calculate HCF/LCM Prime factorisation of a number	6	To strengthen their problem solving skill	Art Integrated: Sieve of Eratosthenes Venn Diagram	Students will be able to understand the concept of Divisibility of numbers Prime and composite numbers Express given number product of prime numbers Calculate HCF/LCM, Prime factorisation of a number
AUGUST				

Ch 5 Money ◆ Express money in words and in figures, ◆ convert rupee into paise and vice versa, ◆ Apply basic operations on money ◆ Solve Real life problems		To solve and apply the concept of money in real life	Observation of shopping, grocery or any bill	Students will be able to understand the concept and Express money in words and in figures, convert rupee into paise and vice versa, Apply basic operations on money and Solve Real life problems Life Skill: Money Management
Ch 6 Time ◆ Convert the units of time ◆ 12 hours and 24 hours clock ◆ Add and subtraction of time Tables 2 to 17 Workbook: Pg 39 to 50		To solve and apply the concept of time in real life	Reading time using real clock. Make a time table in 12 hours and 24 hours clock.	Students will be able to understand the concept of Conversion of units of time, 12 hours and 24 hours clock Add and subtraction of time

OCTOBER

Ch- 1 Fraction ◆ Concept of Fraction ◆ types of fraction ◆ simplest form of fraction, ◆ comparing and ordering of Fraction ◆ sum and difference of fraction. ◆ Real life problem based on fraction	6	To improve their numeracy skills and can solve daily life problems related to fraction.	Art Integrated: Fraction robot / bird Portfolio Lab Activity- enactment on birthday party	Students will be able to understand the Concept of fraction, types of fraction, simplest form of fraction, comparing and ordering of fraction and sum and difference of fraction. Real life problem based sum
Ch-2 Measurement ◆ Standard units of measurement (length, weight, capacity) ◆ add and subtraction of units ◆ Convert bigger units to smaller units and vice versa Apply four operations in solving real life problems	5	To estimate, measure and convert units for length, weight, capacity, exploring perimeter and area and can solve real life word problems	Demonstration of Units (length, weight, capacity)	Students will be able to understand the concept of Standard units of measurement (length, weight, capacity) add and subtraction of units Convert bigger units to smaller units and vice versa Apply four operations in solving real life problems. Life Skill: Meal Prep Planning (Measurement Skills): Students select a recipe, calculate the cost of ingredients, and double the recipe for a large group.

NOVEMBER**Ch- 3 Basic Geometry****Concept**

- ◆ Identify point, line, ray, line segment,
- ◆ Measure and draw angles using protractor,
- ◆ Define and classify, triangles,
- ◆ quadrilaterals, construct circle.

Tables 2 to 18

Workbook: Pg 51 to 56

6

To build a strong foundation in shapes and lines, enabling them to analyze and apply geometric concepts to everyday

ICT and Art Integrated:
Geo Board 2D/3D Shapes

Using Air Clay

Students will be able to Identify point, line, ray, line segment, Measure and draw angles using protractor, Define and classify, triangles, quadrilaterals, construct circle.

JANUARY**Ch-4 Perimeter and Area**

- ◆ Perimeter and area of triangle
- ◆ square and rectangle
- ◆ perimeter of irregular shapes
- ◆ area of square and rectangle

Real life problem based sums

5

To develop analytical thinking while understanding perimeter and area of shapes. They apply logical reasoning and accuracy to measure and solve simple problems.

LAB ACTIVITY:
To find area and perimeter of real objects

Students will be able to understand the concept of Perimeter and area of triangle, square and rectangle, perimeter of irregular shapes, area of square and rectangle. Real life problem based sums
Perimeter area and spatial awareness: Measuring furniture, planning a garden, or calculating materials for DIY projects.

FEBRUARY

Ch-5 Patterns And Symmetry ◆ Number Pattern ◆ Pattern in figures ◆ Identify and define Symmetrical figures ◆ line of symmetry. ◆ Locate line of symmetry Workbook: Pg 57 to 64	5	To develop analytical thinking by identifying patterns and symmetry in shapes. They apply logical reasoning and accuracy to create and complete patterns.	Jewellery design using symmetrical pattern	Students will be able to understand the concept of pattern and Identify and define Symmetrical figures and line of symmetry. Locate line of symmetry
Ch- 6 Data Handling Tables 2 to 20	5	To develop analytical thinking by organizing and interpreting data. They apply logical reasoning to read and understand simple charts.	Experiential Learning: Survey in school/locality	Students will be able to understand the concept of tally marks, pictograph and bar graph Life Skill: Critical thinking and analyzing graphs

SUBJECT- SCIENCE
BOOK NAME: Colours term I and 2

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES / CURRICULUM GOALS	SUBJECT ENRICHMENT / PROJECT / ICT/ART INTEGRATED ACTIVITY	LEARNING OUTCOMES + LIFE SKILL SWBAT
APRIL				
Green plants (parts of leaf, functions of leaf, photosynthesis)	3 hours	To understand parts of a plant, learn about photosynthesis, importance of plants	Leaf collection activity, plant parts labelling chart	Students will be able to identify plant parts and explain why plants are important. Parts of a Plant – Role Play
The world of flowers (flowers from flower buds, seasonal flowers, uses of flowers)	6 hours	To identify parts of a flower, understand pollination (basic level)	Flower dissection(by teacher)	Students will be able to label parts of a flower and describe their functions By quiz activity
MAY				
Teeth and microbes (types and set of teeth, cavities, dental care, structure of tooth, useful microbes)	4 hours	To know about different types of teeth and their function, importance of dental hygiene, introduction to microbes workbook pages 65 to 69	Brushing demonstration, poster on healthy teeth habits Lab visit	Students will be able to differentiate types of teeth and explain cleanliness habits Group activity : students will present topic in groups like good and bad food for teeth, healthy habits etc
JULY				
Digestive and Excretory System(organs of digestive system, bowel movement, need of water, excretion)	5 hours	To Understand digestion process• Identify organs involved• Basic idea of excretion	Digestive system chart• Role play of food journey Lab visit	Students will be able to explain digestion steps in simple terms. By quiz activity

Soil and Its Types (different types of soil and its uses)	2.5 hours	To differentiate types of soil• Importance of soil• Soil conservation	Soil sample collection• Sedimentation experiment	Students will be able to identify soil types and state their uses. By group discussion
AUGUST				
Adaptations in Plants (terrestrial, aquatic plants)	4 hours	• To understand plant adaptations• Identify desert, aquatic & mountain plants	Scrapbook on plant adaptations Garden visit	Students will be able to explain how plants adapt to different environments
Measurement (time, capacity, length, mass)	3 hours	To measure units of length, weight & capacity• Use measuring tools workbook pages 70 to 75	Measuring classroom objects activity•	Students will be able to measure objects using appropriate units. By measuring classroom objects using scale, measuring tape etc
OCTOBER				
Safety and First Aid (safety at home, school, playground, on road, first-aid kit)	3 hours	To aware about safety rules at home & school• Basic first aid steps	First aid kit demonstration	Students will be able to apply safety rules and basic first aid knowledge By Demonstration on the uses of each item of first aid kit. Students will be able to identify types of houses and materials used.

Shelter Around Us (different types of shelters according to the weather)	2 hours	To aware about different types of houses at different regions	Model of different houses• Collage making	By group discussion on the topic: why do different areas have different kind of houses ?
NOVEMBER				
Adaptations in Animals (habitats of animals , camouflaging, hibernation)	4 hours	To understand animal adaptations• Identify habitat-based adaptations workbook pages 76,77,78,80,81	Chart on animal habitats	Students will be able to explain how animals survive in different habitats. By Quiz activity
JANUARY				
Solids, Liquids and Gases (three states of matter and their interchangeable)	3 hours	To understand the Properties of matter• Identify examples	Classroom experiment on states of matter•	Students will be able to differentiate solids, liquids and gases with examples By Sorting activity
Animals and Their Young Ones (animals that layeggs, that give birth, life cycle of hen, frog, butterfly)	4 hours	•To Learn animal life cycles• Care of young ones	Life cycle chart	Students will be able to describe life cycles and classify animals. By Matching activity
FEBRUARY				
Sound and Communication (pleasant, unpleasant sound, warning sound, postal system, email)	3 hours	To know how sound is produced• Modes of communication workbook pages 79,82,83,84	Sound experiment with tuning fork	Students will be able to explain sound production and communication methods By Role play communication types

SUBJECT- SOCIAL STUDIES**BOOK NAME- COLOURS TERM 1 AND 2**

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES / CURRICULUM GOALS	SUBJECT ENRICHMENT / PROJECT / ICT / ART INTEGRATED ACTIVITY	LEARNING OUTCOMES / LIFE SKILL / SWBAT
APRIL				
India – Physical Divisions I Mountain ranges- Himalayas, Himadari, Shiwalik	4.5	To help students understand physical features of India	Chart on Himalayas, Plateau & Plains	Describe physical features; Develop observation & awareness; SWBAT explain features of Himalayas, Plateau & Plains By Quiz Activity
India – Physical Divisions II Desert area, Coastal Area, climate, Vegetation	3	To develop understanding of desert & coastal plains	Research on Great Indian Desert	Describe desert & coastal regions; Critical thinking; SWBAT identify features & water scarcity By Quiz Activity
MAY				
People of India Different lifestyle, culture, festivals and dances of India	5	To introduce cultural diversity Workbook pages 85 to 93	Group activity on states, food & dress	Identify diversity & unity; Respect & teamwork; SWBAT explain unity in diversity By group activity on the food , culture, dress, language etc of different states
JULY				
They Made History	4	To awareness of social reformers	Recite Kabir Doha	Recognize reformers; Values & respect; SWBAT describe contributions of different personalities

Religious teachers , social reformer, kings, Scientist, mathematician				By role play of great personalities
Climate of Our Country Summer season Rainy season Winter season	3.5	To understand seasons	Class presentation	Describe seasons; Communication; SWBAT identify seasonal features By class presentation by students on different seasons in 5-6 lines
AUGUST				
Our Rights and Duties Democracy, socialism, secularism and Fundamental rights	3	To Learn constitution concepts Workbook pages 94 to 98	Poster on Fundamental Rights	Define rights & duties; Responsibility; SWBAT differentiate rights & duties By Group activity
OCTOBER				
Local Self Government Municipal committee, Gram panchayat	3	To learn government levels	Chart on Panchayat	Describe govt structure; Civic awareness; SWBAT explain functions By debate and discussion method
NOVEMBER				
Rivers of India Snow fed rivers , rain fed rivers and	4.5	To understand rivers and their origin Workbook pages 99 to 103	Map work on snow fed rivers	Identify river types; Analytical skill; SWBAT locate rivers Map activity

dams built on them				
JANUARY				
Our Mineral Wealth Metallic and non-metallic minerals	4	To learn about minerals and their uses	Map marking	Describe minerals; Awareness; SWBAT identify reserves By quiz activity
FEBRUARY				
Agriculture & Industries Agricultural seasons, food crop, cash crop, industries – cottage, small scale and large scale industry	4.5	To understand agriculture & industries of India Workbook pages 104 to 112	Map work	Describe industries; Decision making; SWBAT identify industries By quiz activity
Evidences in History Sources of history, coins, artefacts, inscription and literary sources	3	To learn historical sources	Picture collection	Identify sources; Curiosity; SWBAT explain importance By discussion method

Subject- Hindi

Topics	Insturctional hours	Learning Objectives / curriculum goal	Subject Enrichment/Project /Art Integrated Activity	Learning Outcomes
April				
April पाठ 1हम नन्हे नन्हे बच्चे हैं	2 hours	देश के प्रति प्रेम और सहानुभूति	अपनी मनपसंद कहानी सुनाना	देश के प्रति प्रेम को समझेंगे।
पाठ 2 हरे रंग का घोडा	2 hours	अपनी सूझ बूझ से विकट समस्या का समाधान करना	अकबर बीरबल के कोई एक रोचक किस्से का कक्षा में अभिनय कीजिए	अपनी सूझ बूझ से विकट समस्या का समाधान करना सीखेंगे।
अनुच्छेद	40 MIN.	रचनात्मक लेखन की जानकारी	लेखन अभ्यास	रचनात्मक लेखन सीखेंगे।
संज्ञा	40 MIN.	संज्ञा व भेदों की जानकारी	फलेश कार्ड वाक्य में से संज्ञा निर्मित शब्द पहचानो	संज्ञा व भेदों की जानकारी दी जाएगी।

लिंग	40 MIN.	लिंग व भेदों की जानकारी	समूह चर्चा	लिंग व भेदों की जानकारी दी जाएगी।
May				
अपठित गद्यांश	40 MIN.	विचारों के समझ को विकसित करना	लेखन अभ्यास	छात्रों के ज्ञान को विस्तृत होगा।
पाठ 3 प्लास्टिक प्रदूषण	2 hours	प्लास्टिक से होने वाले नुकसान के बारे में बताना	समूह चर्चा	प्लास्टिक से होने वाले नुकसान के बारे में जानेंगे।
पाठ 4	2 hours		OBT	अपनी सूझ बूझ से विकट समस्या का समाधान करना सीखेंगे।
JULY				

पत्र	40 MIN.	औपचारिकता के साथ पत्र की रूप रेखा का ज्ञान	पत्र लेखन	पत्र की रूप रेखा का ज्ञान होगा ।
पाठ 5 कीमती पत्रे	2 hours	स्पष्ट सुलझे क्रमबद्ध विचार	समूह चर्चा	बोलचाल की भाषा में उपयुक्त और सटीक शब्दों का प्रयोग करना सीखेंगे ।
पाठ 6 ऊटी की सैर	2 hours	बची खुची चीज़ों का उपयोग करना तथा दया की भावना जाग्रत करना	जीवन लक्ष्य बताओ	बची खुची चीज़ों का उपयोग करना तथा दया की भावना सीखेंगे ।
सर्वनाम	40 MIN.	सर्वनाम के भेदों की जानकारी	फ्लेश कार्ड वाक्य में सर्वनाम से निर्मित शब्द पहचानो	सर्वनाम के भेदों की जानकारी प्राप्त होगी ।
अशुद्धि शोधन	40 MIN.	छात्रों को व्याकरण के नियमों के अनुसार शुद्ध लिखने की जानकारी	वार्तालाप	छात्रों को व्याकरण के नियमों के अनुसार शुद्ध लिखने की जानकारी प्राप्त होगी ।

वचन	40 MIN.	वचन का विषय में जानना	वचन बदलो प्रतियोगिता	शब्दावली में वृद्धि होगी।
August				
पाठ 7 चूहे की दिल्ली यात्रा	8 hours	कविता को उचित लय तुक के साथ पढ़ना और उसके भाव को समझना	नैतिक मूल्यों से संबंधित कहानी	कविता को उचित लय तुक के साथ पढ़ना और उसके भाव को समझना सीखेंगे।
पाठ 8 आओ भर लें खुशियाँ	2 hours	घमंड न करने तथा झूठी शान न दिखाने की सीख देना	OBT	विस्तृत जानकारी होगी।
अपठित गद्यांश	40 MIN.	नैतिक मूल्यों का विकास	नैतिक मूल्यों से संबंधित कहानी	सच्चाई ईमानदारी के मूल्यों को अपनाएँगे।

पठित काव्यांश	40 MIN.	काव्यांश में छिपे भाव और संदेश को पहचान सकें।	विद्यार्थियों को काव्यांश में निहित भावनाओं का विश्लेषण करने के लिए कहा जाएगा।	विद्यार्थियों में भावनाओं और विचारों को काव्यात्मक रूप में व्यक्त करने की क्षमता विकसित की जाएगी।
संवाद लेखन	40 MIN.	रचनात्मक लेखन की जानकारी	दो विद्यार्थियों के मध्य संवाद	अपनी सूझबूझ का प्रयोग करना सीखेंगे।
October				

पाठ 9 डामन और पीथियस	2 hours	कहानी को सही ढंग से पढ़ने और उसके मूल भाव को समझने की कला विकसित करना	कृष्ण सुदामा की मित्रता पर वार्तालाप	मित्रता घर परिवार से प्रेम संवेदनशीलता तथा बलिदान की भावना की सीखेंगे।
पाठ 10 हिमालय	2 hours	प्राकृतिक प्रेम तथा अपने देश पर गर्व करने की प्रेरणा देना	अब तक जो लोग एवरेस्ट की छोटी पर गए हैं उनके बारे में वार्तालाप	विचारों में क्रमबद्धता आएगी

कहानी सरस और लोमड़ी कपटी मित्र	2 hours	सीमित शब्दों में बात कहना	लेखन अभ्यास	सीमित शब्दों में बात कहना सीखेंगे।
पर्यायवाची शब्द	40 MIN.	समान शब्दों का ज्ञान	विद्यार्थियों से विचार	समान शब्दों का ज्ञान होगा।
वाक्यांश के लिए एक शब्द	40 MIN.	औपचारिकता के साथ स्पष्ट सुलझे क्रमबद्ध विचार	व्यक्तिगत अनुभव	बोलचाल की भाषा में उपयुक्त और सटीक शब्दों का प्रयोग करना सीखेंगे।
विलोम शब्द	40 MIN.	विषय से संबंधता दैनिक जीवन में वार्तालाप के समय ध्यान	शब्दों के आधार पर (सामूहिक चर्चा)	नए शब्दों का ज्ञान होगा।
November				
पाठ 11 लोकमान्य तिलक	2 hours	लोकमान्य तिलक के जीवन के बारे में जानकारी	विद्यार्थियों से वार्तालाप नैतिक मूल्यों से संबंधित कहानी	लोकमान्य तिलक के जीवन के बारे में जानकारी सच्चाई ईमानदारी के मूल्यों को अपनाएँगे।

पर्यायवाची शब्द	40 MIN.	नैतिक मूल्यों का विकास	विद्यार्थियों से उनकी मनपसंद	छात्रों में अपने बड़ों के साथ समय बिताने तथा सही गलत के बीच अंतर कर पाने का सामर्थ्य विकसित होगा।
पाठ 12 नानी की कहानी	2 hours	कहानी को उचित हाव भाव के साथ पढ़ने तथा समझने की कला विकसित करना	कहानी पर वार्तालाप	सच्चाई ईमानदारी के मूल्यों को अपनाएँगे।
January				
अपठित गद्यांश	40 MIN.	विचारों के समझ को विकसित करना	लेखन अभ्यास	छात्रों के ज्ञान को विस्तृत करना।
पाठ 13 सुख की कुंजी (कविता)	2 hours	कविता को उचित लय तुक के साथ पढ़ना और उसके भाव को समझना	ऋतुओं पर सामूहिक चर्चा	ऋतुओं के बारे में जानकारी सीखेंगे।
पाठ 14 थॉमस अल्वा एडीसन	2 hours	वैज्ञानिक दृष्टिकोण, कभी हार न मानना तथा परिश्रम व धैर्य के महत्व को स्पष्ट करना	OBT	परिश्रम व संघर्ष के महत्व को समझेंगे।

मुहावरे	40 MIN.	मुहावरे का ज्ञान देना	उत्तर पुस्तिका पर मुहावरे चित्र लगाओ	मुहावरे की समस्त जानकारी समस्त जानकारी दी जाएगी।
विराम चिह्न	40 MIN.	विराम चिह्न का ज्ञान	वाक्य में उचित विराम चिह्न लगाएँ पत्र लेखन	विराम चिह्न का ज्ञान दिया जाएगा।
पत्र	40 MIN.	औपचारिकता के साथ स्पष्ट सुलझे क्रमबद्ध विचार	शब्दों के आधार पर (सामूहिक चर्चा)	बोलचाल की भाषा में उपयुक्त और सटीक शब्दों का प्रयोग विचारों में क्रमबद्धता आएगी।
विशेषण	40 MIN.	छात्र विशेषण के प्रकारों को जान सकें,	वाक्य को पढ़कर विशेषण शब्द पहचाने	विशेषण और उसके विभिन्न भेदों के बारे में ज्ञान प्राप्त करेंगे।
February पाठ 15 मनोरम स्थल नैनीताल	2 hours	नैनीताल के बारे में जानकारी देना	लेखन अभ्यास	छात्रों को नैनीताल के बारे में सम्पूर्ण जानकारी मिलेगी।

Subject Punjabi

Book/s Name : Maa Boli Punjabi Pathmala (Parveshka)

Month / Topic / Chapters / Subtopic	Instructional Hours	Learning Objectives	Activity / Subject Enrichment	Learning Outcomes
APRIL				
ਵਰਨਮਾਲਾ, ਮਾਤਰਾਵਾਂ	2 HOURS	ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸੋਚਣ ਸ਼ਕਤੀ ਵਿੱਚ ਵਾਧਾ ਹੋਵੇਗਾ		ਨਵੇਂ ਸ਼ਬਦਾਂ ਦਾ ਸਹੀ ਉਚਾਰਨ ਕਰ ਸਕਣਗੇ।
ਪਾਠ 17 ਮੋਟਾ ਹਲਵਾਈ	2 HOURS	ਕਹਾਣੀ ਦੀ ਸਮਝ ਵਿਕਸਿਤ ਕਰਨਾ	ਕਾਗਜ਼ ਜਾਂ ਚਾਰਟ 'ਤੇ ਮਿਠਾਈਆਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਬਣਾ ਕੇ ਛੋਟਾ ਪ੍ਰਦਰਸ਼ਨ ਤਿਆਰ ਕਰਨਗੇ।	ਵਿਦਿਆਰਥੀ ਕਹਾਣੀ ਨੂੰ ਆਪਣੇ ਸ਼ਬਦਾਂ ਵਿੱਚ ਸੁਣਾ ਸਕਣਗੇ
ਪਾਠ 18 ਕ੍ਰਿਸ਼ਨ ਜੀ	2 HOURS	ਵਿਦਿਆਰਥੀ ਕ੍ਰਿਸ਼ਨ ਜੀ ਦੇ ਜੀਵਨ ਬਾਰੇ ਅਤੇ ਧਾਰਮਿਕ ਅਤੇ ਸਾਂਸਕ੍ਰਿਤਿਕ ਮਹੱਤਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ।	ਜਨਮਾਸ਼ਟਮੀ ਸਜਾਵਟ ਜਾਂ ਝੂਲਾ ਬਣਾਉਣ ਦਾ ਛੋਟਾ ਮਾਡਲ ਤਿਆਰ ਕਰਨਾ।	ਵਿਦਿਆਰਥੀ ਕ੍ਰਿਸ਼ਨ ਜੀ ਬਾਰੇ ਮੁੱਢਲੀ ਜਾਣਕਾਰੀ ਬਾਰੇ ਸੰਸਕਾਰ ਅਤੇ ਭਗਤੀ ਭਾਵਨਾ ਬਾਰੇ ਸਿੱਖਣਗੇ।
MAY				
ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ	1 HOURS	ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਿੰਗ, ਇਕ ਅਤੇ ਅਨੇਕ ਚੀਜ਼ਾਂ ਦੇ ਅੰਤਰ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ ਅਤੇ ਵਿਆਕਰਨ ਵਿਚ ਇਸ ਦੀ ਉਪਯੋਗਤਾ ਨੂੰ ਸਮਝਣਾ।	ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਿੰਗ, ਇਕ ਅਤੇ ਅਨੇਕ ਚੀਜ਼ਾਂ ਦੇ ਅੰਤਰ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ ਅਤੇ ਵਿਆਕਰਨ ਵਿਚ ਇਸ ਦੀ ਉਪਯੋਗਤਾ ਨੂੰ ਸਮਝਣਾ।	ਵਿਆਕਰਨਿਕ ਨਿਯਮਾਂ ਤੋਂ ਜਾਣੂ ਹੋ ਜਾਣਗੇ
July				
ਪਾਠ 19 ਤਿੱਤਲੀ	2 HOUR	ਕੁਦਰਤ ਨਾਲ ਪਿਆਰ ਅਤੇ ਸੁਰੱਖਿਆ ਦੀ ਭਾਵਨਾ ਵਿਕਸਿਤ ਕਰਨਾ।	ਬੱਚੇ ਰੰਗੀਨ ਤਿੱਤਲੀ ਦੀਆਂ ਤਸਵੀਰਾਂ ਬਣਾਉਣਗੇ ਜਾਂ ਕਾਗਜ਼ ਨਾਲ ਤਿੱਤਲੀ ਦਾ ਮਾਡਲ ਬਣਾਉਣਗੇ।	ਵਿਦਿਆਰਥੀ ਤਿੱਤਲੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇ ਸਕਣਗੇ। ਵੱਖ-ਵੱਖ ਰੰਗਾਂ ਵਿੱਚ ਦਿਲਚਸਪੀ ਵਧੇਗੀ।

ਪਾਠ 20 ਮੇਰੀ ਮੰਮੀ	2 HOURS	ਵਿਦਿਆਰਥੀ ਮਾਂ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸਮਝਣਗੇ। ਪਰਿਵਾਰ ਪ੍ਰਤੀ ਪਿਆਰ ਅਤੇ ਸਤਿਕਾਰ ਦੀ ਭਾਵਨਾ ਵਿਕਸਿਤ ਕਰਨਾ।	“ਮੇਰੀ ਮੰਮੀ” ਵਿਸ਼ੇ 'ਤੇ ਗ੍ਰੀਟਿੰਗ ਕਾਰਡ ਬਣਾਉਣਗੇ ਜਾਂ ਮਾਂ ਲਈ ਛੋਟੀ ਕਵਿਤਾ ਜਾਂ ਸੰਦੇਸ਼ ਲਿਖਣਗੇ।	ਵਿਦਿਆਰਥੀ ਮਾਂ ਬਾਰੇ ਆਪਣੇ ਵਿਚਾਰ ਦੱਸ ਸਕਣਗੇ। ਪਰਿਵਾਰਕ ਮੁੱਲਾਂ ਨੂੰ ਸਮਝਣ ਗਏ।
ਪਾਠ 21 ਗੋਲ ਮਟੋਲ	2 HOUR	ਪਾਠ ਪੜ੍ਹਨ ਅਤੇ ਸਮਝਣ ਦੀ ਯੋਗਤਾ ਵਿਕਸਿਤ ਕਰਨਾ	ਪਾਠ ਨਾਲ ਸੰਬੰਧਿਤ ਚਿੱਤਰ ਬਣਾਉਣਾ	ਵਿਦਿਆਰਥੀ ਪਾਠ ਦੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦੇ ਸਕਣਗੇ
ਵਿਆਕਰਨ ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾਂ	2 HOURS	ਪੜ੍ਹਨ ਅਤੇ ਸਮਝਣ ਦੀ ਯੋਗਤਾ ਵਿਕਸਿਤ ਕਰਨਾ	ਅਣਡਿੱਠੇ ਪੈਰ੍ਹੇ ਦੀ ਵਰਕਸ਼ੀਟ	ਵਿਦਿਆਰਥੀ ਪੈਰ੍ਹੇ ਨੂੰ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦੇਣਗੇ
August				
ਪਾਠ-22 ਸ਼ਰਾਰਤੀ ਚੂਹਾ, ਪਾਠ-23 ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ	2 HOURS 2 HOURS	ਕਹਾਣੀ ਦੁਆਰਾ ਨੈਤਿਕ ਸਿੱਖਿਆ ਦਿੱਤੀ ਗਈ। ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਮਾਤ- ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਬਾਰੇ ਰੁਚੀ ਵਧੇਗੀ	ਕਹਾਣੀ ਦੀਆਂ ਤਸਵੀਰਾਂ ਬਣਾਉਣਾ ਪੰਜਾਬੀ ਮਾਂ ਬੋਲੀ ਅਤੇ ਲਿੰਗ ਵਚਨ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰ ਲੈਣਗੇ।	ਵਿਦਿਆਰਥੀ ਕਹਾਣੀ ਦੀ ਸਿੱਖਿਆ ਸਮਝਣਗੇ ਪੰਜਾਬ ਦੇ ਪ੍ਰਸਿੱਧ ਲੋਕ-ਨਾਚ, ਪਹਿਰਾਵਾ, ਖਾਣ -ਪੀਣ ਦੀਆਂ ਤਸਵੀਰਾਂ ਲਗਾਓ।
ਵਿਆਕਰਨ ਅਣਡਿੱਠਾ ਪੈਰ੍ਹਾਂ, ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ, ਵਿਰੋਧੀ	2 HOURS	ਪੜ੍ਹਨ ਅਤੇ ਸੁਣਨ ਦੀਆਂ ਭਾਸ਼ਾਈ ਕੌਸ਼ਲਤਾਵਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ।	ਸਹੀ ਮਿਲਾਨ ਕਰਨਗੇ	ਵਿਆਕਰਨਿਕ ਨਿਯਮਾਂ ਤੋਂ ਜਾਣੂ ਹੋ ਜਾਣਗੇ
ਲੇਖ ਗਾਂ	2 HOURS	ਲੇਖ ਲਿਖਣ ਦੀ ਕਲਾ ਵਿਕਸਿਤ ਕਰਨਾ	ਗਾਂ ਵਿਸ਼ੇ 'ਤੇ ਛੋਟਾ ਲੇਖ ਲਿਖਣਗੇ	ਵਿਦਿਆਰਥੀ ਸਧਾਰਣ ਲੇਖ ਲਿਖ ਸਕਣਗੇ
OCTOBER				
ਪਾਠ 24 ਹਵਾ ਅਤੇ ਸੂਰਜ	3 HOURS	ਨਵੇਂ ਸ਼ਬਦਾਂ ਦੇ ਅਰਥ ਅਤੇ ਉਚਾਰਣ ਦੀ ਸਮਝ ਪੈਦਾ ਕਰਨਾ।	ਸੂਰਜ ਚਿੱਤਰ ਬਣਾ ਕੇ ਰੰਗ ਭਰਨਗੇ	ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਹੰਕਾਰ ਨਾ ਕਰਕੇ ਨਿਮਰਤਾ ਨਾਲ ਰਹਿਣ ਦੀ ਸਿੱਖਿਆ ਹਾਸਲ ਕਰ ਲਈ।
ਪਾਠ 25 ਤਿਰੰਗਾ	2 HOURS	ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਦੇਸ਼ ਭਗਤੀ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨਾ	ਵਿਦਿਆਰਥੀ ਤਿਰੰਗਾ ਝੰਡਾ ਬਣਾ ਕੇ ਰੰਗ ਭਰਨਗੇ।	ਤਿਰੰਗਾ ਝੰਡੇ ਦੀ ਮਹੱਤਤਾ ਅਤੇ ਰੰਗਾਂ ਦੇ ਪ੍ਰਤੀਕ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰ ਲਈ।

NOVEMBER				
ਪਾਠ 26 ਸਾਰਸ ਅਤੇ ਲੁੰਬੜੀ ,	3 HOURS	ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਸਹੀ ਵਿਵਹਾਰ ਅਤੇ ਦੂਜਿਆਂ ਨਾਲ ਇਨਸਾਫ਼ੀ ਨਾਲ ਪੇਸ਼ ਆਉਣ ਦੀ ਸਿੱਖਿਆ ਦੇਣਾ।		ਵਿਦਿਆਰਥੀ ਸਮਝਣਗੇ ਕਿ ਦੂਜਿਆਂ ਨਾਲ ਠੀਕ ਵਿਵਹਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।
ਪਾਠ 27 ਮੇਰਾ ਸਕੂਲ	2 HOURS	ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਸਕੂਲ ਪ੍ਰਤੀ ਪਿਆਰ ਅਤੇ ਸਨਮਾਨ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨਾ।	ਸਕੂਲ ਦਾ ਚਿੱਤਰ ਬਣਾ ਕੇ ਪੰਜ ਵਾਕ ਸੁੰਦਰ ਲਿਖਾਈ ਵਿਚ ਲਿਖਣਗੇ।	ਸਕੂਲ ਨੂੰ ਸਾਫ਼ ਸੁਥਰਾ ਰੱਖਣ ਅਤੇ ਇਸਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸਮਝਣਗੇ।
ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ	1HOURS	ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਿੰਗ, ਇਕ ਅਤੇ ਅਨੇਕ ਚੀਜ਼ਾਂ ਦੇ ਅੰਤਰ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ ਅਤੇ ਵਿਆਕਰਨ ਵਿਚ ਇਸ ਦੀ ਉਪਯੋਗਤਾ ਨੂੰ ਸਮਝਣਾ।	ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲਿੰਗ, ਇਕ ਅਤੇ ਅਨੇਕ ਚੀਜ਼ਾਂ ਦੇ ਅੰਤਰ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ ਅਤੇ ਵਿਆਕਰਨ ਵਿਚ ਇਸ ਦੀ ਉਪਯੋਗਤਾ ਨੂੰ ਸਮਝਣਾ।	ਵਿਆਕਰਨਿਕ ਨਿਯਮਾਂ ਤੋਂ ਜਾਣੂ ਹੋ ਜਾਣਗੇ
JANUARY				
ਪਾਠ 28 ਆਈ ਬਸੰਤ	2 HOURS	ਕੁਦਰਤ ਅਤੇ ਮੌਸਮ ਵਿੱਚ ਆਉਣ ਵਾਲੇ ਬਦਲਾਵਾਂ ਦੀ ਸਮਝ ਵਿਕਸਿਤ ਕਰਨਾ	ਬਸੰਤ ਰੁੱਤ ਦਾ ਚਿੱਤਰ ਬਣਾਉਣਾ	ਬਸੰਤ ਰੁੱਤ ਦੀ ਮਹੱਤਤਾ ਬਾਰੇ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰ ਲੈਣਗੇ
ਪਾਠ 29 ਕਹਾਣੀ ਆਈਸਕ੍ਰੀਮ ਦੀ, ਵਿਆਕਰਨ ਅਣਡਿੱਠਾ ਪੈਰਾਂ, ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ, ਵਿਰੋਧੀ ਸ਼ਬਦ	2 HOURS 2HOURS	ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਈਸਕ੍ਰੀਮ ਦੀ ਬਣਾਵਟ ਅਤੇ ਉਸਦੀ ਕਹਾਣੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦੇਣਾ। ਵਿਆਕਰਨਿਕ ਨਿਯਮਾਂ ਤੋਂ ਜਾਣੂ ਹੋ ਕਰਵਾਇਆ ਗਿਆ।	ਆਪਣੀ ਮਨ-ਪਸੰਦ ਆਈਸਕ੍ਰੀਮ ਦਾ ਚਿੱਤਰ ਬਣਾਓ।	ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਪੜ੍ਹਨ ਅਤੇ ਸਮਝਣ ਦੀ ਯੋਗਤਾ ਵਿੱਚ ਸੁਧਾਰ ਹੋਵੇਗਾ ਵਿਆਕਰਨਿਕ ਨਿਯਮਾਂ ਤੋਂ ਜਾਣੂ ਹੋ ਜਾਣਗੇ
FEBRUARY				
ਪਾਠ 30 ਸੜਕ ਸੁਰੱਖਿਆ	2 HOURS	ਸੜਕ 'ਤੇ ਚਲਦਿਆਂ ਸਾਵਧਾਨੀ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰੀ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਨਾ।	ਟ੍ਰੈਫਿਕ ਬੱਤੀਆਂ ਦਾ ਚਿੱਤਰ ਬਣਾ ਕੇ ਰੰਗ ਭਰਨਗੇ।	ਸੜਕ ਸੁਰੱਖਿਆ ਦੇ ਨਿਯਮਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰ ਲਈ

ਪਾਠ 31 ਸਫਾਈ	2 HOURS	ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਫਾਈ ਨਾਲ ਜੁੜੀਆਂ ਚੰਗੀਆਂ ਆਦਤਾਂ ਅਪਣਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਨਾ।	ਸਫਾਈ ਬਾਰੇ ਪੋਸਟਰ ਬਣਾਉਣਾ	ਉਹ ਨਿੱਜੀ ਸਫਾਈ (ਹੱਥ ਧੋਣਾ, ਸਾਫ਼ ਕੱਪੜੇ ਪਹਿਨਣਾ ਆਦਿ) ਦੀਆਂ ਆਦਤਾਂ ਅਪਣਾਉਣਗੇ।
ਪਾਠ 32 ਦਾਦੀ ਮਾਂ	2 HOURS	ਪਰਿਵਾਰਕ ਮੁੱਲਾਂ ਦੀ ਸਮਝ ਦੇਣਾ	ਦਾਦੀ ਮਾਂ ਬਾਰੇ 5 ਵਾਕ ਲਿਖੋ	ਵਿਦਿਆਰਥੀ ਪਰਿਵਾਰਕ ਰਿਸ਼ਤਿਆਂ ਦੀ ਮਹੱਤਤਾ ਸਮਝਣਗੇ
ਲੇਖ ਮੋਰ	2 HOURS	ਰਾਸ਼ਟਰੀ ਪੰਛੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕੀਤੀ।	ਮੋਰ ਦਾ ਚਿੱਤਰ ਬਣਾ ਕੇ ਪੰਜ ਵਾਕ ਲਿਖਣਗੇ	ਰਾਸ਼ਟਰੀ ਪੰਛੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਕੇ ਪੰਜ ਸਤਰਾਂ ਬੋਲਣਗੇ

SUBJECT - GENERAL KNOWLEDGE

Book: Candid Anytime GK

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES & CURRICULUM GOALS	SUBJECT ENRICHMENT / PROJECTS / ART INTEGRATED ACTIVITY	LEARNING OUTCOMES + LIFE SKILL SWBAT
APRIL				
Ch 1 to 6 1. Constitution and Government 2. The Heads of State 3. Great Indian Scientists 4. Nobel Laureates 5. Sobriquets of Places 6. They are Remembered Golden Rule No. 1	18 hrs	To understand the basic structure of the Indian government; recognize famous Indian scientists and Nobel prize winners.	Mock Election: Understanding the voting process; Poster Making: Profiles of famous Indian scientists.	Can identify key government roles and describe contributions of major Indian personalities.

MAY				
Ch 7 to 13 7. Father of the Nation 8. World Tourist Attractions 9. International Organisations 10. Homes of World Leaders 11. Types of Animals 12. Incredible Animals 13. Special Mammals *Assignment Revision Test Paper - 1 Golden Rule No. 2	20 hrs	To explore global landmarks and international organizations; classify animal species and understand their unique traits.	Virtual Tour: Exploring world monuments online; Animal Fact File: Creating a booklet on "Incredible Mammals."	Recognize world-famous sites and differentiate between various animal categories.
JULY				
Ch 14 to 19 14. Deadly Creatures 15. Small Creatures-Great Impact 16. Types of Plants 17. Unusual Flowers 18. Plants that Heal 19. You are what you Eat Revision Test Paper - 2 Golden Rule No. 3, 4	20 hrs	To Build awareness of biodiversity (deadly animals/insects); identify types of plants and their medicinal properties.	Nature Walk: Identifying "Healing Plants" in the surroundings; Herbarium: Pressing and labeling common plant leaves.	Explain the importance of plants to human health and identify unique floral species.
AUGUST				
Ch 20 to 25 20. Athletics (Track and Field) 21. Group Name	18 hrs	To Familiarize students with sports terminology and trophies; introduce the basics of cinema and creative entertainment.	Sports Quiz: Naming trophies and athletes; Short Skit: Learning the basics of comedy and storytelling.	Recognize major sports awards and describe basic components of filmmaking.

22. National Sports Cups/Trophies 23. Comedy Kings 24. Filmmaking 25. Favourite Cartoons *Assignment Golden Rule No. 5				
OCTOBER				
Ch 26 to 31 26. Medical Devices 27. Disease and Affected Organs 28. The Sun's Family 29. Computer Quiz 30. Website Icons 31. Types of Books Golden Rule No. 6	18 hrs	To Introduce medical technology and human health; explore the solar system and digital literacy (computers/internet).	Space Model: Making a 3D model of the "Sun's Family"; Computer Lab: Identifying common website icons.	Identify common medical tools and demonstrate basic computer navigation skills.
NOVEMBER				
Ch 32 to 36 32. Types of Literature 33. Fascinating Books 34. Anagrams 35. British and American English 36. Tales with Morals *Assignment Revision Test Paper - 3 Golden Rule No. 7,8	20 hrs	To Enhance language proficiency through literature and puzzles; differentiate between British and American English.	Word Games: Solving Anagrams; Storytelling: Narrating a "Tale with a Moral" with a modern twist.	Show improved vocabulary and can identify different genres of literature.

JANUARY				
Ch 37 to 41 37. Civic Sense 38. Environmentalists 39. Identity Documents (India) 40. STD Codes 41. Analogy Golden Rule No. 9	18 hrs	To Promote civic responsibility and environmental care; familiarize students with essential Indian identity documents.	Civic Duty Checklist: Daily habits for a better society; Document Awareness: Identifying Aadhaar/PAN card features.	Demonstrate better civic awareness and understand the purpose of official IDs.
FEBURARY				
Ch 42 to 43 42. Maths Puzzles 43. Letter Series *Assignment Revision Test Paper - 4	16 hrs	To Sharpen logical reasoning, mathematical application, and pattern recognition through puzzles and series.	Mental Math Challenge: Solving letter and number patterns; Puzzle Board: Designing original math riddles.	Show enhanced analytical thinking and quick problem-solving abilities.
COMPETENCY BASED ASSESSMENT		To Evaluate the overall conceptual clarity and practical application of the year's general awareness topics.	Grand Final Quiz: All units covered; Competency Portfolio: Reviewing the year's enrichment activities.	Demonstrate a comprehensive mastery of the Grade 4 General Knowledge curriculum.

SUBJECT-Computer**BOOK NAME: Computer Apps**

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES / CURRICULUM GOALS	SUBJECT ENRICHMENT / PROJECT / ICT/ART INTEGRATED ACTIVITY	LEARNING OUTCOMES + LIFE SKILL SWBAT
APRIL				
Evolution of Computers	8 hrs (Explanation of concepts, examples, activity, revision, and assessment.)	To introduce the history and development of computers. To differentiate between early and modern computers.	Draw and label early vs modern computers.	Student will be able to identify different stages of computer evolution. Student will be able to differentiate early and modern computers.
MAY				
Functioning of a Computer	8 hrs(Concept teaching (IPO cycle), diagram, lab activity, practice, and test.)	To explain input, processing, and output cycle. To introduce hardware and software concepts.	Activity: Identify input/output devices in lab.	Student will be able to explain IPO cycle. Student will be able to identify input, output, and processing devices.
JULY				
Computer Memory and Storage Devices	10 hrs (Explanation, real-life examples, identification activity, revision, and assessment.)	To explain primary and secondary memory. To develop understanding of storage devices.	Show real devices (pen drive, hard disk).	Student will be able to differentiate primary and secondary memory. Student will be able to identify storage devices.
AUGUST				
Windows 7	8 hrs (Practical demonstration, hands-on practice, activity, revision, and practical test.)	To familiarize students with desktop, icons, and taskbar. To develop basic operating system skills.	Practice changing wallpaper and screen saver.	Student will be able to operate desktop features. Student will be able to manage windows and settings.
OCTOBER				
Basic Primitives of MSW LOGO	10 hrs (Command explanation, drawing practice, activity, revision, and assessment.)	To introduce LOGO commands and drawing tools. To develop logical thinking.	Draw shapes using LOGO commands.	Student will be able to use basic LOGO commands. Student will be able to draw simple shapes.

NOVEMBER				
More About MSW LOGO	10 hrs(Advanced commands, practice work, creative activity, revision, and test.)	To introduce advanced commands and procedures. To improve problem-solving skills.	Create patterns using LOGO.	Student will be able to use procedures and logical operators. Student will be able to create designs using LOGO.
DECEMBER				
Introduction to MS Word	12 hrs(Concept explanation, typing practice, activity, revision, and assessment.)	To introduce MS Word and its features. To develop document creation skills.	Create a paragraph on “My Favourite Teacher”.	Student will be able to create and save documents. Student will be able to use basic tools of MS Word.
JANUARY				
Formatting Text & Documents in MS Word	10 hrs(Formatting practice, design activity, revision, and practical test.)	To teach formatting tools like font, alignment, and design. To enhance presentation skills.	Design a poster using formatting tools.	Student will be able to format text and documents. Student will be able to apply styles and layouts.
FEBRUARY				
Multimedia & Introduction to Scratch	12 hrs(Concept explanation, demonstration, activity, revision, and assessment.)	To introduce multimedia and basic coding concepts. To develop creativity and logical thinking.	Create a simple Scratch animation.	Student will be able to understand multimedia. Student will be able to create basic Scratch projects.

Sujet: Français

Nom du livre: Idées (Débutant)

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES / CURRICULUM GOALS	SUBJECT ENRICHMENT / PROJECT / ICT/ART INTEGRATED ACTIVITY	LEARNING OUTCOMES + LIFE SKILL SWBAT
APRIL				
Alphabet	3	Apprendre des alphabet et des mots reliés	Parole et pratique	Identifier des mots français
MAY				
Salut les amis !	2/3	Les rencontres	Activité/ Parole	Saluer, remercier
JULY				
Bienvenu à Paris	2/3	Les personnalités célèbres françaises	Échange d'information personnelle	Se presenter, Poser des questions
AUGUST				
Qui-est ce ?	2/3	Les personnalités célèbres françaises	Échange culturelle	Décrire la personnage
OCTOBER				
Dans le forêt	2/3	La nature et le ferme	Connaissance des animaux	Parler des animaux
NOVEMBER				
Bon Appétit	3	Les fruits et des légumes	Parler de ses préférences alimentaire	Exprimer des goûts
JANUARY				
La famille Martin fête Noël	3	La famille, les fêtes et les mois	Connaissance de fêtes et le lien familial	Parler de leur famille et leur fêtes
FEBRUARY				
Révision				

अप्रैल , मई

h.Topic	Hours	LEARNINFG OBJECTIVES CURRICULUM GOALS	SUB. ENRICHMENT/ PROJECTS/ ART INTEGRATED ACTIVITY	Learning outcomes
पाठ - 1 वर्णमाला	2	स्वर और व्यञ्जनो की जानकारी	बोलकर, लिखकर	स्वर और व्यञ्जनों का ज्ञान प्राप्त हुआ
पाठ - 2 वर्ण परिचय	2	संयुक्तवर्ण सहित सभी वर्णों का परिचय	सामूहिक चर्चा लेखन कार्य	संयुक्त तथा मात्रा युक्त वर्णों का ज्ञान प्राप्त हुआ
पाठ - 3 शब्द परिचय	2	शब्दों की सही जानकारी	बोलकर, लिखकर संवाद	शब्दों के रचना की सम्यक् जानकारी ज्ञान प्राप्त हुआ
पाठ - 4 अकारान्त पुल्लिङ्ग शब्द	2	अकारान्त पुल्लिङ्ग शब्दों की जानकारी	लिखकर , उद्धाटित पुस्तक परीक्षण	अकारान्त पुल्लिङ्ग शब्दों का सम्यक् बोध हुआ
गणना , वार्तालाप	1.20	गणना , वार्तालाप	कक्षा परीक्षण	गणना लट् लकार का ज्ञान प्राप्त हुआ
व्याकरण	1.30	लट् लकार की जानकारी, लिङ्ग परिचय, धातु परिचय	बोलकर, अपठित संवाद	गणना लट् लकार , , लिङ्ग परिचय, धातु परिचय का ज्ञान प्राप्त हुआ
			जुलाई , अगस्त	
पाठ - 5 आकारान्त स्त्रिलिङ्ग शब्द	2.15	आकारान्त स्त्रिलिङ्ग शब्दों का सम्यक् बोध	सामूहिक चर्चा	आकारान्त स्त्रिलिङ्ग शब्दों का सम्यक् बोध प्राप्त हुआ

पाठ – 6 अकारान्त नपुंसक लिङ्ग शब्द	2.15	अकारान्त नपुंसकलिङ्ग शब्दों का सम्यक् बोध	बोलकर,लेखन कार्य	अकारान्त नपुंसकलिङ्ग शब्दों का सम्यक् बोध प्राप्त हुआ
पाठ -7 धातु परिचय	2.15	धातुओं की जानकारी	संवाद	धातुओं का ज्ञान
पाठ -8 सर्वनाम परिचय	2.15	सर्वनाम की जानकारी	उद्घाटित पुस्तक परीक्षण	सर्वनाम का ज्ञान प्राप्त हुआ
संस्कृत गणना	1.30	संस्कृत गणना की जानकारी	कक्षा परीक्षण	संस्कृत गणना का ज्ञान प्राप्त हुआ
व्याकरण	1.30	धातुरूप - लट् लकार (असीमित) की जानकारी	अपठित संवाद, लिखकर	धातुरूप - लट् लकार (असीमित) का ज्ञान प्राप्त हुआ
			अक्टूबर , नवम्बर	
पाठ - 9 अव्यय परिचय	2.15	अव्यय की जानकारी	बोलकर, लिखकर, सामूहिक चर्चा,	अव्यय का ज्ञान प्राप्त हुआ
पाठ -10 पशु पक्षियों के नाम	2.15	पशु - पक्षियों के नाम की जानकारी	लेखन कार्य , संवाद	पशु - पक्षियों के नाम का ज्ञान प्राप्त हुआ
पाठ -11 फलों के नाम	2.15	फलों की जानकारी	बोलकर, लिखकर	फलों का ज्ञान प्राप्त हुआ
पाठ -12 शरीर के अङ्ग	2.15	शरीर के अङ्गों की जानकारी	उद्घाटित पुस्तक परीक्षण	शरीर के अङ्गों का ज्ञान प्राप्त हुआ
संस्कृत गणना , अव्यय -अर्थ	2/1:10	संस्कृत गणना,अव्यय -अर्थ की जानकारी	उच्चारण करके लिखकरके	संस्कृत गणना, अव्यय -अर्थ का ज्ञान प्राप्त हुआ

व्याकरण	2.15	लिंग बदलो बताओ, धातुरूप, शब्दरूप की जानकारी	कक्षा परीक्षण, अपठित संवाद	लिंग बदलो , बताओ , धातुरूप - लृट् लकार शब्दरूप (अकारांत पुल्लिंग) का ज्ञान प्राप्त हुआ
			जनवरी , फरवरी	
पाठ -13 विद्यालय:	2.15	विद्यालय में स्थित वस्तुओं और व्यक्तियों की जानकारी	सामूहिक चर्चा	विद्यालय में स्थित वस्तुओं और व्यक्तियों का ज्ञान प्राप्त हुआ
व्याकरण	1.30	शब्दरूप, धातुरूप, सन्धि की जानकारी	उच्चारण करके लेखन कार्य	शब्दरूप, धातुरूप, सन्धि का ज्ञान प्राप्त हुआ
अव्यय, शुद्ध - अशुद्ध वाक्य	1.30	अव्यय, शुद्ध -अशुद्ध वाक्य की जानकारी	संवाद, लिखकरके	अव्यय, शुद्ध -अशुद्ध वाक्य का ज्ञान प्राप्त हुआ

Subject: German

Book: Wie geht das

Topic		Instructional Hours	Learning Objectives	Subject Enrichment Activities	Learning Outcomes
April	Greetings and Introduction (Hallo! Guten Tag!)	1.5 hrs	To learn basic greetings and introduce themselves	Greeting role play, introduction activity	SWABT greet and introduce themselves in simple sentences
	German Alphabet & Pronunciation	1.5 hrs	To will recognise and pronounce German letters	Show and tell the first word	SWABT read and spell simple German letters
May	Numbers (1–20)	1 hr	To will learn counting and using numbers in daily life	Number bingo,	SWABT say numbers and answer simple number questions
Reading comprehension		1hr	To will learn to read simple sentences	Reading	Students will be able to read simple sentences in German.
July	My Family (Meine Familie)	1 hrs	To identify and describe family members	Family tree chart	SWABT introduce family members using simple sentences
July	Colours	1 hrs	To identify colours and classroom items	Picture with their colours	SWABT describe objects with colours
July	Classroom objects	1 hr	To identify classroom objects	Name 5 classroom objects	Students will be able to say classroom object in German.
August	Picture composition	1 hr	To identify the pictures and family members from a given picture	Recognise and write the words	SWABT identify objects in the given picture.
October	Days of the Week	2 hr	To talk about days and months	Students make a rotating wheel with the 7 days written in German: <i>Montag, Dienstag, Mittwoch, Donnerstag, Freitag, Samstag, Sonntag.</i>	SWABT say day in German

October	Pets	2hrs	To recognise and name animals	Flashcards, picture description	SWABT name animals and make short sentences
November	Reading skills	2 hrs	To read and understand short texts	Reading comprehension worksheets	SWABT answer questions based on passage
January	Speaking Skills (Self-introduction & Conversation)	6 hrs	To develop confidence in speaking German	Pair conversation, role play	SWABT speak 4–5 simple sentences confidently
February	Writing Skills (Dialogue completion)	6 hrs	To help communicate better	Role play	SWABT complete simple dilouge

SUBJECT - MUSIC

BOOK/S – NA

Topic	Instructional Hours	Curriculum Goals/Learning Objectives	Art Integrated Activity/Project	Learning Outcomes
April				
2 Alankars	02 Hrs.	To introduce alankars and their importance in music	Solo singing of alankar	Students will be able to learn and sing alankar
May				
Knowledge of harmonium	02 Hrs.	To understand playing harmonium	Turnwise playing	Students will be introduced to harmonium
July				
Arya Samaj Bhajan	02 Hrs.	To learn a bhajan	Group Singing	Students will be able to perform on stage
August				
New Prayer	02 Hrs.	To inspire students and develop expression in singing	Recitation of prayer individually	Students will be able to learn and perform on stage
October				

New Prayer	02 Hrs.	To inspire students and develop expression in singing	Recitation of prayer individually	Students will be able to learn and perform on stage
November				
1 st Alankar on harmonium	02 Hrs.	To develop confidence in singing and playing harmonium	Class activity of solo singing	Some Students will be able to sing 2 alankars on harmonium
January				
2 nd Alankar on harmonium	02 Hrs.	To develop confidence in singing and playing harmonium	Class activity of solo singing	Some Students will be able to sing 2 alankars on harmonium
February				
3 rd Alankar on harmonium	02 Hrs.	To finally polish them	Class activity of solo singing and playing	Some Students will be able to learn,sing & perform the alankars on harmonium

SUBJECT ART

APRIL				
Topic/Chapter/Subtopic	Instructional Hours	Learning Objectives/Curriculum Goals	Sub-Enrichment / Art Integrated Activities	Learning Outcomes
Colour Tone, Landscape, Delicious Fruits, Madhubani Fish, Cityscape	8 HOURS	• To develop colour sense and visual understanding • To improve blending skills • To develop observation skills • To enhance composition skills • To understand tones (light, dark, shade) • To practice colour mixing techniques • To learn basics of Madhubani art	• Activity on colour chart • Warm & cool colours • Seasonal landscape drawing • Discussion on urban life & Bihar folk art	• Students will be able to differentiate between light and dark tones. • Students will be able to create Madhubani artwork. • Students will be able to draw fruits with correct proportion.
MAY (Ch–6 to 10)				
Minus & Plus, Hibiscus Flower, Lips, Eyes, Nose	8 HOURS	• To understand positive & negative space • To learn balance in composition • To practice contrast techniques • To improve pencil control	• Nature study • Flower parts (Science) • Facial proportion practice	• Students will be able to create balanced artwork. • Students will be able to draw facial features correctly.

JULY (Ch–11 to 15)				
Warli Procession, Butterfly, Birdhouse, Frog, Stick Sport, Poster	8 HOURS	• To understand stick figure composition • To practice Warli motifs • To develop aesthetic sense • To understand motion	• Sports activity • Butterfly life cycle • Tribal art discussion	• Students will be able to create Warli art. • Students will be able to draw symmetrical butterfly.
AUGUST (Ch–16 to 20)				
Paper Rose, Whale, Bird Branch, Family, Landscape	8 HOURS	• To learn paper folding techniques • To enhance imagination • To observe nature and animals	• Marine life discussion • Family values activity	• Students will be able to create paper rose bouquet. • Students will be able to draw family scene.
OCTOBER (Ch–21 to 25)				
Illusions, Leaf Impression, Lady Bug, Doodles, Diwali Scene	8 HOURS	• To learn texture and printing • To develop imagination • To practice contrast	• Leaf collection • Insect study • Doodle art	• Students will be able to create leaf impressions. • Students will be able to create illusion art.
NOVEMBER (Ch–26 to 30)				
Thumb Art, Patterns, Mandala, Crown Origami	8 HOURS	• To understand symmetry • To learn stencil technique • To practice repetition and rhythm	• Crown making • Pattern design	• Students will be able to create mandala design. • Students will be able to create origami crown.
JANUARY (Ch–31 to 35)				
Leaf Wool, Stylish Font, Bird Folk, Pig Art, Christmas Scene	8 HOURS	• To practice spacing and alignment • To develop line control • To enhance creativity	• Folk art study • Nature activity	• Students will be able to create stylish fonts. • Students will be able to draw characters proportionally.
FEBRUARY (Ch–36 to 38)				
Stamped Flowers, Wax Resist Art, Pencil Shading	8 HOURS	• To understand wax resist technique • To explore texture • To develop shading skills	• Nature discussion • Tonal scale practice	• Students will be able to create stamped artwork. • Students will be able to apply shading techniques.

SUBJECT - DANCE**BOOK/S - NA**

Topic	Instructional Hours	Curriculum Goals/Learning Objectives	Art Integrated Activity/Project	Learning Outcomes
April				
Spiritual Dance	02 Hrs.	To understand devotional themes through expressive movements.	Perform graceful spiritual dance with proper expressions.	Students will be able to develop emotional expression and controlled body movements.
May				
Spiritual Dance	02 Hrs.	To understand devotional themes through expressive movements.	Perform graceful spiritual dance with proper expressions.	Students will be able to develop emotional expression and controlled body movements.
July				
Zumba	02 Hrs.	To learn energetic Zumba steps and rhythm.	Perform Zumba routine with music.	Students will be able to improve fitness and coordination.
August				
Zumba	02 Hrs.	To learn energetic Zumba steps and rhythm.	Perform Zumba routine with music.	Students will be able to improve fitness and coordination.
October				
Freestyle Dance	02 Hrs.	To learn basic freestyle steps and timing.	Perform freestyle dance with expressions and stage movements.	Students will be able to learn teamwork and basics of freestyle.
November				
Freestyle Dance	02 Hrs.	To learn basic freestyle steps and timing.	Perform freestyle dance with expressions and stage movements.	Students will be able to learn teamwork and basics of freestyle.
January				
Folk Dance	02 Hrs.	To understand traditional Folk dance steps and cultural themes.	Perform folk dance with cultural expressions and storytelling.	Students will be able to show teamwork, rhythm, and appreciation of culture.
February				
Folk Dance	02 Hrs.	To understand traditional Folk dance steps and cultural themes.	Perform folk dance with cultural expressions and storytelling.	Students will be able to show teamwork, rhythm, and appreciation of culture.

SUBJECT: Physical Education

TOPIC / CHAPTER / SUB TOPIC	INSTRUCTIONAL HOURS	LEARNING OBJECTIVES / CURRICULUM GOALS	SUB ENRICHMENT / PROJECTS / ART INTEGRATED ACTIVITY	LEARNING OUTCOME (SWBAT)
(April) (Unit–1) Basic Motor Movements Chap–1 Throwing and Catching	8–10 Hours	• To develop hand–eye coordination • Learn correct technique of throwing and catching	• Ball passing drills • Target throwing activity	Students throw and catch with better control
(May) (Unit–1) Basic Motor Movements Chap–2 Kicking and Receiving	8–10 Hours	• To improve foot coordination • To learn proper kicking technique	• Cone target kicking • Mini football activity	Students kick and receive the ball confidently
June–July) Unit–1 Chap–3,4 Strike the ball, Little steps	8 Hours	• To develop striking skills • To improve agility and footwork • To improve timing and coordination, develop body balance	• Bat and ball practice • Balloon striking activity • Ladder drills • Obstacle race	Students demonstrate correct striking technique, show improved balance and movement
(August) Unit–2 Our games Chap–5 Local and Traditional games	15–20 Hours	• To understand importance of traditional games • To promote teamwork and cultural awareness	• Organise traditional games day • Group presentation on local games	Students explain and participate in traditional games
(October) Unit–3 Yoga Chap–6 Yoga for daily life	15 Hours	• To understand importance of yoga in daily routine • To practice simple asanas	• Daily yoga practice • Chart on benefits of yoga	Students perform basic asanas correctly
November Unit-3 Yoga Chap-7 Yogic Practices (Yoga-Sadhana)	15 Hours	• Breathing exercises • Improve flexibility and concentration	• Pranayama Practice • Yoga demonstration	Students show improved focus and posture
January Revision & Practice	10 Hours	• Reinforce motor skills and yoga practices	• Sports skill competition • Yoga Practice Session	Students perform learned skills confidently
February Assessment & Annual Activities	8–10 Hours	• Assess overall performance • Encourage active participation	• Practical assessment • Sports/Yoga Presentation	Students demonstrate improvement in physical fitness and coordination